

The official newsletter of the Rochester (NY) Orienteering Club

ROC cleans up at Badgerow Park



Tyler and Bryn Holmes are shown with some of the litter collected from Badgerow Park at the April 29 meet. See story inside.

Mendon Ponds Park Adventure Run – June 10

A new event for ROC will be held on June 10 at Mendon Ponds Park. See information about this event on page 4 of this issue.

Membership Renewal Reminder

Final reminder! Memberships expired 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
- 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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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.

Summer - Fall 2007 Schedule

Rochester Area

Saturday, June 9	Mendon Ponds Park. Beach area. ADK Outdoor Expo. Workshops, short courses. 10:00 a.m. to 4:00 p.m.
Sunday, June 10	Mendon Ponds Park. Hopkin's Point.. Adventure Run. See details on Page 4 of this issue.
Sunday, June 24	Cobbs Hill Park. Tay House. Regular courses plus Sprint. Start from 12:00 noon to 2:00 p.m.
Sunday, July 15	Mini-Rogaine (3 and 6 hour time categories). Letchworth State Park, east side. Start at Parade Grounds. Mass start at 11 a.m.
Saturday, July 28	Score-O, plus Sprint and White courses. Black Creek Park, 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	Score-O plus White course. Ellison Park. 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	Webster Park. 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	Powder Mills Park. Butternut Grove Shelter. Start from 12:00 noon to 2:00 p.m.
Saturday, September 15	National Orienteering Day. Highland Park. White, Yellow, and Sprint. Start from 12:00 noon to 2:00 p.m.
Saturday, September 29	Dryer Road Park, Victor. New map!! Start from 12:00 noon to 2:00 p.m.
Saturday, October 13	Webster Park. Valley View Shelter. Start from 12:00 noon to 2:00 p.m.
Sunday, November 4	Oatka Creek Park. Start from 12:00 noon to 2:00 p.m.
Saturday, November 10	Annual Mendon Trail Run. East Lodge. 5K, 10K, 20K, and 50K. 50K starts at 8:00 a.m., other distances at 9:30 a.m.

Outside of Rochester Area

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

Saturday, June 2	CNYO. Training Day & Potluck Barbecue, Hammond Hill, Freeville
Sunday, June 17	CNYO. Daddy-O, Pratts Falls County Park, Pompey
Sunday, June 17	BFLO. Mini-rogaïne. Start at Holiday Valley ski area.
Sat.-Sun., July 7-8	CNYO. Rogaine XVII. Finger Lakes National Forest, Hector (also regular meet, Sat. July 7, same location)
Tuesday, July 10	BFLO. Chestnut Ridge Park.
August 3-12	2007 USOF Convention and RMOC 5-day. Colorado. See www.colorado5day.com for details.
Sat-Sun, August 25-26	Laurentian Rogaine. Quebec, Canada 2007 North American Rogaine Championships. 8 & 24 hour divisions. www3.sympatico.ca/montbleu/
Saturday, September 15	BFLO. Chestnut Ridge Park. National Orienteering Day
Saturday, September 15	CNYO. National Orienteering Day Lime Hollow, Cortland
Saturday, September 22	BFLO. Chestnut Ridge Park. Regular meet.
Saturday, October 6	BFLO. Emery Park. Regular meet.
Sunday, October 21	BFLO. Schoellkopf Scout Camp Regular meet.
Saturday, October 27	CNYO. Gilbert Lake, Laurens
Sat-Sun, November 10-11	CNYO. 14th Annual Scout-O Highland Forest County Park, Fabius
Sunday, November 18	CNYO. 27th Annual Turkey-O Highland Forest County Park, Fabius

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!

Recent Permanent Course Finishers - CONGRATULATIONS!

Letchworth		
Tim Russell	5/9/07	Ontario NY
Mendon		
Jane Callahan	4/24/07	Pittsford NY
Ken & Aaron Herting	5/2/07	Rochester NY
Webster		
Carl & Reid Palmer	4/13/07	Pittsford 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/

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

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

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

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

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

Other clubs: See USOF web site.

Rochester Orienteering Club Cleans Up Badgerow Park in Greece – by Sandra Lomker

Rochester Orienteering Club members and friends were busy participating in an Earth Month Clean Up. On April 29, while holding a regular orienteering meet, ROC organized a spring-cleaning of litter in Badgerow Park. ROC's active involvement and volunteerism improved the quality of the environment and the Greece community.

The day was perfect with sunshine and a slight breeze and the club attracted more than 50 groups (110 or more individuals), each of whom competed in at least one course.

Before, during and after the meet participants gathered more than 20 bags of debris (plastic black and white bags provided by the Gates Friendly's Restaurant.

The following day the Town of Greece picked up the garbage. It is the hope of all that other people treat this park with greater respect and care in the future.

If you picked up garbage at the Badgerow Meet, please see Sandra Lomker at one of the upcoming June activities, June 9 or 10, both at Mendon Ponds Park. She or someone at registration will be happy to award you with a coupon for a Friendly's Happy Ending Sundae.

(See results of the meet later in this issue.)

Mendon Ponds Park Adventure Run – June 10

The Rochester Orienteering Club invites you to the Mendon Ponds Adventure Run. It is scheduled at the Hopkin's Point lodge on Sunday, June 10th, with a 1PM start. Test your endurance and strategy as you cover a 10-13K route through Mendon Ponds Park. Teams of 2 (or more) are encouraged to complete the adventure together, but individuals are permitted.

Try something different. This is not your typical road race (or even trail race):

- Can you identify and follow the shortcuts?
- Can you make your way thru The Labyrinth?
- Are you strong enough to finish? Are you fast enough to win?
- Or, are you just ready for a pleasant June afternoon at Mendon Ponds Park?

Schedule:

- **11am-12:30pm** – Registration and Questions Answered
- **12pm** – Navigation Clinic
- **12:45pm** – Mandatory pre-race briefing
- **12:58pm** – Maps distributed
- **12:59pm** – Maps may be viewed
- **1pm** – Race Starts
- **2:15pm-4pm** – Post-race refreshments
- **4pm** – Awards (Male, Female and Co-Ed in Junior [born in 1987 or later], Open, Masters [40+] and Veterans [55+] categories)

Equipment:

- Maps (provided)
- Checkpoint Card (provided)
- Compass (mandatory, some available on loan)
- Whistle (recommended)
- Water or Sports Drink (recommended, some water available on the course)
- Power Bars or Gels or other endurance snack (recommended)
- Studded, Spiked or Cleated shoes (optional)

Entry fees:

- \$12 per team (\$9 for club members), includes two team members
- \$3 per additional team member

Format:

Teams will complete a series of stages, passing checkpoints along the way, where the checkpoint card must be punched to provide proof of visit. The stages may consist of the following formats:

- ➔ Road Run
- ➔ Trail Run
- ➔ Cross Country Run
- ➔ Simple Navigation Challenges
- ➔ Optional Advanced Navigation Challenges
- ➔ Navigation Challenges with Special Rules

For more information, contact Mike Lyons (585-787-0088) or Michael.Lyons (at) xerox.com

Reimbursement Policy for Juniors **by Sandra Lomker**

Attention All Juniors Attending A-Meets:

In the early 1990s before I was secretary and before I knew much about ROC, the Board agreed to a policy to reimburse Juniors for A-Meet fees if they wrote a letter to the Treasurer asking for financial assistance. This was a way to encourage and support Juniors attending A-Meets out of the area.

Recently the 2007 Board was polled and the majority responded in the affirmative to “continue to reimburse Juniors for A-Meet entry fees, if the Junior requests reimbursement by writing a letter to the Treasurer.”

The WaterStop – web site for junior orienteers

ROC Juniors (and other interested parties) – visit TheWaterStop, an online community for Junior Orienteers in North America. It is located on the web at www.thewaterstop.org/. Here you can:

- See the latest news affecting Juniors
- Participate in the forums with other Juniors, Coaches and supporters.
- Check out photos from orienteering events across North America (and the world)
- And more!

The site is hosted and maintained by John Fredrickson, who, until this year when he turned the ripe old age of 21, was the top US Junior orienteer. The site is a great way to establish contact with other juniors around North America and keep abreast of issues of interest to juniors.

AttackPoint.org – web site for all orienteers

Speaking of orienteering web sites, and to show that adults aren't left out in the cold – several issues ago, the ROC newsletter published an article written by Steve Tylock about AttackPoint.org, which is a web site for all orienteers, adult or junior. A number of ROC orienteers are active on this site. Here you can keep in touch with what other orienteers are up to, whether they're local, located in other parts of the country, or in other parts of the world. Although many elite orienteers are active on AttackPoint.org, by no means do you need to be elite to participate. Give it a try, it's free!

Orienteering for several youth organizations – by Karl Kolva

It was a beautiful day for orienteering on May 5! The sun shone brightly and the stiff cool breeze off the lake kept the temperature comfortable for running. Several hundred girl scouts from East Rochester met at the White House lodge in Webster Park for their camporee. About sixty of them, ranging

in ages from six to sixteen had chosen to do orienteering as an activity. Those girls in grade 6 or lower used just that area of the park between Lake Road and Lake Ontario, where twelve control flags were placed, to find the letters that were assigned to these flags. The older girls used the area south of Lake Road and the tennis courts where their twelve flags were located and spaced much farther apart. Their task was to record the letters on the string, then to see how many words they could form from the letters they had found. One team of two, in the younger group, formed over 90 words! Good show, girls!

On May 17, several classes from Dake Middle School in Irondequoit visited the Devil's Bath Tub in Mendon Ponds to learn about the elaborate terrain the ice shield left for us as it retreated 12,000 years ago. This same terrain makes an interesting area for orienteering. There is even an erratic left behind for us on top of the big hill. They elected to do orienteering as a fun exercise to cap their learning experience.

This area is bound on three sides by paved roads, the remaining side is the big 100 acre pond. How can anybody get lost? The weather was not too helpful, as there were only glimpses of sun to help them keep the north arrow on their map pointed north. I like to tell them to keep it pointed the same way as their shadow is pointed.

We used a score-O format for the twenty flags hanging in the woods. Everyone headed for the most difficult ones in the middle of the map, as those were the most valuable ones. We had to search for one team of two that were late coming back, but they made it on their own. Before leaving for home, some of the students generously helped retrieve the flags, sparing me another long walk through the woods.

Two days later, on Saturday May 19, about 600 girl scouts from Fairport held their tri-annual camporee at Camp Cutler, the boy scout camp near Naples. The weather could not have been better- blue sky and a cool breeze. Sixty-four girls, in teams of two, chose orienteering as one of the activities they would do at their camporee. Four teams found all 20 control flags that were hung in the area, giving them a good bank of letters to work from. Word-O was the format on this day. I think they enjoyed the mental challenge of forming words just as much as they did finding the letters!

Allegany Rogaine Again

ROC is teaming up with the Buffalo Orienteering Club to host the United States Orienteering Championship at Allegany State Park on June 14 & 15, 2008. We will be using a new area of the park on the West side. The base camp will be at Camp Turner which is a private camp owned by the Catholic Diocese of Buffalo. It is located just south of Quaker Lake near Fox Hollow. The camp has dormitories and a big kitchen and looks to be even nicer than Camp Allegany that we used the last time.

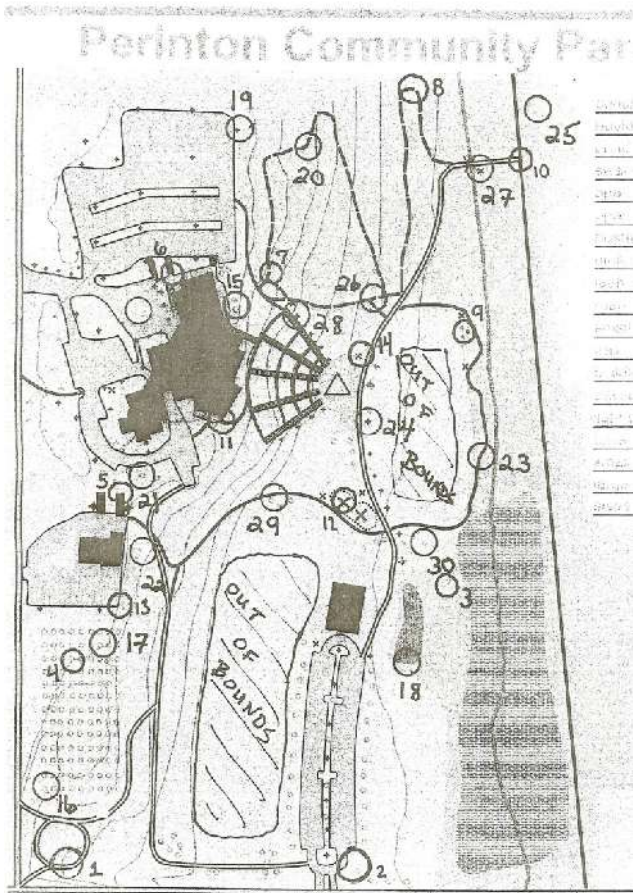
BFLO will be handling the course design and we will be doing the administrative functions. We will need a number of volunteers and will try to make it possible for people to work and compete. So mark your calendars and contact Rick Worner if you would like to volunteer to help out. More information will follow in future issues.

Perinton Recreation Orienteering Program

In the spring of 2004 a few of the administrators from the Perinton Community Center went to the Genesee Valley District Recreation and Parks Society meeting in Webster. The Rochester Orienteering Club did a presentation that resulted in a follow up call after the meeting to see if the program could be initiated at the community center. Debbie Ellis worked with Linda Kohn and some of the other individuals in your organization to create a series of maps (example shown below) which could be used for orienteering at the Recreation Center. In the Fall of 2005, Perinton Recreation and Parks held their first Orienteering Event with the support of members from your club. Twenty four families attended the event which turned out to be a great success.

The decision was made to continue this event as it was a great way to bring families together with the objective of exploring the environment, being outside and having a great time together. This event has been offered in the spring and fall each year and has been a terrific success. Many families return because they have so much fun and like being outside. We have expanded the original concept by creating ideas that would result in the families having more fun as there are many small children who are not patient with the concept of compasses.

We have added to the fun of the event by hanging letters from the targets instead of the punchers. The families locate the targets, using the maps provided by your club. They then write down the letters on the bottom of their maps. They then use a special decoding sheet to reveal a "secret message". It is so much fun watching the enthusiasm and excitement when the families return and try and decode the letters. Families get to know each other when they arrive for the event through an ice breaker game and then stay for popcorn and a beverage after.



Decode the Secret Message Here!

(Unscramble the letters to reveal a phrase that describes this activity; be sure to use the hints below)

Numbers 1 - 15

A WALK IN THE WOODS
 1 3 15 7

Numbers 16 - 30

FAMILY ADVENTURE
 27 18 30 25

We thank the Orienteering Club for bringing this wonderful event to our community. Not only did you come up with the idea but helped to implement it so we could see how it all went together. We are now in the process of working with Linda Kohn to create maps for some of our other parks. This is a great way to expose the families in our community to our terrific park system while having fun together.

In this very busy world of our today, there is little time to spend as a family. This event draws families to take time out and have fun together, meet other people and explore the idea of Orienteering. Thank you very much to those of you from the Rochester Orienteering Club who have made such an impact through this event on the families in our community.

Kathy Goodrich
 Orienteering Event Coordinator
 Perinton Recreation and Parks Community Center

0	V	A	M	U	E	F	I	E	R	D	A
1	2	3	4	5	6	7	8	9	10	11	12

2007 Bull Run Run (50-mile trail run) – by Gil Robs

Day before the race my carpooling buddies - Rick, Patti, Daves, Jen and I - walked down the hill at Hemlock Overlook. We would climb up this hill twice during the race. To me this hill



Gil Robs (foreground, in the right portion of the photo) at the start of the Bull Run Run.

looked too long and too steep for 50 mile race. I was bracing myself for next day. I thought this is going to be the toughest section to cover at Bull Run Run (BRR) and I was dreading about the next day and the climbs in front of me. Since my current weight fluctuates around 200 pounds uphill are always challenge for me.

Less than 24 hours later I was at the bottom at the same hill for the second time during the race. It looked beautiful! All I could think of when I left the last aid station was how happy I will feel when I'll see the hill. I never thought that I'll have happy thoughts about seeing big uphill at the end of the race. But I knew that once I climb up this hill it will be over. No more running. As I was climbing up I was shaking my head and talking to myself.



Gil at the one-mile mark (only 49 miles to go!)

I cannot believe I did this!!!

This is insane!!!

Why did I do this?!?!?

Was this even humanly possible?!?!?

Should this be even legal?!?!?

My intelligence needs to be examined!!!

Anyhow...it seems like this is my 65th attempt to write a race report about my experiences at BRR. Every race report I started ended up being about ten pages long half way through. There were too many

experiences I wanted to convey and I could not filter out which

ones I should include and which ones I should leave out. Since many of you have done BRR or similar races I doubt I will surprise too many of you about how it felt during the race. Instead I will cite reactions from other people once I told 'em that I ran 50 mile race.

Why BRR 50 Miles? Seems like thousands and thousands of people complete marathons every year. Completing marathon is still challenging but not much of a novelty these days. 50 miles on trails? Almost double the distance of a marathon? That seemed like something that could shock casual fitness enthusiasts and it did in most cases.

Since my mom and dad still live in Latvia I sent them a quick e-mail telling that I completed a 50 mile race. Since they use kilometers to measure long distances they did not have a sense how long it was. They assumed that it must be about 15km or so since that is about the longest distance "normal" people shall be running. Their initial reaction was – what's the big deal. Eventually they did find out that it is about 80K and they called to check on me right away. It inspired my dad to sign-up and complete trail half-marathon I won 17 years ago. I will always be linked with that particular half-marathon since I won the inaugural race. My dad made a point of reminding me that once we talked on the phone last time.

I am not the type of guy who brags about myself and my accomplishments (or at least I think I am not...) but after completing BRR I was compelled to tell as many people as possible. I asked a young lady at the gym where I work out to Google BRR and check the results. Her first reply was your standard "good job!" type of reply till she realized it was 50 miles...

Most common reaction from others was: "That's insane!!!" Well... I can't really argue with that... They got their point in there.

Most commonly asked question was: "Did you run entire time?" I did not run entire distance however I covered majority of 50 miles running.

One of my friends sent me back note saying "50 miles in 8 and ½ hours? That's nothing. Try sitting on your butt for 8 and ½ hours straight!" The same friend in his better running days completed the Boston Marathon in 2:38.



At last! Coming in to the finish line.

Another friend of mine did not care about anything but how

many chicks I scored during 8 and ½ hours. Since I am single for now maybe that is another good point to consider. Maybe I do need to evaluate my priorities...

Most of my co-workers seem to know that here and there I get myself into “trouble”. Couple years ago I signed up for a REGAINE - 24 hour orienteering type of adventure race; here and there I'd come to work sore from playing basketball or else. They were not overly surprised that I was “crazy” enough to sign up for 50 miler. When questioning about the race one of them asked me: “Where was the race?” I said “In Virginia”; to what he replied “Hey, they lied to you, man! It is more then 50 miles from Rochester to Virginia!”

However another co-worker surprised me. She is from South Africa originally. What I did not know that while living in South Africa she would volunteer at Comrades Marathon (*editor's note: despite its name, the Comrades Marathon is not the standard 26.2 mile distance. It is 89 km (56 miles) in length*). She came to me afterwards and told me that she does not understand why I would not take ultra-running more seriously. She felt that I did great for my first ultra. She seemed genuinely impressed not just about the fact that I completed BRR but with my time as well. I have been working with her together for about six years and I did not know that even as non-runner she is ultra “expert”.

In general runners had better appreciation of what it takes to complete 50 miles then non-runners.

Overall I predicted most of physical aspects of what it will take to complete 50 mile race. I knew it is not going to be easy and I knew that I will be sore afterwards. No big surprise there.

What I did not know that I would have a lot of fun hanging out with ODR (*editor's note: ODR stands for Oven Door Runners, a group that meets in Bushnell's Basin every Saturday morning year-round for medium to long distance runs*) and other ultra runners before, during and after the race. I have competed on different levels in running, orienteering and basketball and I have met many great people over the years. However I would rank BRR 2007 experience with ODR ultra group as one of the best experiences I have ever encountered while competing.

I sensed that ODR group is special when I joined for Saturday morning runs few years ago. I have been socializing with runners from ODR Tuesday Night Edition for about year or so. BRR 2007 experience made me officially conclude that ODR is great group of runners and it is just fun to hang around you all.

Quick tip

With e-punching becoming more common, punch cards as we know them may eventually go the way of the slide rule (anyone remember those?). But for the time being, most ROC meets still use punch cards, so here's a tip that most experienced orienteers are aware of, but some newcomers to the sport may not be.

Many people find it helpful to write control numbers and control descriptions in the appropriate boxes of their punch cards. This can save a lot of time and aggravation – whenever you unfold the map to find the control description sheet that you've placed in the map bag, you then need to re-fold the map,

and probably more importantly, figure out where you were on the map again. By having the control codes and descriptions on the punch card, you can keep the map folded and your thumb on the map to mark your location.

Another nice advantage of this is that when you're punching, the number of the control flag is right in the box that you're punching – making it very obvious if you've somehow found the wrong flag!

Here's an example:

85 ☉	84 ☉	83 ☉	82 ☉	76 ☉	75 ☉
78 ☉	94 ☉	93 ☉	92 ☉	91 ☉	86 ☉
18	17	16	15	14 ☉	13 ☉

Pace counting, and relating pace count to map scales by Dick Detwiler

Distance judgment is very important in orienteering. I've been told that for some people, this comes naturally – they just know when they've gone far enough! For most of the rest of us, though, we might need something more concrete to help us. Pace counting is an effective way of judging distances.

Here are a couple of examples of situations where pace counting can be helpful:

1. You're traveling along a fairly straight trail, looking for an indistinct cross trail. An indistinct trail can be very easy to miss. If you pace count from some known location, you'll know when to expect to encounter the cross trail, so you can look for it in that area. And if you pass it without seeing it, you'll quickly know that as well.
2. You're looking for a control that is around 100 meters from the attack point. The feature that the control is on is a small knoll. The terrain is fairly featureless between the attack point and the control, and there are no catching features for quite some distance after the control. Pace counting will tell you when you should be approaching the control (so you don't panic about not finding it if you just haven't gone far enough), and it will tell you if you pass it without finding it. This will prevent you from walking potentially hundreds of meters off course.

(continued)

(pace counting, continued)

First of all, it's important to understand what the map scale means. A scale of 1:10,000 means:

1 unit of length on the map = 10,000 of that same unit in the field

Example: 1 mm on map = 10,000 mm in the field
10,000 mm = 10 meters
Therefore: 10 mm on map = 100 meters in field

For a 1:15,000 scale:

1 mm on map = 15,000 mm in the field = 15 meters
Therefore: 10 mm on map = 150 meters in field and
6.7 mm on map = 100 meters in field

You need to determine what your pace count is. Most people count paces as double steps – meaning that every time your right foot hits the ground, that's one pace. If you have access to a running track (generally 400 meters per lap), you can establish a pace count there. Walk around the track once, counting your paces; divide by four, and that is your pace count per 100 meters. If you are going to be running while orienteering, do the same thing, but running instead of walking. Then you'll have two pace counts: paces per 100 meters while walking, and paces per 100 meters while running.

If you don't have access to a track, get out a local orienteering map, and using a mm scale, measure the distance between certain distinct points; between two prominent trail junctions, for example. Convert the mm distance into the distance in meters. Then determine your paces needed to cover the distance.

My pace counts turn out to be nice round numbers: Walking: 60 paces = 100 m. Running: 40 paces = 100 m. Yours will probably be different.

Once you know your pace count per 100 meters, then how do you relate it to the map? We'll use an example of a control where you might want to pace count. See the map at the right. The map scale is 1:10,000. We're going from control 5 to control 6 (the map is shown upside down, so the "6" looks like a "9" in this picture). The feature for control 6 is a pit (very easy to miss). There are no really distinct attack points near it, so the previous control will be the attack point.



Contours are subtle. It would be easy to miss this control and not know it.

How to relate the pace count to the map:

There are at least three options:

1. Utilize a mm scale on the compass; determine how many paces per mm for the specific map scale. For me, on a 1:10,000 scale, my pace count is 6 paces/mm walking, and 4 paces/mm running. (On a 1:15,000 map, it would be 9 paces/mm walking, and 6 paces/mm running.) In this example, the mm scale says that the distance between 5 and 6 is around 11 mm, which for me would be 66 paces (walking).



*Option 1: mm scale.
Distance is about 11 mm.*

2. Have a scale on the compass that reads in 100 meter increments (note that you need a different scale for a 1:15,000 map or a 1:5,000 map than for a 1:10,000 map). The meter scale shows that the distance is a little over 100 meters. So for me, I would know that would be a little over 60 walking paces.



*Option 2: Meter scale.
Distance is a little over
100 meters.*



*Option 3: Pace scale.
Reads between 50 and 75.*

3. Devise a scale that reads in paces (need different scale for different map scales). This shows that the distance between 5 and 6 is about midway between the "50" and the "75" on the scale, so my pace count would be approximately 68 or so.

A couple of additional comments:

1. Pace counting can be very accurate on relatively level ground, in the absence of heavy vegetation.
2. On very steep uphill or downhill, the pace length is often much reduced. Some people compensate by counting three steps as a pace, instead of two steps, in such situations. Experiment and see what works for you.
3. Pay attention to the map scale! Most of our maps are 1:10,000 but not all. The recent Letchworth East meet was on a 1:15,000 map, for example. I realized that fact after about 5 controls had passed (and I was puzzled because I was undershooting everything!).

Local Meet results

IceBreaker 2007 at Durand Eastman Park – April 1, 2007

It was a dark and stormy morning... and the afternoon didn't get any better. The only ones who got a rain-free run were the real late runners and control picker-uppers (Joel Shore, Jim Russell and Linda Kohn). Registration was quite smoothly handled by Richard & Nancy Burgey, Elizabeth Hane, Carol Moran and Joel Shore. Refreshments were superb with luscious brownies from Sandra Lomker, Linda Kohn and Sandi Willsey-Leman. Sandi also made the tasty banana bread which was made even more delicious by popping it in the microwave for 10 seconds. Sandra Lomker took care of bringing the rest of the refreshments. Looks like everybody liked them since there wasn't much left at the end of the meet. Karl Kolva and Jim Russell helped out with clinics for beginners. Dayle Lavine put out the string-O and Rick Lavine worked the finish, taking over from his former math student Lindsay Worner. Stina Bridgeman got everyone started on time. Rick Worner was meet director which means he filled in wherever he was needed but mostly was responsible for talking to everyone, a job that was rivaled only by Lindsay Worner, the official greeter. The most fun job went to Linda Kohn who set the courses. That means she got to spend a few sunny afternoons and one thunder-stormy morning course setting and putting out controls.

Jim Tappon was on hand to publicize the Relay-for-Life event (fund raiser for the American Cancer Society) that will be held on Friday, June 1st. Come and join him and other club members as they walk/run throughout the night in memory of Tom Moran and Pege Brooks (ROC members who passed away from cancer) and in support of our ROC cancer survivors.

The highlight of the entire meet came when Tom Cornell revealed the new 2007 ROC t-shirts. If you missed out on getting one today he has some left and will be selling them (\$7) at the next meet at Mendon. ...and now, what you've all been waiting for...

WHITE (2.3 km)

1. Carol Moran	36:16
2. Gregg Redmond	42:20
3. Elizabeth Hane	44:14
4. Andrew, Alison, Cory & Meghan Elder	49:44
5. Frances, Avi & Ishai Nardia	56:05
6. James Mault, Jared Golden, John Hollister, Owen Peters	58:14
7. Steven Baker, Bryan Dubois, Ray Baker	59:14
8. Ben Graves, Brian Graves, Andrea & Andrew Burkhartzmeyer	63:06
9. Gary Mault, Eric Wing, Matt Church	65:06

YELLOW (3.3km)

1. Carl & Reid Palmer	36:58
2. Vince & Cole Cassano	46:48
3. Sandi Willsey-Leman	53:59
4. Richard & Nancy Burgey	56:32
5. Sandra Lomker	63:47
6. Gail & Bob Hohman	68:42
7. Jennifer, Paul, Clayton & Clark Manley	70:04

8. Mike Yunker, John Frater	70:48
9. Alain & Adam Leblanc	91:22

ORANGE (4.3km)

1. Jim Tappon	43:04
2. Rick Slattery	58:30
3. Dayle Lavine	74:55
4. Sylvia Klassen	78:29
5. Sue Klassen	80:34
6. Karl Kolva	90:00
7. Tom Cornell	94:14
8. Jack & Liz Finear	110:22
9. Jim Sovich & Matt McGarvey	111:50
10. Dmitry Sizov	127:00
11. Mark Wade	172:10

RED (6.9km)

1. William Hawkins	55:55
2. Gil Robs	67:10
3. Pavel Korniliev	78:17
4. David Levine	84:17
5. Pete Dady	87:55
6. Stina Bridgeman	100:39
7. Eric Barbehenn	104:03
8. Patrick Quinn & Alex Buell	111:28
9. Jim Pamper & Mike Meynadasy	119:00
10. Brendan Evans, Matthew Moyak, Carter Stritch	126:25
11. Joel Shore	130:09
12. Victor Klassen & Ben Price	133:00
13. Rick Lavine	143:54
14. Michael Finear	144:07
15. David Fergusson	DNF

Mendon Ponds Park April 15, 2007



No, this is not a ski-O picture! Steve Tylock sprints across the snowy field to the finish the Red course at Mendon

The weathermen tried to scare us away and fear of cancellation spread thru the ranks, but the storm stayed to the east and the meet went on. The Meet Director/Course Setter pair of Rick and Dayle Lavine provided nice courses for those (84 participants – 57 starts) who laughed at the above-freezing

temperatures that caused the coating of mid-April snow to melt away during the day. Any precipitation that may have fallen during the meet was not noticed by those focused on completing their courses. And the early-season meet made for some fast running thru the usually thick southern meadows.

Rick Lavine showed his creativity by coming up with a new course color. There are seven standard orienteering course difficulties/lengths, from White to Blue, so you'd think that there are enough pre-defined courses that anything could fit into one of the existing ones, but Rick decided to split things down some more by coming up with a cross between Yellow and Orange, and designating it Mango!



Rob Holmes finishing first place on the Red course.

The volunteer coverage included: Instruction by the Ricks (Worner and Lavine); food by Sandi Willsey-Lemen and Liz Finear; registration by Reid and Carl Palmer, Elizabeth Hane and Sandi Willsey-Lemen; greeting by Linda Kohn and Tom Cornell; start/finish

by Stina Bridgeman, Joel Shore and Dick Detwiler; flag pickup by Joel Shore, Mike Lyons, Rick Worner and Mark Wade; and results by Mike Lyons.

WHITE (2.0 km)

1. Karen Condello	21:38
2. Mark, Daniel & Jeremy Jacob	23:25
3. Jane Callahan	28:30
4. Bob & Mary Ellen Dow	29:00
5. Harry III & Harry IV DeVoe & Thomas Stephens	30:40
6. Tom Suter	41:55
7. Geoff, Jason & Austin Woerner	74:45



Dayle Lavine, co-meet director and co-course setter, giving pre-meet instructions.

MANGO (Yellow/Orange - 2.75km)

1. Vince Cassano	30:45
2. Sandy Willsey-Lemen	34:13
3. Rachael Tylock	38:45
4. Tim & Sergey Dobretsov	43:45
5. Mike Yunker & John Frater	46:04
6. Marilyn Robak Zygo	49:40
7. Marie Heerkens	50:30
8. Anna LaForce	56:30
9. Elizabeth Hane	64:18
10. Tom Suter	66:00
11. Denise McGarvey	67:10
12. Jayne & Tommy Knowlton, Emma & Ian Gilbert, Ian Walters & Patricia Welch	69:30
13. Jennifer, Peter, Clayton & Clara Manly	70:55
14. Laurie Hunt	75:05
15. Andrew, Alison, Meghan & Cory Elder	85:30
16. Sandra Lomker	88:35
17. Billy Jr. & Bill Sr. Williamson & Ryan Blanchard	93:50
18. Alain & Adam Leblanc	108:33
19. Carolyn, Peter & Gerry Diliberto	DNF



Happy to be finishing and getting out of the snow!

GREEN (4.2km)

1. Vince Cassano	53:05
2. Stina Bridgeman	53:10
3. Dick Detwiler	56:48
4. Joel Shore	61:25
5. Randall McGarvey	66:05
6. Michael Finear	74:30
7. Ben Price	77:35
8. Dmitry Sizov	84:31
9. Marcia Tikmomirowa	85:04
10. Anne Schwartz	92:09
11. Jack & Liz Finear	96:50
12. Carl & Reid Palmer	106:32
13. Tom Cornell	109:10
14. Mark Wade	112:55
15. Sue Klassen	133:45
16. Marilyn Robak Zygo	DNF
16. Carter Stritch	DNF



Denise McGarvey coming into lodge after finishing the "Mango" course

RED (7.0km)

1. Rob Holmes	58:00
2. Pavel Korniliev	59:30
3. Mike Lyons	63:45
4. Rob Stevens	65:35
5. Steve Tylock	69:50
6. Eric Barbehenn	75:54
7. Rick Worner	89:05
8. Jim Pamper & Mike Meynadasy	89:25
9. Linda Kohn	96:14
10. Rick Slattery	97:15
11. Larry Zygo	98:15
12. Michelle & Scott Weiler	115:15
13. Victor Klassen	151:40
14. Dave Fergusson	163:00

Badgerow Park – April 29, 2007

(See also article by Sandra Lomker about the clean-up of the park by ROC orienteers.)

Bright sun and near 70 degrees greeted us after a week of rainy weather and gray skies. Many people new to Orienteering showed up to sample Linda Kohn's courses. That was very good as many of the club regulars were at the West Point A-Meet. Many bags of trash were picked up, encouraged by bonus times. The Town of Greece is always appreciative of our help with spring cleaning of the park. While the vegetation was dry, the trails showed evidence of the recent rains which likely slowed the sprint times.

Our meet volunteers make our events fun and easy:

- Meet Director: Rob Holmes
- Course Designer & Setters: Linda Kohn, Stina Bridgeman & Elizabeth Hane
- Greeter: Tom Cornell
- Registration: Elizabeth Hane, Patty Borden, Jane Callahan, & Carol Moran
- Start/Finish: Stina Bridgeman, Dick Detwiler
- Flag Pick-up: Jim Tappon, Dick Detwiler & Rob Holmes
- Food: Patty Borden & Sandra Lomker
- Instruction Clinic: Tom Cornell & Jim Tappon
- String-O: Kate Lepere & Kati Jordan
- Typing Results: Bob Bundy
- Super Volunteer Coordinator: Sandra Lomker

A 2 minute time bonus was offered for half a bag of trash and 4 minutes for a full bag. You can see all the trash collectors below. Karin and Steven Choi did double duty, collecting a full bag on both the White and the Yellow courses.

(Where there are "trash credits" given, the times are shown as the actual time, minus the number of minutes earned by trash collecting, and then finally the corrected time.)

WHITE COURSE

1. Jim, Dan, and Gregg Redmond A.J. Stuver, Myles Nicholas	23:09-6	17:09
2. Steve and Rachel Tylock	20:20-2	18:20
3. Patty, Tyler, and Zak Borden	19:22	
4. Pamela Hasen		21:36
5. Catie Jefferds and Al Abonado		24:26
6. Julia, Savina, Lilah Shrier, Helena and Dave Shrier	27:17-2	25:17
7. Roger Scott, John Rauth, and Bryna Mitchel		25:20
8. Luke Lyons and Chris Lyons		27:07
9. Jeanne Wiltse Alex, Sophia, and Ed		27:16
10. Miranda Klaepacz and Tom Higgins		27:27
11. Nancy and Joseph Bruynoni		33:35
12. Wendy Mercado and Bill Jabs		34:45
13. Hannah, Jasper, and Keith Newman, Sarah Silver, Ishai and Frances Nardia		35:06
14. Steven and Karin Choi	42:20-4	38:20
15. Katelyn Lepere & Katie Jordan	46:45-2	44:45
16. Lily, Andy, Timmy, Zack, Jenny, and Paul Hutkowski -- finished but start time not recorded		

YELLOW COURSE

1. Dick Detwiler		13:51
2. Chad, Tyler, and Zak Borden		14:35
3. Vince Cassano		15:10
4. Rachel Tylock		17:10
5. Joel Shore		18:05
6. Zachary Lyons		20:45
7. Jon Fleig		23:33
8. Amelia and Kate Cochrane, Yanni Turner	27:55-4	23:55
9. Pamela Hasen		24:00
10. John and Linda Nusz		24:10
11. Catie Jefferds and Al Abonado		25:14
12. Steven and Karin Choi	30:14-4	26:14
13. Jane Callahan		28:15
14. Jenna and Brian Geary		28:36
15. Mike Yunker and John Frater		29:35
16. Eileen Flanagan and Pat Cochrane		30:09
17. Sandra Lomker and Tom Cornell	35:05-4	31:05
18. Jim and Dan Redmond		31:22
19. Bob Bundy	40:20-4	36:20
20. Lisa Abbot and Donna Bunke	38:55-2	36:55
21. Ben and Michael Knapp		37:05
22. Roger Scott, John Rauth, and Bryna Mitchel	40:08-2	38:08
23. Carol Moran	41:18-2	39:18
24. Michele and Patrick Waser		44:00
25. Tim and Michael Anne Mercer		44:04
26. Kelly and Eli Behlok Katie and Alex Behlok Philip, Adam, and Norbert Koenig		46:03
27. Nancy and Joseph Bruynoni		48:15
28. Sandra Greenberg and Louise Cook	73:00-4	69:00
29. Roger Keeney	75:40-4	71:40
30. Jennifer and Paul Manley Clara and Clayton Manley Nick Schulte		71:54

SPRINT COURSE - MALE

1. Rob Holmes	18:27
2. Vince Cassano	22:48
3. Jon Fleig	25:59
4. Dick Detwiler	26:03
5. Steve Tylock	28:48
6. Chad Borden	30:13
7. Michael Hirsch	32:41
8. Mike Meynadasy	36:30
9. Dmitry Sizov	39:36
10. Jeff Nunes	84:26

SPRINT COURSE - FEMALE

1. Maria Tikhomirova	41:25
(unofficial) Stina Bridgeman	20:59

SPRINT COURSE - TEAM

1. Loretta and Joe Campbell	45:09
2. Mike Yunker and John Frater	45:59
3. Lisa Abbot and Donna Bunke (with 4 trash credit minutes)	48:38
4. Ekaterina Kuksenkova and Vasily Kuksenkov	59:02

Letchworth State Park

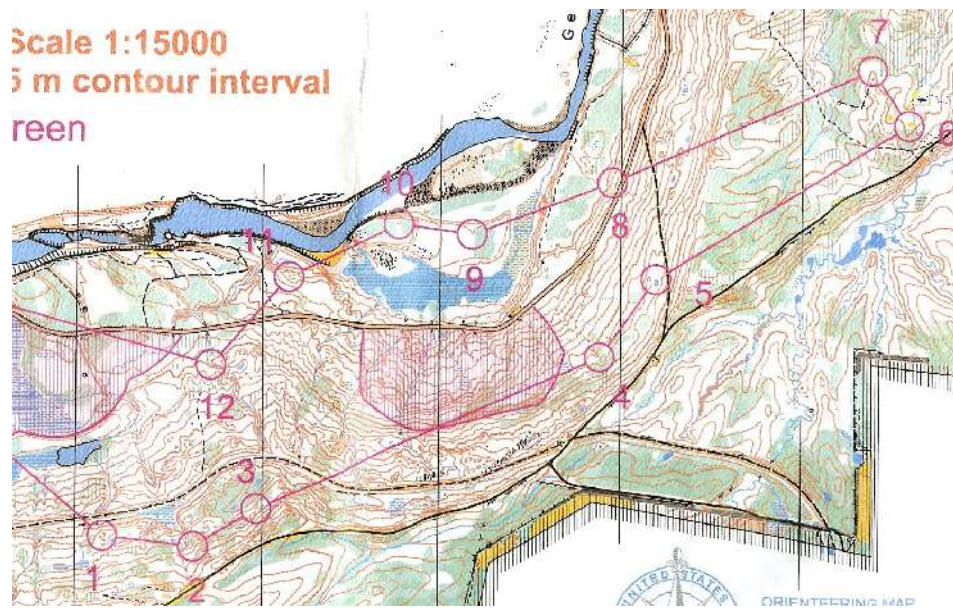
May 12, 2007

There was a bit of panic when it was learned that the original starting point would be closed due to a road washout. However course setter Pavel Korniliev had already revised his courses to start from the Parade Grounds area. Everyone who came received their money's worth. The courses were a little longer than typical. The weather was perfect for orienteering. Meet director, Rob Holmes, made sure everything ran smoothly and helped with other jobs as needed. Carol Moran served as Greeter and Linda Kohn provided instruction to first timers. Registration was covered by Joel Shore and Vince Cassano with help from Carol Moran and Rob Holmes. Bob Bundy and Rob Holmes handled start/finish with assistance from Dick Detwiler and Karl Kolva. Snacks were provided by super volunteer coordinator, Sandra Lomker. Results compiled by Bob Bundy.

13. The "Holmes" Group Danica Pecivalova, Nicholas Cuedrado, Simon and Jack Cuedrado, Martha and Robert Holmes, Kameron Holmes, Tyler and Bryn, Deborah Verant	122:10
14. Laurie Collinsworth, Nathan and Hannah Collinsworth	155:30
15. Chelsea Lyons	DNF

Green Course - 7K

1. Nate Lyons	93:38
2. Dick Detwiler	99:36
3. Mike Lance	110:06
4. Linda Kohn	111:40
5. Rick Slattery	120:12
6. Walt Lyons	124:05
7. Lindsay Worner, Amy Aloe	129:46
8. Doug Brooks	131:37
9. Jackie Novkov	134:58
10. Doug Kennedy	137:00



A portion of the Green course at Letchworth East.

White Course 2K

1. Carol Moran	31:02
2. Jim and Patty Borden	45:48
3. Karen Condello, Jordan McGuin Leah McGuin	46:08
4. Sheila Graves and Keith	48:00
5. Richard and Will Burgin	81:02

Yellow course - 4K

1. Jim Pamper	38:48
2. Bob Bundy	51:05
3. Michael Meynadasy	57:04
4. Zach Lyons	60:13
5. Jeff Radzysinski	63:35
6. Rachel Tylock	66:48
7. Colin Lemen, Sandi Willsey-Lemen	66:58
8. Vasily Kuksenkov, Ekaterina Kuksenkova	67:33
9. Karl Kolva	72:50
10. Kirk, Amy, and Nicholas Jacoby	100:06
11. Sandra Lomker	101:06
12. Lisa Abbott, Leslie Intemann	114:00

11. Maria Tikhomirova	138:43
12. Dayle Lavine	141:41
13. Carl and Reid Palmer	143:01
14. Rick Lavine	147:56
15. Dmitry Sizov	164:00
16. Joseph Seyfried	167:08
17. Lincoln Blaisdell	181:52
18. Tom Cornell and Joe Shonk	239:00
19. Rob Holmes	DNF
20. Kathy Bannister	DNF
21. Ian Gilbert	DNF
22. Laurie Hunt	DNF

Red Course 9.3K

1. Mike Lyons	105:39
2. Steve Tylock	116:12
3. Mitch Collinsworth	122:50
4. Vince Cassano	138:45
5. Joel Shore	166:20
6. Chad and Zak Borden	176:00
7. Gregory Hyatt	177:56
8. Mike Allen	DNF

Webster Park

May 27, 2007

(All photos from Webster meet by Paul Schwartz except where noted.)

A nice turn-out the day before Memorial Day in Webster Park. We had nearly 90 starts and a number of first timers. One section of trail was a little muddy but the rain held off. It was a nice event.



Matt Sokolowski, David McFarland-Porter, and Kevin McFarland discuss route choices after completing courses at Webster. (photo by Dick Detwiler)

Thanks to all those who helped with this meet:

- Course-setter: Dick Detwiler
- Greeter: Dayle Lavine
- Registration: Steve Tylock, Patty Borden, & Cheryl Detwiler
- String O: Rachael Tylock, Cheryl Detwiler
- Beginner Instruction: Paul Schwartz & Mike Lyons
- Start/Finish: Anne Schwartz, Dick Detwiler, Rick Lavine, Elizabeth Hane
- Refreshments: Jim & Patty Borden and Sandi Willsey-Lemen
- Arrangements with the Park for the shelter: Bob Bundy
- Flag Pick-up: Team Klassen, Victor, Sue, Nat, Sylvia



William Hawkins punching in at control #87.

William Hawkins wins the award for the most kilometers of orienteering for one entry fee. He completed all four courses, in a TOTAL time of 83:28: 37:30 on Orange, 13:08 on the Sprint, 21:35 on Yellow, and 11:05 on White. He took an official first on the Orange course and second on the Sprint course. (And he had the unofficial best times on

White and Yellow; his times on Yellow and White are unofficial, since by that point, he had encountered many of the controls from having done the Orange and the Sprint courses!)

Gil Robs really poured it on in the Sprint, giving it his all and

running cleanly, nipping William by 50 seconds.

Special congratulations go out to Eric Jahn, who won the Yellow in his first regular orienteering meet ever (although he has some orienteering experience from a community ed class in orienteering he is taking, plus on some permanent courses).

Jim and Patty Borden took first on the White course.



Gil Robs finishing the Sprint, taking 1st place.



Another strong finisher at the Webster meet!

In the special "Orange plus Sprint" combined time challenge, Hawkins took first with a 7-minute victory over Rob Holmes, who was 4 minute faster than Gil Robs.

Webster results

White - 2.0 km

1. Reid Palmer	24:31
2. Nick & Debbie Rieger	25:17
3. Janine & Kelly Rowe	34:15
4. Jim & Patty Borden	39:47
5. Andrew & Meghan Elder	45:07
6. Brad & Jennifer Daly	59:34
7. Charles Family, Nick, Elizabeth, Eugene & Emily	60:10
8. Smith Family, Kim, Rich, Ryan & Abby	67:25
9. Mike, Karen, & Erin Lally	81:20
Unofficial William Hawkins	11:05

Yellow - 3.6 km

1. Eric Jahn	43:03
2. Timothy & Sergey Dobretsov	44:09
3. Paul Hutkowski	54:19
4. Megan & Christian Rieger	64:33
5. Steve Tylock and	65:20
6. Zach Lyons	67:24
7. Michael Hirsch	71:25
8. John, Linda, & Kevin Nusz	76:20
9. Michael, Anne, & Timothy, Kathy Finglard	85:10
10. David McFarland-Porter & Matt Sokolowski	85:32
11. Pam Hasen	85:38
12. Sandra Lomker	86:08
13. Nancy Burgey	91:12
14. Brian Allen	99:22
15. Pat Welch, Jan & Emma Gilbert, Jan Walters	110:22

Unofficial William Hawkins 21:35



Teammates heading to the finish line at Webster.

Orange - 5.5 km

1. William Hawkins	37:40
2. Rob Holmes	43:41
3. Mike Lyons	46:49
4. Gil Robs	49:34
5. Mark Dominie	53:29
6. Nate Lyons	53:32
7. Vince Cassano	56:52
8. Rick Worner	62:26
9. Eric Barbehenn	62:58
10. Peter Dady	64:03
11. Stina Bridgeman	65:32
12. Lindsay Worner	69:32
13. Joel Shore	72:27
14. Linda Kohn	72:32
15. Patricia Lyons	73:45
16. Michael Meynadasy	79:55
17. Victor Klassen	81:26
18. Ken McFarland-Porter	83:35
19. Ravi Nareppa	85:20
20. Barb Dominie	85:38
21. Ben Price	91:36
22. Dayle Lavine	93:12
23. Sylvia Klassen	94:47
24. Rick Lavine	95:27
25. Sue Klassen	97:32
26. Nathan Klassen	104:33
27. Reid & Carl Palmer	108:12
28. Joe Seyfried	108:49
29. Rachael Tylock	114:47
30. Chad & Zak Borden	117:20
31. Tom Lamme	117:50
32. Tom Cornell	121:18
33. Walt Lyons	128:03
34. Richard Burgey & John Amadon	136:47
35. Shawn Forney	160:58
36. Sandi Willsey-Lemen	161:47
37. Bob & Gail Hohman	162:47
38. Laurie Hunt	190:15
39. Mike Allen	DNF
40. Randall McGarvey	DNF
41. Mike Yunker & Chris Colvin	DNF
42. Katie & Jim Bartasevich	DNF
43. Robert Reeves	DNF
44. Victoria Story & Hannah Van Wely	DNF
45. Anne Schwartz	DNF

Webster Sprint - 2.2 km Male

1. Gil Robs	12:18
2. William Hawkins	13:08
3. Rob Holmes	14:15
4. Mike Lyons	15:17
5. Steve Tylock	16:55

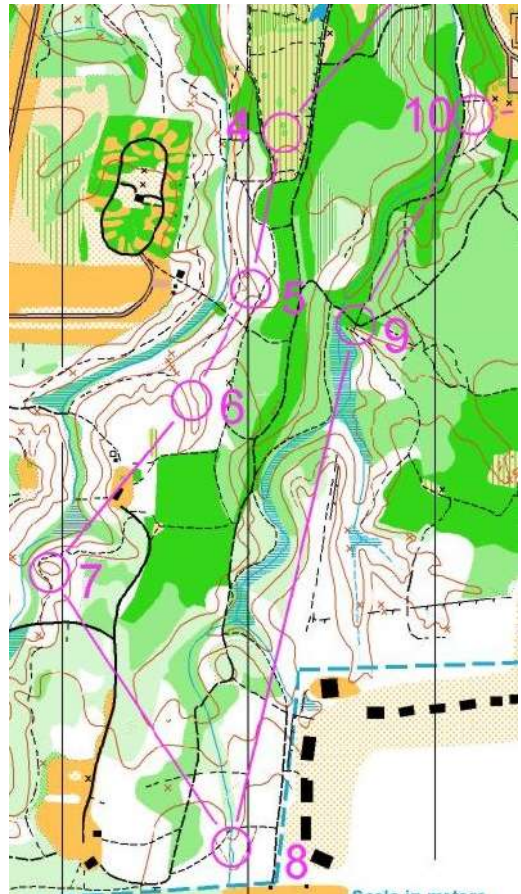
6. Mark Dominie	17:04
7. Peter Dady	18:09
8. Nate Lyons	18:59
9. Vince Cassano	21:09
10. Eric Barbehenn	22:33
11. Paul Hutkowski	22:45
12. Joel Shore	23:17
13. Carl Palmer	23:31
14. Robert Reeves	46:20

Sprint - 2.2 km Female

1. Stina Bridgeman	21:50
2. Patty Lyons	24:19
3. Barb Dominie	29:10
4. Sue Klassen	35:31
5. Elizabeth Hane	51:55

Combined "Orange plus Sprint" challenge

	Orange	Sprint	Total
1. William Hawkins	37:40	13:08	50:48
2. Rob Holmes	43:41	14:15	57:56
3. Gil Robs	49:34	12:18	61:52
4. Mike Lyons	46:49	15:17	62:06
5. Mark Dominie	53:29	17:04	70:33
6. Nate Lyons	53:32	18:59	72:31
7. Vince Cassano	56:52	21:09	78:01
8. Peter Dady	64:03	18:09	82:12
9. Eric Barbehenn	62:58	22:33	85:31
10. Stina Bridgeman	65:32	21:50	87:22
11. Joel Shore	72:27	23:17	95:44
12. Barb Dominie	85:38	29:10	114:48
13. Sue Klassen	97:32	35:31	133:03



A portion of the Webster Yellow course.

Rochester Orienteering Club membership application form

- \$10 for one-year student membership (high school or younger)
- \$20 for one-year individual membership
- \$25 for one-year full family membership
- \$25 for one-year organization membership (example: Scout group)
- \$50 for three-year individual membership
- \$65 for three-year family membership
- \$200 for life membership

	First name	Last name	Birthdate
Self:	_____	_____	_____
Spouse:	_____	_____	_____
Children:	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Address: _____
 City: _____ State: _____ ZIP: _____
 Phone: (____) _____ e-mail: _____
 Indicate if: New membership or Renewal Date of application: _____

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

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

Please enclose a check payable to the Rochester Orienteering Club and mail to:
 Rochester Orienteering Club, 40 Erie Crescent, Fairport, NY 14450

First Class



40 Erie Crescent
 Fairport, NY 14450