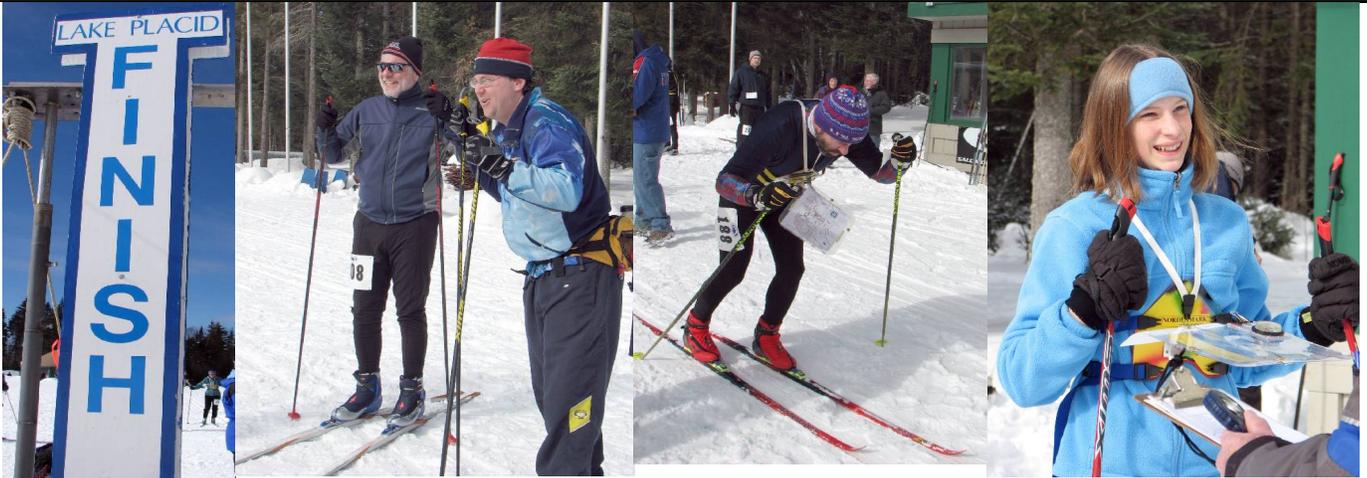




The official newsletter of the Rochester (NY) Orienteering Club

## ROC skiers excel at Empire State Games



Rochester area skiers had a great showing at the Empire State Winter Games, both in terms of numbers (14 participants) and results (8 medals). See results and more photos inside.

Above, from left: Finish line; Jim Russell and Eric Barbehenn; Mitch Collingsworth; Sylvia Klassen  
 (All ESG photos by Elizabeth Hane)

### Spring orienteering season ready to roll! Camp Eastman, April 1

The first meet of the spring season is upon us! The Annual Icebreaker will be Sunday, April 1, at Veteran's Lodge in Camp Eastman (off of Lakeshore Blvd in Irondequoit, just west of Durand Eastman Park). The meet director and course setter will be Rick Worner and Linda Kohn, respectively.

Since the date was the Ice breaker is April 1st, participants should expect the the unexpected. Linda will set a full array of challenging courses. We hope to be able to use the entire park depending on the status of the golf course.

After this meet, they'll be a meet every two weeks throughout most of the spring season. See the schedule on Page 3 for details.

### Membership Renewal Time

Memberships expire on March 1. Please check the mailing label on this newsletter which gives your expiration date. If the date is 3/1/2007, that means you need to renew!

As in the past, there are three options for renewing:

- Renew on-line using Active.com. Visit the ROC web site and click on **Membership**. Or if you like typing long URLs, here's the direct address: [http://www.active.com/event\\_detail.cfm?event\\_id=1380788](http://www.active.com/event_detail.cfm?event_id=1380788)
- Fill out the application on the back page of this newsletter, and mail it in with a check.
- Renew at the next meet you attend.

Whichever way you choose, please renew! Your membership helps support the club, and you get to participate in meets at the member rate of \$3 instead of \$6. In addition, you will continue to receive our newsletter to keep you informed about orienteering happenings in and around Rochester.

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## 2007 Club Officers and Committee Chairs

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### Board of Directors:

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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
<b>Approx. distance</b>	2-4 km	3-5 km	4-7 km	3-5 km	4-7 km	6-10 km	8-14 km
<b># of controls</b>	4-12	5-12	8-12	8-12	8-12	8-15	10-18
<b>Difficulty</b>	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.

# Spring-Summer 2007 Schedule

## Rochester Area

Sunday, April 1	<b>Annual Ice Breaker. Camp Eastman.</b> Veteran's Shelter. Start from 12:00 noon to 2:00 p.m.
Sunday, April 15	<b>Mendon Ponds Park. Cavalry Lodge.</b> Start from 12:00 noon to 2:00 p.m.
Sunday, April 29	<b>Badgerow Park.</b> White and Yellow courses plus Sprint. Start from 12:00 noon to 2:00 p.m.
Saturday, May 12	<b>Letchworth State Park,</b> east side, cabin area. Start from 12:00 noon to 2:00 p.m.
Sunday, May 27	<b>Irondequoit Bay East.</b> Start at Bay-View YMCA. Random-O plus Sprint. Start from 12:00 noon to 2:00 p.m.
Saturday, June 9	<b>Mendon Ponds Park.</b> Beach area. ADK Outdoor Expo. Workshops, short courses. 10:00 a.m. to 4:00 p.m.
Sunday, June 10	<b>Mendon Ponds Park.</b> Lodge TBD. Adventure Run. Call Hotline for details.
Sunday, June 24	<b>Cobbs Hill Park.</b> Tay House. Regular courses plus Sprint. Start from 12:00 noon to 2:00 p.m.
Sunday, July 15	<b>Mini-Rogaine (3 and 6 hour time categories).</b> <b>Letchworth State Park, east side.</b> Start at Parade Grounds. Mass start at 11 a.m.
Saturday, July 28	<b>Score-O, plus Sprint and White courses.</b> <b>Black Creek Park,</b> west side. Score-O mass start 10:00 a.m., White course starts from 10:05 to 11:00 a.m. Sprint starts after the Score-O finishes.
Wednesday, August 15	<b>Score-O plus White course. Ellison Park.</b> Island Shelter. Score-O mass start at 6:00 p.m. White course starts from 6:05 to 6:45 p.m.
Saturday, August 25	<b>Webster Park.</b> Parkview Lodge. Sprint, followed by Night-O. Sprint starts from 6:00 p.m. to 7:30 p.m. Night-O starts at 8:15 p.m.
Saturday, September 8	<b>Powder Mills Park.</b> Butternut Grove Shelter. Start from 12:00 noon to 2:00 p.m.
Saturday, September 15	<b>National Orienteering Day. Highland Park.</b> White, Yellow, and Sprint. Start from 12:00 noon to 2:00 p.m.
Saturday, September 29	<b>Dryer Road Park, Victor. New map!!</b> Start from 12:00 noon to 2:00 p.m.

### Attention!

**Before traveling to any ROC meet, please call the Hotline at (585) 377-5650. Meet locations, details, and schedules may change at any time – the Hotline will always have the latest info!**

## Outside of Rochester Area

*See web sites of the sponsoring club for details (web sites on next page).*

Saturday, April 14	<b>CNYO.</b> The Nordic Center, Virgil
<b>Sat.-Sun., April 21-22</b>	<b>HVO. Surebridge Challenge. Harriman State Park</b>
<b>Sat.-Sun., April 28-29</b>	<b>USMAOC. 28th Annual West Point A-Meet</b>
Thursday, April 26	<b>BFLO.</b> Chestnut Ridge. Training session.
Thursday, May 3	<b>BFLO.</b> Chestnut Ridge. Training session.
Sunday, May 6	<b>BFLO.</b> Emery Park.
Saturday, May 12	<b>CNYO.</b> Hammond Hill, Freeville
Sat.-Sun., May 12-13	<b>CNYO.</b> REGAINE III, Hammond Hill, Freeville. Pre-registration required.
Thursday, May 17	<b>BFLO.</b> Chestnut Ridge. Training session.
Saturday, May 19	<b>BFLO.</b> Sardinia Forest
<b>Sat.-Sun. May 19-20</b>	<b>EMPO. Billygoat and Billygoat Sprints, Thacher State Park, New Scotland, NY</b>
Saturday, June 2	<b>CNYO.</b> Training Day & Potluck Barbecue, Hammond Hill, Freeville
Sunday, June 17	<b>CNYO.</b> Daddy-O, Pratts Falls County Park, Pompey
Sunday, June 17	<b>BFLO.</b> Mini-rogaie. Start at Holiday Valley ski area.
Sat.-Sun., July 7-8	<b>CNYO. Rogaine XVII. Finger Lakes National Forest, Hector</b> (also regular meet, Sat. July 7, same location)
Tuesday, July 10	<b>BFLO.</b> Chestnut Ridge Park.

## Recent Permanent Course Finishers - CONGRATULATIONS!

<b>Durand</b> Jim, Patty, Chad, Tyler, & Zak Borden	1/23/07	Rochester NY
<b>Letchworth</b> Jim Pamper	1/6/07	Lima NY
<b>Mendon</b> J. Luellen	11/28/06	Pittsford NY
Jim and Kevin Pamper	1/13/07	Lima NY
Klimasewski Family	1/18/07	Fairport NY
Rick Brown	3/7/07	Bloomfield NY
<b>Webster</b> Steve & Rachael Tylock	11/28/06	Pittsford NY
Hugh Lambert	1/9/07	Rochester NY
Laurence Yost	1/11/07	Webster NY

## Contact information

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

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

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

**Buffalo Orienteering Club (BFLO) web site:**  
<http://www.buffalo-orienteering.bfn.org/>

**Central New York Orienteering (CNYO) web site:**  
<http://cnyo.us.orienteering.org/cnyo/>

**Golden Horseshoe Orienteering (GHO)**  
(Niagara/Hamilton region) web site:  
<http://www.dontgetlost.ca/gho/>

**Empire Orienteering Club (EMPO)** (Albany area) web site:  
<http://empopo.us.orienteering.org>

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

**Other clubs:** See USOF web site.



*Empire State Games, Male Scholastic medalists:  
Nate Lyons (ROC), Gold, and David Ellsworth, Silver*

## Spring A-Meets by Mike Lyons

For anyone who is interested in trying their hand at orienteering in unfamiliar terrain, New York State is home to two exciting A-meets this April, and a Billygoat in May.

First up, on April 21-22, is the Surebridge Challenge. This meet, hosted by HVO at Harriman State Park, will be held on the Surebridge map, site of the 1993 World Orienteering Championships (the only WOC ever held in North America). Details are available at: <http://hvo.us.orienteering.org/>. Early-bird discount is available if postmarked by April 2, so don't delay!

The second meet is the 28th Annual West Point A-Meet. It will be held on April 28-29. In addition to regular courses on Saturday and Sunday, a Sprint course will be available on Saturday afternoon. Complete information is available at: [http://www.dean.usma.edu/Departments/geo/clubs/o\\_team/ameet.htm](http://www.dean.usma.edu/Departments/geo/clubs/o_team/ameet.htm) (or google "West Point A-Meet"). Many ROC

members attend this meet each year. Go experience the wonderful hospitality of the cadets!

Finally, the Billygoat will take place at Thacher State Park, near Albany, on May 20th. The Billygoat is a long orienteering event that includes a mass start, each person is allowed to skip one control, and "following" other orienteers is permitted. There are also two Sprint events planned for the same location on May 19th, so make a weekend of it. Details are available at the EMPO web site (<http://empopo.us.orienteering.org/>).

## Junior Training Camp by Mike Lyons

All juniors are invited to the Northeast Junior training Camp on April 13-15 at Blue Mountain Trail Lodge in Peekskill, NY. The fun starts at 6pm on Friday and continues thru 3pm on Sunday.

The camp will be led by US team coach Jeff Saeger, and JWOC coaches Ross Smith and Samantha Saeger. The training exercises will be organized based on the ability of the attendees. \$85 covers 5 meals, accommodations, and training.

Nate and Zach Lyons will be attending, and have room in their car for 2 others. Contact Mike Lyons (787-0088) if interested.

Registration and more information:

Janet Porter, 438 Main Street, Red Hill, PA 18076  
215-679-7829 evenings and weekends

## ROC's Unsung Heroes by Sandra Lomker

Volunteers are vital to the success of the Rochester Orienteering Club!

At the Annual Membership Meeting, eight Board members were elected each to serve a 2-year term: Paul Schwartz, Rob Holmes, Stina Bridgeman, Randy McGarvey, Joe Seyfried, Rob Stevens, Laurie Hunt, and Gil Robs. They joined eight additional Board members who will serve another year: Rick Lavine, Carol Moran, Rick Worner, Joel Shore, Bob Bundy, Mike Gallagher, Mike Lyons, and Jim Russell.

In January the Board welcomed President Sergey Dobretsov and Past President Ravi Nareppa and elected officers, each to serve a 1-year term: President-Elect Eric Barbehenn, Treasurer Tatyana Dobretsova, and Secretary Sandra Lomker. In addition to these 16 Board members and 5 Officers there are several others who serve as Committee Chairs including Dick Detwiler and Tom Cornell.

These dedicated Officers, Board members, and Committee Chairs, along with many others, not only attend meetings and make decisions, they also volunteer at meets, keep records, maintain equipment, map parks, answer requests, publish a newsletter, publicize events, sell maps, keep up permanent courses, educate youth about orienteering as a lifetime sport, compete and enjoy the 22 plus events planned for 2007.

THANKS!

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## US Rankings

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Many ROC orienteers participated in enough national-level meets during the past to achieve national rankings, some of them #1 in their class. Congratulations to all who earned rankings!

Course	Class	Name	Rank in class / # people ranked
White	M-10	Zach Lyons	1/3
Yellow	M-14	Nate Lyons	1/15
Brown	F55	Patricia Lyons	2/11
Brown	F60	Kathy Bannister	6/11
Brown	F65	Dayle Lavine	6/15
Brown	M65	Walt Lyons	16/19
Green	F50	Linda Kohn	4/16
Green	F-Gr	Lindsay Worner	1/3
Green	M60	Rick Lavine	29/36
Red	F21	Linda Kohn	23/31
Red	F21	Lindsay Worner	26/31
Red	M35	Rob Holmes	8/16
Red	M40	Mike Lyons	12/30
Red	M45	Mitch Collingsworth	42/60
Red	M45	Rick Worner	50/60
Blue	M21	Gil Robs	41/81

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## 2007 ROC Schedule

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ROC is happy to announce its 2007 meet schedule (copies of which should be in this newsletter). During the spring and fall seasons, there will be a local meet approximately every two weeks, to provide plenty of opportunities for local orienteering.

In addition to the frequent regular meets, there are a few things that warrant special note:

- We're continuing the practice that was started last year of holding Sprints with some of the regular meets. A Sprint is a short-distance event with many controls, and is intended to be done in addition to a regular course. There will be five Sprints this year, the first of which on April 29.
- There will be an Adventure Run on June 10 at Mendon. This is an event which caters to runners; we're hoping to attract some of the many people in the region who enjoy trail running but have never tried orienteering. More information will be available as the event nears.
- On July 15, there will be a mini-rogaie at Letchworth State Park. It will start on the east side, and will utilize both sides of the river. Time categories of 3 and 6 hours will be offered.

- We will be having our annual night-O in August instead of November, to have more moderate temperatures. It will be August 25 in Webster Park, preceded by a Sprint in the daylight.
- The club is proud to be unveiling a brand new map this year, of Dryer Road Park in Victor (along with Fort Hill and Ganondagan). There will be a meet there on September 29.

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## ROC volunteers

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Kathy Bannister, Lindsay Worner, Linda Kohn and Rick Worner spent a week representing ROC at a Katrina relief project in Biloxi, Mississippi. We spent most of our time drywalling a house interior that was seriously damaged by a thirty foot wave. The organization we worked for ULM Relief. Larry and Marilyn Zygo also spent some time in Biloxi the week before we arrived removing mold from the interior walls of homes. Lots of work remains and there are many great organizations looking for volunteers.

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## ROC'ers planning some challenging trail runs

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Several local orienteers are entered in challenging trail runs this year:

- Gil Robs is entered in the 50-mile Bull Run Run, scheduled April 14. This run is held along the Bull Run trail in norther Virginia, and is considered one of the premier trail ultras of the east.
- Rick Worner is signed up for the extremely challenging Leadville 100, a 100-mile race held in the area of Leadville, Colorado. Not only is the race 100 miles in length, the elevation ranges from 9,200 feet to 12,600 feet above sea level, where the oxygen is sparse! It will be on forest trails and some mountain roads. This race will be August 18-19.
- The same weekend as the Leadville 100, Anne Schwartz and Dick Detwiler, along with Dick's 25-year old daughter Andrea, are signed up for the Pike's Peak Ascent. This race is on the Pike's Peak Barr trail, and is a mere 13.3 miles (wimpy compared to Gil's and Rick's races!), but the challenge comes from the elevation and the climb. The race starts at 6,300 feet, and climbs an additional 7,800 feet to end at 14,115 feet. (If the oxygen is sparse for Rick at Leadville, think of how little there is at 14,000 feet!)

Best of luck to Gil, Rick, Anne, Dick, and Andrea in their preparations for these events.

# Empire State Games

Here are the full results of the Empire State Winter Games Ski-O competition, with ROC members underlined. See photos scattered throughout this issue (all ESG photos taken by Elizabeth Hane).

Div	Sex	Place	Time	Medal	Name	City	County
Grand Master	Female	1	1:08:50	G	Sue Hawkes-Teeter	Berne	Albany
Grand Master	Female	2	1:15:01	S	<u>Dayle Lavine</u>	Rochester	Monroe
Grand Master	Female	3	2:28:10	B	Betsy Hawes	Blooming Groove	Orange
Grand Master	Female		HFA		Verna Engstrom-Heg	Oneonta	Otsego
Master	Female	1	1:22:10	G	Terry Myers	Stow	OOS MA
Master	Female	2	1:27:36	S	Maryanne Ellsworth	Plattsburgh	Clinton
Master	Female	3	1:28:17	B	Ellie George	W Chalrton	Fulton
Master	Female	4	1:38:07		<u>Sue Klassen</u>	Webster	Monroe
Open	Female	1	1:24:31	G	Kati Kangro-Hallik	Ottawa	OOS ON
Open	Female	2	1:33:07	S	<u>Stina Bridgeman</u>	Canandaigua	Ontario
Open	Female	3	1:35:32	B	Melissa Behr	Delmar	Albany
Open	Female	4	2:10:37		Mary Smith	Freeville	Tompkins
Open	Female	5	2:12:05		Megan Donnelly-Heg	Albany	Albany
Open	Female	6	2:37:10		Maria Tikhomirova	Painted Post	Steuben
Scholastic	Female	1	1:14:59	G	<u>Sylvia Klassen</u>	Webster	Monroe
Scholastic	Female		HFA		Allison Zdunczyk	Ballston Lake	Saratoga
Grand Master	Male	1	1:09:20	G	Eric J Hamilton	Clifton Park	Saratoga
Grand Master	Male	2	1:19:29	S	<u>Tom Lamme</u>	Penfield	Monroe
Grand Master	Male	3	1:23:35	B	<u>Rick Lavine</u>	Rochester	Monroe
Grand Master	Male	4	1:24:52		<u>Jim Russell</u>	Ontario	Wayne
Grand Master	Male	5	1:43:32		Mitch Hansen	Clinton	Oneida
Grand Master	Male	6	2:07:32		Len Cormier	Plattsburgh	Clinton
Master	Male	1	1:06:12	G	Aims Coney	Stow	OOS MA
Master	Male	2	1:11:01	S	Michael Olson	Vestal	Broome
Master	Male	3	1:36:21	B	<u>Steve Tylock</u>	Rochester	Monroe
Master	Male	4	1:41:15		<u>Victor Klassen</u>	Webster	Monroe
Master	Male	5	1:46:07		David W Hunter	Lake Placid	Essex
Master	Male	6	1:47:40		<u>Jim Pamper</u>	Lima	Livingston
Master	Male		HFA		David Zdunczyk	Ballston Lake	Saratoga
Open	Male	1	0:48:50	G	Margus Hallik	Ottawa	OOS ON
Open	Male	2	1:00:42	S	Steve Halasz	Saranac Lake	Franklin
Open	Male	3	1:11:10	B	<u>Mitch Collinsworth</u>	Freeville	Tompkins
Open	Male	4	1:13:08		<u>Pavel Korniliev</u>	Corning	Steuben
Open	Male	5	1:15:21		<u>Georg Nadorff</u>	Victor	Ontario
Open	Male	6	1:16:46		Martin Donnelly-Heg	Albany	Albany
Open	Male	7	1:18:45		Mike George	Clifton Park	Saratoga
Open	Male	8	1:30:05		Pete Dady	Homer	Cortland
Open	Male	9	1:44:42		Charlie Leonard	Freeville	Tompkins
Open	Male	10	1:47:48		Eric Smith	Freeville	Tompkins
Open	Male	11	2:51:15		Dmitri Sizov	Painted Post	Steuben
Scholastic	Male	1	1:17:59	G	<u>Nate Lyons</u>	Rochester	Monroe
Scholastic	Male	2	1:27:52	S	David Ellsworth	Plattsburgh	Clinton

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## Bringing Home a Medal

### Great weekend at the Empire State Games in Lake Placid

by Steve Tylock

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New York State supports athletes of all ages with the Empire State Games - both in winter and summer. As a first time competitor, I hoped my preparations would carry me to gold, but headed in with a healthy dose of reality.

The weekend was all I had imagined it to be - part camaraderie, part connecting, part competition, and all enjoyment! By telling you about my weekend, my hope is you'll think about heading off yourself (if you live in NY), or checking to see if you have something similar in your neck of the woods!

#### **First in nation**

New York State started the Empire State Games in the summer of 1978, and added the winter games in 1981 - after hosting the Olympics in Lake Placid in 1980. The summer games have moved around the state, but with an Olympic facility available, the winter games have stayed at Lake Placid ever since.

When arriving in Lake Placid, you can't help but feel the mountains and the environment.

Opening ceremonies took place in the rink where the US team skated to Gold in the 1980 miracle on ice! With all this history, it is easy to see how the program has matured and offers a first-class opportunity for athletes to compete (and excel!).

#### **People from all over**

The ESG's offer a chance to meet competitors from all over the state. All the competitors I met were friendly and excited to be there. Which isn't all that surprising, as I've found most people that enjoy the sport of Orienteering are generally a friendly sort. The Orienteering competition is separated into divisions, and Ski Orienteering includes Scholastic, Open, Masters (40-54), and Grand Masters (55+) for both Male and Female. This brings in a spread of participants of all types.

I was able to travel and stay with a group from the Rochester area - they helped show me the ropes for the weekend, and as a rookie, that was helpful. (Thanks Jim and Eric!)

#### **Competition**

Ski Orienteering took place at Mt. Van Hoevenberg - a wonderful Olympic facility. I can't say that I have ever skied on such nice conditions - great snow, great trails, great grooming. The day started out frigid (single degrees), but warmed up nicely by the time we set off shortly after 1pm.

I felt pretty good starting off - and was excited to get going. (From the pictures, you'll see that I don't have a fancy outfit, but was able to borrow a great map holder - that's high on the list of "need to have's" for next year) The course for Male Masters (Red) took us over 12.5 km with significant climbs, descents,

broad trails and single file paths. With a couple errors in navigation, I worked a bit more than that distance over 96 minutes. (The good thing about having to navigate tricky sections is that everyone else has to navigate them as well!-)

#### **Winning a Bronze Medal**



*Male Masters medalists: Steve Tylock (ROC) (left, bronze), Aims Coney (center, gold) and Michael Olson (right, silver)*

With my classic skis, good navigating, and hard work, I was able to place third! First place was thirty minutes ahead of me, and second was twenty five - I've got some work to do to place higher next time!-)

Some of the factors that worked against me:

- Classic style - The top skiers all "skate", and that alone would account for a good chunk of time.
- Navigation errors - I lost 5-10 minutes with non-optimal route choice and missing two key controls on my first attempt.
- First time at the event - I'm fairly certain the others had been to the ESGs before and had a greater comfort level with the terrain.
- First full year skiing - I've skied since I was fifteen or so, but not so much after having a family. This was the first year in many that I've been out on the snow more than twice (recreationally).

On the other hand - while it wasn't a Gold, it was a Bronze - and accomplishing that in my very first try is a great accomplishment and a wonderful motivator!

#### **Back Next Year**

My daughter qualified to compete, but another commitment kept her from coming. The plan for next year is to go with the whole family and compete together. With that in mind, I'm looking to train harder, find some skate skis, and push for the Gold;-)

(Editor's note: Steve invites you to visit his web site at <http://www.timelyinsights.net>)

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# Reflections on Russia

by Randall McGarvey

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The World Ski-Orienteering Championships were held near Moscow, Russia from February 23 to March 3. I had the privilege of attending for the first time this year, along with a few other names many of you will recognize. The women's team was made up of Sharon Crawford (team captain), Alex Jospe, Julie Raymond and Candi Raines. The men's team was Scott Pleban, Alan Oprsal, Carl Fey, Greg Walker and myself.

Overall, a great showing from New York State and Rochester, with 4 of the 9 people having New York ties: Alex, Scott, Carl and myself, and all but Scott having Rochester roots.



*US Ski-O Team (Randy is at the far left)*

The world ski-orienteering championships are held every 2 years in a remote part of the earth, such as Finland, Sweden, Norway, Russia, Bulgaria, Austria, France and Italy. This year, the 8-day event was held at Planernaya, Russia, just outside Moscow. There are 4 separate races where world champions are crowned: sprint, middle, long and relay.

There were 24 countries represented by 145 athletes. The event was dominated by the Russians, who took 14 of the 24 available medals, followed by 6 medals for the Finns. The highest placed US finish for the individual events was 33 out of 49 starters in the sprint by Alex, and 46 out of 69 starters in the long distance course by Scott. The courses ranged from 3.3km with 14 controls for the women's sprint, to 29km and 48 controls for the men's long race. For further details and results, see <http://wsoc2007.ru/>.

I was in Russia to race the long course. The shortest skiable distance for this course (not necessarily the best route) was 29km. I skied conservatively on the first of the 3 maps, sometimes taking slightly longer routes in order to ski on wider trails. My finish time was 2:33, which put me just behind the 3<sup>rd</sup> US team member, and ahead of a few other competitors. I was later disqualified for not punching a control on the second map. This was a huge disappointment, especially since my finish time and placement were better than I had expected. The electronic punching systems, like the one used at this event, lack a visible reminder of the controls that have been visited. There must be some viable alternative to track progress. I've heard of a few systems that people use, but I am interested in hearing about others.

The relay course was set up for 3 person teams from each country. I was part of second tier US team for an "open" division race, along with Alan and Neil Hunt. This was an unexpected opportunity to race again, and to turn in a good result. I was much more deliberate about keeping track of the controls I visited for this race. Official times for this relay were not posted, but according to my splits, I finished my leg (leg 2) in just under an hour (58:30), which put me between the finish times of Carl and Greg, and ahead of a few other competitors in the official relay event.



My overall impressions of the event and of Russia were very positive.

The event was well organized; the Russian hosts were well prepared, despite some last-minute changes that affected accommodations.

Getting around on the public bus and subway was challenging, but certainly not impossible. We traveled the 5 miles from our hotel to Red Square in downtown Moscow for some sightseeing. St. Basil's Cathedral is much more impressive in person, as is the outside of the Kremlin (it was closed the day we planned to tour the inside of the Kremlin).

Thanks to everyone who helped to make this trip possible. The support of our friends and coworkers was truly appreciated!

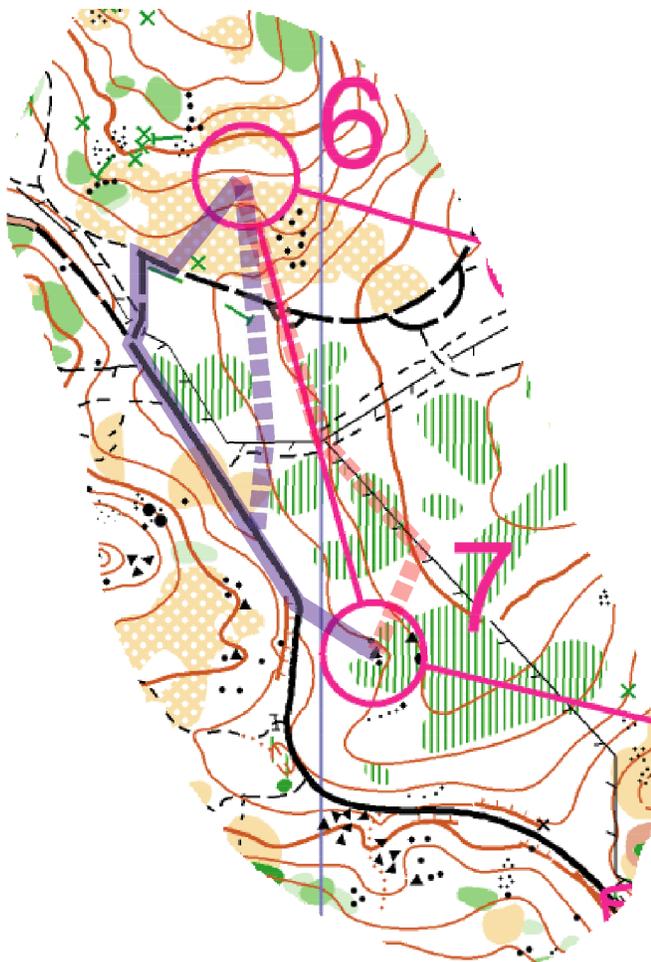
# Getting Better

by Dan Felitsky, San Diego Orienteering  
(used by permission)

Most navigation mistakes are due to not having a good plan.

- Handrail.
- Attackpoint.
- Catching feature.

How do you put these principles into practice? Yellow control #7 at Wooded Hill was all about handrails and attackpoints. Let's walk (or run!) through this control together.



© San Diego Orienteering

**Read the Control Description.**



For #7, this description is "Boulder cluster, east edge."

**Examine the Control Circle.** The flag is at a boulder cluster flanked by two individual boulders (roughly north and south of it). There are other rock features slightly to the east of the control circle that you might confuse with the boulder cluster marked by the control. If you head straight toward the boulder cluster and miss it, there is a catching feature (the road) to stop you, but its about 100 meters away (the length of a football field). Moreover, you might have a hard time seeing the control feature because its surrounded by undergrowth (vertical green lines) and you could waste a lot of time simply wandering around the football field-sized area without finding it.

**Find an Attackpoint.** Sometimes the control feature is quite distinct, for example, the top of a large hill or the northern edge of a pond. When the control feature is obvious in the terrain, you might not need a separate attack point.

The feature at control #7, however, is small enough that you might approach quite closely to it without seeing it (due to the undergrowth, for example) or confuse it with a similar feature nearby (the other boulder cluster) if your bearing is not quite true.

Therefore, we need a good attack point. The best attack point for #7 is the bend in the road (the earthbank at this location could be used even if the road didn't bend). The boulder cluster is only a short distance from this attack point (~50 meters) and you may even be able to see the control feature from the road bend. The flag, being on the east side of the boulder cluster, won't likely be visible, so you shouldn't worry if you can't see it.

**Determine a Route to Your Attack Point.** The route to the attackpoint is straightforward... get to the road and follow it. There are several micro-route choices for getting to the road. Dropping down to the trail and following it to the road (solid blue line) is the safest and may well be the fastest.

The more direct route (dashed blue line (dashed dark line in B&W)) goes through "runnable" white woods and is slightly shorter, but requires a (slow) fence crossing and a beginner might drift too far to the left (in the worst case, not coming out on the road until after the attack point).

In general, if you are comfortable with the navigation required by alternative routes, proper execution matters more than which route is actually chosen, especially for beginners and intermediate-level orienteers. As you become more competitive and start thinking about shaving off a minute here or two minutes there, route choice becomes more important.

**Other Routes (or Close But No Control)** A more direct route is not a better (or faster) route if taking it causes you to "miss" the control. Using a "straight, follow-the-line" approach or following the route which uses the fence as a handrail (dashed red line (dashed lighter line in B&W)) will certainly get you near the control. However, neither of them has a well-defined attack point and you might end up spending a lot of time searching the area before finding the control.

# Local Meet results

## Mendon Ponds Ski-O January 21, 2007

### BLUE 13.5 km.

1	Randy McGarvey	ROC	MO	87:22
2	Georg Nadorff	ROC	MO	89:09
3	Pavel Korniliev	ROC	MO	90:35
4	Eric Barbehenn	ROC	MO	97:01
5	Eric Smith	CNYO	MO	123:21
6	Rob Holmes	ROC	MO	125:37

### RED 11.5 km.

1	Pete Dady	CNYO	MG	81:39
2	Tom Lamme	ROC	MG	83:00
1	Steve Tylock	ROC	MM	85:00
1	Michelle Weiler	ROC	FO	85:05
2	Jim Pamper	ROC	MM	90:02
3	Gary Maslanka	BFLO	MM	91:21
4	Victor Klassen	ROC	MM	96:00
2	Stina Bridgeman	ROC	FO	97:25
3	Jim Russell	ROC	MG	101:20
	L. Barone & P. Kennell			163:56
	Vince Cassano	ROC	MM	DNF

### GREEN 7.5 km.

1	Patty Lyons	ROC	FG	64:48
2	Linda Kohn	ROC	FG	75:62
3	Dayle Lavine	ROC	FG	76:41
1	Nate Lyons	ROC	MS	87:10
	Jon Fleig	ROC		87:30
1	Sue Klassen	ROC	FM	93:24
2	Steve Russell	ROC	MS	97:53
1	Sylvia Klassen	ROC	FS	102:10
	Mike Hirsch			128:06
	Dave Powell	ROC		148:08
2	Rachel Tylock	ROC	FS	154:29
	Marie Heerkens	DNF		
	Lara Haase	ROC		DNF

### WHITE 2.5 km.

1	Louise Cook	ROC		34:48
2	A. LaForce, A. Skillman, L. Raymond			39:00
3	Carol Moran			40:16
4	Elizabeth Hane	ROC		41:00
5	T. & M. Quirk			42:35
6	S. Wilsey-Lemen	ROC		43:00
7	Joni Marcley			68:58
7	Sally Soutter			68:58

## Letchworth State Park Ski-O February 10, 2007

Volunteers: Jim Pamper, course setter. Sandra Lomker, Tom Cornell, Linda Kohn, Victor and Sylvia Klassen, Louise Cook, Randy McGarvey, Ravi Nareppa. Rick and Dayle Lavine, meet directors.

### Results

#### BLUE: 14 controls, 12.5 km.

Margus Hallik	MO	OTTAWA	66:30
Pavel Korniliev	MO	ROC	85:45
Timothy Gorbald	MO	ROC	89:42
Georg Nadorff	MO	ROC	104:20
Mitch Collinsworth	MO	ROC	108:50
Joel Shore	MO	ROC	155:42
Patricia Lyons		ROC	161:50
Sergey Dobretsov	MO	ROC	DNF
Dmitry Sizov			DNF

#### RED: 11 controls, 10.5 km.

Michael Olson	MM	CNYO	87:47
Stina Bridgeman	FO	ROC	109:15
Kati Kangro-Hallik	FO	OTTAWA	113:50
Victor Klassen	MM	ROC	115:17
Steve Tylock	MM	ROC	119:51
Jim Russell	MV	ROC	130:05
Richard Lavine	MV	ROC	131:05
David Cady	MV	BFLO	132:09
Jon Fleig	MM	ROC	211:40
Maria Tikomirairaia			219:54
Scott Sachett			221:00
Tom Lamme	MV	ROC	DNF

#### GREEN: 10 controls, 7.5 km.

Dayle Lavine	FV	ROC	94:41
Sylvia Klassen	FS	ROC	135:26
Nate Lyons	MS	ROC	DNF

#### WHITE: 7 controls, 2.5 km.

Tom Cornell	39:40
Louise Cook	50:40
Ann Jensen	53:25
Rachel Tylock	57:45
Elizabeth Hane	67:45
Carol Moran	73:40
Ariel Hendershot	90:50
Laurie Collinsworth	97:10
Donna Burke	107:30
Sandra Lomker	107:33

# Harriet Hollister Ski-O

## February 11, 2007

Course Setter: Eric Barbehenn  
Meet Director: Jim Russell

### Results

#### BLUE

1	Hallik, Margus	MO	50:20
2	Valvo, Dave		62:50
3	McGarvey, Randy		68:20
4	Kornliev, Pavel	MO	80:00
5	Lyons, Patricia		101:48

#### RED

1	Tylock, Steve	MM	68:10
2	Kangro-Hallik, Kati	FO	68:25
3	Pamper, Jim	MM	80:00
4	Bigouroan, Jean-Louis		81:01
5	Lamme, Tom	MV	81:20
6	Klassen, Victor	MM	83:00
7	Bridgeman, Stina	FO	85:19
8	Lavine, Rick	MV	89:53
9	Holmes, Rob		97:52
10	Tikhomibove, Maria		111:00
11	Fleig, Jon		121:18

#### GREEN

	McGarvey, Randy (unofficial)		33:52
1	Foote, Ruth		76:17
2	Fergusson, Dave		78:50
3	Tylock, Rachael	FS	81:10
4	Klassen, Sylvia	FS	81:11
5	Lambert, Hugh		85:25
6	Klassen, Sue	FM	87:25

#### WHITE

1	Moran, Carol		52:38
2	Vacanti, Lynn & John Golroy		54:14
3	Henrietta Foster, Louise Cook, Melissa Cohen		96:30

## More Empire State Games Photos



Female Open: Melissa Behr (left, bronze), Kati Kangro-Hallik (center, gold) and Stina Bridgeman (ROC) (right, silver)



Female Grand Masters: Dayle Lavine (ROC) (left, silver) and Sue Hawkes-Teeter (right, gold).



Male Open: Mitch Collinsworth (ROC) (left, bronze), Margus Hallik (center, gold) and Steve Halasz (right, silver)



Male Grand Masters: Rick Lavine (ROC) (left, bronze), Eric J Hamilton (center, gold), and Tom Lamme (ROC) (right, silver)

# 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>
<b>Self:</b>	_____	_____	_____
<b>Spouse:</b>	_____	_____	_____
<b>Children:</b>	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

**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



*Sue Klassen at start of Empire State Games Ski-O*