



The Wild Times

September 2008

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

The official newsletter of the Rochester (NY) Orienteering Club

ROC and BFLO hold successful US Rogaining Championships – June 14, 2008, Allegany State Park

ROC, in combination with BFLO, had the honor of hosting the US Rogaining Championships. Many ROC and BFLO members took part, either by participating in the event, or by volunteering, or both.

A particular highlight in the results department is that ROC members Stina Bridgeman and Anne Schwartz teamed up to win the US open women's championship. Congratulations to Stina and Anne!

See results (and additional pictures) inside this issue.



Rogainers heading out, immediately after the 11:00 a.m. Start. Photo by Carol Moran.



Meet director Rick Worner consulting about strategy with Bruce Morrison and some of his students from the WNY Maritime Charter School in Buffalo. Photo by Carol Moran.



This team wins the prize for the most elaborate and most colorful route planning method. Photo by Dick Detwiler

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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 2008 – Winter 2009 Schedule

Rochester Area

| | |
|------------------------|--|
| 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. |
| Sunday, October 5 | Mendon Ponds Park , Calvary Lodge. Regular meet. Start from 12:00 noon to 2:00 p.m. |
| Saturday, October 18 | Dryer Road Park. Regular meet. Start from 12:00 noon to 2:00 p.m. |
| Sunday, November 2 | Camp Pinewood. Regular meet. Start from 12:00 noon to 2:00 p.m. |
| Saturday, November 8 | Annual Mendon Trail Run. East Lodge. 5K, 10K, 20K, 50K. Start times: 8:00 a.m. 50K, all other distances 9:30. |
| Saturday, December 6 | Annual Meeting & Scrooge-O, Piperwood Girl Scout Camp. 5:00 p.m. |
| Saturday, January 3 | Ski-O at Letchworth State Park , Trailside Lodge. Start from 12:00 noon to 1:30 p.m. |
| Sunday, January 18 | Ski-O at Mendon Ponds Park. Start from 12:00 noon to 1:30 p.m. |
| Sunday, February 8 | Ski-O at Webster Park. Start from 12:00 noon to 1:30 p.m. |

Outside of Rochester Area

See web sites of the sponsoring club for details.

| | |
|---------------------------|---|
| 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 |
| Sat., Oct. 4 | BFLO. Emery Park. 90-Minute Score-O |
| Mon., Oct. 13 | EMPO. Colonie Town Park. Colonie, NY |
| Sat., Oct. 18 | BFLO. Schoellkopf Boy Scout Camp. 3 Course Meet |
| Sat., Oct. 18 | EMPO. Schenectady Museum Nature Preserve. Niskayuna, NY |
| Sat., Nov. 1 | EMPO. Tawasentha Park. Guilderland, NY |
| Sat., Nov. 8 | EMPO. Camp Pinnacle. New Scotland, NY |
| Saturday-Sunday, Nov. 8-9 | CNYO. 15th Annual Scout-O. Highland Forest County Park, Fabius, Onondaga County |
| Sunday, Nov. 23 | CNYO. 28th Annual Turkey-O. Highland Forest County Park, Fabius, Onondaga County |
| Sun., Jan. 11 | BFLO. Hunter's Creek Park. Ski-O |

Attention!

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

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

Recent Permanent Course Finishers - CONGRATULATIONS!

| | | |
|----------------------|---------|-------------|
| Mendon | | |
| April Miller | 7/6/08 | Buffalo, NY |
| Eli and Kaleb Pragle | 9/2/08 | Macedon, NY |
| Webster | | |
| April R Miller | 8/13/08 | Buffalo, 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://empou.us.orienteering.org>

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

Other clubs: See USOF web site.

Rogaine results – June 14, 2008, Allegany State Park

Full results are available on the ROC web site. Here are the results of teams from the ROC, BFLO, and CNYO areas, along with the first-place team in each time category.

24-hour results – 39 teams total

| Overall Place | US Champs place | Team Name | Division | Team members | Club | City, State/Province | Score |
|---------------|-----------------|---------------------|----------|--|------|----------------------|-------|
| 1 | Not eligible | Mergeo.com | MO | Peteris Ledins, Nikolay Nachev | COC | Kirkland, WA | 2530 |
| 18 | 1/3 | Woods Wanderers | FO | Stina Bridgeman, Anne Schwartz | ROC | Canandaigua, NY | 1360 |
| 20 | 10/12 | ROC Bottom | MO | Michael Lyons, Nathaniel Lyons | ROC | Rochester, NY | 1260 |
| 22 | Not eligible | M^2 | MV | Robert Maslanka, Gary Maslanka | BFLO | Chaffee, NY | 1230 |
| 31 | Not eligible | ABCD | XO | Bob Spilman, Darren Vogt, Colin O'Sullivan, Alexis Spilman | | Rochester, NY | 850 |
| 33 | Not eligible | RIT SEL | MO | Rob Stevens, Kevin Smith | ROC | Pittsford, NY | 810 |
| 36 | Not eligible | ROC On | MO | Eric Barbehenn, Eric Phillips | ROC | Penfield, NY | 730 |
| 37 | Not eligible | Team Davis-Lakomy | MV | Henry Davis, Steve Lakomy | BFLO | Williamsville, NY | 450 |
| 38 | Not eligible | Turtle and the Hare | XO | Richard Madden, Tayler Madden | | Clinton, NY | 410 |
| 39 | 6/6 | Quando Omni Fluckus | XV | Mark Dominie, Barb Dominie | CNYO | Marathon, NY | 180 |

Note: Team Quando Omni Fluckus withdrew after a few hours due to injury.

12-hour results – 11 teams total

| Overall Place | Team Name | Division | Team members | Club | City, State/Province | Score |
|---------------|---------------------|----------|-----------------------------|--------------------------|----------------------|-------|
| 1 | Salomon Bobkittens | FO | Leanne Mueller, Liza Pye | Caledon Navigators / GHO | Bolton, ON | 1300 |
| 4 | Doc and Mothman | MV | Steve Gelber, Paul Beckwith | CNYO | ithaca, NY | 910 |
| 5 | Team RehemaHome.com | MO | Frank Dewitt, Georg Nadorff | ROC | Lima, NY | 810 |

6-hour results – 11 teams total

| Overall Place | Team Name | Division | Team members | Club | City, State/Province | Score | Penalty | Net Score |
|---------------|--------------------------|----------|--|------|----------------------|-------|---------|-----------|
| 1 | Dark Horse | MO | Sergey Dobretsov, Dick Detwiler | ROC | Penfield, NY | 620 | 0 | 620 |
| 2 | All We Really Want To Do | XV | Larry Zygo, Marilyn Zygo | ROC | Rochester, NY | 530 | 0 | 530 |
| 3 | Surteb maeT | MO | Ryan Betrus, Chris Betrus, Jon Betrus | | Canandaigua, NY | 430 | 0 | 430 |
| 4 | Killer Bees | MO | Jim Pamper, Bill Moon | ROC | Lima, NY | 300 | 0 | 300 |
| 5 | Geriatric Duo | XSV | Tom Cornell, Sandra Lomker | ROC | Rochester, NY | 210 | 0 | 210 |
| 6 | Cochrane-Flanagan | XO | Eileen Flanagan, John Cochrane, Kate Cochrane, Amelia Cochrane, Patrick Cochrane | ROC | Honeoye Falls, NY | 120 | 0 | 120 |
| 7 | Circular Reasoning | XV | Victor Klassen, Susan Klassen | ROC | Webster, NY | 120 | 0 | 120 |
| 8 | Maritime Victor | Jr | Ezell Walker, Xavier Jones | BFLO | Buffalo, NY | 30 | 0 | 30 |
| 9 | Borowicz | XO | Jennifer, Carl | | Orchard Park, NY | 0 | 0 | 0 |
| 10 | Maritime Foxtrot | Jr | Alexis Bentley, Aeriq Tummon | BFLO | Buffalo, NY | 0 | 0 | 0 |
| 11 | Maritime Tango | Jr | Devan Palmer, Michael Richardson | BFLO | Buffalo, NY | 70 | 70 | 0 |

Local Meet results

Durand Eastman May 31, 2008

Although the weather forecast did not look very promising, and we had some pretty good claps of thunder at one point, the rain remained at bay, allowing a healthy crew of orienteers the opportunity to enjoy the park. Course-setter William Hawkins' courses let everyone, from white to "mango 1+2", use e-punching... And, judging from the various states of exhaustion seen in the returning orienteers, the courses seemed to take full advantage of the hilly terrain in the park!

A great group of volunteers helped to make this meet a reality. As noted above, William Hawkins set a great range of courses. Serving his first time as meet director was Joel Shore. Registration was manned by Richard Burgey, Sandra Lomker, Carol Moran, and Sandi Willsey-Lemen. Dick Detwiler, Rick Lavine, and Joel Shore handled the start/finish, with William Hawkins doing the e-punch downloading. Eric Barbehenn served as a self-described "scary" greeter. Dayle Lavine set up the String-O. The Klassens, Dayle Lavine, and Sandra Lomker provided the food, including homebaked goodies. Rob Holmes, Victor Klassen, Rick Lavine, and Jim Tappan picked up all of the flags. William Hawkins, Jim Russell, and Joel Shore compiled the results. And, as usual, Sandra Lomker did a great job rounding up the volunteers, Ravi Nareppa provided the equipment, and Bob Bundy took care of reserving the shelter and dealing with the last minute "soap box derby" crisis!

White

| | | |
|----|--------------------------|-------|
| | Carl Palmer (Unofficial) | 14:31 |
| 1. | Don Winslow | 20:13 |
| 2. | Kimberly McGann | 27:19 |
| 3. | Riesa & Vince Cassano | 27:36 |
| 4. | Carol Moran | 31:41 |
| 5. | Tyler Holmes | 33:58 |
| 6. | Neil & Evan Parry | 43:41 |
| 7. | Ksenia Dobretsove | MP |
| 8. | Edwina Buehler | DNF |

Yellow

| | | |
|-----|--|-------|
| 1. | John Nusz | 37:56 |
| 2. | Cheryl Detwiler | 43:20 |
| 3. | Don Winslow | 43:55 |
| 4. | Laurie Hunt | 44:28 |
| 5. | Sandra Lomker | 44:53 |
| 6. | Kimberly McGann | 45:47 |
| 7. | Kate & Amelia Cochrane | 48:43 |
| 8. | Gary & Jon Mosbrugger | 56:12 |
| 9. | Kathy & Dave Curry | 59:13 |
| 10. | Michael Hirsch | 69:31 |
| 11. | Jennifer, Paul, Clayton & Clara Manley | 84:40 |
| 12. | Shannon Manzo & Rory Raymond | MP |
| 13. | Christie, Carl, Jonathon, Juliana & Harrison | MP |

Mango 1

| | | |
|-----|----------------------|--------|
| 1. | Andrew Elder | 78:41 |
| 2. | Sylvia Klassen | 87:26 |
| 3. | Rick Slattery | 89:43 |
| 4. | Rick Lavine | 102:33 |
| 5. | Paul Schwartz | 103:14 |
| 6. | Dean Tucker | 103:50 |
| 7. | Anne Schwartz | 105:38 |
| 8. | Bob Bundy | 110:24 |
| 9. | Dmitry Sizov | 112:43 |
| 10. | Scott Heiligenthaler | 128:52 |
| 11. | Dayle Lavine | 135:52 |
| 12. | Jack Wallenhorst | 143:35 |
| 13. | Eileen Flanagan | MP |
| 14. | Karl Kolva | MP |

Mango 2

| | | |
|----|-----------------------|--------|
| 1. | Vince Cassano | 40:26 |
| 2. | Carl & Reid Palmer | 54:42 |
| 3. | Kevin Smith | 60:40 |
| 4. | Jim & Michael Curry | 66:36 |
| 5. | Vincent & Roger Kurtz | 68:59 |
| 6. | Sandi Willsey-Lemen | 107:26 |
| 7. | Jonathan Owen | MP |
| 8. | Mike Yunker | MP |
| 9. | Jeffrey Decker | MP |

Mango 1+2

| | | |
|-----|-------------------------|--------|
| 1. | Owen Baird | 68:15 |
| 2. | Rob Holmes | 86:54 |
| 3. | Gil Robs | 90:29 |
| 4. | Rob Stevens | 91:56 |
| 5. | Steve Tylock | 96:27 |
| 6. | Dick Detwiler | 99:10 |
| 7. | Sergey Dobretsov | 101:06 |
| 8. | Pavel Korniliev | 102:08 |
| 9. | John & Patrick Corrigan | 112:38 |
| 10. | Eric Barbehenn | 117:32 |
| 11. | Jim Pamper | 122:39 |
| 12. | Erik Pieh | 145:16 |
| 13. | Victor & Susan Klassen | 148:46 |

Adventure Run at Ellison Park June 29, 2008

| Name | Controls | Time |
|--|----------|---------|
| Extreme | | |
| William Hawkins | 24 | 1:50:00 |
| Gil Robs & Steve Tylock | 24 | 2:32:45 |
| OCD (Dick Dewiler, Laura Williams) | 24 | 3:04:40 |
| Jason Urckfitz & Mort Nace | 24 | 3:07:33 |
| The Spartans (Zak & Chad Borden) | 24 | 3:16:56 |
| Let's Not Die Again (David & Sarah Levine, Alex Sader) | 24 | 3:35:48 |
| Unicorn Power (Rob Stevens, Kevin Smith) | 23 | 2:47:49 |
| Jeffrey Decker | 21 | 3:55:00 |

Regular

| | | |
|------------------------------------|----|---------|
| Tyler Borden | 23 | 1:40:35 |
| Stina Bridgeman | 23 | 2:11:51 |
| Kimberly McGann, Benjamin Gajewski | 16 | 2:57:00 |

Score-O

| | | |
|--|----|---------|
| Turbodog Vince Cassano | 24 | 1:54:00 |
| Bob Bundy | 24 | 2:35:37 |
| Carl & Reid Palmer, Jonesy Dog | 24 | 2:24:00 |
| Dan Winslow | 24 | 3:07:29 |
| Mike Hirsch | 22 | 3:57:51 |
| Scott Heiligenthaler | 21 | 3:30:00 |
| Richard Burgey | 18 | 2:35:49 |
| Will Mitchel | 15 | 1:06:45 |
| Geriatric Duo (Tom Cornell, Sandra Lomker) | 15 | 1:56:51 |
| Nancy Burgey | 15 | 2:16:45 |
| Anna LaForce | 15 | 3:16:21 |
| Chris & Lauren Collins | 14 | 1:22:00 |
| Kate & Amelia Cochrane, Eileen Flanagan | 14 | 2:15:00 |
| April Miller | 13 | 2:00:00 |
| Laurie Hunt | 13 | 2:26:00 |
| Hironao, Mihoko, Aoi, Nadia, Luke Wakabayashi | 12 | 1:33:00 |
| Frances Nardia | 11 | 1:35:00 |
| Bob, Eliad, Barak, Aviv Kane | 11 | 1:39:00 |
| Donna Budgeon | 10 | 1:39:00 |
| Kelly & Alex Behloks | 10 | 1:32:00 |
| Goofballs (Pat Welch, Ian Walters, Emma & Ian Gilbert) | 10 | 1:40:00 |

Score-O at Black Creek Park July 6 2008

We had some great weather; maybe a little too hot for some. This was our first meet starting from the North side of Black Creek Park. We had a total of 33 starts with a wide range of participants. We had a group come in from Buffalo and several runners and adventure run competitors giving orienteering a try. We look forward to seeing you all at our upcoming meets.

I think many will agree that Black Creek vegetation is pretty dense in many spots and marshy in others. The bugs were out in full force. Despite these obstacles we had some great scores. Will Hawkins punched all but two controls passing through the Northern marshes in the process. Rob Holmes and Stina Bridgeman had strong runs. The full results are below.

I want to thank all the volunteers who helped the meet run smoothly:

- Course Setter & Greeter: Vince Cassano
- Registration: Mike Meynadasy Bob Bundy Richard & Nancy Burgey
- Start/Finish: Patty Borden
- Flag Pick-up: Mike Meynadasy William Hawkins
- Food: Nancy Burgey
- Instruction Clinic: Linda Kohn
- General setup and String-O: Rick & Lindsay Worner

Rob Stevens, Meet Director

Score-O

| Name | Points | Penalty | Score | Time |
|---|--------|---------|-------|--------|
| 1 Will Hawkins | 57 | 0 | 57 | 89:47 |
| 2 Rob Holmes | 49 | 0 | 49 | 88:59 |
| 3 Stina Bridgeman | 34 | 0 | 34 | 86:18 |
| 4 Lindsay Wonder & Amy Aloe | 30 | 0 | 30 | 88:47 |
| 5 Darrell & Rachel Haynes | 25 | 0 | 25 | 86:27 |
| 6 Bob Bundy | 20 | 0 | 20 | 89:46 |
| 7 Linda Kohn | 21 | 4 | 17 | 91:00 |
| 8 Carl Grimm & Karen Kryder | 15 | 0 | 15 | 80:00 |
| 9 Lara Haase & Jeff Czajka | 14 | 0 | 14 | 89:12 |
| 10 Don Winslow | 13 | 0 | 13 | 82:00 |
| 11 Michael Meynadasy | 13 | 0 | 13 | 83:50 |
| 12 Carl and Reid Palmer | 10 | 0 | 10 | 88:55 |
| 13 Tyler & Chad Borden | 24 | 14 | 10 | 93:57 |
| 14 Karl Kolva | 9 | 0 | 9 | 78:00 |
| 15 Elizabeth Hane | 8 | 0 | 8 | 82:32 |
| 16 Nancy Burgey | 7 | 0 | 7 | 79:36 |
| 17 Jon Fleig | 7 | 0 | 7 | 86:58 |
| 18 Tom Cornell | 6 | 0 | 6 | 83:50 |
| 19 Sandra Lomker | 5 | 0 | 5 | 79:00 |
| 20 Foxtrot (Devan Palmer & Joshua Wood) | 3 | 0 | 3 | 78:50 |
| 21 Echo (Jerome Jones & Xavier Jones) | 3 | 0 | 3 | 79:50 |
| 22 Vince Luongo | 14 | 13 | 1 | 96:43 |
| 23 Laurie Hunt | 10 | 10 | 0 | 104:30 |
| 24 Rick Worner | 32 | 32 | 0 | 112:00 |
| 25 Richard Burgy | 16 | 16 | 0 | 122:00 |
| 26 April Miller | 10 | 10 | 0 | 128:00 |
| 27 Karen Santoro | 4 | 4 | 0 | 129:00 |

White

| | |
|------------------------------|-------|
| 1 Carol Moran | 20:00 |
| 2 Gary Warner & Drew Winslow | 28:00 |
| 3 Andrea Peters | 33:00 |
| 4 Edwina Buehler | 35:00 |
| 5 Melodie Kolmetz | 37:00 |
| 6 St. Rose & Finear Family | 39:00 |

Score-O and Sprint at Webster Park, July 23, 2008

The weather was full of surprises on this Wednesday afternoon. About an hour before the start time the meet team was sitting in the shelter watching a severe thunderstorm rolling through the area and guessing if anyone will dare to show up or whether the meet should be canceled.

Twenty minutes later the storm was gone, the weather manager produced another quite and pleasant evening and, even though the woods were wet and the trails were muddy, a record breaking crowd (at least by the Summer night meet standards) came to Webster Park to enjoy the event - we had 35 Score-O starters and 22 sprinters. Majority of the attendants were able to enjoy two cutting edge courses paying just one nominal registration fee that the ROC manages to keep unchanged despite the nation wide mortgage crisis, increasing oil prices and upcoming presidential elections.

Rob Holmes blasted through both courses concurring all but one of the Score-O controls with one minute to spare and winning the Sprint by a substantial margin. Stina Bridgeman was the best female runner of the night, winning in a close battle with a young superstar Silvia Klassen. A few brave souls led by Carol Moran and Luke Lyons successfully completed the White course despite the course setter's advice that after the excessive rain the Score-O would provide a much friendlier user experience.

Some participants complained about the complexity of the Sprint course which was, in their opinion, excessive for this category. The meet organizers firmly disagree with this claim, simply because a one mile course in Webster Park cannot possibly be hard and that the longer than usual completion time can be explained by exhaustion of the runners after the Score-O and the natural beauty of the park which prompted some of the competitors to opt for extra relaxation time instead of focusing on reaching the finish line as quickly as possible.

Post event activities were handled in a well organized matter. The last control (the one that failed to cooperate with the flag pickup officer Worner on the dark Wednesday night) was successfully retrieved from the woods on Saturday and all the flags have been dried and prepped for the next meet.

Thanks to the meet volunteers for their wonderful effort:

- Meet Director: Paul Schwartz
- Course Setter: Sergey Dobretsov
- Registration: Elizabeth Hane, Stina Bridgeman, Anne Schwartz, Sandi Willsey-Lemen
- Start/Finish: Elizabeth Hane, Paul and Anne Schwartz
- Flag Pick-Up: Rick Worner, Mike Meydanasy, Anne Schwartz, Tim Dobretsov
- Instruction & Greeter: Linda Kohn
- Food: Frances Nardia
- Results: Lara Haase

Score-O

| <u>Place</u> | <u>Name</u> | <u>Controls</u> (Penalty) | <u>Score</u> | <u>Time</u> |
|--------------|---------------------------------------|------------------------------|--------------|-------------|
| 1 | Rob Holmes | 18 | 18 | 59:00 |
| 2 | Mike Lyons | 17 | 17 | 60:00 |
| 3 | Vince Cassano | 14 | 14 | 59:00 |
| 4 | Peter Dady | 14 | 14 | 60:00 |
| 5 | Steve Tylock | 15 (-1) | 14 | 61:00 |
| 6 | Dick Detwiler | 13 | 13 | 54:30 |
| 7 | Jim Pamper, Mark Madigan | 12 | 12 | 53:00 |
| 8 | Pavel Korniliev | 11 | 11 | 50:00 |
| 9 | Stina Bridgeman | 11 | 11 | 59:00 |
| 10 | Carl Palmer | 12 (-1) | 11 | 61:00 |
| 11 | Sylvia Klassen | 10 | 10 | 55:30 |
| 12 | Joel Shore | 10 | 10 | 58:00 |
| | Rick Worner | 10 | 10 | 58:00 |
| 14 | Patty Lyons | 10 | 10 | 60:00 |
| 15 | Victor Klassen | 9 | 9 | 54:30 |
| 16 | Chelsea Lyons, Clare McMahon | 9 | 9 | 55:00 |
| 17 | Walt Lyons | 9 | 9 | 58:00 |
| 18 | Richard Burgey | 8 | 8 | 45:00 |
| 19 | Bob Kane | 8 | 8 | 58:00 |
| 20 | Laurie Hunt | 8 | 8 | 60:00 |
| 21 | Anne Schwartz | 9 (-1) | 8 | 61:00 |
| 23 | Linda Kohn | 13 (-5) | 8 | 65:00 |
| | Gary Maslanka | 13 (-5) | 8 | 65:00 |
| 24 | Bill Moon | 7 | 7 | 50:00 |
| 25 | Nancy Burgey | 7 | 7 | 52:00 |
| 26 | Michael Meynadasy, Cassandra Guinness | 7 | 7 | 57:00 |
| 27 | Sue Klassen | 7 | 7 | 58:00 |
| 28 | April Miller | 6 | 6 | 40:00 |
| 29 | Joe Kirchner | 6 | 6 | 48:00 |
| 30 | Elizabeth Hane | 6 | 6 | 51:00 |
| 31 | Lara Haase | 6 | 6 | 59:00 |
| 32 | Vince Luongo, Shannon Luongo | 7 (-2) | 5 | 62:00 |
| 33 | Don Winslow | 8 (-4) | 4 | 64:00 |
| 34 | Kenny Miller | 8 (-5) | 3 | 65:00 |
| 35 | Michael Hirsch | 7 (-12) | 0 | 72:00 |

Sprint

| <u>Place</u> | <u>Name</u> | <u>Time</u> |
|--------------|---------------------------------------|-------------|
| 1 | Rob Holmes | 18:00 |
| 2 | Steve Tylock | 21:22 |
| 3 | Pavel Korniliev | 22:30 |
| 4 | Mike Lyons | 24:31 |
| 5 | Stina Bridgeman | 26:12 |
| 6 | Victor Klassen | 27:35 |
| 7 | Michael Meynadasy, Cassandra Guinness | 27:42 |
| 8 | Sylvia Klassen | 28:27 |
| 9 | Vince Cassano | 29:48 |
| 10 | Dick Detwiler | 31:12 |
| 11 | Peter Dady | 33:10 |
| 12 | Vince Luongo | 36:12 |
| 13 | Patty Lyons | 36:15 |
| 14 | Shannon Luongo | 37:12 |
| 15 | Carl Palmer | 37:50 |
| 16 | Bill Moon | 40:47 |

| | | | | | |
|----|------------------|-------|--------------------|----|-------|
| 17 | Lara Haase | 50:18 | 4. Dan Field | 15 | 53:35 |
| 18 | Don Winslow | 50:40 | 5. Tyler Borden | 15 | 57:28 |
| 19 | Zach Lyons | 60:30 | 6. Mike Meynadasy | 14 | 50:35 |
| 20 | Laurie Hunt, Jim | 66:00 | 7. Stina Bridgeman | 13 | 52:24 |
| 21 | Sue Klassen | 69:10 | 8. Brian Berg | 13 | 58:12 |
| 22 | Luke Lyons | DNF | 9. Paul Hutkowski | 12 | 58:30 |

Webster White

| <u>Place</u> | <u>Name</u> | <u>Time</u> |
|--------------|------------------------------|-------------|
| 1 | Carol Moran | 33:00 |
| 2 | Luke Lyons | 46:00 |
| 3 | James Hawver | 48:00 |
| 4 | Frances Nardia, Ishai Nardia | 53:00 |
| 5 | Cheryl Van, Ross Baitshots | Unknown |

| | | |
|----------------------------|----|----------------|
| 10. Sylvia Klassen | 12 | 59:15 |
| 11. Brigid Lyons-Maloney | 11 | 41:55 |
| 12. Chelsea Lyons | 11 | 48:29 |
| 13. Zach Lyons | 11 | 48:30 |
| 14. Richard Burgey | 10 | 34:20 |
| 15. Paul Schwartz | 10 | 53:32 |
| 16. Bob Bundy | 10 | (14-4) 1:04:00 |
| 17. Elspeth Romandes | | |
| Erik Pich | 10 | (16-6) 1:05:52 |
| 18. Tom Cornell | 9 | 46:47 |
| 19. Sandra Lomker | 9 | 52:52 |
| 20. Vince & Shannon Luongo | 9 | (12-3) 1:02:06 |
| 21. Carl, Reid, Jonesy | | |
| Palmer | 8 | (13-5) 1:04:40 |
| 22. Sue Klassen | 8 | (15-7) 1:06:59 |
| 23. Vince Cassano | 8 | (16-8) 1:07:04 |
| 24. Walt Lyons | 7 | (15-8) 1:07:17 |
| 25. April Miller | 6 | 53:11 |
| 26. Victor Klassen | 6 | (13-7) 1:06:45 |
| 27. Nancy Burgey | 0 | 1:14:47 |
| 28. Chris Widmaier | 0 | 1:34:20 |

Score-O and Sprint at Genesee Valley Park August 2, 2008

(All Genesee Valley pictures by Paul Schwartz.)

A very comfortable day for early August greeted the nice turnout. Rob Holms served as meet director while Gil Robs set the courses. Paul Schwartz was the official greeter and photographer. The main registration was handled by Sandi Willsey-Lemen, Nancy & Richard Burgey, and Steve Tylock. Gil manned the Start / Finish line with help from Paul Schwartz and Tom Cornell. Sandra Lomker brought food and snacks. Rob Holms brought the grill and grilled hot dogs. Flag pickup was handled by Mike Meynadasy and Victor, Sue, and Sylvia Klassen. This report by Bob Bundy. And as usual, thanks to Sandra Lomker for coordinating the volunteers who make our meets possible.



Sprint

| | |
|--------------------------|-------|
| 1. Nate Lyons | 16:12 |
| 2. Mike Lyons | 18:46 |
| 3. Rob Holmes | 19:19 |
| 4. Todd Sheehan | 20:24 |
| 5. Tyler Borden | 20:40 |
| 6. Steve Tylock | 21:32 |
| 7. Chelsea Lyons | 21:59 |
| 8. Carl Palmer | 23:48 |
| 9. Bridget Lyons-Maloney | 25:35 |
| 10. Stina Bridgeman | 28:11 |
| 11. Victor Klassen | 28:17 |
| 12. Zack Lyons | 29:29 |
| 13. Paul Hutkowski | 30:39 |
| 14. Sylvia Klassen | 31:29 |
| 15. Sandi Wilsey-Lemen | 34:29 |
| 16. Sue Klassen | 43:00 |

Gil set a very tempting Score-O course. He tempted several of us to go for 2 or 3 "more" controls.

Mike and Nate Lyons led the charge in both the Score-O and the Sprint.

Score-O - 16 Controls - 1 Point Each - Minus 1 each minute

| <u>Place</u> | <u>Name</u> | <u>Controls/Score</u> | <u>Time</u> |
|--------------|--------------|-----------------------|-------------|
| 1. | Mike Lyons | 16 | 45:07 |
| 2. | Nate Lyons | 16 | 46:27 |
| 3. | Steve Tylock | 16 | 56:50 |

Genesee Valley White

| | |
|-----------------------------------|-------|
| 1. Don Winslow | 31:00 |
| 2. John Nusz | 33:16 |
| 3. Carol Moran | 38.59 |
| 4. Patty Borden | 52:02 |
| 5. Todd & Jean Sheehan | |
| Trevor Sheehan, Matt Kemp, | |
| Meghan Sheehan, Emily Raxaniello | 55:20 |
| 6. Lon McClure | 56:20 |
| 7. Edwina Buehler | 57:01 |
| 8. Davin and Cal Oak Reddington, | |
| Dan and Aidan Delehanty | 59:55 |
| 9. Luke Lyons | 60:01 |
| 10. Linda Keefe | 61:05 |
| 11. Roger Keeney | 80:10 |
| 12. Frances Nardia, Ishai Nardia, | |
| Sammy Dohen | DNF |



location of several fall festivals so they would not be normally be there.

After the sprint there was some time before the night-o got started as Steve and Dick went and reset controls. There were lots of route choices to get from one control to another. Tim led the pack for the Night-O, with Vince Cassano, Tyler Borden and Rob Stevens not far behind. There were 8 racers that got all 24 controls.

We would like to say thank you for all the volunteers; give your selves a big pat on the back every thing ran smoothly:

- Meet Director – Nancy and Richard Burgey
- Course Setter – Steve Tylock
- Setting out Controls – Dick Detwiler and Steve Tylock
- Registration: Linda Keefe, Tim Gorbald, Kim Thompson and Patty Borden
- Start/Finish: Steve Tylock and Dick Detwiller
- Flag Pick-Up: Tim Gorbald, Kim Thompson and Karl Kolva
- Food: Patty Borden
- Results: Tim Gorbald

Sprint-O

| | |
|-------------------|-------|
| Vince Cassano | 33:02 |
| Michael Meynadasy | 36:09 |
| Peter Dady | 36:24 |
| Carl Palmer | 39:58 |
| Tyler Borden | 44:14 |
| Jackie Novkov | 48:42 |
| Don Winslow | 54:44 |
| Laurie Hunt | 64:06 |
| Richard Burgey | 66:14 |
| Nathan Sugarman | 75:12 |

Night-O

| | Points | Time |
|---------------------------------|---------------|-------------|
| Timothy Gorbald | 24 | 31:29 |
| Vince Cassano | 24 | 42:02 |
| Tyler Borden | 24 | 42:12 |
| Rob Stevens | 24 | 42:15 |
| Peter Dady | 24 | 45:07 |
| Jackie Novkov & Doug Kennedy | 24 | 47:07 |
| Eric Barbehenn | 24 | 51:28 |
| Michael Heynadasy | 24 | 52:41 |
| Richard Burgey | 21 | 44:18 |
| Don Winslow | 21 | 44:18 |
| Bob Bundy | 21 | 44:32 |
| Randy & Denise McGarvey | 19 | 55:40 |
| Karl Kolva | 18 | 53:45 |
| Richard & Denise Bilsbach | 18 | 54:53 |
| Anne Schwartz & Cheryl Detwiler | 18 | 55:25 |
| Nathan Sugarman | 13 | 59:48 |
| Hanna Jonassee & Jenna Bilsbach | 12 | 57:19 |

**Sprint and Night-O at Camp
Eastman
August 22, 2008**

It was a wonderful Friday evening at Camp Eastman for the Sprint and the Night-O event.

Steve Tylock set an interesting Sprint course with 3 loops. Rob Stevens charged through the sprint course with Vince not far behind. There were some interesting comments on the fences and a huge tent where the start area was shown on the map, this was a surprise to the course setter. Camp Eastman is the

You know you're an orienteer when (taken from a discussion on AttackPoint.org)

This topic was included in the January 2007 ROC newsletter, but there have been many more submissions since then ... so here is an update!

141. When your kids think it's normal to find Christmas presents by using OCAD maps of the interior of your house.

142. When your kids have a sitter named Amy and they give her the nickname "A-meet".

145. You only own sports socks and every one of them has thorns in them. Even after washing.

146. All your socks are still brown even after many washes. and not just your orienteering socks but the other socks that accidentally got put in the wash with your o-ing stuff.

147. You are lucky enough to get tickets to see the Sabres play the Leafs and you can't help but wonder if Teppo Numminen and Mats Sundin also know how to orienteer.

147b. You watch the Sabres and the Leafs play hockey on TV and wonder if (on some nights) their teams would be better off if Teppo Numminen and Mats Sundin were orienteering instead.

150. Taking your new girlfriend (who is not already an orienteer) to a local orienteering meet is a perfectly acceptable date.

156. When you start thinking it is perfectly OK to use flagging tape to tie your hair up, for o-ing, for school, or any other location.

167. When after having had a bad ankle sprain you just think about whether you will be able to run at the day-after-tomorrow's race.

171. You make navigational errors because of too much blood on your compass.

180. When the only decorations you have hanging in your cubicle are o-maps.

185. When you have been to over half the U.S. states and several places in Europe but mostly just saw the woods.

187. When you get lost on the way to someone's house, they tease you about it for being an orienteer, and you protest that you didn't have a map.

189. When you are amazed to think that someone might NOT enjoy running around alone off-trail in the woods, possibly in the dark.

193. When you select your house based on its proximity to a mapped feature so that your orienteering club can have a water stop in your back yard or so you can hold a race that ends with a BBQ at your place.

194. When you don't blink at seeing 7 year olds out in the woods by themselves for hours at a time.

199. When you paint your fingernails to look like orienteering controls.

204. You fly halfway across the country in the middle of the night to compete in a race the next morning on nowhere near enough sleep when you're almost certain to come in just about last anyway.

207. You go out for a run and when you come back your shoes are cleaner than they were before, because this time you didn't go through thigh high muck and the running knocked off some of the dust.

210. When you cringe to think of defacing or discarding an orienteering map ... no matter how many other copies you might have.

216. When your neck reacts with lightning speed to glance subconsciously at anything orange while you're running even if you're inside a stadium on an oval.

218. When you reach for the strapping tape or duct tape to fix any clothes at all, not just shoes; i.e. temporarily bring up pants legs on a suit.

221. Your most common thought watching the Olympics is, "Compared to _____, orienteering is a REAL sport."

224. When your friends still don't understand your sport even after you have explained it numerous times, and they refuse to try it because every Monday you look like an accident victim when they see you.

226. When you can always find a thorn to pull out of you, no matter where you are or what time it is.



*Chelsea Lyons at the Genesee Valley meet.
(Photo by Paul Schwartz)*

Rochester Orienteering Club membership application form

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

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

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

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

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

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



Rogainers starting out at the US Rogaine Championships at Allegany State Park. Photo by Carol Moran.



Meet director Rick Worner (upper right part of picture) gives last-minute instructions, just before the start of the Allegany rogaine. (Photo by Carol Moran)

First Class



40 Erie Crescent
Fairport, NY 14450



Steve Tylock running strong at Genesee Valley meet. (Photo by Paul Schwartz)