



The official newsletter of the Rochester (NY) Orienteering Club

What some ROC'ers did on their summer vacations



Orienteering in Alaska: Dan Thayer, Joe Seyfried, Anja Hoel, Scott Seyfried. Story on page 4.



Anne Schwartz in the Pike's Peak Ascent. Story on page 6.



Rogaining in Australia: Stina Bridgeman and her partner planning their strategy. (Rogaine photos by Tyson Brooks) Story on page 5.



Rogaining terrain in Australia.

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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.

Fall 2007 and Winter 2008 Schedule

Rochester Area

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.
Saturday, December 1	Annual Meeting & Scrooge-O, Powder Mills Park. Powderhorn Lodge. 5:00 p.m.
Saturday, January 5	Ski-O at Harriet Hollister Park. Start from 12:00 noon to 1:30 p.m.
Sunday, January 20	Ski-O at Mendon Ponds Park. Hopkins Point Lodge. Start from 12:00 noon to 1:30 p.m.
Sunday, February 3	Ski-O at Webster Park. Parkview Lodge. 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 (web sites on next page).

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.
Sat-Sun, September 29-30	UNO. Nottingcook Forest, Bow NH, 15 miles north of Manchester, NH
Saturday, October 6	BFLO. Emery Park. Regular meet.
Monday, October 8	EMPO. Columbus Day Meet. Grafton Lakes State Park. Grafton, NY
Saturday, October 13	EMPO. Peebles Island State Park Waterford, NY
Sunday, October 21	BFLO. Schoellkopf Scout Camp Regular meet.
Saturday, Oct. 27	CNYO. Gilbert Lake, Laurens
Saturday, October 27	EMPO. Annual Scout Meet. Schenectady Museum Nature Preserve. Niskayuna, NY
Saturday, November 10	EMPO. Club Championships. Thacher State Park. New Scotland, NY
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
Saturday, Dec. 8	CNYO. Street-O. Cortland

Recent Permanent Course Finishers - CONGRATULATIONS!

Durand

Richard & Nancy Burgey 8/22/07 Rochester NY

Letchworth

Mike Lance 7/5/07 N. Tonawanda, NY
 Scott Heiligenthaler 9/4/07 Medina NY
 Erin & Jeff Coon 9/8/07 Corning, NY

Mendon

Jennie Brown 6/8/07 Honeoye Falls NY
 Butcher 8/15/07 Victor NY
 Matthew Sonnefeld 9/6/07 Victor NY

Webster

The Fair's 7/18/07 Rochester, NY
 Richard & Nancy Burgey 8/22/07 Rochester 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://empoc.us.orienteering.org>

Adirondack Orienteering Klub (AOK) web

site: <http://web.northnet.org/aok/>

Other clubs: See USOF web site.

Reminder: 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.

Orienteering in Alaska by Joe Seyfried

Last month while visiting my son in Alaska, I had the opportunity to participate in one of their local orienteering meets. As I'm sure we have all experienced, orienteering is one of the best ways to explore the natural surroundings and get us into the woods. A quick check of the website and an opportunistic window in our schedule was all we needed. The meet we chose to participate in was a special Score-O in one of the many Anchorage Parks sponsored by the Artic Orienteering Club (ARCT). A review of their schedule showed many similarities to our schedule of events which concentrate on traditional points meets at the beginning of the season and moving to the Score-O format for the summer months. The big difference is they schedule almost all their events on week nights. Once the weather breaks, there are too many conflicts with other weekend activities and they do not run out of daylight. (Anchorage has 18-24 hours of functional daylight in the summer months).

The event was essentially a trail run with some strategic off trail routing (bushwacking!). It was geared as a competition for all the area high school cross-country teams, so we immediately put aside any notion of placing in the middle of the pack. The meet director told me that trail runs are common at this time of the year as the undergrowth is in full bloom – again the 20 hours of daylight! The trees in this park are smaller and much narrower than we see in the northeast and don't have the canopy effect. The undergrowth was fully covered in a lovely plant they called the Devil's club. It grows 3-6 feet in height with leaves 1 foot in diameter and covered with needles (similar to nettles). Our few off-trail experiences were nasty and probably didn't save any time. But we experienced the Alaskan fauna up close and personal. In talking with the locals after our run, they showed us a navigation trick useful up north. The low angle of the sun will always cast a shadow. Since it was midday and sunny, our shadows were distinct indicators of north. The effect is very pronounced in winter where the shadows are very long and the

sun is only present in midday.

The meet was set in Kincaid Park which has over 43 miles of maintained trails and is one of the nation's top 50 running parks. The trails are wide, well maintained with considerable



Anja punching control #33 on a "well maintained" trail.

terrain features and offers several bridges and tunnels to avoid the park roads. This outing was an introduction to orienteering for some of my group where they learned some basic skills. So working the trails was a great start, offering many route choices. The off-trail sections however, really peaked their interest and hopefully left them wanting for more. In the winter, this park is a world class Nordic ski trail system. I'm only a novice cross country skier, but the rolling hills, extensive network of trails, many of which are lighted, took my breath away. If you aren't into hills, the city of Anchorage has over 120 miles of dedicated paved trails and of course, these are groomed for skiing in the winter. Another example of why Alaska is called "the land of extremes".

New club banner, courtesy of Nancy Burgey!



Also, Nancy sends this note of appreciation:

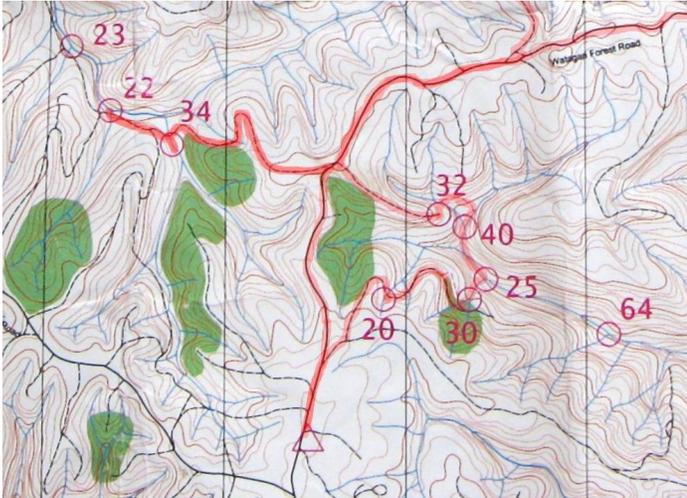
I would like to thank the club for the cards and get-well wishes while I was under the "weather". I am on the trail to recovery and have made appearances at several meets. Hope to back to full speed soon.

Thank you

Nancy Burgey

Don't Grab a Tree Fern by the Trunk: Impressions of an Australian Rogaine by Stina Bridgeman

On August 18, I participated in the 16th Annual Lake Macquarie Rogaine. The event was held in the Watagan Mountains, about an hour and a half north of Sydney, Australia. It was quite an adventure!



Portion of the map near the hash house.

Upon arriving at the event site, the four of us in need of teammates decided to split into two groups. I paired up with Peter Cox, an experienced local rogainer whose teammate had to withdraw just before the event due to an injury.

We then picked up the map – handed out three hours in advance! - and sat down to plan. On the map the navigation looked quite easy; most of the controls were near roads and tracks or along major creeks.

There would be a significant amount of climb, as the map was all contour lines – but it was possible to not go up and down too many times. It also wasn't a huge area – we mapped out a route that hit most of the controls and was only about 27km, which seemed rather short for a 12-hour event. I figured there had to be a catch.

One catch was immediately apparent. Being winter, the sun sets about 5:30pm and it is quite dark by 6. This meant that half of the event would be in the dark. Still, the navigation didn't seem that hard.

The second catch was revealed at the briefing for novice teams, when the organizers mentioned that there were many places where the pace would be only 500 meters an hour or slower. Yipes! A factor I hadn't reckoned on was the vegetation. The ridges (where the start was) have fairly open eucalypt forest, but the very steep-sided gullies are vine-filled rainforest and the vines don't give way when you try to push through them – the only options are over or under. (Sometimes crawling was the only way through.) "Steep-sided" also meant that running into unmapped cliffs was a distinct possibility – we scaled one, and at one point after dark we were right behind a team which

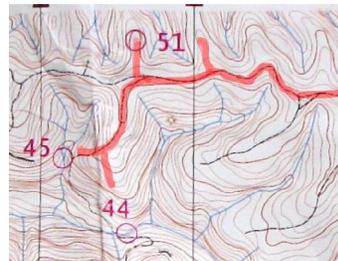
suddenly found themselves at the top of a 30 meter drop. The creeks at the bottom of the gullies were quite pretty and generally passable, but are full of large, mossy, and very slippery rocks so I ended up using my hands a lot to scramble across them without falling. It was in a section of rainforest where I discovered that tree ferns don't make good handholds – the trunks are prickly.

The third catch was discovered a few hours into the event, when we found that the same heavy dashed map symbol was used for dirt roads you could drive a regular car on, 4WD tracks, things which used to be a track but are now indistinguishable from the rest of the forest, and, in one case where the track went through an area of dark green, a thicket which ranged from you-can-crawl-underneath to impenetrable.

After dark, I found a fourth catch – no reflectors on the controls.

My teammate said that they had considered reflectors at one point, but had basically decided that reflectors were for wimps. I don't think this particular catch made it any more difficult for us, but the navigation also wasn't that hard – I can think of more difficult controls in other rogaines where reflectors played a critical role.

As for the event, the first six hours went well though I was pretty exhausted after only a few hours. (I was pushing fairly hard to keep up with my teammate, and all the up-down-over-try-not-to-slip on the rocks and vines was very tiring.) After dark, however, things went downhill. We made a mistake on



the way to #51, turning down a spur too early because we weren't sure if the track junction we were looking for would be with a good track or a sketchy one. After that, we had some trouble with unmapped tracks around #45 and #44 and ended up doing a long bailout on roads which netted very few points. We probably gave up a bit too easily, but being tired meant I wasn't really keen on continuing to wander around on a steep hill and the prospect of more rainforest bushbashing was even less appealing.

In the end we placed 5th out of 12 mixed teams, and 18th out of 38 overall – about the best I was expecting, though not as well as my teammate usually does, I think. It was a bit disappointing since we had such a promising start, but it was still fun.

There were a few other interesting differences between this rogainer and others that I've done in North America -

- It was run by a rogainer association, rather than an orienteering club.
- Bring your own map case, as they aren't supplied. Also bring your own dishes for the hash house.
- The number of teams (86 for both 6- and 12-hour events), and that we sometimes had to wait for a team to move out of the way ahead of us.
- The NavLight epunch system – you wear the tag on your

wrist, like a watch. Each control has a wand that you touch to the tag to punch.

The most confusing part was that it only blinks when you've punched correctly – I kept waiting for the beep that you get with SportIdent.

And last but not least, Tea and Damper. ("Damper" is a kind of bread, traditionally cooked in the coals of a campfire in the bush.) T&D was set up at one of the controls farthest from base, and while we unfortunately didn't make it there, I've heard it boasts an impressive array of cakes and other snacks. I'm all for seeing this adopted more widely, though apparently T&D can be the downfall of tired teams who find it very hard to leave once they've sat down.

A Peak Experience

by Dick Detwiler

Early last fall, I became interested in doing the Pike's Peak Ascent in August 2007, as a challenge which would hopefully motivate me to get more serious about my training in 2007. I asked our good friend Anne Schwartz if she might be interested, and to my surprise, she said she might be. Entries didn't open until March of 2007, so we had the winter to contemplate the idea, and to start to do some training to see how that went. When entry time came around, we both decided that we were on board with the idea. Using my fastest key-boarding skills, I managed to get us registered, about 30 seconds before the entries filled up (10 minutes after entries opened).

So that meant we had to get really serious about our training! Our basic strategy was to do a lot of trail running, on hilly courses wherever possible, and to start building up the lengths of our long runs. We did quite a few workouts at Ellison Wetlands, some (during the winter) on the roads on Empire Blvd, taking advantage of the hills on both sides of the bay, and hill repeats on the Glen Edith hill (which heads down to the bay from the corner of Ridge Road and Bay Road). We put in a few very long runs, up to 3.5 hours, to get us used to being on our feet for extended times.

We also did several workouts at Bristol Mountain, usually going up to the summit (1200 foot vertical gain) and back down twice each workout. The workouts on Bristol Mountain were pretty grueling, but in retrospect, we think those were the best local workouts for preparing ourselves for Pike's Peak, and we wish we had done more of them.

We competed in a few trail races, including the Mendon 15-mile (actually more like 13 miles), and the Finger Lakes 25 km



Dick Detwiler on the Pike's Peak course.

(held in the Finger Lakes National Forest). One workout which we thought would be good for us, but we think really wasn't, was climbing Mt. Marcy as quickly as we could. The downside of using Mt. Marcy for training is that the footing was so tricky on so much of the trail, that it was more a matter of how dextrous we could be in our footsteps, rather than how hard we wanted to push.

Anne and her husband Paul traveled out to Colorado 10 days before the race, to do some sightseeing and to get used to the altitude. I had a more limited schedule, and arrived 5 days before the race. We did some workouts of various intensities to help encourage our bodies to get acclimated, and also to gauge how we were able to handle the altitude, especially on the Pike's Peak trail itself.

The Pike's Peak Ascent, which covers 13.4 miles and has a vertical gain of 7800 feet (ending at 14,000 feet), is a long, relentless uphill, but for the most part, is not super steep. The average grade is 11%, nothing to be sneezed at, but not like heading up a black diamond ski slope, for example.

At Bristol Mountain, for example, if you go up the hills that represent the easiest way down from the top (the "Green" slopes), as we did on our training hikes, it comes out to almost exactly 11%, same as Pike's Peak. Still, at my level of fitness, I find I can't run any appreciable distance on an 11% grade (even at low altitude).

Because of the uphill grade and the altitude, one of the first things regarding the Pike's Peak Ascent is that any normal frames of reference in terms of "minutes per mile" can be thrown out the window, both in terms of the average pace for the whole race, and also within the race, as in general, each mile is tougher than the mile before it.

For example, this year's men's winner, Matt Carpenter, who has run a flatland marathon in 2:32 (about 5:45 per mile) and a 10K in 31 minutes (5 minutes per mile), averaged 10 minutes per mile in the Ascent. Averaging 15 minutes per mile would put one in the top 10% of the men. Also, someone averaging 15 minutes per mile would be expected to run the first mile of the course in around 10 minutes, but the last mile of the course (which climbs 770 feet, for a grade of 14.6%, ending at 14,000 feet) in more than 20 minutes.

There is a pace chart that has been created that will tell you what your time should be at various key points (9 different places) in the race, for a given finish time. Using this chart, at any of these particular places, you can tell that, for example, you're on schedule for a 4 hour time, or a 5 hour time, etc.

A drawback of this pace chart is that it assumes that one has done significant training at high altitude (10,000 to 14,000 feet). For flatlanders like Anne and me, the pace chart warned that our pace in the upper part of the course would take a substantial hit, due to the altitude. This would say that, for example, if we thought we were capable of a 5:30 time, our pace on the lower part of the mountain should be somewhat faster than a 5:30 pace, knowing that our pace would be slower than a 5:30 pace on the upper part. The big warning that came with this information is to NOT go out TOO fast, that the pace on the lower part still needs to feel very relaxed and

comfortable, otherwise, really bad things will happen as the altitude increases.

We decided to aim for a 5:30 finish time (comfortably under the cutoff time of 6:30), which was based on a training hike we did on the bottom 2000 vertical feet, where we didn't think we were pushing the pace at all and still did splits that had us on track for a 5-hour finish. (And taking into account that we would slow down at higher altitudes.)

On the day of the race, we fortunately fell in with a group that was going at just about the right pace for us on the lower part of the course, where it is difficult to do any passing. We hit our split time at the "Top of the W's" (about 20% into the course) on a slightly better than 5-hour pace, and the pace still felt comfortable. Things went according to plan – we kept up the 5-hour pace for the next couple of splits, then we started to slow down as the altitude became more of a factor, which was expected, but we didn't slow down all that much. For the most part, our intermediate split times between various milestones never got below a 5:30 pace.

I kept fearing that we'd do the equivalent of hitting the wall in a marathon, but that never happened. The altitude didn't get to me in a significant way until approximately the top 1000 vertical feet of the course, from 13,000 feet upwards. By that point, I could tell that our pace was quite slow, but the important thing was that we were able to keep moving.

Words of advice from a number of people who had done this before were:

- Keep moving, no matter how slow; and:
- NEVER EVER sit down. ("No matter how inviting that rock looks, don't sit down on it" was one person's wording.)

We probably passed around 50 people sitting down above the tree line. Not many looked like they were in major distress, but most kind of looked dazed and expressionless. In most cases, I'm sure this was a result of them going out too fast at the beginning of the race, something that we managed to avoid doing.



Front and back of a shirt of a running group (somewhat analogous to the Oven Door Runners) located near Pike's Peak

The last third of a mile of the course was particularly tough, as it climbs around 320 feet (18% grade!), and at that level of fatigue, and with that little oxygen in the air, it was a major challenge. But the finish line was visible (although it looked VERY high up), with the PA announcer calling out people's names and hometowns as they approached the finish, so it

wasn't hard to muster up the enthusiasm and energy to make it up that brutal hill.

We wound up finishing in 5:18, which we were very pleased with.

Anne and I did the whole race together, sometimes being a bit apart when a few people were between us in the single track, but finishing less than a second apart. I'm quite a bit faster than her in any sort of running, but this was more of a strenuous hike than a running race, and she and I are pretty equal when it comes to hiking. She was a bit concerned that she would hold me up, and she told me before the race that I should feel free to go faster if I could, but I don't think I could have done it that much faster than we did, without feeling I was risking blowing the whole thing by burning out too quickly.

We were lucky in terms of the weather. It was sunny and 70 at the start of the race, and sunny and around 50 at the summit, with only moderate winds (forecasts of 40+ mph winds didn't materialize, fortunately). The view from the top, after having completed the exhausting climb, was something I wouldn't trade for anything.



One of the many great views from the summit.

A major surprise is that we felt pretty good after the race, both that day and the next day. Way better than after a marathon, for example. My theory is that we were so limited by our heart and lung capacity, that our legs really didn't get the workout they would at lower elevations or on flatter terrain.

All in all, the whole experience, including training for the Ascent, spending time in Colorado preparing for it, and actually doing it, was very enjoyable. One thing that struck us was how friendly and approachable the people we came into contact with while in Colorado seemed to be. We struck up countless conversations with people associated with the race and also with some who didn't have anything to do with the race. We received a lot of very helpful advice from people we met, many of whom had done the race many times in the past. I certainly look forward to doing this again. Because of the expense and logistics of traveling to Colorado and staying for at least 5 days to acclimate, it certainly won't be an every-year event, but maybe in another few years ...

Local Meet results

Mendon Ponds Adventure Run June 10, 2007

Beautiful weather prevailed for ROC's first Adventure Run. An interesting 12K course was set by Eric Barbehenn. It included a short trail run after the mass start, to spread the field of 18 teams, followed by a 10-control orienteering course that included extra controls to serve as navigation aids for the less experienced participants. A third stage provided a menu of 11 controls, from which each team had to visit at least 9. A final control required the team to regroup prior to the run to the finish and the refreshments, which included hot dogs grilled by Rick Lavine. The third stage was also used standalone, to provide a shorter option for attendees.



Tom Cornell served as greeter and Sandra Lomker brought food (both helped out in other areas, as usual, despite a long Saturday at the Expo). Also, Gil Robs handled registration, Stina Bridgeman and Elizabeth Hane worked the finish line, Eric gave personalized instruction to the newbies, and Mike Lyons helped out as needed during his first stint as meet director. Will Hawkins single-handedly took care of flag pick-up.

Mark Dominie, first place solo division. (All Adventure Run photos by Elizabeth Hane)



ADVENTURE RUN (12.0 km)	Time	Class
1. Team Holmes (Rob & Kameron)	80:11	XO-1
2. Quando OFM (Mark Dominie)	96:09	MM-1
3. Nate (N. Lyons)	99:11	MJ-1
4. Steve & Vince (S. Tylock & V. Cassano)	101:20	MM-2
5. Pavel (P. Korniliev)	105:29	MO-1
6. M.I.N.O.R. (Peter Dady)	112:40	MV-1
7. Holahan Hill Climbers (Annette & Tim Holahan)	114:11	XM-1
8. 3G Allen (Mike, Brian & Ed Allen)	120:00	MO-2
9. Pike's Peak Ascenders (Dick Detwiler & Anne Schwartz)	130:53	XM-2
10. Let's Not Die (David & Sarah Levine)	135:26	XO-2
11. DNF (Barb Dominie)	139:16	FM-1
12. Team Defeat (Bob Bundy & Dayle Lavine)	144:47	XV-1
13. Joel Shore	146:01	MM-3
14. Kate (Lawrence & Kate Creatura)	154:57	XM-3
15. Team Lyons (Walt & Patty Lyons)	156:52	XV-2
16. KSG (Sarah Kline, Ed Schultz & Matt Gavigan)	165:20	XO-3
17. Awesome (Albert Abonado & Catie Jefferds) - includes 40 min penalty	312:00	XO-4
18. McGarvey (Randall & Denise McGarvey)		DNF
SCORE-0 (13 controls)		
1. Rick Lavine	(13)	69:40
2. Puma (Mike Hersch)	(13)	98:48
3. Richard Burgey	(12)	83:19
4. Linda Kohn & Ethel Allman	(12)	133:15
5. Geriatric Duo (Tom Cornell & Sandra Lomker)	(10)	116:40
6. Shawn Forney	(8)	125:11



Rehashing the course ...

Cobbs Hill Park

June 24, 2007

The weather was wonderful for our first summer meet of the year. We had a great turn out with over 80 starts. We had a good showing from new participants, including a lot of children, whom we hope will join us in upcoming meets. All seemed to have had a great time and many got a good workout climbing and descending (some in creative ways) the hills of Cobbs Hill.

Special thanks goes out to our great volunteers who made the meet a success:

- Course Setter: Jim Pamper
- Consultant, Greeter & Awesome Newcomer Instructor: Linda Kohn
- Registration: Tom Lamme, Richard, Nancy, and Linda Burgey
- Start/Finish: Sandi Willsey-Lemen, Paul Schwartz, Rick and Lindsay Worner
- Flag Pick-up: Kevin & David McFarland, Victor and Sylvia Klassen, and Gil Robs
- Food: Frances Nardia
- String-O: Tim and Sergey Dobretsov
- Results Typing: Lindsay Worner

WHITE COURSE

1. Zach Lyons	19:36
2. Tim and Sergey Dobretsov	21:55
3. Tom and Jared Higgins	32:50
4. Holmes Family	37:50
5. Brenna Lyons and Group	38:40
6. Joe Sokolowski and group	42:05
7. Theresa McFarland-Porter	42:25
8. Racheal Tylock	46:35
9. Bishop Family	49:00
10. Jarvis Family	49:00
11. Joe Hossenlopp	49:15
12. Elder Family	51:20
13. Nancy Burgey	56:01
14. Collinsworth Family	59:25
15. Linda Keefe	60:45
16. Paul Hutkowski	61:00
17. Nardia Family	63:45
18. Paul Allen	64:30
19. Kayla, Mina, and Katja Stevens	65:31
20. Jeff Nunes and group	82:30
21. Graziano Family	DNF

YELLOW COURSE

1. Rachel Tylock	42:43
2. Don Winslow	43:20
3. Matt Sokolowski and David McFarland-Porter	44:38
4. Curry Family	48:30
5. Sandra Lomker	53:07
6. Michael Hirsch	59:51
7. Tylock Family	62:47
8. Mark and Sara Andrews	63:15
9. Karl Kolva	63:30

10. Elizabeth Hane	63:32
11. Mercer Family	64:10
12. Rod and Laura Cameron	71:45
13. Frances Nardia	78:45
14. Ruhlmann Family	79:50
15. Paige Sloan	82:32
16. Scott Heiligenthaler	90:04
17. Scardino Family	99:02
18. Knowlton Family	110:20
19. Shrier Family	DNF

ORANGE COURSE

1. Gil Robs	35:43
2. Mike Lyons	40:00
3. Nate Lyons	47:05
4. Vince Cassano	50:36
5. Kevin McFarland-Porter	51:40
6. Tom Lamme	55:35
7. Victor Klassen	56:24
8. Dick Detwiler	57:20
9. Rick Worner	60:30
10. Dave Fergusson	61:50
11. Mitch Collinsworth	63:50
12. Lindsay Worner	65:32
13. Stina Bridgeman	66:17
14. Mike Meynadasy	80:05
15. Joel Shore	82:50
16. Richard and Linda Burgey	85:00
17. Bob Bundy	85:15
18. Sylvia Klassen	89:25
19. Sandi Willsey-Lemen	91:00
20. Scott Orr	97:16
21. Walt Lyons	105:30
22. Mark and Sara Andrews	106:40
23. Tom Cornell	107:15
24. Anne Wibiralske	122:48
25. Laurie Hunt and Nathan Sugarman	123:19
26. Koeing Family	DNF
27. Behlok Family	DNF
28. Paul Allen	DNF

SPRINT COURSE

1. Gil Robs	13:44
2. Mike Lyons	17:16
3. Dick Detwiler	23:57
4. Mike Meynadasy	26:15
5. Vince Cassano	26:50
6. Stina Bridgeman	28:16
7. Dave Fergusson	28:27
8. Steve Tylock	30:10
9. Nate Lyons	30:22
10. Brenna Lyons	32:43
11. Victor Klassen	33:42
12. Roger Keeney	89:40
13. Scott Hevigenthaler	92:00

Irondequoit Bay Park East

July 15, 2007

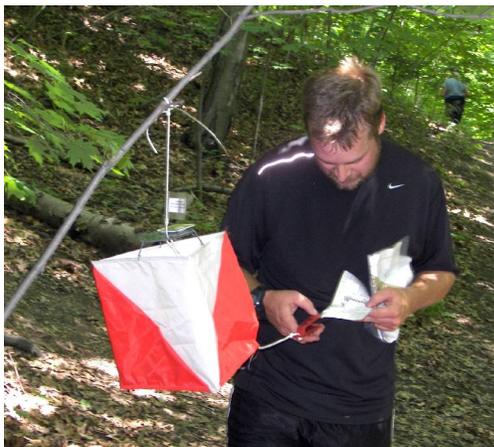
We had a nice turnout, with 30 starts (42 individuals) on the one-hour Score-O course, and 17 starts (40 individuals) on the White course. This is substantially higher than is typical for summer meets.



Mike Lyons, the overall winner, punching in at one of his last controls. (Photos by Karl Kolva)

On the White course, Rachael Tylock was first with an impressive time of 20:10, beating second-place Richard Burgey by 8 and a half minutes, with first-time orienteers Becky and Claire Finnerty finishing shortly behind Richard.

The Score-O featured 24 controls ranging in point value from 1 through 4, for a total of 60 points maximum. Late penalties were fairly forgiving for the first one and two minutes (one point penalty for up to a minute late, and and three points for being between 1 and 2 minutes late), but became more severe with increasing lateness. This allowed someone to take a risk of going for that one extra control and possibly being 1-2 minutes



Rob Holmes, second place finisher.

late, while discouraging people from being significantly overtime.

The course setter didn't think that anyone would get all of the controls within the one-hour time limit, but Mike Lyons proved him wrong, although just barely. After a furious sprint to the finish, where he intentionally dropped his map about 100 yards from the finish for maximum running efficiency, Mike finished in 59:59.

Rob Holmes finished second with 58 points, passing up two somewhat out of the way 1-point controls, and finishing comfortably under the time limit, in a time of 57:39. Gil Robs was third, getting all of the controls except for one 1-point control, but finishing in 61:15, which cost him a 3-point penalty for a net score of 56.



Special thanks goes out to our great volunteers who made the meet a success:

- Meet Director: Rick Worner
- Course Designer: Dick Detwiler
- Course Setters: Linda Kohn, Karl Kolva
- Registration: Jim Tappan, Sandi Willsey-Lemen, Ravi Nareppa
- Start/Finish: Lindsay Worner, Dick Detwiler, Rick Worner, Linda Kohn, Tom Cornell, Sandi Willsey-Lemen
- Flag Pick-up: Mike, Nate, & Zack Lyons, Vince Cassano, Joe & Joey Butcher, Jim Tappan
- Food: Rick Worner and Linda Kohn
- Instruction: Rick Worner
- Results: Dick Detwiler

Irondequoit Bay Score-O

	Time	Name	Points Earned	Penalty Points	Net Points
1	59:59	Mike Lyons	60		60
2	57:39	Rob Holmes	58		58
3	61:15	Gil Robs	59	3	56
4	57:10	Vince Cassano	51		51
5	60:22	Randall McGarvey	50	1	49
6	57:28	Nate Lyons	44		44
7	60:56	Steve Tylock	41	1	40
8	61:09	Kevin McFarland-Porter	41	3	38
9	61:33	Stina&Ken Bridgeman	41	3	38
10	58:35	Michael Meynadasy	37		37
11	58:38	Bob Bundy	36		36
12	55:24	Ravi Nareppa	30		30
13	58:54	Cheryl Detwiler	27		27
14	54:04	Dmitry Sizov & Alexander Akopov	26		26
15	57:56	David McFarland-Porter & Matt Sokolowski	24		24
16	58:29	Laurie Hunt	23		23
17	55:18	Zach Lyons	22		22
18	55:25	Dave Fergusson	20		20
19	59:42	Kathy Bannister	19		19
20	58:33	Mike Hirsch	18		18

21	65:54	Sue, Victor, and Sylvia Klassen	36	18	18
22	57:40	Sandra Lomker	17		17
23	59:42	Nathan Sugarman	17		17
24	58:41	Tess, Ross, and Elizabeth McFarland-Porter	8		8
25	64:06	Richard Burgey	22	14	8
26	67:13	Nancy Burgey	19	19	0
27	73:10	Glen, Susan, Gage, Brandon, and Skye Wyand	22	22	0
28	78:35	Jim Pamper	40	40	0
29	83:01	Larry Barone & K. Kennel	30	30	0
30	86:11	Scott Heiligenthaler	27	27	0

Irondequoit Bay White Course – 1.7 km

	Time	Name
1	20:10	Rachael Tylock
2	28:40	Richard Burgey
3	29:07	Becky & Claire Finnerty
4	29:25	John & Linda Nusz
5	32:05	Luke & Chris Lyons
6	32:32	Don Winslow
7	34:21	Carla Fergusson & Joyce Nakada
8	40:05	Joe, Carol, and Joey Butcher
9	43:25	Joe & Josh Sokolowski & Robbie Dickensen
10	44:50	Jefferson, Lisa, Madeline, & Samuel Svengsok & Christina, Emily, and Ethan Miloro
11	48:18	Jenna & Marcia Geary & Adam & Lynn Schiller
12	50:32	Kameron, Tyler, and Bryn Holmes
13	52:49	Tom and Hannah Watrobski
14	63:44	Roger Keeney
15	63:55	Linda Keefe
16	74:36	Kim & Christine Schmitt
17	105:45	Mike, Karen, and Erin Lally

Buffalo members showed up volunteering to help. A big thanks to our neighboring club! - Bob Bundy

Results

Score-O - 24 Controls - 1 Hour Time Limit 1 to 4 points each - 60 Total Points Possible Penalty - Highest Control(s) for each minute (or partial minute)

Rob Stevens visited 19 controls to lead the way with 50 points. (Dave Agar also visited 19 controls but lost 1 with time penalty)

1.	Rob Stevens	59:09	50
2.	Dave Agar	1:00:34	49 - 4 = 45
3.	Ian Webber & Laura Williams	59:15	42
4.	Rick Worner	57:28	40
5.	Mike Lance	55:46	36
6.	Pavel Korniliev	57:37	35
7.	Steve Tylock	58:39	35
8.	Gregory Hyatt	56:34	33
9.	Bob Bundy	1:00:11	37 - 4 = 33
10.	Laurie Hunt	59:50	31
11.	Vince Cassano	1:02:45	42 - 12 = 30
12.	Ravi Nareppa	59:12	28
13.	Lindsay Worner & Linda Kohn	1:00:04	29 - 4 = 25
14.	Dave Kennedy	58:48	22
15.	Roger Keeney	52:02	19
16.	John Sanford	59:39	15
17.	Kate Carrier	42:12	14
18.	Frances Nardia	54:35	14
19.	Scott Heiligenthaler	1:05:46	29 - 21 = 8
20.	Jayne Knowlton	1:06:31	16 - 16 = 0
21.	Al Abonado & Catie Jefferds	1:09:42	19 - 19 = 0
22.	Jackie Novkov	1:18:34	29 - 29 = 0
23.	Victor Klassen	1:29:24	24 - 24 = 0

Black Creek Park July 28, 2007

A beautiful day in the park. Warm but pretty reasonable for late July. A nice Score-O course set by Tom and Sandra. No one was able to get all controls. Only 2 runners made it to the farthest control (24). Several people venturing to the far side of the main swamp didn't make the time limit. A picnic lunch was enjoyed by all.

Our meet volunteers make our events fun and easy:

- Meet Director: Gil Robs
- Course Designer & Setters: Tom Cornell and Sandra Lomker
- General Setup Help: Mike Lance
- Registration: Laurie Hunt, Richard Burgey, & Bob Bundy
- Start/Finish: Tom Cornell, Carol Moran, Dick Detwiler, John Burchill, and Gil Robs
- Flag Pick-up: Vince Cassano, Randy McGarvey, Ron McGarvey, Sue & Victor Klassen
- Food: Gil Robs, Sandra Lomker, Linda Kohn, Rick Worner, and Lindsay Worner
- Instruction Clinic: Tom Cornell
- Typing Results: Bob Bundy
- Super Volunteer Coordinator: Sandra Lomker

After Linc Blaisdell heard Sandra's request for help, several

WHITE Course

1.	Dave Winslow	18:17
2.	Vincent & Roger Kurtz	18:28
3.	Ron & Tammy McGarvey, Lydia and Samuel	24:30
4.	John & Linda Nusz	24:35
5.	Michael Hirsch	25:53
6.	Amanda Moses	27:25
7.	Carol Moran	27:35
8.	Richard Burgey	28:05
9.	Paul & Elsa Craig	34:50
10.	Dillon Family A	37:12
11.	Lea McGarvey, Michael, Marissa, Matthew	42:40
12.	Dillon Family B	51:55
13.	Avi & Ishui Nardia	52:14
14.	Jennifer & Wesley Becker, Adam and Aaron	57:30

SPRINT - Men

1.	Rob Stevens	14:51
2.	Gil Robs	15:20
3.	David Agar	16:52
4.	Ron & Randy McGarvey	17:10
5.	Steve Tylock	18:20
6.	Vince Cassano	19:37
7.	Michael & Randy McGarvey	28:49

SPRINT - Women

1.	Jackie Novkov	25:08
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Ellison Park August 15, 2007

Busy end of the day at Ellison park. 44 starts were recorded at Ellison park meet with challenging Score-O and White courses that were set up by Eric Barbehenn. None of Score-O starters found all 23 controls. Thought that "Hills seem to be steeper then they appear on the map" were probably on many of Score-O participant minds. White course starters had to navigate in between numerous softball and Ultimate Frisbee fields. Watermelon after finish brought by Elizabeth Hane was awesome.

Volunteers of the night:

- Course setter: Eric Barbehenn
- Meet Director: Gil Robs
- Registration: Steve Tylock, Nancie Burgey, Sandra Lomker
- Start/Finish: Elizabeth Hane, Tom Lamme
- Flag Pick-up: Vince Cassano, Joel Shore, Gil Robs
- Food: Gil Robs, Elizabeth Hane
- Typing Results: Gil Robs
- General Help: Mike Lyons, Sandra Lomker, Tom Cornell

Score-O

(Place, Name, number of controls, penalty if any, total score, Time)

1. Mike Lyons	19	19		59:08
2. Gil Robs	15	1	14	60:43
3. Mike Allen	13	13		53:45
4. Nate Lyons	13	13		59:20
5. Kerrie Mulrone, Jason Merrill	11	11		58:34
6. Vince Cassano	12	1	11	60:17
7. Pavel Korniliev	16	5	11	69:20
8. Sylvia and Victor Klassen	10	10		57:10
9. Hugh Lambert	10	10		58:05
10. Ravi Nareppa	9	9		59:02
11. Nate Holahan and Brendon Copley	8	8		54:04
12. Bob Bundy	8	8		58:49
13. Qua Qua Williams, Aly and Annetter Holahan	7	7		54:50
14. Sandra Lomker	7	7		56:34
15. Joel Shore	6	6		45:40
16. Frank, Zack and Mark Armstrong	6	6		59:54
17. Drew, Reese and Tim Holahan	5	5		58:48
18. Steve Tylock	14	9	5	68:36
19. Karl Kolva	4	4		52:00
20. Nick and Vince Luongo	4	4		60:00
21. Zachary Lyons	3	3		40:00
22. Sue Klassen	3	3		42:45
23. Scott Heiligenthaler and Jesean George	5	2	3	62:57
24. Linda Keate	3	2	1	61:51
25. Eric Phillips	5	4	1	64:00
26. Clare McMahan and Chelsea Lyons	7	6	1	65:14
27. Laurie Hunt	8	17	9	76:44

White Course

1. David and Brynna Dillon	22:12
2. Don Winslow	22:20
3. Richard Burgey	24:10
4. Al Cirelli	26:20
5. Tim Dobretsov	28:45
6. Grace and Fritz Ebner, Pete McCondlis	29:36
7. Ariel Hendershot	32:06
8. Lisa and Natalie Dillon	34:02
9. Emily, Avery, Kim Shibata and Doug Brooks	34:02
8. Hannah and Tom Watrobski	36:10
9. Jenny, Diun and Craig Terwillinger	36:45
10. Marsha and Mike Camp, Ajia Coker, Cameron Dickerson	40:00
11. Karen, Erin and Mike Lally	41:24
12. Rachael, Melissa and Lorie Tylock	43:02
13. Paige Sloan	46:50
14. Meghan, Andrew and Cory Elder	51:04
15. Troop 469, team I	52:20
16. Troop 469, team II	56:10
17. Kim, Carina, Evan, Kira Phillips	57:48

Webster Park August 25, 2007

Sprint

The Cross-country team from Webster made a fine showing at this ROC sprint event. Nate Lyons was all tuned up from his summer training out west to post the fastest time. It was a real squeaker.

Many thanks to all of the volunteers for these events: Laurie Hunt (Night-O) and Mike Lyons (Sprint) set the courses, Bob Bundy, Carol Moran and Sandra Lokmer worked registration, Start/Finish was handled by Carol Moran, Paul Schwartz, Laurie Hunt, Karl Kolva, Mike Lyons (e-punch) and others. Flags were picked up by Ravi Nareppa, Eric Barbehenn, Rob Holmes and Nate Lyons, Pat Welch and Sandra Lokmer took care of refreshments, and Paul Schwartz typed up the results.

Sprint results

1. Nate Lyons	11:24
2. Gil Robs	11:37
3. Rob Holmes	12:37
4. Dick Detwiler	14:30
5. Steve Tylock	15:15
6. Rob Stevens	15:51
7. Mark Dominie	15:59
8. Mike Meynadasy & Cassandra Guinness	16:18
9. Pavel Korniliev	16:24
10. Peter Dady	16:27
11. Vince Cassano	17:24
12. Tom Schwartz	17:53
13. Clare McMahan	18:33
14. Kenny Miller	19:21
15. Gary Urbanek	20:33
16. Chelsea Lyons	20:51
17. Josh Prahler	21:16
18. Barb Dominie	22:14
19. Pat Grzebien	22:34
20. Mike Krawiec	23:25

21.Wade Piotrowski	24:28
22.Paul Schwartz	24:30
23.Scott Heiligenthaler	27:18
24.Jake Bober	27:31
25.Sarah Wiegand	27:36
26.Linda & Richard Burgey	28:04
27.Alex Brett	28:33
28.Khrystyna Dilal	28:40
29.Jackie Brust	29:43
30.Rachel Brust	29:48
31.Carol Moran	35:02
32.Dan Hohl	36:13
33.Casey Neels	40:32
34.Marcin Owczarczyk	MSP
35.Ashley Cocuzzi	MSP
36.Roger Keeney	MSP

Webster Night-O

As the sun set and the near-full moon rose, over thirty headlamps and flashlights took to the woods for the one hour score-O event. There were 24 controls and participants chose which to visit. Each control was worth one point. Penalty for being late: on e point per minute. Nate completed the sweep by out-sprinting his old man up the hill to the finish, while Rob Holmes missed the cutoff by 30 seconds.

1. Nate Lyons	18		
2. Mike Lyons	18		
3. Rob Holmes	18	19	-1
4. Peter Dady	15		
5. Vince Cassano	13		
6. Pavel Korniliev	13	14	-1
7. Eric Barbehenn	12	14	-2
8. Dick Detwiler	11		
9. Bob Bundy	11		
10.Richard Burgey	9		
11.Mike Meynadasy	8		
12.Jim Pamper	8		
13.Anne Marcotte & Justin Strawther	8		
14.Jackie Novkov	8		
15.Scott Heiligenthaler	7		
16.Barb Dominie	7	9	-2
17.Frank, Zachary & Rachel Armstrong	6		
18.Mark Dominie	6	14	-8
19.Colleen Pictor & Chelsea Lyons	5		
20.Nancy Burgey	4		
21.Michael, Julie, Ben, Austin Knapp & Georgie Shearn	4		
22.Michael Hirsch	4		
23.Roger Keeney	3		
24.Jack Wallenhorst	0	11	-12
25.Pat Welch, Emma & Ian	00	9	-14
26.Tom Schwartz	000	12	-29

Webster White Course

1. Sandra Lomker	27:39
2. Jeff, Bobbi & Lauren Chester	47:00

Powder Mills Park September 8, 2007

(See section of Red map on page 15.)

Meet volunteers:

- Course Setter: Rob Holmes
- Meet Director: Rob Stevens
- Instruction: Jim Russell
- Food: Rob Stevens & Sandra Lomker
- String-O: Jim Russell & Eric Barbehenn
- Registration: Sandi Willsey-Lemen, Colin Lemen & Jane Callahan
- Greeters: Dayle Lavine & Amanda Moses
- Start: Elizabeth Hane
- Finish: Rob Holmes & Rick Lavine
- Pick-up: Joel Shore, Mike Meynadasy, Gil Robs, Jim Russell & Georg Nadorff
- Results: Amanda Moses

Red - 6.1 km

1. William Hawkins	51:51
2. Mike Lyons	63:08
3. Gil Robs	66:09
4. Pavel Korniliev	84:33
5. Steve Tylock	92:45
6. Rick Worner	93:58
7. Vince Cassano	94:01
8. Mitch Collinsworth	95:53
9. Peter Dady	96:10
10. Nate Lyons	99:31
11. Gary Maslanka	102:04
12. Dick Detwiler	104:28
13. Mike Meynadasy	104:40
14. Eric Barbehenn	107:22
15. Lindsay Worner	112:43
16. Mike Allen	113:25
17. Rick Slattery	114:43
18. Jim Russell	116:26
19. Joel Shore	119:27
20. Jim Pamper	121:16
21. Rick Lavine	122:24
22. Chad, Zak & Tyler Borden	123:26
23. Greg Casto, Kiersten Ash & Maddy Young	149:38
24. Dayle Lavine	154:40
25. JF Wallenhorst	156:20
26. Linda Kohn	DQ (90:40)

Orange - 4.5 km

1. Claire Bownen	54:59
2. Gregory Hyatt	69:34
3. Eric Jahn	75:32
4. Sylvia Klassen	76:51
5. Dmitry Sizov & Ekatehino Kuksenkova	82:06
6. Mike Lance	89:10
7. Paul Schwartz	95:36
8. Ravi Nareppa & Bao Vu	101:43
9. Scott Heiligenthaler	118:00
10. Laurie Hunt	126:27
11. Randy & Denise McGarvey	135:06
12. Mark & Sara Andrews	140:01
13. Mike Yunker, Dave & Dan Krusch	204:49

Powder Mills Yellow - 3.0 km

- 1. Zachary Lyons 48:05
- 2. Marie Heerkens 53:49
- 3. Don Winslow & Richard Burgey 55:53
- 4. Kameron Holmes 58:19
- 5. Amanda Moses 60:47
- 6. Ron & Beth Klein 65:38
- 7. Anne Schwartz 72:38
- 8. Jim, Kathy & Mike Curry 75:49
- 9. Tim, Ksenia & Sergey Dobretsov 76:47
- 10. Sandi Willsey-Lemen & Colin Lemen 77:27
- 11. Louise Cook 80:40
- 12. Ian Gilbert & Dana Gretton 83:11
- 13. Jayne&Tommy Knowlton, Justin Lisena 89:56
- 14. John Nusz & Curt, Trish, Matt & Nicole Hube 91:07
- 15. Jeff Nunes 99:34
- 16. Anna LaFace 108:26
- 17. Carwyn & Ffion Collinsworth 160:00
- 18. Laurie & Sarah Masood DNF

- 19. Ian Walters, Pat Welch & Emma Gilbert DNF
- 20. Mike, Karen, Erin Lally DNF
- 21. Hugh Jr., Rita, Hugh Sr.&Nick Lambert DNF

Powder Mills White - 2.1 km

- 1. Don Winslow 26:26
- 2. Richard Burgey 29:23
- 3. Tyler & Bryn Holmes 40:53
- 4. Jane Callahan 45:37
- 5. Luke Lyons 56:42
- 6. Linda Keefe 59:20
- 7. Jeff & Lauren Chester, Tyler Duby 67:52
- 8. Patty Borden & Jeanette Wahl 69:04
- 9. Anna Kazandjar, Andrey & Gregory Kobyalov 78:08
- 10. Katja, Mina & Kayla Stevens, Beth Klein 88:43
- 11. Deborah, Chessa, Carina & Cuyler Hastings, Catherine Baier 93:53
- 12. Nancy Burgey DNF

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:** _____

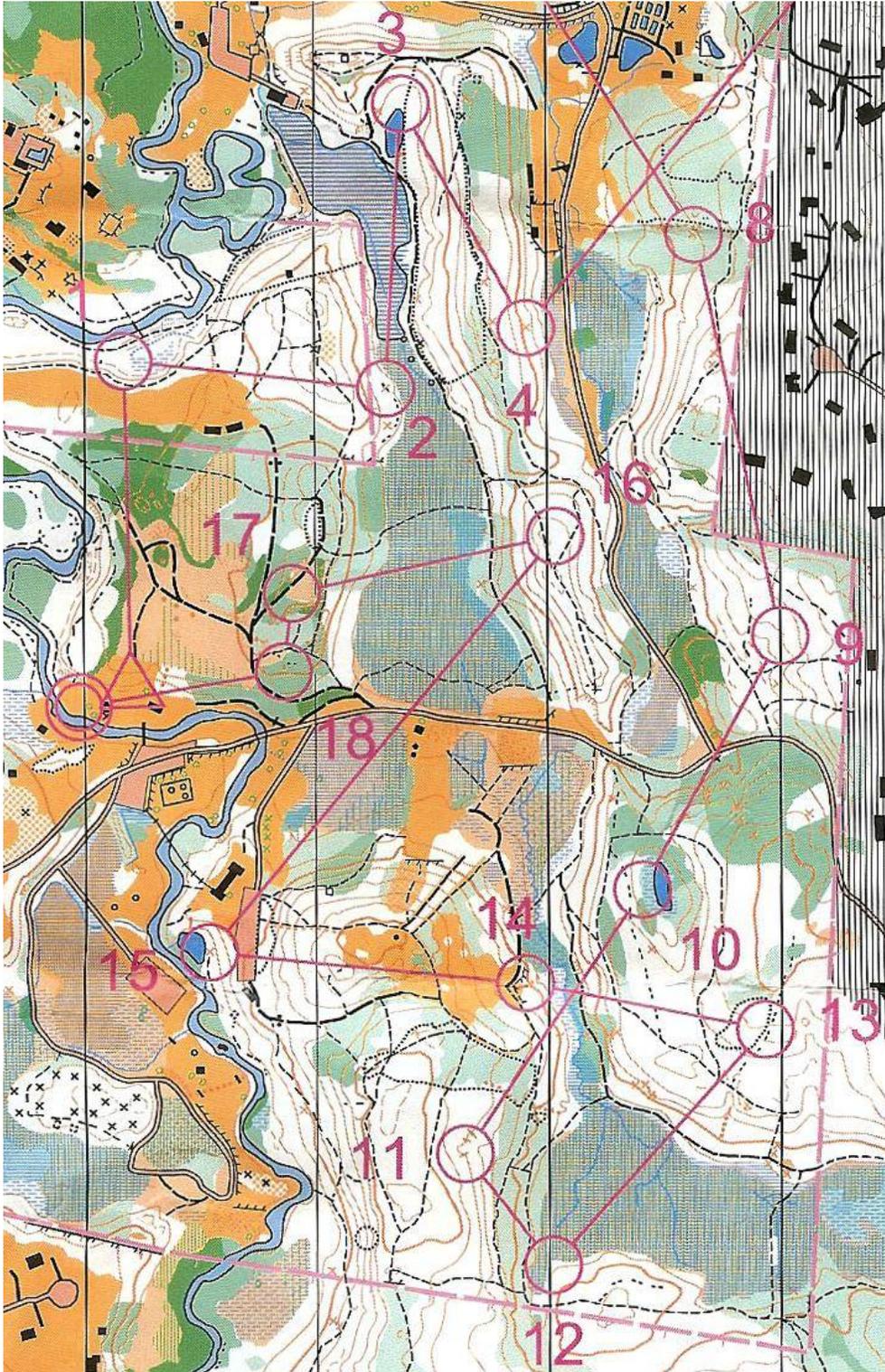
Phone: (____) _____ **e-mail:** _____

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**



A portion of the Red course from the Sept. 8 meet at Powder Mills.



Mendon Adventure Run: Team Holmes (first place overall) finishing strong. (Photo by Elizabeth Hane)



Two young competitors at Irondequoit Bay East. (Photo by Karl Kolva)

First Class



40 Erie Crescent
Fairport, NY 14450