



The official newsletter of the Rochester (NY) Orienteering Club

11 Orienteers from Rochester Participate in North American Championships

Eleven Rochester-area orienteers participated in the North American Orienteering Championships, held in the Hamilton, ON region the weekend of October 6-8. Participating were: Nate and Mike Lyons, Mitch and Laurie Collingsworth, Victor, Sue, and Sylvia Klassen, William Hawkins, Rick and Lindsay Worner, and Linda Kohn. Congratulations to everyone who participated!

Several performances are of particular note:

- Nate Lyons won the M13-14 category in the Sprint. in an amazing 6:23. He averaged 4:34 per km; the Elite men's course was won in 4:51/km.
- Nate also finished 2nd out of 11 entrants in the Long event, less than 2 minutes out of first.
- William Hawkins finished 2nd out of a huge field of 68 in the M20-34 Middle event, and 6th out of 62 in the Long event.
- Laurie Collingsworth finished 5th out of 19 in the F45-54 Middle event, and Linda Kohn finished 8th in the same class.
- Linda Kohn finished 2nd out of 18 in the F45-54 Long event, with Laurie Collingsworth finishing 7th.

See the results of all of the ROC orienteers in the Results section of this newsletter.

Night-O Event at Powder Mills on Saturday, November 4

If you think orienteering is fun during the day, you should try it at night! Here's your chance, on Saturday November 4, at Powder Mills Park. Everyone will start at the same time, 6:00 p.m., which gives an extra aspect of excitement to the event. Make sure you get there before 6:00 so you can register and get ready to go out when the mass start happens. Bring your head lamps and/or flashlights!

Mendon Trail Run, Saturday, November 11

On Saturday, November 11, ROC will be hosting our annual Mendon Trail Run. This is the 12th year or so of this event, which has grown significantly in popularity over the years.

This event is an important fund-raiser for the club, which allows us to continue to develop maps of new areas and to fund improvements in technology such as e-punching,, while keeping our meet fees around the lowest of any club in the country.

This is a great opportunity to test your fitness on a variety of distances: 5K, 10K, 20K, and 50K. The 50K starts at 8:00 a.m.; the other distances all start at 9:30 a.m. See the club web site for information on entry fees. You can register ahead of time, or on the day of the meet.

If you don't want to participate, we can always use volunteers to help run the meet. Contact the meet director, Larry Zygo, at Lzygo@aol.com, if you would like to help out.

Scrooge-O, Saturday, December 2

Come on out for the annual Scrooge-O / annual meeting / potluck dinner. It will be at Camp Eastman, which is west of Durand Eastman Park, off of Lakeshore Blvd. Call the Hotline as the event draws nearer for more specific times, but roughly speaking, plan on coming around 5:00 p.m. for the potluck dinner and annual club meeting (which will be brief, we promise). Then the Scrooge-O will start around 6:00 p.m.

If you haven't done a Scrooge-O before, it works as follows. It is a Score-O format with a specific time limit (usually 45-60 minutes, announced in advance). Everyone gets a map and punch card. However, a few lucky people are designated as "Scrooges". They are given a flashlight with a red light beam.

If you encounter a Scrooge while on the course, the Scrooge will take your punch card, and give you theirs in return, along with the red flashlight. You in turn will seek out another unfortunate orienteer, shine your red light on them, and take his or her punch card. There are two objectives: to not be a Scrooge at the end, and to have the most punches on the punch card you wind up with!

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2006 Club Officers and Committee Chairs

President Ravi Nareppa 585-271-9161
Ravi.nareppa@gmail.com

Past President Dick Detwiler 585-671-2437
Rlshadow@aol.com

President-Elect Sergey Dobretsov 585-388-0683
Dobretsov@yahoo.com

2006 Rogaine Dir Rick Worner 585-581-2979
Wornerkohn@aol.com

Treasurer Tatyana Dobretsova 585-388-0683
tdobretsova@yahoo.com

Secretary Sandra Lomker 585-426-6773
slomker@frontiernet.net

Membership Randy McGarvey 585-223-7996

Equipment Ravi Nareppa 585-271-9161
Ravi.nareppa@gmail.com

GPS Coordinator Mike Gallagher 585-582-2408
mafg@netacc.net

Mapping Chair Dick Detwiler 585-671-2437
Rlshadow@aol.com

Volunteer Coordinators Sandra Lomker/ Tom
Cornell 585-426-6773 slomker@frontiernet.net

Hotline Carol Moran 585-377-8144
PWTMoran@frontiernet.net

Newsletter Dick Detwiler 585-671-2437
Rlshadow@aol.com

Publicity Chair Rick Worner 585-581-2979
Wornerkohn@aol.com

Retail Map Sales Vacant

Permanent Os Tom Cornell 585-426-6773
tcornell@frontiernet.net

O Education Jim Russell 315-524-4866
Jrussell1@rochester.rr.com

Website Sergey Dobretsov 585-388-0683
Dobretsov@yahoo.com

Board of Directors:

Paul Schwartz 585-671-3866
paulschw@hotmail.com

Rick Slattery 585-223-7996 Ricks@rochester.rr.com

Eric Barbehenn 585-383-4413
Eric@johnmyersphoto.com

Randy McGarvey 585-223-7996
Randallmgarvey@alum.rit.edu

Joe Seyfried 585-872-0903 jpsyf@frontiernet.net

Sergey Dobretsov 585-388-0683
Dobretsov@yahoo.com

Laurie Hunt 585-267-7665
Bacewoman@bluefrog.com

Gil Robs 585-385-3669 Egils.robs@gmail.com

Rick Lavine 585-442-6358 rdlavine@frontiernet.net
Carol Moran 585-377-8144

Pwtmoran@frontiernet.net

Rick Worner 585-581-2979 Wornerkohn@aol.com

Joel Shore 585-256-0794 jshore@frontiernet.net

Bob Bundy 585-586-9393

Rbundy1@rochester.rr.com

Mike Gallagher 585-582-2408 mafg@netacc.net

Mike Lyons 585-787-0088

Michael.Lyons@xerox.com

Jim Russell, 315-524-5866

Jrussell1@rochester.rr.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.

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.

November 2006 to February 2007 Schedule

Rochester Area

Saturday, November 4	Night-O. Powder Mills Park. Wadhams Lodge. Mass start at 6:00 p.m.
Saturday, November 11	Annual Trail Run. Mendon Ponds Park. East Lodge. Four distances: 5K, 10K, 20K, 50K. 50K starts at 8:00 a.m., all other distances at 9:30 a.m.
Saturday, December 2	Annual Meeting and Scrooge-O. Camp Eastman. Veterans Memorial Cabin. 5:00 p.m.
Saturday, January 6, 2007	Ski-O at Harriet Hollister Park. New map! Start from 12:00 noon to 1:30 p.m.
Sunday, January 21	Ski-O at Mendon Ponds Park. Start from 12:00 noon to 1:30 p.m.
Saturday, February 3	Ski-O at Letchworth State Park. Start from 12:00 noon to 1:30 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.

Saturday, November 18	EMPO. Peebles Island, Waterford, NY.
Sunday, November 19	CNYO Turkey-O. Highland Forest, Fabius.

Ski-O schedule for events outside of the Rochester area will be in the next issue of the newsletter.

Contact information

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

ROC web site: 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://empoweb.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!

Mendon

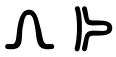
Dowdeswell Family	9/30/06	Pittsford, NY
Don and Drew Winslow	10/27/06	Macedon, NY
Dobie Family	10/27/06	Webster, NY

The fall has always been a busy time for the Permanent Courses and yet during these last few months, we have only received three groups of finishers! Many of our regular members started off by doing a permanent course and now are excelling in more difficult courses at local meets. If you have a completed punchcard, consider mailing it in for recognition and an award.

-- Tom Cornell, permanent course coordinator.



Finishing strong at Irondequoit Bay East. (Photo by Paul Schwartz)



Symbolic Control Descriptions



By Dick Detwiler

If you're a relatively new orienteer and have tried your hand at an Orange course (or above), you may have encountered some difficulties interpreting the "hieroglyphics" style of control descriptions. Why can't the controls be described in simple English, you may have wondered?

There is actually a very logical reason for using this symbolic method of describing controls. Orienteering is an international sport, and most competitions abroad, and many in this country, attract orienteers from many different countries, speaking many different languages. Imagine the complexity if meet organizers were expected to write up control description sheets in the language of every country that the competitors represented.

An alternative might be to have a "standard" orienteering language. That would also cause confusion and be error prone. For example, let's say the orienteering community agrees that Swedish is the standard language for orienteering meets. The meet director speaks English, no Swedish. He does his best to translate things like "re-entrant", "spur", "rootstock", "ruined fence", etc. into Swedish, probably not doing a perfect job. Then a competitor whose native language is Russian, and who speaks no Swedish or English, has to read the imperfectly-translated Swedish, translate it to Russian and try to figure out what the control is that he is looking for.

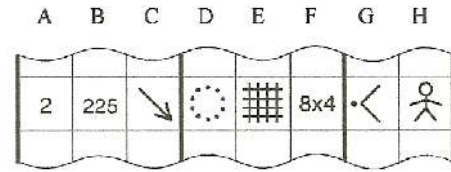
So to get around all that, the IOF (International Orienteering Federation) developed the symbolic control description system, which works very well. Any orienteer from anywhere in the world can attend a meet anywhere in the world and look at a symbolic control description sheet and understand the control descriptions. This totally eliminates any language barrier.

(As an aside, the same holds true for map legends. They are standard the world over. So if you go to a meet in Sweden, you don't need to understand the language to know that yellow means an open field, white means open woods, dark green means thick vegetation, etc.)

Another advantage, once you get used to reading the symbols, is that it is actually quicker to read the symbols than to read text equivalents. Still another advantage is that many orienteers write control descriptions on their punch cards, and it's much easier to do that in the small amount of available space than it would be to write out the control description in text.

Reading and understanding the symbolic descriptions is much easier than you might think, once you have some idea of a few basic concepts.

First of all, it helps to understand what the various columns mean. There are eight columns on a control description sheet, as follows:



- A** Control number (required)
- B** Control code (required)
- C Which of any similar features
- D** Control feature (required)
- E Appearance (or second control if needed)
- F Dimensions or Combinations
- G Location of the control flag
- H Other information

The above example is intentionally very busy, for purpose of illustration. In practice, it is extremely rare that there is something in all 8 columns. The columns in which there will ALWAYS be an entry are **A**, **B**, and **D**. (Shown in bold above.)

A and B are easy; these give you the control number (1, 2, 3, etc.), and the control code (the number that identifies the control when you find it). (In our local meets, control codes are two digits, usually between 31 and 99.)

Column C tells you which feature, if there are two or more of the same feature in the control circle. For example, it may tell you that it is the *southernmost* trail junction, or the *middle* rootstock.

Column D is an important one, this tells you what the feature is. There are around 70 different symbols that are possible in this column, but don't panic, of those 70, maybe only 20 are commonly used in our local meets. Plus, most (but not all) are fairly intuitive.

Column E can be used to describe the appearance of the control (overgrown, deep, ruined, etc.). Alternatively, it can give a second control if the description is, for example, "trail-stream crossing".

Column F can give dimensions (in the example above, 8x4 meters), or more commonly, it can indicate a junction or crossing.


Column G is very important (when there is an entry), this indicates the location of the control flag relative to the feature. For example, the *south side* of the hill; or the *upper part* of the reentrant; or the *bend* in the stream.

Column H is essentially never used in our local meets. It can convey information that there is drinking water available at this control, or it is a manned control, or staffed with someone with a radio, or that there is first aid at this control.






















See next page for a guide to what some of the key symbols mean.

Below are guides to interpreting the symbols in some of the columns. You should find that most are fairly intuitive.





Column C: Which feature

- | | |
|--|--|
|  Middle |  Southwestern |
|  Northern |  Upper |



Column D: Some common feature symbols

- | | | |
|--|---|---|
|  Small depression |  Ruin |  Clearing |
|  Reentrant |  Single tree |  Forest corner |
|  Spur |  Rootstock |  Narrow marsh |
|  Road |  Saddle |  Hill |
|  Trail |  Vegetation boundary |  Small knoll |
|  Fence |  Open land |  Pond |
|  Building |  Semi-open land |  Stream |












Column E: Appearance

-  Shallow
-  Overgrown
-  Ruined
-  Low




























Column F: Combinations
























-  Crossing
-  Junction

Column G: Location of control flag

- | | | |
|---|--|---|
|  North side |  West tip |  On top |
|  East edge |  South end |  Between |
|  Southwest part |  Upper part |  Bend |
|  Northwest inside corner |  Lower part | |

Here are two sample control description sheets, one with text equivalents and one without. See bottom of page 7 for text translations.

Orange	4.2 km	85 m	Course Orange Length 4.2 km Climb 85 m
Start			Start Clearing West part
1 31			Eastern Root stock Height 3 m Northeast side
2 32			Re-entrant Overgrown Upper part
3 33			Path Junction
4 34			Road Path Crossing
5 35			Re-entrant Deep Bend
6 36			Spur Lower part
7 37			Southwestern Thicket Size 6x8 m Southeast side Refreshments
8 38			Building Northeast outside corner
9 39			Stream Bend
10 40			Middle Root stock
11 41			Eastern Pond West side
12 42			Depression
	150		150 m unmarked route to finish

Red	5.6 km	215 m
Start		
1 31		
2 36		
3 39		
4 40		
5 42		
6 46		
7 49		
8 51		
9 54		
10 59		
	220	

Orienteering Training – What’s your AttackPoint?

A web tool for logging, training, and discussing orienteering

by Steve Tylock

Let’s face it, most of us train on our own, and come together most often when there is a local event. Instead of being off by yourself, how would you like to be a part of a virtual group – a group that can give advice and offer support?

AttackPoint.org is just that – it’s an online community and tool that lets you monitor your own training progress as well as share thoughts and comments with other people throughout the world – people that like to run through the woods with a purpose!-)

Let’s look at the first aspect – monitoring your own training (and racing). With a simple logging mechanism, you can record your training activity:

The screenshot shows a Mozilla Firefox browser window displaying the AttackPoint website. The page title is "ccsteve's training log - Attackpoint". The browser address bar shows "http://www.attackpoint.org/weeklyactivity". The website header includes the AttackPoint logo and navigation links: Home, Log, Training, Racing*, Discussion*, and Community. Below the header, there are links for "your log", "add training", "add note", "shoes", "injuries", "calendar", and "export".

The main content area is titled "Training Log: ccsteve" and shows activity for the last 7 days. A table summarizes the data:

activity	#	time	miles	km	climb
Morning Run	4	1:19:14	7.2 (11:00)	11.59 (6:50)	30
Evening Run	1	18:09	1.9 (9:33)	3.06 (5:56)	10
Stretching	1	15:00			
Total	6	1:52:23	9.1	14.65	40

Below the table is a bar chart showing activity trends over the days of the week (T, W, H, F, S, S, M). The chart shows activity on Monday, Tuesday, Wednesday, and Thursday, with a peak on Wednesday. The y-axis ranges from 0:00 to 0:55.

The page also features a "Next Up" section with a link to "1w, 5d: CNYO A meet?". A "Weather" section for Penfield, NY shows "Mostly Cloudy" with a temperature of 67°F (feels like 67°F), high of 69, and low of 51. The weather data is provided by weather.com.

It will show you trends over days and weeks. (And it leaves conclusions about “if that was enough” up to you;-) It can monitor length, time, shoes, weight, hill climbing, injuries – all sorts of things you may not currently think about. (Just how long have you worn those shoes?..)

You can also comment on other people’s entries (and they in yours). If the intent is to motivate yourself and others, what better

way than to give support to your community, and get it back in return? Advice, feedback, plans, and training tips – you can find all of these and more on the site.

When you have race splits, you can post and review your performance against others – and track the things you need to work on. (do you always overshoot, under-plan, or fail to notice things on the map?)

ROC Irondequoit Bay West: Long Orange
May 13, 2006
 Nice course, great use of a small area. Control #5 mis-placed.
 added by fossil, 2006-05-14 19:26:16

[Add splits or re-runs](#) | [Edit leg lengths](#)

#		3306m	1. 180m	2. 188m	3. 120m	4. 112m	5. 277m	6. 203m	7. 127m	8. 172m	9. 210m	10. 262m	11. 172m	12. 233m	13. 247m	14. 203m	15. 172m	16. 270m	17. 90m	Finish 68m	
1.	bishop22 [sa]	49:46 (15:03km)	1:46 (2)	2:03 (1)	1:53 (1)	1:22 (1)	4:37 (1)	4:05 (2)	1:54 (4)	1:06 (1)	1:59 (1)	9:55 (3)	4:35 (2)	2:26 (1)	3:23 (1)	3:38 (2)	1:20 (1)	2:47 (1)	0:38 (1)	0:19 (1)	bishop22 [sa]
2.	fossil [sa cm]	51:06 (15:27km)	1:37 (1)	3:47 (3)	2:40 (2)	1:34 (2)	13:53	23:31 (3)	25:04 (3)	1:28 (3)	2:18 (2)	2:54 (1)	2:28 (1)	3:19 (2)	3:31 (2)	3:27 (1)	46:24 (2)	49:39 (2)	50:41 (2)	51:06 (2)	fossil [sa cm]
3.	nate [sa]	1:04:06 (19:23km)	1:58 (4)	3:05 (2)	2:48 (3)	2:35 (3)	5:15 (2)	5:05 (3)	1:29 (1)	1:16 (2)	2:38 (3)	3:35 (2)	8:01 (3)	3:33 (3)	4:51 (3)	5:01 (3)	8:29 (4)	5:19 (4)	0:43 (2)	0:25 (3)	nate [sa]
edit 4.	ccsteve [sa cm]	1:26:05 (26:02km)	1:56 (3)	3:53 (4)	3:29 (4)	5:09 (4)	6:11 (3)	3:55 (1)	1:42 (3)	2:49 (4)	3:39 (4)	10:43 (4)	7:35 (4)	4:32 (4)	12:40 (4)	7:50 (4)	3:18 (3)	5:08 (3)	1:06 (4)	0:30 (4)	ccsteve [sa cm]

leg times take the form: leg (fastest), overall (leader)

The ability to start new conversations and add comments to existing conversations (about Orienteering) is by no means exclusive to this forum, but the people that are part of AttackPoint are dedicated to the sport.

Several ROC members currently use the system to track their efforts and maintain a relationship with others. If you are looking for a way to help push yourself to be a little better, you might want to check it out.

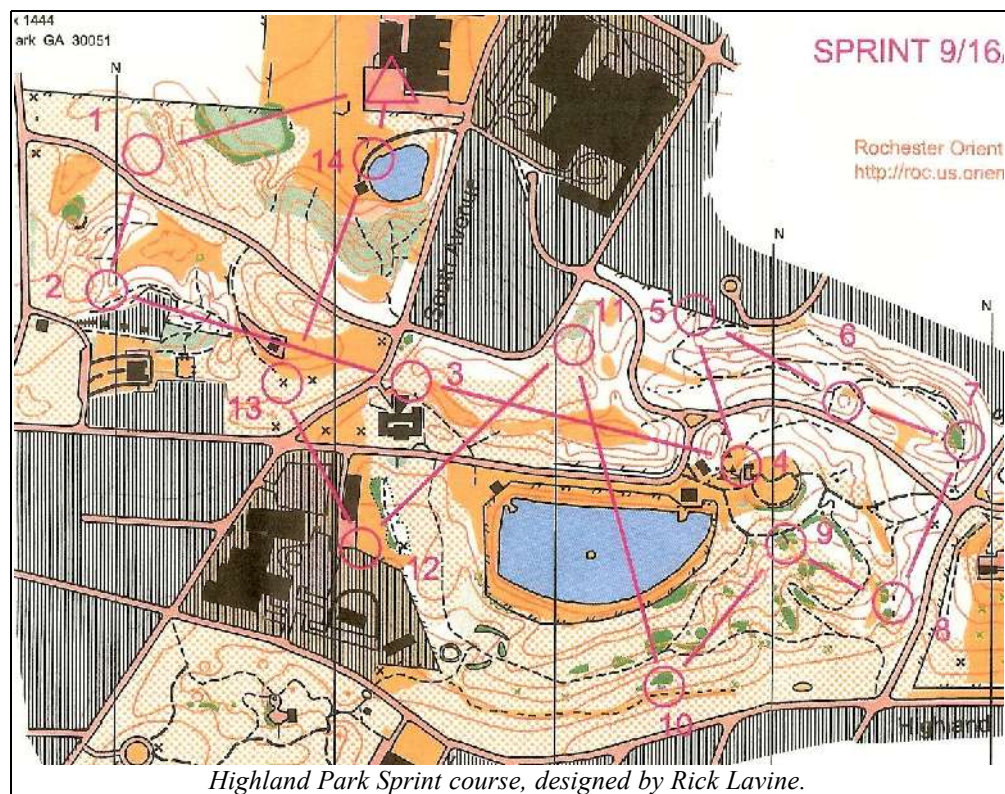
Steve Tylock lives, writes, and runs through the woods in the Rochester NY area and explores the nature of human life in our times on the Timely Insights web site at www.timelyinsights.net.

Text equivalents to the control description sheet on the bottom right of page 5:

- Start: Building, NE side
- Control 1: Northern re-entrant, lower part
- Control 2: Spur, north side
- Control 3: Stream bend
- Control 4: Middle boulder
- Control 5: Knoll
- Control 6: NE rootstock, south side
- Control 7: Narrow marsh junction
- Control 8: Open land, NE tip
- Control 9: Fence, ruined, SW end
- Control 10: Trail road crossing.
- Finish: 220 meter unmarked route to finish.

If you would like to read up some more about control descriptions, like to find out what ALL of the 70 control symbols are, the official IOF standards are available here:
<http://www.orienteering.org/footo/pictsymb.htm>
 If you want some practice, there is an excellent interactive on-line quiz at <http://www.fortnet.org/icd/>
 Both of these links are available through the ROC web site. Click on “Links” from the home page.

Meet Results



Highland Park National Orienteering Day September 16, 2006

Gary Fallesen featured NOD in his Friday "Get Out" with the headline: "Orienteering Day encourages families to stay the course". The turnout was great! There were 110 first timers, and 164 people total! Lots of families went out together.

The first orienteering challenge was to find the start because Saturday is Little League Football time at the South Ave. Rec center and it was chaos, but Cheryl and Ravi managed to spot those bewildered faces that said "orienteering? Here? Today?" and get them to registration. Karl gave his great intro to orienteering many times that afternoon.

We hope to see some of these new families and individuals at future events.

We had a raffle. The United States Orienteering Federation sent us some compasses to give out. The winners are: James Braun, Carl Palmer, Renee Long, Brian Potter, Cindy Colony, Florinda Cardenas & Ted Furutan. The free 1 year membership to ROC goes to Steve Hale and Family

We tried to make the WHITE course very easy, but it managed to confuse a few. The YELLOW course gave participants a grand tour of beautiful Highland Park, and the SPRINT barely gave participants a chance to catch their breath. There were a few grumbles that it was too long for a SPRINT. Next time we

promise to make it shorter and follow the guidelines precisely. Kameron, Tyler & Bryn Holmes won the White course, with Carl and Reid Palmer taking the honors on the Yellow. The Sprint was won by Rob Holmes, followed by Rob Stevens.

BIG Thanks to our volunteers coordinated by Sandra Lomker

- **Meet directors and course setters:** Rick & Dayle Lavine
- **Registration:** Nancy & Richard Burgey, Laurie Hunt, Stina Bridgeman & Sandra Lomker
- **Greeters:** Ravi Nareppa & Cheryl Detwiler
- **Instruction:** Karl Kolva
- **Crossing Guards:** Rob Stevens & Jim Lavine
- **Start/Finish:** Mike Gallagher, Rob Stevens, Cheryl & Dick Detwiler
- **Maps:** Jim Russell
- **Flag Pick-up:** Nancy & Richard Burgey

Results

WHITE length 1.5 km., climb 20 m.

1. Kameron, Tyler & Bryn Holmes	20:00
2. Steve, Nancy, Zack & Nick Hale	21:00
3. Frances, Avi & Ishai Nardia, Sam Markey	25:00
4. Melodie Kolmetz, John & Evan Luba	25:06
5. Leo Linder & Everest Egenhofer	26:00
6. Karen, Ryan & Brian Potter	26:00
7. Jim, Liam & Shannon Oberst	28:20
8. Jeffrey & Fred Potter	29:00
9. Jason, Anita, Jackson & Hannah Fickett	30:05

10. Andrew & Spencer Koehl, Renee& Kobe Long	30:12
11. David McFarland Porter	31:53
12. Laura, Thomas & Katie Bacon	32:00
13. Stephanie, Peter, Waire, & Helen Siegrist	33:55
14. Lee, Daniel, Lindsay & Andrea Moore	34:38
15. Steve & Alex Rawlings	35:00
16. Katja, Kayla & Mina Stevens	37:05
17. Thomas Peck	37:43
18. Louis, Seth, Rachel & Rebekah Sabo	39:05
19. John & Mathew Fritz	39:35
20. Larry, Larry Jr. Larry III, Staub, Peter, Mathew & Chris LaDuca	41:05
21. Eileen & Joe Scardino, Darrien Cummings	41:15
22. Andy & Matt Newman, Jan Fredericks & Jon Graham	41:20
23. Dawn, Tessa & James Braun	42:24
24. Eric, Kim, Carina, & Evan Phillips	43:30
25. Chris, Eli & Kaleb Pragle	44:00
26. Virginia Cumine, Jacob Cooney & Felicia MacClaren	44:00
27. Leanna & Jeanna Straus & Jonathon Thomas	45:10
28. Brian & Stephen Lynch	49:31
29. Barb Denigris, Michaela Burns & Bryonna Wyatt	53:42
30. Elijah, Nichole & Nehemiah Crocker	63:30
?? . Marcia & Jenna Geary ?(no time recorded)	

YELLOW Length 3.6 km., climb 65 m.

1. Carl & Reid Palmer	27:28
2. Sandi Willsey-Lemen	31:28
3. Carter Strich, Ted Furtani, Matt Woyak & Pat Quinn	33:25
4. Laurie Hunt	34:10
5. Kevin McFarland Porter	38:25
6. Jack Wallenhorst	39:13
7. Sylvia Klassen	41:50
8. John & Linda Nusz	41:43
9. Laura & DJ Civiletti, Deb, Kate & John Roman	42:43
10. Steve, Nancy, Zach & Nick Hale	46:56
11. Richard & Nancy Burgey	46:57
12. Tom, Jane, Alice & Emma Doeblin	49:42
13. Frank, Linda & Rachel Armstrong	49:44
14. Michael Wilson	50:37
15. Marcia & Jenna Geary	50:50
16. Cheryl Detwiler	54:09
17. David & Larry VerWeire	54:51
18. Vince, Riesa & Cole Cassano	54:52
19. Sandra Lomker	55:00
20. Dale & Christine DuRoss	55:17
21. Laurie & Sarah Masood	56:15
22. Meghan & Todd Sheehan	60:55
23. Elizabeth Hane & Anne Wibiralske	63:51
24. Sue Border	66:10
25. Andrew White, Betsy Richman & Robert Joslyn	66:48
26. Jason, Anita, Jackson & Hannah Fickett	68:30
27. Marc, Cindy, Jake, Heather & Nicole Coloney, Daria Writemyer	83:15
27. Jeffrey & Fred Penta	76:18
28. Ed Shelly	79:08
29. Chris, Eli & Kaleb Pragle	79:45
30. Robyn Roberts, Chris Casale, Flo Cardenas, Robert Findlay	83:33
31. Eileen & Joe Scardino,	

Darrien Cummings	86:02
32. Laurie, Hannah & Nathan Collinworth	87:39
33. Jennifer, Clayton & Clara Manley	100:24
34. Joyce, Todd, Clara & Clark Benham	100:55

SPRINT Length 3.6 km., climb 65 m.

1. Rob Holmes	23:52
2. Rob Stevens	28:42
3. Richard Detwiler	32:27
4. Mitch Collinworth	35:22
5. Stina Bridgeman	37:45
6. Eric Phillips	43:29
7. Kameron Holmes	43:36
8. Victor Klassen	48:36
9. Ravi Nareppa	50:12
10. Jim Lavine	62:22
11. Mike Yunker	70:30
DNF Carter Strich, Ted Furtani, Matt Woyak & Pat Quinn	

Webster Park September 30, 2006

The sky was gray but dry. The temperature was perfect for running, but a bit cool for standing around. The underbrush was dry but trails and hilly areas exhibited ample reminder that September has been an exceptionally wet month. The meet was a success with 156 participants and 76 starts. (That's a lot of dirty sneakers.) Dick Detwiler's courses were longer than normal for yellow and orange. There were a few spots where a brief lapse of attention could cause trouble for anyone. Eleven runners signed up for the 8.87 km combo of Orange and Yellow.

As usual, many volunteers helped out including Paul Schwartz as Meet Director. Dick Detwiler set the courses. Joel Shore helped "vet" the course. Stina Bridgeman, Dick Detwiler, and Bob Bundy manned the Start/Finish line. Carol Moran, Laurie Hunt, Elizabeth Hane, Linda Kohn and Joel Shore handled Registration. Karl Kolva, Rick Worner, and Jim Russell provided instruction for beginners. Lara Haase brought in food supplies for snacks. Elizabeth Hane set up the String-O course. Flag pickup was handled by Joel Shore, Jim Russell, Ron & Laurel Wellman, and Paul Schwartz. And of course Sandra Lomker made sure that there were volunteers.... Results typed by Bob Bundy.

Zach Lyons cleaned up on the White course, and then he came back to take second on the Yellow course. The Tylock family won the Yellow course, about 4 minutes ahead of Zach. Gil Robs set the standard on the longer courses, winning Orange by 4 and a half minutes, and then taking Orange Plus Yellow with a nearly 10 minute margin of victory.

Webster Results

White Course - 2.03 km

1. Zachary Lyons	17:42
2. Matthew Hube	31:02
3. Elizabeth Hane	35:00
4. David & Larry VerWeire	36:26
5. Drew & Don Winslow	38:45
6. Carol Moran	39:16
7. Timothy & Sergey Dobretsov &	

Tatyana Dobretsova	40:00
8. Girl Scout Troop 791 Group 1 *	40:13
9. Andrew, Meghan & Connie Elder	44:30
10. Victoria & Lori Story	45:30
11. Tyler Bryn & Kameron Holms	47:00
12. Girl Scout Troop 791 Group 2 *	47:55
13. Stephen & Brian Lynch	48:20
14. Kayla, Ming, & Robert Stevens	56:50
15. Marie Pellett & Cheri Crist	57:07
16. Alex, Katie, Eli, & Kelly Behlok & Joyce & Bill Lindenmuth	66:00
17. Girl Scout Troop 791 Group 3 *	80:10

* Troop 791 - We couldn't tell from the waiver forms who was in each group. So all registrants are listed below:

Christy Adams, Laura Adams, Sophia Germano, Sara Gnolek, Shari Gnolek, Kelly Johnson, Megan Lewis, Gina Livecchi, Jessica Long, Kelly Lovell, Jennifer Lundahl, Jenny Lundahl, Nicole Nelson, Amanda Sellers, Gabrielle Smith

Yellow Course - 4.01 km

1. Melissa, Rachael, & Steven Tylock	59:00
2. Zachary Lyons	63:22
3. Eugene Morreale	66:08
4. Laura Civiletti	66:35
5. Hannah Nathan & Laurie Collinsworth	70:25
6. Lauren and Chris Collins	79:25
7. Bob Kremens	82:16
8. Mike Hirsch	85:30
9. Rachel, Linda, & Frank Armstrong	87:08
10. David & Larry VerWeire	88:40
11. Laurel Wellman & Pat Young	89:00
12. Nicole, Jeff, Trish, & Curtis Hube	91:40
13. Rohan, Archana, & Kiran Hegde	94:40
14. Julie Oldenski & Will Mitchell	97:00
15. Sandi Willsey-Lemen	97:50
16. Marie Pellett & Cheri Crist	98:30
17. Alize, Emma, Jane, & Tom Doeblin	99:00
18. Ishai & Frances Nardia	99:20
19. Cole, Riesa, & Vince Cassano	99:30
20. Evan Cuba, Melodie Kolmetz, & John Cuba	99:38
21. Troop 327 Group C	139:50
(Sam Bailey, Dana Gillens, Nate Holaban, Savannah Houck, Sarah McRobbie, Kacey Sturtz, MacKenzie Sturtz)	
22. Troop 327 Group A	156:25
(Lisa Beacon, Alyson Holahan, Annette Holahan, Drew Holahan, Jessa Matteson, Steve Matteson, Caroline Sturtz)	
23. Troop 327 Group B	168:00
(Cassidy Craig, Tim Holahan, Catherine Shaff, Jo Shaff, John Shaff, Amalia Van Hall)	
24. Kurt Vater	182:00
DNF Bill Jabs & Wendy Mercado	

Webster Orange Course - 4.86 km

1. Gil Robs	37:24
2. Mike Lyons	41:55
3. Rob Holmes	42:57
4. Mitch Collinsworth	53:01
5. Stina Bridgeman	58:50
6. Eric Barbehenn	60:10
7. Peter Dady	62:25
8. Lindsay Worner & Linda Kohn	66:33

9. Rick Worner	77:00
10. Jim Russell	78:48
11. Marilyn & Larry Zygo	81:41
12. Ravi Nareppa	82:08
13. Jackie Novkov	87:30
14. Bob Bundy	87:34
15. Liz & Michael Finear	90:05
16. Jack Wallenhorst	92:20
17. Douglas Kennedy	96:30
18. Karl Kolva	104:08
19. Tom Story	106:20
20. Aaron Young & Mike George	108:00
21. Anne Schwartz	108:10
22. Greg Morgans & Steve Winslow	113:55
23. Kathy & Jim Curry	116:35
24. Linda & John Nusz	122:20
25. Mike Yunker	124:00
26. Reid & Carl Palmer	130:52
27. Sandra Canna & Adam Dalton	133:50
28. Chris & Matt Britt	142:35
29. Shawn Forney	147:19
30. Laurie Hunt	161:12
31. Lara Haase & Jeff Czajka	161:32
DNF Jon Fleig	
DNF Rick Bettencourt & Ellen Canna	
DNF Jason & Jackson Fickett	

Orange plus Yellow Combo - 8.87 km

	Orange	+ Yellow	=Total
1. Gil Robs	37:24	25:21	62:45
2. Mike Lyons	41:55	30:12	72:07
3. Rob Holms	42:57	30:55	73:52
4. Mitch Collinsworth	53:01	37:49	90:50
5. Stina Bridgeman	58:50	38:57	97:47
6. Eric Barbehenn	60:10	40:28	100:38
7. Peter Dady	62:25	39:05	101:30
8. Jack Wallenhorst	92:20	60:55	153:15
9. Tom Story	106:20	61:02	167:22
10. Greg Morgans & Steve Winslow	113:55	57:40	171:35



On Irondequoit Bay -- A family out for an afternoon of orienteering? (Photo by Paul Schwartz)

**Irondequoit Bay Park East
October 8, 2006**

There was a good turnout (145 people) on a correspondingly very nice day, to try out the courses set by Rick and Dayle Lavine. There was some grumbling about the climb involved (225 meters on Orange for example!), but when the park is as

hilly as this one, it's pretty much impossible to set a course without significant climb!

Congratulations to the Gnolek family of Webster; in their first meet by themselves, the children, Avery and Sara, took first on the White course; their parents, Gary and Shari, in their first meet ever, were close behind in second place.



Peter Dady and Randy McGarvey heading to the finish at Irondequoit Bay East. (Photo by Paul Schwartz)

On the Yellow course, there was a very tight race for first place, with the Borden/Hardman team beating Rachael and Steve Tylock by only 17 seconds. The Orange course was an "all Rob" show, with Rob Holmes edging Rob Stevens by a minute and a half.

Anyone I talked to agreed that for a park that is less than one square km, it can offer a significant challenge, both physically and navigationally!

Irondequoit Bay East Volunteers:

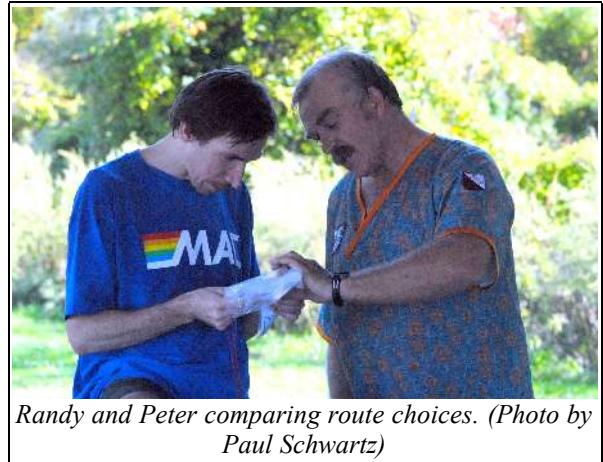
- **Course setters** - Rick and Dayle Lavine
- **Meet Directors** - Rick and Dayle Lavine
- **Instruction** - Karl Kolva
- **Food** - Dayle Lavine
- **String-O** - Ari & Gray Hendershot
- **Registration** - Cheryl Detwiler, Sandra Lomker, Carol Moran
- **Greeter** - Tom Cornell
- **Start/Finish** - Dick Detwiler, Paul Schwartz, Steve Tylock, Rick Lavine
- **Pickup** - Jim Pamper, Steve Tylock
- **Results** - Steve Tylock

Irondequoit Bay Results

White

1 Avery & Sara Gnolek	18:32
2 Gary & Shari Gnolek	20:49
3 Gray Hendershot & Andrew Wightman	29:51
4 Kate & Doug Hall	33:12
5 Frances, Ishai & Avi Nardia	39:07
6 Craig, Sarah, Sam & Megan Lewis	39:50
7 Tracy, Keith & Kelly Johnson	41:20
8 Troop 402 Team 2 [David & Anthony Rosati, Paul Pantanellii & William Stillson]	41:25
9 Kameron, Tyler & Bryn Holmes	42:12
10 Troop 402 Team 1 [Carol Baccoli, Michael &	

Paul Craig, Zac Goole, Jordan Tice & Bruce Johnson]	46:18
11 Marc & Stephanie Corliss	50:13
12 Pat, Dave, & Laura Young	52:00
13 Pat Welch & Emma Gilbert	54:42
14 Arnoldo & Carlos Vazquez	59:13
15 Lee, Brian, Mathew, Jessica & Christine Buttaggi	61:54
16 Ari Hendershot & Jeff Wightman	62:45
17 Heather, Laurel & Ron Wellman	70:30
DNF Pat & Tyler Deskins & Chris & Lisa Kowalski	



Randy and Peter comparing route choices. (Photo by Paul Schwartz)

Yellow

1 James, Zak & Tyler Borden & Nathan Hardman	34:10
2 Rachael & Steve Tylock	34:27
3 Laura Civiletti	40:25
4 Michael Wilson	41:45
5 Chris & Lauren Collins & Kaitlin Brightman	50:19
6 Michelle & Luke Weiler	51:18
7 Sandi Willsey-Lemen, Sara Zschoches, Alyses & Colin Lemen	54:25
8 Fred, Jackie, Barnaby & Harry Dowdeswell	55:35
9 Tom Cornell & Sandra Lomker	58:49
10 Mike Hirsch	62:18
11 Michael, Julie, Ben & Austin Knapp	63:24
12 Rick, Barb, Pat & Jenny Quinn	64:03
13 Carol Moran	73:36
14 Heidi & Maggie Hall	81:36
15 Brian, Marcie & Jenna Geary	87:07
16 Melodie Kolmetz, John & Evan Cuba	87:18
17 Michael & Timothy Mercer	89:41
18 Karen & Brian Potter & Ron VanDenburgh	98:50
19 Jennifer, Paul, Clayton & Clara Manley	119:30
20 Emily Clark, Janet St. Pierre & Virginia Cumine	125:30
21 Eli, Kelly, Alex & Katie Behlok	135:00
DNF Gerry, Andrew, Helena & Derek Holmes	
DNF Sue & Jen Border	
DNF Anna LaForce	

Orange

1 Rob Holmes	42:11
2 Rob Stevens	43:50
3 Dick Detwiler	59:06
4 Pete Dady	61:24
5 Stina Bridgeman	62:32

6 Randy McGarvey	67:14
7 Thomas Story	71:20
8 Carl & Reid Palmer	71:26
9 Jim Pamper	75:47
10 Paul Schwartz	77:40
11 Bob Bundy	81:38
12 Jackie Novkov	88:52
13 Ravi Nareppa	91:55
14 Barb Dominie	98:45
15 Joe Seyfried	104:06
16 Perette Barella	119:00
17 Rohan, Kiran & Archana Hedge	128:54
18 Nick Nettleton	145:01
19 Vihu, Riesa & Cole Cassano	150:00
20 Elizabeth Hane	152:05
DNF Karl Kolva	
DNF Mike Yunger	
DNF Rachael & Steve Tylock	

Volunteers:

- **Course setters** - Timothy Gorbold
- **Meet Directors** - Rick Worner
- **Instruction** - Karl Kolva & Rick Warner
- **Food** - Sandi Willsey-Lemen & Patty Borden
- **String-O** - Rob Stevens
- **Registration** - Patty Borden, Rob Stevens & Elizabeth Hane
- **Greeter** - Linda Kohn
- **Start/Finish** - Stina Bridgeman, Nancy & Richard Burgey, Sandi Willsey-Lemen & Rick Worner
- **Pickup** - Gil Robs, Rob Stevens & Jim Pamper
- **Results** - Pat Russell
- **Other** - Gray Hendershot



*Enthusiastic string-O competitor at Irondequoit Bay East.
(Photo by Paul Schwartz)*

Mendon Results

WHITE

1 Andy White	13:40
2 Ian Walters & Patricia Welch	24:30
3 Luke & Chris Lyons	26:40
4 Scott, Caitlin & Trish Hanrahan (Scout Troop 336)	27:00
5 Jeff Luellen & Ellen Coyner	27:52
6 Betsy Richman & Lauren Werckenthien	30:20
7 Rebecca & Lisa Holdridge, Megan Doyle	30:34
8 Tim, Sergey & Tatyana Dobretsov	35:00
9 Bill Jabs	40:48
10 Colleen & Katharine Dix, Hailey Hasseltine	41:08
11 Anne Shannon, Kelsey Nau & Morgan LaDue	48:43
12 Diane & Caitlyn Roof, Julia Hawkins & Marissa Conteras	51:15
13 Dawn, Kelcy, Brooke & Tessa Braun	51:40
14 Jack, Diane & Owen Morrell	55:20

YELLOW

1 Nate Lyons	22:10
2 Rachael Tylock	23:20
3 Sandi Willsey-Lemen	29:30
4 Michael & Liz Finnear	29:56
5 Gray Hendershot	31:38
6 Don Winslow	34:16
7 Cheryl Detwiler	34:38
8 Tom Cornell	35:27
9 David Aageson & Matt Lapannas	35:30
10 Richard & Nancy Burgey	37:07
11 Tony & Christine Mazzullo Kim & Rachel Hayton	37:15
12 Ian Walters & Patricia Welch	38:00
13 John & Linda Nusz	38:50
14 Michael Hirsch	39:10
15 Sandra Lomker	40:00
16 Gary Horvath	40:33
17 Christine Biermann, David Ziegler-Sheridan & Mark Thiehl	40:38
18 Carol Moran	41:42
19 Gerry, Andrew & Derek Holmes	44:17
20 Andy White	45:20
21 Elizabeth Hane	46:28
22 Karl Kolva	46:30
23 Jefferson, Lisa, Madeline & Samuel Svengsouk	55:30
24 Susan Jenkins Lawson & Martin Lawson	57:30

Mendon Ponds Park October 22, 2006

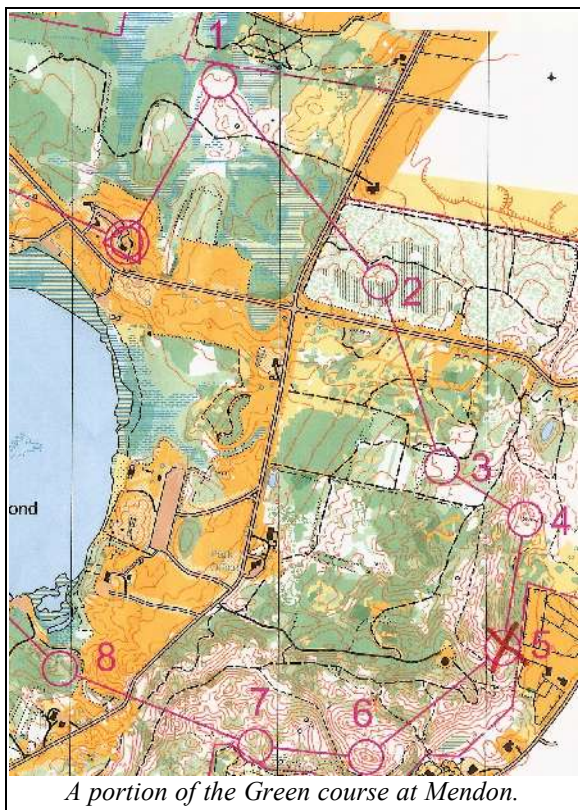
The day wasn't the greatest – lows 50's, gray and overcast, with rain over most of the Rochester region. Fortunately, not much rain fell on Mendon Ponds Park during the meet, and there were many (145 to be exact) hardy orienteers who came out to try one of the four courses offered by Timothy Gorbold.

Andy White won the White course in a blistering 13:40, 10+ minutes ahead of the second-place team of Ian Walters & Patricia Welch. Nate Lyons took first on Yellow in 22:10, about a minute ahead of second-place Rachael Tylock.

On Green, Jim Pamper had a fine run, beating second-place Dick Detwiler by around 4 minutes. It was reported that people on the Green course got a little mud (putting it mildly) on their shoes in one particular part of the course.

Course-setter Gorbold provided a nice challenge for anyone who was looking for a good workout – a 9.5 km Blue course. William Hawkins left everyone else in the dust (or the mud), finishing in an amazing 65:23 (less than 7 minutes per km). Rob Holmes was impressive in second place, about 11 minutes behind William, with Gil Robs only about a minute behind Rob.

25 Hugh & Nick Lambert	58:00
26 Frances & Ishai Nardin	58:05
27 Larry & Marilyn Zygo	59:50
28 Eli, Kelly, Alex & Katie Behlok, Peter, Mary Ellen, Kasia& Alexandra Labaciewicz	85:50



A portion of the Green course at Mendon.

GREEN (5.3 km)

1 Jim Pamper	72:50
2 Dick Detwiler	76:45
3 Linda Kohn	81:22
4 Chad Borden	88:15
5 Dayle Lavine	88:40
6 Rick Lavine	91:00
7 Bob Bundy	92:08
8 Rick Slattery	97:20
9 Barb Dominie	99:11
10 Joe Seyfried	100:40
11 Carl & Reid Palmer	102:40
12 Tyler & Zak Borden, Jon Erbelding & Nathan Hardman	102:56
13 Sue Klassen	114:48
14 Shawn Forney	122:02
15 Douglas Kennedy	136:30
16 Laurie Hunt	143:10
17 Pat Young & Ron Wellman	143:33
18 James P. Lavine	185:40
19 Jon Flieg	187:40
DNF David Aagesen & Matt Lapannas	
DNF Larry Barone & Kathleen Kennel	
DNF Sylvia Klassen	
DNF Rink & Utah Moffett	
DNF Jackie Novkov	
DNF Dmity Sizov	
DNF Pat Staub	
DNF Glen, Susan & Brandon Wyand	
DNF Mike Yunker	

MENDON BLUE (9.5 km)

1 William Hawkins	65:23
2 Rob Holmes	76:53
3 Gil Robs	78:15
4 Rob Stevens	102:00
5 Pavel Korniliev	102:06
6 Alex Jospe	106:47
7 Peter Dady	110:12
8 Stina Bridgeman	117:43
9 Randall McGarvey	118:04
10 Jim Russell	130:17
11 Victor Klassen	164:23
12 Robert Reeves	194:02
DNF Nick & Matt Nettleton	
DNF Rachael & Steve Tylock	

N. American Orienteering Championships October 6-8, Hamilton, ON area

The results below list all ROC competitors, along with the first-place finisher in any category that an ROC person competed in. Also, William Hawkins is listed, whose primary club is CSU but who is now living and orienteering in the Rochester area.

The listings below show the event (age range, distance, climb, and number of controls). The finishers are listed by place/number of starters, name, club, and time.

NAOC Sprint

M13-14 1.4 km 5 m 9 C

1/4 Nathaniel Lyons	ROC	6:23
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M35-44 3.2 km 15 m 18 C

1/27 Nick Duca	Waterloo	17:03
10/27 Michael Lyons	ROC	20:50
19/27 Mitch Collinsworth	ROC	23:45

NAOC Middle

M13-14 1.8 km 30 m 7 C

1/11 Andrey Koptelov	Ramblers	15:52
8/11 Nathaniel Lyons	ROC	29:29

M20-34 4.5 km 65 m 17 C

1/68 John Fredrickson	HVO	29:33
2/68 William Hawkins	CSU	30:26

M35-44 3.6 km 50 m 13 C

1/27 Eugene Mlynczyk	UKR	32:33
20/27 Michael Lyons	ROC	56:54

M45-54 3.6 km 50 m 12 C

1/43 James Tasker	EOOC	28:45
20/43 Mitch Collinsworth	ROC	1:00:03
31/43 Victor Klassen	ROC	1:12:45
35/43 Rick Worner	ROC	1:24:10

F15-16 2.8 km 40 m 8 C

1/4 Molly Kemp	OOC	39:17
4/4 Sylvia Klassen	ROC	1:50:04

F20-34 3.6 km 50 m 13 C

1/27 Katarina Smith	Falcon	31:28
22/27 Lindsay Worner	ROC	1:06:43

F45-54 3.4 km 55 m 11 C

1/19	Peggy Dickison	OK	46:31
5/19	Laurie Collinsworth	ROC	52:40
8/19	Linda Kohn	ROC	56:19
18/19	Sue Klassen	ROC	2:24:18

NAOC Long**M13-14 2.5 km 35 m 8 C**

1/11	Alex Teutsch	OOC	20:08
2/11	Nathaniel Lyons	ROC	21:57

M20-34 12.2 km 185 m 22 C

1/62	Wil Smith	Falcons	1:23:51
6/62	William Hawkins	CSU	1:31:00

M35-44 8.4 km 130 m 14 C

1/27	Michael Eglinski	OK	1:15:02
11/27	Michael Lyons	ROC	1:31:04

M45-54 6.9 km 100 m 12 C

1/40	247 James Tasker	EOOC	1:01:39
22/40	222 Mitch Collinsworth	ROC	1:35:04
29/40	271 Rick Worner	ROC	1:41:08

F20-34 8.3 km 125 m 14 C

1/26	Katarina Smith	Falcons	1:09:18
22/26	Lindsay Worner	ROC	1:55:34

F45-54 6.1 km 95 m 10 C

1/18	Angela Pearson	EOOC	1:24:24
2/18	Linda Kohn	ROC	1:24:56
7/18	Laurie Collinsworth	ROC	1:36:27

Interest in Orienteering is Growing in Webster!

by Karl Kolva

For more than 10 years, some of the schools in Webster have been holding a special day each year in September, to take the fifth graders out to Webster Park to do orienteering. They get the fundamentals on their school grounds in their earlier grades. This past September, all of the fifth grade students, from seven different schools, participated.

Earlier in the year, Jason Kulik, from the Webster Parks and Recreation Department, asked me to put on an orienteering activity as part of their annual Harvest Festival, an activity geared toward families, such as hay rides, face painting, water slides, the usual kids' stuff. Paul and Anne Schwartz, Laurie Hunt, Carol Moran, and I set up a booth where we showed a PowerPoint presentation on orienteering and sent about 18 families out to do two short courses in the Webster Arboretum, and a longer one using most of Kent Park. All 50 of the participants seemed to like their walk around the courses. We received favorable responses from the participants.

Just last week, Laurie Hunt, Carol Moran, and I put on another "O" event using Kent Park and the arboretum for 44 individuals (12 families) to enjoy a wet tramp around the courses. Again, we got favorable feedback on the evaluation sheets they filled out.

Dick Detwiler has been teaching orienteering as part of the adult education in Webster and is planning to repeat the classes again this spring. We need to cultivate that interest in the Webster community by offering opportunities for this activity to them as often as we can.

New maps under development

by Dick Detwiler, mapping chair

The Rochester Orienteering Club will have meets on two newly-mapped areas in 2007. One is coming up very soon – it is Harriet Hollister Spencer Recreation Area, which will be used for the ski-O on January 6. The other is Dryer Road Park in Victor.

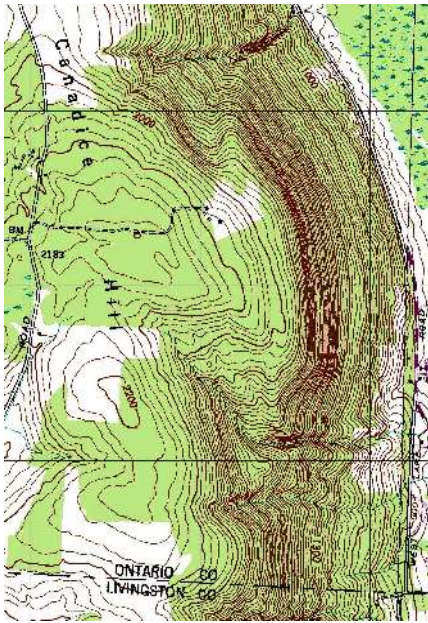
Harriet Hollister is northwest of Naples. This venue will be excellent for Ski-O's because it is very high in elevation (2000-2200 feet) and therefore keeps its snow better than most other areas. As evidence of its propensity for snow, I visited the park on October 30, at which time Rochester had not seen any snow yet. There was not only snow on the ground, but there were ski tracks in a number of areas!

We will initially be mapping Harriet Hollister for Ski-O use. Once we become more familiar with the area, we will decide whether to also map it for regular orienteering.

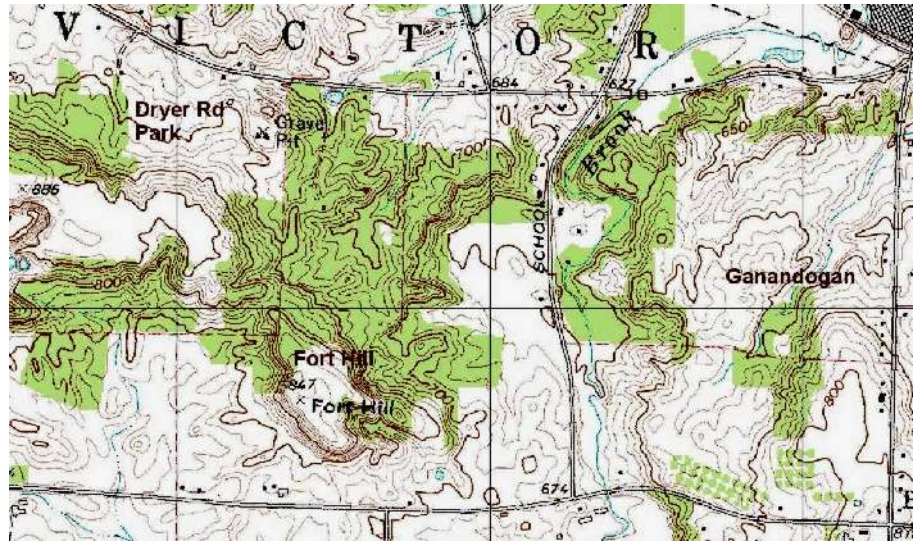
The Dryer Road Park map will actually consist of three contiguous areas: Dryer Road Park, Fort Hill, and Ganandogan. Thanks to efforts of Rick Worner, we have permission to use all three of these areas. The total area is approximately the size of Webster Park, although because of the way it is laid out and the significant hills, it "feels" larger than Webster. Work has begun on this map, and it is planned to hold a meet here in the fall of 2007.

See the next page for USGO topo maps and some pictures of these two areas.

Harriet Hollister



Dryer Road / Fort Hill / Ganandogan



Harriet Hollister (Photos by Cheryl and Dick Detwiler)



Harriet Hollister



Dryer Road Park

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



*First ski tracks of the season –
 October 30, 2006 at Harriet Hollister
 Park (see article)*