



The Wild Times

June 2008

ROC hotline: (585) 377-5650 Web site: <http://roc.us.orienteering.org>

The official newsletter of the Rochester (NY) Orienteering Club

Successful Letchworth/Mendon A-Meet!

ROC successfully put on a championship 2-day A-meet in mid-April. Saturday was the US Middle Distance Championships at Letchworth State Park, along with a Sprint. Sunday was the US Relay Championships at Mendon Ponds Park.

See article and more pictures inside.



William Hawkins of Rochester, shown in his winning run on the Middle Distance Blue course. Photo by Paul Schwartz.



Zach Lyons, left, of ROC, and Robbie Graham (OOC), getting ready to start. Photo by Paul Schwartz.

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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.

Spring & Summer 2008 Schedule

Rochester Area

| | |
|------------------------|---|
| Saturday, June 14 | US Rogaining Championships. Allegany State Park. 6, 12, 24 hour categories. Start at 11:00 a.m. Pre-registration required. See web site for details. |
| Sunday, June 29 | Ellison Park, Roadside Shelter. Adventure Run and Score-O. See web site for details. |
| Sunday, July 6 | Black Creek Park, Pathfinder Shelter. Score-O plus White course. Score-O mass start 1:00 p.m., White course starts from 1:05 to 2:00 p.m. |
| Wednesday, July 23 | Webster Park, Valley View Shelter. Score-O, plus Sprint and White courses. Score-O mass start at 6:00 p.m. White course starts from 6:05 p.m. to 6:30 p.m. Sprint starts after the Score-O finishes. |
| Saturday, August 2 | Genesee Valley Park, Red Creek Shelter. Score-O, plus Sprint and White courses. Score-O mass start 10:00 a.m., White course starts from 10:05 to 11:00 a.m., sprint starts after Score-O finishes. |
| Saturday, August 23 | Camp Eastman. Sprint, followed by Night-O. Sprint starts from 6:00 p.m. to 7:30 p.m. Night-O starts at 8:25 p.m. |
| Saturday, September 13 | Highland Park. National Orienteering Day. White, Yellow, and Sprint. Start from 12:00 noon to 2:00 p.m. |
| Sunday, September 21 | Teacher's Workshop. SUNY Brockport. See web site for details. |
| Thursday, September 25 | Mendon Ponds Park, west side. Score-O. Mass start at 6:00 p.m. |

Recent Permanent Course Finishers - CONGRATULATIONS!

| | | | |
|----------------------------|---------|--------------|--|
| Durand | | | |
| George and Nancy Brehm | 4/23/08 | Rochester NY | |
| Letchworth | | | |
| Don Winslow | 4/22/08 | Macedon NY | |
| Mendon | | | |
| Carol Derkits | 4/7/08 | Macedon NY | |
| Bob & Gail Hohman | 4/8/08 | Webster NY | |
| Callan Oak Reddington | 4/17/08 | Rochester NY | |
| Frank & Barbara Steinebach | 5/3/08 | Rochester NY | |
| Webster | | | |
| Don, Drew & Katie Winslow | 3/21/08 | Macedon NY | |

Attention!

Before traveling to any ROC meet, please call the Hotline at (585) 377-5650.

Meet locations, details, and schedules may change at any time – the Hotline will always have the latest info!

Outside of Rochester Area

See web sites of the sponsoring club for details.

| | |
|----------------------|--|
| Saturday, June 7 | BFLO. Ellicottville. Score-O lasting your choice of 90 minutes, 3 hrs, or 5 hrs |
| Saturday, June 7 | EMPO. Guilderland, NY |
| Saturday, July 12 | CNYO. ROGAINE XVIII. Pharsalia State Forest, Norwich |
| Tuesday, Aug. 12 | BFLO. Emery Park Score-O and Sprint. |
| Sat., Sept. 6 | EMPO. Mini-Rogaine and Score-O. |
| Sat., Sept. 13 | BFLO. Chestnut Ridge Park. National Orienteering Day. |
| Sun. Sept. 21 | BFLO. Hunter's Creek Park. |
| Sun. Sept. 21 | EMPO. National Orienteering Day. |
| Fri-Sun, Sept. 26-28 | CNYO. North American Championships |

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://empو.us.orienteering.org>

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

Other clubs: See USOF web site.

ROC'ers Competing Out of Town by Mike Lyons

Well, it's Spring and, apparently, a young man's fancy lightly turns to thoughts of O. At least, those have been the thoughts of several ROC women and men, young and old this spring, as ROC has been well-represented at various A-Meets this year.

Georgia Navigator Cup

William Hawkins got the earliest jump on the season by winning the open men's category at the Georgia Navigator Cup by a sizable margin in January. He followed that up with a win at the Texas Stampede and US Interscholastic Championships in February, south of Dallas. He was joined at that meet by his wife, **Claire Bowern**, who finished 2nd in the F-Green category. The extended **Lyons** family also attended the meet, with **Patty** placing 1st in F-Green, **Mike** finishing 5th in M-21+ and **Zach** placing 9th in the Jr High category. **Walt** managed to complete his course on Day 1, but mis-punched on Day 2 and **Nate** was assigned a sporting withdrawal after mis-punching on Day 2 at an improperly placed control.

US Intercollegiate and Western States Championships

Just one week later, some of the same ROC members were in the hills above Tucson, Arizona for the US Intercollegiate and Western States Championships. The fairly open hills were a big change from the training sessions, run amongst the cactus closer to Tucson, in the days before the event. **William** added a 3rd victory in as many meets. **Zach** finished 2nd in M-14 and **Patty** finished 2nd in F50+. **Walt**, **Mike** and **Nate**, who suffered an Achilles injury, did not fare so well.

Flying Pig

After a quiet March, the spring season began in earnest, starting with the Flying Pig, outside of Cincinnati, Ohio. It opened on April 4th, with a Middle distance race that served as a World Ranking Event, and attracted many of the top North American orienteers. **William** won the open men's category, and **Mike** was 26th. **Zach** finished first in M-14 and **Nate** was 3rd in M-20. The next two days of the Flying Pig were US Championship events: the Sprint on Saturday (which was based on the combined time of a campus sprint at the U of Miami (Ohio) and a terrain sprint down the road) and the Ultra Long (renamed from "Long" to underscore the length – i.e. 16.6km for Blue, 13.2km for Red) on Sunday. **Nate**, **Mike** and **William** all ran well in the morning sprint, but had trouble in the afternoon and finished 5th in M-20, 2nd in M45+ and 9th in M-21+ (but 4th among US Champs-eligible), respectively. **William** rebounded nicely on Sunday to finish 2nd to a Canadian and capture the US Ultra Long Championship in challenging terrain at East Fork State Park.

Following the Flying Pig meet, the US Rankings were updated, in order to select the team that would represent the US at the Junior World Orienteering Championships (JWOC), to be held in Sweden in late June and early July. ROC's **Nate Lyons** was

announced as an alternate, missing the team by one spot. The good news is that, as he has not yet turned 16, he has four more years to contend for a spot on the JWOC team.

Billygoat

On April 13th, ROC was represented by 3 runners at the Billygoat Run at Clear Lake Scout Reservation, across the Hudson, south of Harriman State Park. **William** added another notch to his belt, winning by almost 10 minutes, in 1:44:12. **Nate** made a very good Billygoat debut, finishing tied with Hillary Saeger for 11th in 2:04:31, and **Mike** struggled in the middle of the race and wound up 28th in 2:21:17.

Middle Distance Championships (Letchworth)

At our own US Middle Distance Championships on April 19th, at least 21 ROC club members participated. About 17 club members participated in the US Relay Championships the next day. See the separate article and results for details.

West Point

On May 3rd, ROC had 18 club members make the trip to West Point for the 29th annual event, in their always challenging terrain. The cadets put on a very nice event, with Middle Distance and Sprint races on Saturday, followed by a Classic Distance race on Sunday. Category medalists included: **Kathy Bannister** (3rd, Middle), **William Hawkins** (2nd, Classic, just 38 seconds short of picking up another victory), **Rob Holmes** (1st, Middle and Classic), **Karl Kolva** (3rd, Classic), **Rick Lavine** (3rd, Middle and 2nd, Classic), **Mike Lyons** (1st, Sprint), **Zach Lyons** (1st, Middle and Sprint), **Marilyn Zygo** (3rd, Sprint). **Dayle Lavine** just missed, with a 4th in the Classic, as did **Jim Russell**, who was 4th in the Sprint. Other ROC members competing well included: **Claire Bowern**, **Mitch Collinsworth**, **David Levine**, recovering from his knee surgery, **Walt Lyons**, **Rick Worner**, **Larry Zygo**, and **Linda Kohn** and **Lindsay Worner**, both running in the open women's category with **Lindsay** placing 5th in the Classic.

Canadian Team Selection races

Two weeks later, the Canadians were holding their Team Selection races outside of Ottawa, Ontario. Six-year-old **Lucas Lyons** made his international orienteering debut, as he successfully made his way around the Middle, Sprint and Long courses, even earning a third-place award on the Long course, in the M-12 category. **Mike** (3rd, Middle) and **Nate** (2nd Middle, 1st Sprint, 2nd Long) also picked up awards. The **Worner-Kohn** family made the trip up for the Long course on Sunday, which was very challenging, both technically and physically. **Rick** joined **Mike Lyons** in failing to complete the entire Red course ("Course 7" in Canadian), but **Linda** and **Lindsay** were able to navigate well enough to finish the course in just over 2 hours.

Australian Team Selection races

At the same time, the Australian Team Selection races were underway down under. **William Hawkins** made the trip back to his homeland to take a shot at making the Australian team for the World Championships. He struggled a bit in the Sprint race on the first day, but his better efforts in the Middle and Long (where he placed third) races enabled him to be selected as an alternate for the team.

US Team Trials



Nate Lyons in the Long Blue at the US Team Trials. Photo by Mike Minium.

The final major event of May was the US Team Trials at Lehigh University and Hickory Run State Park in Pennsylvania, over Memorial Day weekend. 16 ROC members competed on courses at the meet. The Sprint was held on the Lehigh Campus and was very challenging, with several garden areas mapped as out of bounds, using olive green, and an abundance of walls mapped as impassable (crossing these walls results in disqualification, even if they appear crossable),



Zach Lyons in the Sprint in the US Team Trials. Photo by Mike Minium.

which made fast, detailed map reading critical. The long weekend allowed the Middle to be held on Sunday at Hickory Run and the Long on Monday, back at Lehigh, starting on "South Mountain" (which is aptly named). Medalists included

Zach Lyons (3rd, Sprint and Long; 2nd, Middle), **Sylvia Klassen** (1st, Sprint, Middle and Long), **Kathy Bannister** (1st, Middle; 2nd, Long), **Karl Kolva** (1st, Long), **Laurie Collinworth** (3rd, Middle), **Rob Holmes** (3rd, Sprint and Long), **Rick Worner** (2nd, Sprint). **Mike** and **Nate Lyons** both moved up from their Red age group courses to compete on Blue, as part of the US Team Trails. After both struggled on the Sprint course, **Nate** turned in outstanding performances on the Middle and Long courses (placing 9th of Team Trials participants in the Long), to take two out of three races from his father for the second straight weekend. After placing 3rd in the Sprint (just 5 seconds out of first), **William Hawkins** was forced to retire from the Middle race, as he re-injured an ankle that he had hurt late in his Australian races. **Mitch Collinworth** also ran Blue for the Sprint, which served as a World Ranking Event. Other ROC members turning in fine performances were **Sue Klassen**, **Victor Klassen**, **Linda Kohn**, **Lindsay Worner**, and **Rick Worner**.

ROC Supports Many Community Organizations

ROC Volunteers, as well as Board members, continue to support local orienteering during the 2007-2008 years. Several groups, organizations, and individuals, have benefited from the volunteer efforts of club members and/or from financial donations. The list includes the following:

- Cub and Boy Scout troops
- Brownie and Girl Scout troops
- High School and College Outing Clubs
- Webster Parks and Recreation
- Perinton Parks and Recreation
- Victor Parks and Recreation
- Rochester City Schools
- Webster Schools
- Adirondack Mountain Club
- Bayview YMCA
- Monroe County Parks
- Friends of Letchworth State Park
- Rochester City Parks
- Home School Groups
- Monroe County Soil & Water
- Local Church Groups
- Local Businesses
- Rochester Cross Country Ski Foundation
- Genesee Valley Bill Koch Youth Ski League
- Tinker Nature Park
- Earth Day Clean-Up in Town of Greece Park
- USOF Junior Team
- ROC members (adult and youth) who participate in out-of-town National and International Meets

Scholarship Fund Approved for ROC Members

At a recent ROC Board meeting 2 motions were unanimously approved to reimburse ROC members (if financial help is requested) as follows:

1) ROC will continue to reimburse Junior ROC members (20 years and under) for A-Meet entry fees, if the Junior requests reimbursement by writing a letter to the Treasurer. In addition, each Junior will be eligible for a maximum of \$100 per year.

2) Any ROC member (Junior or Senior) may request financial help up to \$500 per year to participate on a USOF Team. Each competitor needs to request financial help by writing a letter to the Club President and stating why they need help and how they will give back to the Club. At the Board's discretion all requests will be taken into consideration.

Good Luck at all USOF competitions! ROC is proud of YOU!

ROC Board Meeting by Sandra Lomker

The May 7, 2008 ROC Board Meeting was opened at 7:05PM by President Eric Barbehenn at Carol Moran's home.

Present: Mike Lyons, Randy McGarvey, Eric, Rob Stevens, Bob Bundy, Rob Holmes, Carol, Rick Worner, Stina Bridgeman, Sergey Dobretsov, Sandi Willsey-Lemen, Rick Lavine, Joel Shore, Dick Detwiler, and Sandra Lomker.

Absent: Paul Schwartz, Joe Seyfried, Laurie Hunt, Gil Robs, and Jim Russell

Minutes: The minutes of the January 17, 2008 Annual BOD Meeting were distributed by email. Rick W, seconded by Rick L, made a motion to approve the minutes as submitted. Motion approved unanimously.

Treasurer's Report: Tatyana emailed a complete summary of income and expenses from 12/07 through May/08. Including the recent A-Meet profit, ROC's total worth is \$19,847.39. Major expenses since 12/07 include USOF fees, \$1,110.00; shelter rentals, \$1,575.00; and A-Meet expenses and recent equipment purchases. Discussion included buying a CD (talked about at the January 2007 Annual Meeting). Since the rates are so low and other equipment and mapping fees are still being discussed, the treasurer feels we should wait. Also three donations approved at the January 2008 BOD meeting will be paid.

Permanent Course Report: All old posts in Mendon Ponds Park have been removed.

Publicity: Rick W reported ads regarding the A-Meet and the Rogaining Championships have been placed in the ONA publication. ROC has only received a little advertising in the D&C for local meets.

Mapping: Map updates will continue to be discussed and acted upon regarding Black Creek (Rob H and MD Rob S will

work with CS Vince Cassano for the meet); Mendon (new tree plantings and park boundaries); and West Irondequoit Bay (park boundaries which Rick L & Dayle are CS for meet, 5/18, also porta-potty has been ordered & several persons are helping new MD Mike Meynadasy with other issues, including parking and tents). Rick & Dayle are also planning to attend an upcoming Parks Department meeting and will mention boundary questions. Rattlesnake is on Mark Dominic's list to map for ROC in the Fall 2008.

Budget Committee: The following equipment purchases have been made: new color printer purchased by Jim R (used at A-Meet and Oatka); new finger sticks purchased by Mike L (used at A-Meet); and 3 new timing clocks purchased by Eric at \$40 each (used at Mendon and Irondequoit Bay West). Additional purchases may include copies of OCAD 9, laptops, label printer and upgrade to epunch units and master unit. After discussion Rick W, seconded by Sandi, made a motion to purchase 2 legal copies of OCAD 9 (Rob H will check on price and possible 20% off cost), no OCAD upgrades and 2 club laptops with 15-inch screens (approximate cost \$750 each). Motion approved. The other two purchases will be passed on to the next meeting when Jim R can advise.

Other Business:

Teacher's Workshop – Linda Kohn sent the Board a list of issues regarding the Teachers' Workshop scheduled for Sunday, September 21, at SUNY Brockport. Most items were approved, charge \$40 for teachers and \$35 for Brockport students (cost \$33 per person) and give 10 vouchers for 10 meet entries with 1-year expiration date to each participant. Board voted to have no public event. Volunteer teachers include Jim T, Jim R, Karl, Kathy, and Linda, also needed a couple of people to help with lunch, pickup/setup, setting out flags, etc. Please contact Linda or Sandra to volunteer.

A-Meet Re-cap – Both Mike L and Rob H reported that so far all comments have been positive, except for one who felt the Letchworth map was too old. Rob has returned meet fees to persons who were unable to attend. ROC made over \$8,000 after all expenses were paid.

Rogaine – Rick W passed around a sign up sheet for volunteers for different jobs at the rogaine, including setting out and picking up controls, kitchen, results, etc. Please volunteer to help in any capacity. Food and lodging will be free for those helping. Control placements are being handled mostly by the Buffalo Club and each site has been checked/streamered.

Volunteer Status - Except for the June 29 Adventure Run (need MD) MDs and CSs are all set through July 6. Jim R is MD and CS for the Scout-O and regular meet on May 10 and 11. Joel is MD for Durand and William Hawkins CS on Saturday, May 31. As usual other volunteers are needed for these meets and all the other future events. Please see the Website and contact Sandra at slomker@frontiernet.net

Membership and Renewal Postcards - Another newsletter will be coming out soon, only to those who have renewed. Renewal postcards will be sent to the members who have not

renewed and a question will be added, asking them to tell us why?

Boughton Park – The pros and cons were briefly discussed but it was decided to table this until Karl Kolva is present and also has a guarantee that ROC can use the area at least once per year with town busing, porta-potty, etc. included. Everyone was asked to suggest new areas to map for future events. Since this meeting several suggestions have been made, such as Harriet Hollister, Greece Canal Park, Chimney Bluffs, Hamlin Beach, Hi-Tor, northern part of Letchworth, Sampson plus others.

Relay for Life - Carol reported for Jim Tappon that he is already sponsoring a Kodak team and therefore cannot sponsor ROC too. Carol asked if there was any interest in having a ROC team this year and there was no one interested.

Scholarship Fund – In addition to the proposal already established and reviewed at a previous BOD meeting “ROC will continue to reimburse Junior Club members (20 years and under) for A-Meet entry fees, if the Junior requests reimbursement by writing a letter to the Treasurer”, a motion was made by Rick W, seconded by Eric, to add “maximum

\$100 per year”. Unanimously passed.

Rick W, seconded by Sergey, made another motion that “any ROC member (Junior or Senior) may request financial help up to \$500 per year to participate on a USOF Team. Each competitor needs to request financial help by writing a letter to the Club President and stating why they need help and how they will give back to the Club. At the Board’s discretion all requests will be taken into consideration.” Motion unanimously passed.

ROC Clothing – Mike L and Laurie will look into the cost and functionality of orienteering suits for members who are interested.

Meet Fees – This topic will be tabled until the next Board meeting.

Meeting was adjourned at 9:15PM. The next meeting will be decided at a later time.

Respectfully submitted,

Sandra Lomker, Secretary

A-Meet

April 19 and 20, Letchworth and Mendon

The Rochester Orienteering Club hosted a very successful 2-day A-meet in April. On Saturday, the main event was the US Middle Distance Championships at Letchworth State Park. “Middle Distance” is defined at courses with intending winning times of around 30 minutes. In addition, there were three Sprint courses offered after the Middle Distance event.

On Sunday, the event was the US Relay Championships, at Mendon Ponds Park. William Hawkins designed some great courses, which made good use of the large open fields around Stewart Lodge (very spectator friendly), along with the complex terrain across the park road from the fields. Generally, orienteering is a pretty poor spectator sport, but this is not true for a relay, as anyone who was there can attest!

Approximately 250 people from all across the US, plus many Canadian orienteers, participated in this event. There were 21 ROC people in the event. Full results are available on the ROC web site. Some highlights:

- William Hawkins, currently living in Rochester (competing for CSU, Cambridge Sports Union) took first place out of 38 in the men’s elite Middle Distance Championships (M21; Blue course). William also finished 4th out of 89 runners on the Sprint 3 course.
- Rick Lavine took 2nd out of 4 in M70, and Dayle Lavine finished 3rd out of 5 in F65.
- Carl Palmer finished 7th out of 13 in M40.

- Nate Lyons was 3rd of of 9 in M20. He also finished 48th out of 89 on the Sprint 3 course.
- Lucas Lyons (6 years old!) was 2nd out of 3 in M10.
- Rob Stevens was 9th out of 13 in M40. He also finished 47th out of 89 on Sprint 3.
- Sylvia Klassen was 1st in F18 (only entrant, but still a very good performance).
- Karl Kolva was 1st in M85 (only entrant, and likewise, a good performance).
- ROC’s 4-point relay team finished 12th out of 18 teams. Members were Mitch Collinworth, Vince Cassano, Rob Stevens, and Rob Holmes.
- ROC’s 12-point relay team finished 7th out of 12 teams. Members were Rick and Dayle Lavine, Laurie Hunt, and Steve Tylock.
- ROC’s Junior/Junior team of Zach and Lucas Lyons finished 2nd out of 6 teams.
- A Junior/Junior team which Tim Dobretosov was a member of finished 3rd out of 6 teams.

Congratulations to everyone who participated. And a very big thanks to all of the volunteers who helped make this event such a success!

More A-Meet Photos



Eugene Frolenko, DVOA. Photo by Paul Schwartz.



Paul Caston, # 707, from West Point leads this group of four finishers at Letchworth. Photo by Paul Schwartz.



Evalin Brautigam, WCOC, at Letchworth. Photo by Dick Detwiler.



Tim Dobretsov, ROC, hands off after his leg at the Junior Junior relay. Photo by Dick Detwiler.



Seconds after the relay start at Mendon. Photo by Dick Detwiler.



Samantha Saeger, NEOC, at Letchworth. Photo by Dick Detwiler.



Alison Campbell, DVOA, at relay. Photo by Dick Detwiler.



William Hawkins interviews Heidi Onkst, QOC, at the relay. Photo by Dick Detwiler.



Wil Smith, Falcon OC, hands off to Katarina Smith. This 2-person team was the overall relay winner. Photo by Dick Detwiler.

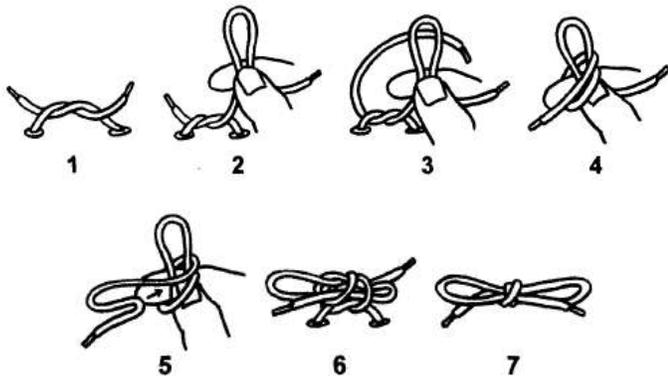
Equipment tips

A Better Shoestring Knot by Tom Cornell

If, like me, you've used a double knot to ensure your shoes will remain tied, you've also experienced the frustration when untying them especially when they're wet and/or frozen. I found this knot in *The Klutz Book of Knots* by John Cassidy, tried it, and as yet my shoes have never accidentally come untied! I made new illustrations and added another because I thought the originals were confusing. I hope they're easy to follow

The knot begins just like a regular bow but differs only in that the shoestring is wrapped twice around the first loop. Wrapping it around the index finger helps to retain a "hole" through which to push the second loop(after the finger is removed). It should run across the shoe rather than in line like a granny knot. When tied correctly and tightened, the knot should untie easily by pulling one or both ends just like a normal bow.

The only problem is that I can no longer say "My time would've been much better but I had to stop to re-tie my shoes."



Drying wet shoes by Dick Detwiler

This has been passed on before, but is worth repeating. When your shoes get caked with mud, as can happen when orienteering, you may wish to wash them at some point! Once you've washed them, they can take days to dry out, when just air dried.

To dramatically speed the drying time, stuff the wet shoes with newspaper. In a few hours or so, the newspaper will be soaking wet. Take the wet paper out, and stuff the shoes once again with dry paper. When that paper is wet, repeat once more, at which time the shoes should be very nearly dry.

Screw Shoes by Dick Detwiler

Screw shoes were primarily developed for traction on icy paths, and I can attest, they work great for that. I used them for runs on the steep trails of Ellison Wetlands last winter, when the trails were quite icy from thawing and freezing. I would not have even considered running on them without screw shoes. They are also great for giving solid traction when stepping on downed trees, as are often encountered in orienteering. They offer some benefit on steep dirt trails also.

The great thing is that they're cheap and easy to fabricate.

For detailed instructions, go to this web site: www.skyrunner.com/screwshoe.htm These instructions were written by Matt Carpenter, the top Pike's Peak Ascent and Marathon runner, who lives near the base of Pike's Peak and trains year-round on the Pike's Peak trail. And therefore, he knows something about running on steep, icy trails!

Here are two pictures of shoes that I've converted into screw shoes.



Local Meet results

Icebreaker 2008 at Powder Mill Park March 29, 2008

ROC's annual Ice Breaker event took place in ideal ice breaker conditions- snow, ice, mud and sunny skies. 89 orienteers came out of hibernation to take part in the first, "official" foot orienteering of the year. Everyone seemed fit and ready to GO, ready for some orienteering fun and challenge. Vince Cassano designed courses, with Jim's help, to challenge the body and the mind. Vince lives near Powder Mill Park and knows its nooks and crannies; thus, orienteers experienced new and challenging control placements. He did not guarantee dry feet, however. A few orienteers got more than their feet wet as they dared to cross "swamps" to save a few precious minutes. (It is our recommendation to play it safe, please, always)

Rick Worner tried out a new idea for the finish, a "do it yourself" finish. It made S/F a lot less stressful and this method will probably become a favorite finish method. You will notice in the following results that not many seconds were recorded. We will encourage orienteers in the future to notice the seconds, as well as the hour and minute when they finish) Seconds can make the difference sometimes!

Linda Kohn gave instruction on using the compass before the event. She plans to continue to give navigational tips before selected O events in the future.

Tom Cornell brought the 2008 Rochester Orienteering "T" for members to purchase for the bargain price of \$7. Tom began this tradition 3 years ago. This year's color is "stone blue".

We would like to highlight Bob Bundy's contribution to the Club. Bob reserves the lodges and shelters, obtains the special use permits, checks in with Park officials and gets the required insurance documents to them. He has been doing this for at least 17 years! (Thank You, Bob.)

Thank You Volunteers!

- Course Setters: Vince Cassano, Jim Russell
- Greeter: Tom Cornell
- Registration: Carol Moran, Laurie Hunt, Sandi Willsey-Lemen & Sandra Lomker
- Start/Finish: Rick Worner & Joel Shore
- Food: Dayle, Linda, & Sandra
- Instruction: Linda Kohn & Jim Russell
- String O: Sandra & Dayle, and Rob, Tyler & Bryn Holmes
- Flag Pickup: Randy McGarvey, Jim Russell, Rick Lavine, Linda K. and Rick Worner, And Kevin McFarland-Porter
- Results typing: Dayle

Rick and Dayle Lavine, Meet Directors

White 1.7 km

| | |
|--|-------|
| 1. Chris Tylock | 13:00 |
| 2. Jessica Snyder | 15:00 |
| 3. Steve & Melissa Tylock & Caris Troppe | 16:17 |
| 4. Luke & Chris Lyons | 20:54 |

| | |
|--|-------|
| 5. Carol Moran | 30:29 |
| 6. Tyler, Bryn, Rob Holmes | 34:16 |
| 7. April Miller | 41:00 |
| 8. Betsy Garfinkle, Brian, Martin and Patricia Kaufman | 43:00 |
| 9. Kayla, Mira, Rob Stevens | 43:11 |
| 10. Doug Tuck | 51:30 |
| 11. Kathleen, Amber, Chester & Michael Doskos | 55:00 |
| 12. Carol Derkits | 58:00 |
| 13. Audrey Romaniw | 58:00 |
| 14. Robert & Robie Unger | 78:00 |

Yellow 2.7 km

| | |
|--|-------|
| 1. Kameron Holmes | 26:14 |
| 2. Zak Borden | 30:00 |
| 3. Brett & Daniel Austin | 31:33 |
| 4. Don Winslow | 37:00 |
| 5. Sandi Willsey-Lemen | 37:32 |
| 6. Jessica Snyder | 38:37 |
| 7. Anne Schwartz | 38:47 |
| 8. Richard Burgey | 45:00 |
| 9. Eileen Flanagan | 46:12 |
| 10. Joel Kirchner | 47:37 |
| 11. Cheryl Detwiler | 51:05 |
| 12. Marie Heerkens | 51:40 |
| 13. Jim & Patty Borden | 52:00 |
| 14. Paul & Andy Hutkowski | 53:45 |
| 15. Tom Cornell | 55:45 |
| 16. Nancy Burgey | 56:10 |
| 17. Emma Gilbert, Patricia Welch & Ian Walters | 59:00 |
| 18. Catie Jefferds & Al Abonado | 63:00 |
| 19. Sandra Lomker | 66:42 |
| 20. Elizabeth Hane | 69:02 |
| 21. April Miller | 93:00 |

Orange 3.7 km

| | |
|--------------------------------------|--------|
| 1. Kevin McFarland-Porter | 58.55 |
| 2. Alexey Dyakov | 59:00 |
| 3. Sylvia Klassen | 65:07 |
| 4. Dayle Lavine | 66:00 |
| 5. Carl, Jones, & Reid Palmer | 70:00 |
| 6. Joe Seyfried | 76:00 |
| 7. Tyler Borden | 80:00 |
| 8. Laurie Hunt | 84:10 |
| 9. Scott Heiligenthaler | 103:00 |
| 10. Rick, Mandi, Cody & Eammon Brown | 151:00 |

Red 5.6 km

| | |
|---------------------|-------|
| 1. Rob Holmes | 55:12 |
| 2. Pavel Korniliev | 62:03 |
| 3. Sergey Dobretsov | 64:07 |
| 4. Randy McGarvey | 72:05 |
| 5. Nate Lyons | 78:00 |
| 6. Linda Kohn | 82:00 |
| 7. Gary Maslanka | 84:57 |
| 8. Jason Urckfitz | 85:55 |

| | |
|-----------------------|--------|
| 9. Lindsay Worner | 92:00 |
| 10. Patty Lyons | 100:00 |
| 11. Victor Klassen | 103:51 |
| 12. Rick Worner | 104:00 |
| 13. Joel Shore | 107:12 |
| 14. Michael Meynadasy | 109:00 |
| 15. Hugh Lambert | 129:00 |
| 16. Rick Lavine | 131:23 |
| 17. Jack Wallenhorst | 136:46 |
| 18. Bob Bundy | 137:00 |

A-Meet Recreational Courses

Saturday, April 19. Letchworth State Park

White 2.76 km.

| | |
|--|--------|
| 1. Bobby Nagy DVOA | 32:45 |
| 2. Nicole & Rachel Koehler UNO | 42:10 |
| 3. Chris Douglass Team: Chris, James, Mike, & Jeremy | 46:09 |
| 4. Sebastian Voit SVO | 46:20 |
| 5. T.J. Hawes HVO | 47:20 |
| 6. Elizabeth Dodwell NEOC | 53:02 |
| 7. James Bodwell NEOC | 57:07 |
| 8. Angela Voit SVO | 63:25 |
| 9. Jessica Van Troost, Sarah Crowley, Danielle Guishina, Cristina Bahr | 72:39 |
| 10. Noah Pierce, Cole Turner, Nicolas Jay, Mike Wall | 75:40 |
| 11. Dillon Gooding, Jake Lemke, Mike Arbazona, Dylan Bronette | 94:25 |
| 12. Justin Goulette, Haron Miziura, Chris Salvesson, Matt Palmeri, Peter Reiser | 99:20 |
| 13. Hannah and Nathan Collinsworth ROC | 111:43 |

Yellow 3.1 km.

| | |
|---|--------------|
| 1. Don Winslow ROC | 50:00 |
| 2. Scott Heiligenthaler ROC | 54:50 |
| 3. Cheryl Detwiler ROC | 55:00 |
| 4. Max Lennon QOC | 73:41 |
| 5. Heather, Christina, Kevin, & Mark Biondillo, Codey O'Neill Sandra Lomker ROC | 74:40 DNF |

Orange 3.2

| | |
|---|--------|
| 1. Paul Schwartz ROC | 61:02 |
| 2. Jackie Novkov, Doug Kennedy BFLO | 68:00 |
| 3. Scott Heiligenthaler ROC | 76:15 |
| 4. Ben & Jillian Hagadorn, Joe Seyfried ROC | 76:50 |
| 5. Linda Burgey ROC | 81:18 |
| 6. Richard Burgey ROC | 82:18 |
| 7. Nancy Burgey ROC | 94:20 |
| 8. David Williams OCIN | 99:10 |
| 9. Carol & Ryan Marshall | 101:35 |
| 10. Mark Wade | 129:30 |

Sunday, April 20, 2008. Mendon Ponds Park.

White 1.9 km

| | |
|-----------------------------------|-------|
| 1. Chad & Zak Borden ROC | 16:15 |
| 2. Jim & Patty Borden ROC | 23:19 |
| 3. Tim Dobretsov ROC | 25:43 |
| 4. Tisz Hardo HVO | 29:04 |
| 5. Angela Voit SVO | 38:11 |
| 6. Mina, Katja, Kayla Stevens ROC | 56:30 |
| 7. Douglas, Julia, Jameson Tuck | 57:00 |

Yellow 2.1 km

| | |
|---|-------|
| 1. Pat Cochrane ROC | 32:55 |
| 2. Eileen Flanagan ROC | 34:21 |
| 3. Carl Palmer ROC | 34:27 |
| 4. Jim & Patty Borden ROC | 35:45 |
| 5. Andrew Schulte & Reid palmer ROC | 37:06 |
| 6. Kate Cochrane & Yanni Turner ROC | 37:07 |
| 7. Carol Moran ROC | 41:40 |
| 8. Natasha Turner & Amelia Cochrane ROC | 41:47 |
| 9. Michael Hirsch ROC | 43:40 |
| 10. Sebastian & Mark Voit SVO | 45:21 |
| 11. Curtis, Pat, Matthew, & Nicole Hube | 49:17 |
| 12. Marilee Ball SVO | 49:00 |
| 13. JJ Hawes HVO | 62:15 |
| 14. Donna Budgeon & Karen Santoro | 63:23 |
| 15. Pam Mortenson & Laura Hertveek | 63:53 |
| 16. Hannah, Nathan, Ffion, Carwyn, & Rhiannon Collinsworth ROC | 75:18 |
| 17. Frances Avir & Ishai Nardia ROC | 80:20 |

Orange 2.4 km

| | |
|--------------------------------|-------|
| 1. Chad Borden ROC | 22:19 |
| 2. Tyler & Zak Borden ROC | 26:51 |
| 3. Paul Schwartz ROC | 33:53 |
| 4. Sandi Willsey-Lemen ROC | 37:33 |
| 5. Travis Regan | 38:27 |
| 6. David Long SLOC | 41:08 |
| 7. Richard Burgey ROC | 45:58 |
| 8. Scott Heiligenthaler ROC | 47:06 |
| 9. Carol & Ryan Marshall | 49:57 |
| 10. Anna LaForce | 62:08 |
| 11. Nancy Burgey ROC | 89:06 |
| 12. Elanor & Georg Nadorff ROC | 95:18 |

Oatka Creek Park April 27, 2008

It was a fine day for orienteering at Oatka Creek. We had our first local experience of "Western Massachusetts Rules." Stina Bridgeman set out twenty seven controls throughout the park, and participants could choose to run yellow (any 8 controls), orange (any 15 controls), green (any 20), or red (all 27.) Nobody was close to Mike Lyons on the red.

In addition there was a challenging white course with tempting (on the map) straight lines along stone walls connecting controls that had roundabout trail routes. There was also a 2.6 km sprint course; Rob Holmes, Sergey Dobretsov and Mike Lyons finished in about 20 minutes within about a minute of each other. These hotshots are being chased by the next generation. Zack Lyons and Tim Dobretsov blazed through the yellow course

Another innovation was the ability to print maps on demand with the club's new printer. About 1 p.m. one of the meet directors, noting the sparse turnout, asked, "where is everybody?" A few minutes later groups of scouts and local extreme athletes started lining up at the registration table, and we ended up having to print several batches of extra maps.

We volunteered to pick up trash for Earth Day, but there was very little to be found in this park.

Thanks to the volunteers: Mike Meynadasy, Stina Bridgeman, Elizabeth Hane, Richard and Nancy Burgey, Sandi Willsey-Lemen, Jim Russell, Jim Pamper, Bob Bundy, Carol Moran, Laurie Hunt, Patty Borden, Sandra Lomker, Tom Cornell.

Rick and Dayle Lavine, meet directors

White Course

| | |
|--|-------|
| 1. Shannon and Liam Oberst | 30:36 |
| 2. Rob Holmes, Tyler & Bryn | 32:10 |
| 3. Lucas Lyons | 34:55 |
| 4. Joe and Nancy Brugnoni | 38:38 |
| 5. Chris and Ryan Maloney | 40:24 |
| 6. Terri Steigelman-Johnson & H. Trevor Johnson-Steigelman | 43:09 |
| 7. Davin & Cal Reddington, Dan & Aidan Delehanty | 47:19 |
| 8. Kate Green, Spencer, John & Andrew | 56:10 |
| 9. Jon Mosbrugger | 83:40 |
| 10. Melissa Tylock | DNF |

Yellow

| | |
|--|--------|
| 1. Tim and Sergey Dobretsov | 18:57 |
| 2. Don Winslow | 20:22 |
| 3. Zachary Lyons | 26:19 |
| 4. Roger, Vince & Alex Kurtz | 29:07 |
| 5. Elizabeth Hane | 33:58 |
| 6. Albert Abanado and Catie Jefferds | 41:15 |
| 7. Carol Moran | 46:19 |
| 8. Jim Oberst, Shannon, Liam and Cal | 50:02 |
| 9. Karen Santoro and Donna Budgeon | 50:03 |
| 10. Patty Borden and Jeannette Wahl | 55:22 |
| 11. Joe and Nancy Brugnoni | 64:12 |
| 12. Ryan Clancy and Mark Belfield | 76:03 |
| 13. Brian Oistad and Marty Belfield | 89:51 |
| 14. Kate and Amelia Cochrane | 97:56 |
| 15. Bill Jabs and Wendy Mercado | 103:18 |
| 16. Eric Barbehenn and Sachiko Kaizuka | 127:42 |
| 17. Zack Cooley and Nathan Nau | DNF |

Orange

| | |
|---|-------|
| 1. Rob Holmes | 36:06 |
| 2. Scott Heiligenthaler, Jason & Joelle | 61:26 |

| | |
|-------------------------------------|--------|
| 3. Eileen Flanagan | 77:16 |
| 4. Chris, Melissa and Steve Tylock | 82:49 |
| 5. Will Soles | 95:56 |
| 6. Gail and Bob Hohman | 97:57 |
| 7. Mike Hirsch | 100:28 |
| 8. Vincent Luongo and Shannon Manzo | 116:50 |
| 9. Tom Cornell and Sandra Lomker | 117:39 |
| 10. April Miller | 148:25 |

Green

| | |
|------------------------------------|--------|
| 1. Dick Detwiler | 61:17 |
| 2. Rick Worner | 72:01 |
| 3. Doug Brooks | 75:05 |
| 4. Vince Cassano | 76:50 |
| 5. Dayle Lavine | 79:58 |
| 6. Paul Schwartz | 86:20 |
| 7. Sandi Willsey-Lemen | 88:30 |
| 8. Rick Slattery | 89:28 |
| 9. Jim, Kathy and Mike Curry | 98:40 |
| 10. Nancy Burgey | 126:34 |
| 11. Laurie Hunt | 127:03 |
| 12. Anna LaForce and Phyllis Staet | 135:20 |
| 13. Jon Fleig | 149:36 |

Red

| | |
|---|--------|
| 1. Mike Lyons | 54:48 |
| 2. Michael Meynadasy, Bill McGuire & Cooper | 73:34 |
| 3. Patty Lyons | 77:41 |
| 4. Zak Borden | 79:10 |
| 5. Jessica Snyder | 83:02 |
| 6. Jim Pamper | 85:48 |
| 7. Dennis and Jeffrey VanKerkhove | 86:50 |
| 8. Jim Russell | 89:01 |
| 9. Carl Palmer | 90:45 |
| 10. Chad Borden | 91:12 |
| 11. Linda Kohn | 94:53 |
| 12. Sue and Eric Grimm | 96:20 |
| 13. Tyler Borden | 100:29 |
| 14. Marilyn Robak Zygo | 104:35 |
| 15. Joel Shore | 112:07 |
| 16. Bob Bundy | 113:04 |
| 17. Larry Zygo | 113:34 |
| 18. Richard Burgey | 115:19 |
| 19. Brigid Maloney | 117:57 |
| 20. Walt Lyons | 122:03 |

Sprint

| | |
|-------------------------|-------|
| 1. Rob Holmes | 19:41 |
| 2. Sergey Dobretsov | 19:59 |
| 3. Mike Lyons | 20:49 |
| 4. Carl Palmer | 21:24 |
| 5. Steve Tylock | 23:25 |
| 6. Vince Cassano | 24:22 |
| 7. Jessica Snyder | 30:46 |
| 8. Kameron Holmes | 33:02 |
| 9. Scott Heiligenthaler | 36:37 |
| 10. Marilyn Zygo | 39:19 |

Mendon Ponds Park May 11, 2008

The weather was quite fine for orienteering at Mendon Ponds Park, and Jim Russell performed double duty as Meet Director and Course Setter, admirably. With six courses offered, three of them using e-punching (also handled by Jim), there was something for everyone. The splits reveal some very interesting races. On the Red course, Mike Lyons and Rob Holmes exchanged the lead several times before finishing just 16 seconds apart. On Green, Vince Cassano held a slight edge from wire-to-wire, but 5 different orienteers were in the top 3 at one time or another. And the Orange course featured a very close three-way race for second place behind Mike Meynadasy and Kim McGann.

The volunteers included Carol Moran and Richard & Nancy Burgey at Registration, Carl & Reid Palmer, Rick Lavine and Karl Kolva at the Start/Finish, Mike Meynadasy, Mike Lyons and Rick Lavine on control pickup (after which Rick still had to bike back home!), and Rick Worner and Linda Kohn took care of the food.

Short White

| | |
|---------------------------|-------|
| 1. Michelle & Luke Weiler | 36:00 |
| Kimberly McGann | MSP |

Long White

| | |
|---|--------|
| 1. Roger & Alex Kurtz | 25:30 |
| 2. Tim, Tatyana & Sergey Dobretsov | 38:00 |
| 3. Lawrence, Kate, Camilla, Anna, Jack & Tess Creatura | 39:00 |
| 4. John & Linda Nusz | 46:55 |
| 5. L. Szatkowski | 53:00 |
| 6. Kameron, Tyler & Bryn Holmes | 77:00 |
| 7. Andrew, Spencer & Kate Green | 90:00 |
| 8. Matthew Sawden | 107:00 |
| 9. Janet & Christopher Sawden | 107:55 |
| 10. John, Carolyn, Matt, Richard, Johnny, Leslie & Shane McDonough | 138:40 |

Yellow

| | |
|---------------------------|-------|
| 1. Vince Kurtz | 33:00 |
| 2. Richard Burgey | 50:00 |
| 3. Michael Hirsch | 51:00 |
| 4. Amelia & Kate Cochrane | 54:00 |
| 5. Carol Moran | 61:20 |
| 6. Patty Borden | 70:00 |

Orange

| | |
|--------------------------------|--------|
| 1. Meynadasy Mike & Kim McGann | 56:14 |
| 2. Detwiler Cheryl | 79:59 |
| 3. Van Kerkhove Dennis | 80:37 |
| 4. Curry Family | 81:14 |
| 5. Manley Family | 122:29 |
| 6. Miller April | 128:04 |
| 7. Cochrane Pat | MP |
| 8. Flanagan Eileen | MP |
| 9. Welch Pat | MP |

Green

| | |
|-------------------------|--------|
| 1. Cassano Vince | 60:16 |
| 2. Klassen Sue & Sylvia | 63:59 |
| 3. Borden Tyler | 71:39 |
| 4. Nareppa Ravi | 73:44 |
| 5. Slattery Rick | 79:52 |
| 6. Palmer Carl & Reid | 84:20 |
| 7. Sizov Dimitry | 86:56 |
| 8. Cameron Rod & Laura | 108:55 |
| 9. Hunt Laurie | 132:04 |

Red

| | |
|-----------------------------|--------|
| 1. Lyons Mike | 61:36 |
| 2. Holmes Rob | 61:52 |
| 3. Korniliev Pavel | 84:34 |
| 4. Worner Lindsay | 93:46 |
| 5. Kohn Linda | 98:52 |
| 6. Allen Mike | 99:11 |
| 7. Shore Joel | 105:57 |
| 8. Klassen Victor | 135:09 |
| 9. Borden Chad | 139:06 |
| Vogt Darren, Alexis Spilman | MP |
| Worner Rick | MP |
| Borden Zach | MP |
| Fugusson Dave | MP |
| Weiler Michelle | DNF |

Irondequoit Bay Park West May 18, 2008

A scary forecast did not deter a throng of orienteering enthusiasts from taking advantage of the challenging courses set in beautiful Irondequoit Bay Park West. Yes, we got a little wet, but there was no wind, the rain was not that hard, and the forest canopy made it seem like it was hardly raining at all. A big thanks to Bob Bundy for arriving early and setting up his 10'x25' tent!

Mike Meynadasy cut his teeth with Meet Directing with the help of a great group of volunteers. Rick and Dayle Lavine set 4 courses that made the most out of this relatively small, but challenging park. Carol Moran was our Greeter for most of the meet. The registration desk was manned in two shifts, first by Carl & Reid Palmer, and then by Nancy Burgey. Rick took the first shift of start/finish, followed by Sandi Willsey-Lemen and Paul Schwartz. Jim Pamper stole away from a juggling conference to do flag pick-up and Mike followed him around with a bag for the controls. Jim Tappan attended the meet to let people know about the American Cancer Society Walk in early June (contact Jim for more info) and offered to do the results typing. Thanks to all the volunteers for helping out and making this a memorable visit to IBPW.

White - 8 Controls, 1.12 Km

| | |
|--------------------|-------|
| 1. Kimberly McGann | 20:22 |
| 2. Rob Chamberlin | 21:22 |
| 3. Karen Condello | 27:23 |
| 4. Riesa Cassano | 27:38 |



The start of the US Relay Championships, at Mendon Ponds Park. Photo by Paul Schwartz.

First Class



40 Erie Crescent
Fairport, NY 14450



*Patty Lyons at Letchworth
A-meet. Photo by Paul
Schwartz.*