

**ROCHESTER
ORIENTEERING
C L U B**



The Wild Times

November 2008

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

The official newsletter of the Rochester (NY) Orienteering Club

Successful Fall season! Scrooge-O and Annual Meeting on December 6! (Details of Scrooge-O on Page 4)

Also in this issue: Learn about two top-level orienteers who got their start in the sport in Rochester, and about another top-level orienteer who started orienteering far from Rochester, and now lives and orienteers here.

Cristina Luis



Cristina Luis started orienteering with ROC while at U of R, and is now a top national orienteer. See article on Page 5.

Alex Jospe



Alex Jospe started orienteering while in high school in Rochester, and is now a competitive orienteer. See article on Page 6. (Photo by Nicholas Jospe)

William Hawkins



William Hawkins began orienteering in Australia, and now lives in Rochester. See article on Page 7. (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.

Winter 2009 Schedule

Rochester Area

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. ESG qualifier.
Sunday, January 18	Ski-O at Mendon Ponds Park. Start from 12:00 noon to 1:30 p.m. ESG qualifier.
Sunday, February 8	Ski-O at Webster Park. Start from 12:00 noon to 1:30 p.m. ESG qualifier.

Outside of Rochester Area

(Note: All Ski-O's up through February 7 are ESG (Empire State Games) qualifiers)

See web sites of the sponsoring club for details.

Sun., Dec. 21	EMPO. Ski-O. Lapland Lake Resort, Benson, NY.
Sat., Dec. 27	EMPO. Ski-O. Garnet Hill XC, North River, NY
Sun., Dec. 28	AOK. Ski-O. Dewey Mountain, Saranac Lake, NY
Sat., Jan. 10	EMPO. Ski-O. Partridge Run State Forest South Berne, NY
Sun., Jan. 11	BFLO. Ski-O. Hunter's Creek Park. Ski-O
Sun., Jan. 11	AOK. Ski-O. Point au Roche, Plattsburgh, NY
Sun., Jan. 25	CNYO. Ski-O. B.R.E.I.A. Trails. Alder Creek, NY or Boonville, NY
Sat., Jan. 31	CNYO. Ski-O. Hammond Hill, Dryden, NY
Sun., Feb. 1	CNYO. Ski-O. Highland Forest County Park, Fabius, NY
Sat., Feb. 7	CNYO. Ski-O. Roscoe Conklin Park, Utica, NY
Sat., Feb. 21	Empire State Games Ski-O. Mt Van Hoevenberg, Lake Placid, NY. Qualification required.
Sun., March 1	EMPO. Saratoga Biathlon & Competition Center. NYSSRA - Nordic Club Championships, Day, NY.
Sat. and Sun., May 16-17	BFLO. Buffalo Orienteering Festival A Meet. Middle, Sprint, and Long.

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!

Durand

Sandi Willsey & Colin Lemen 10/18/08 Farmington NY

Letchworth

Harry & Ben Howe 11/5/08 Rochester NY

Mendon

Ben and Harry Howe 9/23/08 Rochester NY
 Jeff Brown 0/7/08 Honeoye Falls NY
 Jim Curry 11/7/08 Rochester NY
 Kathy Curry 11/7/08 Rochester NY

Webster

Kelly Doherty 10/6/08 Penfield 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://empopo.us.orienteering.org>

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

Other clubs: See USOF web site.

Annual Membership Meeting, Potluck Supper & Scrooge-O* Saturday, December 6, at Camp Piperwood

5:00PM, Saturday, December 6, 2008

4:00PM Board of Directors meeting, ALL WELCOME!

Piperwood Girl Scout Camp, 2222 Turk Hill Road, Victor NY

- Directions:
 - 490 E to "mall" exit 28,
 - Rt 96 S for 1.6 miles.
 - Turn left (N) on Turk Hill Rd for 1.4 miles to camp entrance on right (across from Casa Larga Vineyards)
- Follow "O" signs to the lodge and a great time!
- Bring a flashlight, compass, dish to pass, and a place setting.
- For more information, call the ROC Hotline at 377-5650

***Scrooge-O:**

An orienteering Score-O event in the dark that combines the fun of hide-and-seek and tag.

- One or more people are designated as scrooges and given red flashlights and blank punchcards.
- When a scrooge's flashlight is shone on an orienteer they must exchange their completed punchcard for the red light and blank card thus becoming the scrooge.

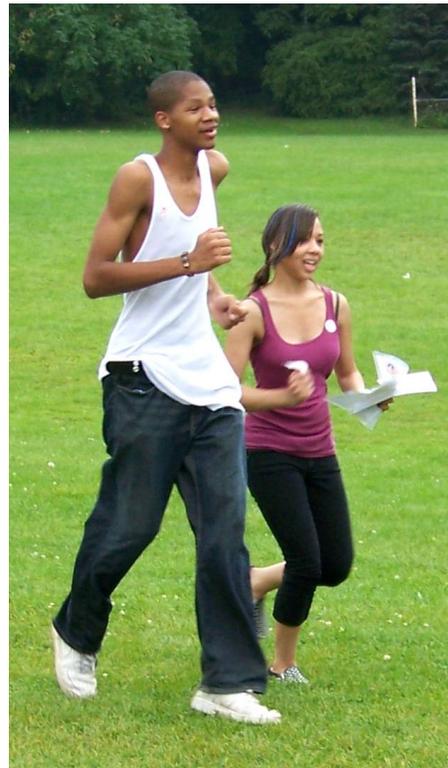
Individuals, family groups and especially children love it!



Linda Kohn giving some pointers to two participants at the Highland Park meet.



Rob Holmes demonstrating the latest in orienteering footwear, on his way to 3rd place in the Sprint at Highland.



Julius Brown and Olivia Bacot from the Wilson Outdoor Club at the Highland meet.

Cristina Luis

She got her orienteering start in Rochester – here’s an update on how she started in the sport, and what she’s done after she left



Cristina (age 29) got her “real” start in orienteering with the Rochester Orienteering Club, while a student at the U of R. Although she left the area soon after she got into orienteering, she kept at it wherever possible in the various locations she has lived since Rochester. Her skills have steadily improved, and she is now ranked 16th out of 37 people in the USOF elite women’s category (Red

course; F21+), and has been a member of the US Standing Team for the past two years.

The Wild Times asked her a few questions, about how she got into orienteering, places she has been since she left Rochester, and many other things.

Her early interest in, and exposure to orienteering: “I’ve always been the ‘navigator’ of my family. My mom can’t read anything (including maps) while the car is moving, so from a very young age my dad would hand me the map and tell me to navigate. I had old maps all over my bedroom walls, I drew treasure maps, and I ended up majoring in Geology (and Computer Science) at U of R. I did get one chance to orienteer while at summer camp as a kid, but just one chance. The other girls in my group liked dancing more than orienteering, so we had a vote and ended up replacing our once a week orienteering block with another dance period. That was about 16 years ago and I didn’t orienteer at all (or hear anything about orienteering) for the next 7 or 8 years.”

“Fast forward to my senior year at U of R at an Outing Club meeting. Rick Lavine was putting ROC pamphlets in the Outing Club box, and one day the club president said, “I’ve got this thing about orienteering ... does anyone want to go?” I knew enough about what it was to hazard a guess that I would really love it, so I volunteered to drive a small group. The meet was at Durand Eastman (Fall of 2000) and we got lost on the way. It went well though ... if I recall correctly, the three of us smoked the White course, then I went out and did the Yellow by myself, I think with the fastest time on the course. Two courses, two wins ... with such great feedback, of course I was going to continue! I went a few more times that year, mostly on Orange courses, and really loved it. In between the meets, I tried to read everything I could on-line about orienteering. It was too bad that I didn’t get into it until my senior year, because ROC is a lot more active than other clubs around the country, and there’s some nice terrain.”

How about other sports? “I was a baseball fanatic before I tried orienteering. I played softball at U of R for a season and

half, and lots of intramurals – ultimate Frisbee, floor hockey, volleyball, and tennis. I’ve always enjoyed hiking and road and mountain biking. I just like doing stuff outside.”

“Orienteering is my main focus now, though I enjoy running road and trail races and the occasional triathlon. I play some ultimate Frisbee in a city league and ride my bike to work. I still just like being outside!”

Where did you go after leaving U of R? “After Rochester, I went to The University of Arizona for graduate school (Geosciences ... can’t get away from that Earth stuff). I knew that there was an orienteering club in Tucson but I was a bit intimidated about going to a meet. Many of them were far away and involved lots of travel over dirt roads in the middle of nowhere. I had no one to go with. And I couldn’t imagine what orienteering in the desert could possibly be like. I didn’t end up getting to a meet until May of my first year – that meant that I had orienteered for less than a year in Rochester and then waited a whole year before doing it again. After that meet I couldn’t believe I had hesitated and was re-hooked.”

“After two years in Tucson, I went back to Massachusetts and taught 8th grade science. I coached cross-country and also started a little orienteering group for the middle schoolers. I made an O-map of the little patch of woods behind the school and we got to a few meets. It was fun, and some of the girls were pretty into it, but I wasn’t there long enough to keep them going.”

“That spring I went to Air Force Officer Training School, followed by Navigator training (go figure! Maps again!). Right after navigator school I tried out for the US Military Pentathlon team. One of the five events is orienteering, and my experience definitely helped me make the team, though in reality I wasn’t very good! We competed against other NATO teams in Belgium, and our 3-woman team took the silver medal. All told I went through training in Alabama, Texas, Arkansas and New Mexico before finally ending up back in Tucson. I’m a Navigator on the HC-130P, a combat search and



rescue plane.”

What kind of training do you do now, both physical and navigation? “I run a lot, on the rugged and hilly trails of Tucson whenever possible. I also do running workouts with a group in town, twice a week at a local park. Most of my navigation training involves going to actual meets (about twice a month, one local and one A meet typically), though the Tucson club has started doing some training activities. I also try to play Catching Features (a computer orienteering game) and spend time doing map exercises. Sometimes I’ll go for an otherwise boring run and take an old map with me – one with a course that went well. I’ll visualize each leg as if I were actually running the course again. Also, each summer for the past four years I’ve made it to Europe for a few weeks to train and race.”

Do you have any suggestions for orienteers who are looking to improve? “Sure: train! And by that I mean train with a purpose. A lot of people think that going orienteering once a week or

once a month will make you a better orienteer. It will for a little while, but eventually you’ll plateau, especially if you never have a plan for what you want to focus on at each meet. Try running down a course, or running a second course, and pick something very specific to work on, like flowing through each control – knowing which way you’re going to leave. Things like that. Of course, it’s also important to do a lot of physical training, even if you don’t intend to run fast. The faster you can run, the faster you’ll be able to move while still being able to read the map.”

What would be your advice for someone involved in sports who is thinking about trying orienteering? “Don’t be intimidated! The easy courses are really easy, and you don’t have to be fast. It’s a sport of instant gratification – at the end of each leg you get the awesome “thumbs up” of seeing the orange and white bag. That means that 10-30 times per course you get to feel like you’ve succeeded at something. How many other sports have that kind of positive feedback?”

Alex Jospe

Born and raised in Rochester, started orienteering in high school, now living in Boston

Alex (age 24) got started orienteering in Rochester, as did Cristina. She is now a competitive orienteer and ski-orienteer, living in Boston. The Wild Times asked her about her start in orienteering, and what she is doing now. Alex’s words:

I’ve always loved wandering around in the woods, and I love racing, so combining the two of those seemed like the perfect sport. I knew about orienteering from an early age, as I was in the same elementary school class as Lindsay Worner, and her parents would set up orienteering courses for the kids to run. It was fun, but it sort of slipped my mind as I got older.

When I was in high school, running cross country and track, one of my friends who was a Boy Scout said something about orienteering, so I figured I’d go check it out and see if I could remember how to do it. I think I ran the Yellow course because whoever was in charge wasn’t going to let a first-time 14 year-old go run the Red course without first proving that she wouldn’t get too lost ... after that, I would go to as many orienteering meets as I could, often running the hardest course offered, despite all the well-meaning adults telling me I should probably first learn to run fast on easier courses and then try a harder one. I remember one Red course at Durand Eastman park that took almost four hours, as I searched in vain for a control that I was convinced had been moved... I was just in the wrong reentrant.

I was pretty busy with cross country running and skiing, but I liked orienteering enough that I would try to make it to as many ROC meets as I could. The Worners took me up to Canada for an A-meet, once, and my ego was deflated a little by that race, after spending half an hour on the first control that took most people 2-3 minutes, and running off the edge of the map. I still sometimes make mistakes like that, but now I can relocate a little faster!

I lived right up the road from Mendon Ponds Park, so I made a point to always make it to those meets. The first meet I ever

won was a score-o at Mendon Ponds, and I was super psyched that I beat my boyfriend.

I don’t think I’ve won any meets since then ... although I came back to Rochester for the relay champs last spring (*editor’s note: the cover photo of Alex is from this event*), and I was on the CSU team that placed 2nd, and it was so much fun to run on my home course again! I think the leg I ran might have been my cleanest run of my life.

I was a cross country runner in high school, and picked up cross country skiing because the girls on the running team told me I’d have fun, and it seemed better than indoor track. I got hooked pretty instantly, and did everything I could to get better at the sport, ending up skiing on the division I ski team at Colby.

My best finish in a college race was 9th, and although I didn’t make it to NAAs, I decided that I wanted to keep skiing after college, in some form or another.



Alex at the European Ski-O Championships.

As luck would have it, I stumbled across the EMPO website advertising the US ski-o champs at the end of my senior year ski season at Colby, and I figured, hey, I can ski, and I can orienteer, so how hard can it be?

We showed up for the long distance race, and thanks to my skiing, I ended up 2nd, and Aims Coney asked me if I wanted to be on the US ski-o team. I think I told him no twice before finally agreeing that I would give it a

shot, since I was convinced that there had to be better people out there.

This gave me my excuse to keep skiing after college, since I had to train for the Ski-WOC in Russia in March 2007. I went there, and although I did alright in the long (24th), I could tell that my orienteering was leagues behind the other girls.

I decided that I wanted to get good at this silly sport, and started orienteering more in the summer and doing ski-o training on my rollerskis. Living in Boston, I am a member of the Cambridge Sports Union, and so I have access to a lot of orienteering training in the spring and fall, although I don't take nearly enough advantage of it as I should. I am training full-on to be a fast skier, as I am sponsored by Alpina sports corporation, but I try to fit in as much o-training as I can.

My favorite way to train for orienteering is just to do more competitions, but I am sure that I could stand to learn a lot more from more experienced orienteers. I spend about 600 hours a year on physical training, which is about the minimum you can get away with to compete in skiing on a national level, and the maximum you can get away with and hold down a job at the same time.

Last winter I went to Switzerland for the European O Champs, and the terrain there was so different from Russia that I actually had to develop a different style of skiing to accommodate the steep uphill narrow trails. The fact that we have no narrow trail to train on in the US is a major handicap, I think, along with our lack of more intricate terrain on ski-o maps that we use for US champs. Its unfortunate that US ski-o is so far behind its European counterparts in terms of competition, venues, and training. I think we have a lot to learn from other countries, but we typically only have one or two athletes competing in non-WOC years.

I would love to help foster a stronger ski-o environment in New England, to create some sort of base to draw skiers from, but it is difficult to draw people over from the pure skiing side of things to ski-o. Hopefully I can work with some of the groomers at XC places this year and run a Euro-style ski-o, because that is far more interesting than just skiing a 10km loop and punching controls occasionally. We shall see...

William Hawkins

Top US orienteer, now living in Rochester

William Hawkins (age 31) is presently the #1 ranked male orienteer in the United States. He lives in Rochester, where he is a professor at the University of Rochester. *The Wild Times* asked him a few questions about orienteering.

How did you first get involved in orienteering? My school in Australia was a private school (something that doesn't quite carry the 'elite' connotation it does in the US, since around a third of all students are at various kinds of private schools).

It believed in sports as an important part of education, and so there was a requirement to play some kind of sport in both summer and winter seasons. One of the sports it offered was orienteering – a couple of teachers were keen on it. In summer, I played cricket, and that has stuck with me (as I write this, I have another browser tab open that tells me that Australia is 5 wickets for 311 runs after the first day of the fourth test match against India in Nagpur right now – cricket fans have more – and bigger – statistics to play with even than baseball fans). Winter was a trickier season for me (winter in Canberra means a typical daytime temperature range of 25F min to 55F max, so orienteering is a winter sport). I did cross country for several winters, and tried field hockey for one (no ice in Australia...).

I held out against orienteering for a long time. As soon as I finally tried it in the ninth grade, I was hooked. The first time I went to a meet, I started with orange since the easier courses looked too easy. I didn't quite get the hang of it instantly: I'm pretty sure I mispunched my very first control, but I got away with an official result because nobody checked the punch cards. The second time I spent more than an hour trying to find a small depression in long grass in a pine forest.

But by the end of the first season, I was already beating, on the right day, people who had been doing this much longer than me – so I was getting the affirmation of doing well – as well as the good feelings that everyone gets of just being out there in

the forest, running quickly and trying to remain in control.

There are other things that appeal to me now, of course – the friends I have through orienteering, the cool places I've been to (I've now orienteered in 27 states, and there are a few more in the pipeline), and just the feeling of running through the woods.

At what age did you become a serious competitor? I still don't think of myself as a serious competitor, but I think my standards of what is 'serious' have changed over time. Now I think of those who make the finals at the world championships as the serious competitors – those who train 15 hours a week and do more than 100 orienteering sessions a year, those who are prepared to move to Sweden and eat Ramen for years in the hope of making it big. Compared to them I'm just a dilettante – and I don't have the raw athletic ability to compete with them, either. (You won't see anything anywhere close to a sub-32 minute 10km time from me, but you will see times below 32 minutes from them!)

Still, I guess I'm more 'serious' than most, and I have been since the beginning – the navigation always came reasonably easily in Australia and the running skill was there. There is a state-based national interscholastic championship in Australia and I was already trying hard to make my state's team in my first year. It wasn't easy – all four on the team either represented Australia or won an Australian championship race at some later date. I was reserve that year.

What other sports are you currently involved in? I run frequently and bike occasionally, and I occasionally use my gym membership, but I don't enter races or competitions in other sports at the moment. (I've only run three running races since being in Rochester. Why pay \$15 (or \$150) for a few minutes of racing when you can run by yourself, off the roads, for free?) I've taken to doing a lot of longer trail runs as the

highlight of my non-orienteeing exercise at the moment.

What are some of your orienteeing achievements that you are most satisfied with? In terms of results, I'm most happy with having won an Australian age-group championship in M20, my last race as a junior. I didn't qualify for the Australian team for the junior world champs (JWOC) in my last year of eligibility, after screwing up in the finish chute on the last day of the last selection race and blowing a minute that probably made the difference between racing for Australia in Belgium and staying home. So it was particularly sweet to win the national championships at the end of the same year and show the selectors what they had done. (It was a very close race, the top five places separated by 64 seconds, so it was nailbiting to hang around and wait to see the results gradually accumulate. The second-place runner went on to much greater things, placing in the top ten at JWOC in a later year...)

In terms of results in North America, I've won three US championships now (2004, 2007, and 2008), but I don't name those as the big highlights for a couple of reasons – first, in none of those years did I have clean runs (so that I feel like I won only because others had even worse races than I did!), and because in none of them did I beat Brian May (who now lives in BC), who I feel like I've never really beaten in a major race, so I feel like I've taken advantage of a few years with relatively weak fields and with terrain types that just suit me better than many others (Wyoming granite and Australian granite make for a pretty similar experience.)

The question asks about 'achievements' but I don't want to give the feeling that orienteeing is all about racing, though. Some of the best moments are just feeling in control running in some beautiful forests in many different parts of the world. I'm pretty pleased to have mastered a variety of glaciated terrains in North America. I remember running in New England was a complete navigational mystery to me the first couple of years I lived in Boston. (I recommend running in New Hampshire if you ever get a chance, particularly at the famous Pawtuckaway map that where UNO holds a camping weekend each September. Truly gorgeous terrain, and enormously difficult.) It suddenly seemed to click after two years or so, and I stopped making huge mistakes.

There's something about standing at the start line confident that you can face whatever technical challenges the terrain is going to throw at you, that you have the skills to deal with it, and that if you don't place highly, it will be because others ran faster on the day, not because you made some huge mistakes, that's pretty satisfying.

Describe your current position at U of R. How long have you been in Rochester? How long do you anticipate staying? I've been at U of R and in Rochester since summer 2006; I'm an assistant professor in economics. It's a good place to be, and I like being in academia. The big advantage is freedom. You get to work on what interests you, but your choices on where to

live and when you move can be a bit limited (my wife and I have been living in different states for four years now), and your choices on how long you stay might not be yours either. I'm just trying to enjoy being here now, but I'm only putting down roots to a certain extent and taking each year as it comes.

Do you do any specific training for orienteeing? I run, and as little as possible on the roads (I looked at my training log for the year and saw the last time I ran on a hard surface for more than an hour was in April). This is mainly because I enjoy it more in the forest (the trails in the Ellison Wetlands area between Browncroft and Empire are my current favorite), and it also certainly helps sure-footedness. And I orienteer a lot for somebody based in the USA (looking on the USOF rankings that came out today, I seem to have run more A meet blue races than anyone else in the last twelve months). I guess I'll have to make a new year's resolution to orienteer less!

Do you have any suggestions for orienteers who are looking to improve? Practice makes perfect. In particular, the more skills that become second nature, the better you are. For example, people often ask me if I pace count; the answer is no. Perhaps I should, but I find that for most purposes I have a good enough sense of distance traveled that I don't really need to count explicitly. It's not to say I'm always right, but having an instinctive sense of how far you've just come from the trail you crossed a minute ago is pretty helpful. Experiencing a lot of terrain types seems to be key – every orienteeing course is different, but knowing what kind of techniques are useful because you've done something like it before also helps.

The other big thing is that you have to spend a lot of time relating maps and terrain to each other until you can visualize from the terrain how it should look on the map, and from the map, how you expect the terrain to look.

For example, at the Camp Pinewood meet at the weekend, I crossed a trail at a point slightly north of where I expected to be. Had I not noticed out of the corner of my eye that the arrangement of knolls and their shapes nearby looked wrong, a parallel error was about to happen.

How do you do that? Setting courses for a meet is a very good way to train it. (And ROC would appreciate it – and expert help is available if you want to make sure you're not doing something wrong. It's also pretty satisfying in its own right to have people go out on courses you designed.)

Any comments for someone involved in sports who is thinking about trying orienteeing? The more you do it and the better you get, the more fun orienteeing gets, so don't give up the first time if you're frustrated because you think you can run fast and you got beaten by a ten-year old on the white course. You can run fast – and soon you will be able to navigate too, if you keep at it.

But orienteeing isn't just for those who can run fast – it's also for those who just like being out in the woods and discovering new places.

Local Meet results

National Orienteering Day Highland Park, September 13

NOD stands for National orienteering Day, and every orienteering club in the USA is encouraged to celebrate this event. The main purpose of NOD is to introduce orienteering to the general public, so we ask members to come and socialize with the “newbies” as well as do the score O or Sprint. Rochester's NOD takes place in Highland Park each year. This very beautiful, natural Park in the City is uncomplicated by swamps and thickets and provides a safe area for new orienteers.

Rick and I always volunteer to set up this event because Highland Park is only a few blocks away from our house and we know it well. The South Avenue Recreation Center allows us to use their wonderful facility and we owe them our thanks. This year, our club gave a donation to the “Rec Kids” Slush Fund to show our appreciation.

Without a lot of publicity, 103 individuals turned out to orienteer, 55 of them were first timers. Many of the 1st timers came from the Wilson Magnet High School's Outdoor Club. Linda Kohn spent time with them, giving instruction and encouragement. They are an energetic, intelligent group of High Schoolers and we hope that they will become regular O-ers. (See comments from Wilson students below.)

One participant of special note was Erko Ounapuu from Estonia who was visiting his American cousin in Rochester. Erko does not speak much English, but his big smile says it all: he loves to orienteer and he is a very good orienteer in his home country of Estonia. I suspect this because he has done the Finnish Jukula, a famous relay event for the strongest orienteers.

Pete Dady and Shawn Fornay showed up from CNYO. They came to orienteer and to pick up



Sylvia Klassen at Highland Park meet.

some epunching units for their A meet. If you missed the CNYO A meet, you missed out on some great orienteering on a fine map, and just a few hours away. If you did the A meet courses-hey, didn't we have fun, in spite of the rains on Saturday?

We always have a raffle at NOD, and this year's was especially vibrant because we did the draw at the finish where there was lots of action and people. Sylvia Klassen provided the nimble fingers that chose the winners and the winners of our O prizes seemed to be pleased.

We could not do an event like this without our wonderful volunteers. Big THANKS to the following:

- Greeters: Laurie Hunt & Carol Moran (who stationed herself on the South Avenue entrance to help orienteers find parking because the Little League Football crowd takes up a lot of space.
- Registration: John Nusz, Cheryl Detwiler, Victor Klassen & Sandra Lomker
- Start/Finish: Dick Detwiler, Carl Palmer & Sue Klassen
- Instruction: Linda Kohn & Rick Worner
- String-O: Nancy Burgey
- Courses, food, etc.: Rick and Dayle Lavine

Comments from Wilson students

Jolana Babacek

Having the opportunity to take part in orienteering with the ROC has been an amazing adventure for the Outdoor Club, along with a great learning experience. Because we live in Rochester, it is often difficult for us to go explore the great outdoors. Being able to part take in orienteering with the ROC, however, has made this much simpler and has allowed many to try something new.

Our club has greatly enjoyed the opportunity to compete against each other, as well as against others in the community. One experience that I will not forget is my team competing against other members from our Outdoor Club. The enthusiasm of both of our teams was great: racing each other (and enjoying it!), sending out decoys, yet still encouraging each other along the way.

Another experience that we have all had the pleasure of having is getting lost, and then finding our way back on track. It is a learning experience that can be looked back upon with laughter, since orienteering provides a safe place for this to happen. And lets face it, the orienteering experience just wouldn't be the same without it!

I think that it is safe for me to say that we all have had a fun, positive experience doing orienteering with the ROC, while learning important survival techniques (such as how to use a compass and read the land!) at the same time. I cannot wait for the next orienteering outing that our club takes. I, along with many others, am already looking forward to the next challenge a course will pose for me and my teammates; and for the next chance to go bushwacking!!



Erko Ounapuu (facing camera), winner of Sprint. (all Highland photos by Dick Detwiler)

Rose Iorillo

Orienteering. What does that word bring to your mind? I don't know about you, but for me it conjures images of many things: crisp days, sunny skies, smiles on my friends' faces, yummy food and the path disappearing beneath my feet as I run towards one last control...!

I love orienteering. I hadn't heard of it until I joined the Wilson High School Outdoor Club. Our first event was "Orienteering." When I went, I discovered that orienteering is FUN. When you first get to the meets, you promise yourself that you're going to take it easy, but you end up sprinting to the finish line and enjoying every minute of it.

I've found orienteering to be a great way to actively enjoy the great outdoors, alone or with your friends. Since you're reading this, you probably already know the thrill of perfectly navigating to a control, so you can share my joy in my new-found pastime.

Jovany Martinez

I am a senior attending Wilson Magnet HS. I truly enjoy the outdoors and the beauty it has to offer us. This is one of the reasons why I love to orienteer, it allows me enjoy the outdoors, enjoy the beauty of nature and all that it has to offer me, the nice smells and a breath of fresh air. It also allows me to do some exercise and stay fit and in shape, all while doing an activity that is fun and is stimulating for the mind and gets every part of the body working. It is also very fun to go out with friends and family, to not only come together and compete, but to do it as a team and a family. It is truly an event that brings families together, a rarity in our society today. In all, orienteering has been an extremely positive experience for me and I encourage all people to share in the experience of orienteering.



Enthusiastic finishers at Highland Park.

Highland Park results:

Sprint-3.1 km

1. Erko Ounapuu	17:15
2. Will Hawkins	19:20
3. Rob Holmes	20:53
4. Chad Borden	21:59
5. Mike Lyons	22:10
6. Tyler Borden	25:14
7. Nate Lyons	25:25
8. Steve Tylock	25:26

9. Carl Palmer	26:25
10. Victor Klassen	29:45
11. Sylvia Klassen	37:50

White-1.5 km

1. Wilson Team B: Austin Scott, Casey Suhkavong, & Rose Torillo	20:30
2. Melissa Tylock	21:44
3. Kathe, Riley, Regan, Rebecca, & Rowan McGwin	21:50
4. Wilson Team A: Gabe Trevino, Jayvan Santos, & Kaleb Kruger	22:13
5. Sandra Lomker	22:49
6. Dave, Kelly, Kaitlyn, & Lindsay Cuff	22:59
7. Daniel & James Redmond	23:37
8. Wilson Team G Chris Widmaier, Davin & Cal Reddington	23:50
9. Carol Moran	24:11
10. John Nusz	24:20
11. Rob & Kayla Stevens	26:35
12. Robert Turner & Tod Glassford	27:30
13. Wilson Team D: Julius Brown, Olivia Bacot, Giovanni Pajan	27:35
14. Luke Lyons	28:38
15. Mark & Bethany Cloninger	29:13
16. Wilson Team C: Ian Scott, Johnathon Martinez, Cerene Johnson	29:37
17. Tyler & Bryn Holmes, Alex Angelou, Tate & Grant Castle	30:02
18. Wilson Team E: Govanny Martinez, La'lyne Flowers, & Meghan Rodriguez	30:23
19. Rob & Kameron Holmes	31:30
20. Wilson Team F: Matt Clark, Arien Tucker, & Hannah Krueger	31:50
21. Kevin Sloan & Nyheir Oldfield	33:30
22. Ted Turner	36:13
23. Fran Purlane & Nancy Donald	37:13
24. David Harris	37:25
25. Lea Thener & Patti Singer	39:10
26. Mike, Erin, & Karen Lally	39:35
27. Renee Phillips	50:58
28. Francis & Ishi Nardia	57:53
29. Edwina Beuhler	71:07
30. Dale Evans	DNF

Half Random 0-12 Controls

1. Sue Klassen	31:20
2. Victor Klassen	33:00
3. Luke Lyons	39:39
4. Don Winslow	41:45
5. Donna Budgeon	45:30
6. Robert Turner & Todd Glassford	51:06
7. Melissa Tylock	52:10
8. Wilson Team A	57:51
9. Nancy Burgey	71:40
10. Matt Kirchoff	91:32
11. Kathy & Katti Carney	99:20
12. Chris, Eli, Kaleb, & Noah Pragle, & Ken Watson	DNF
13. Wilson Teams B, C, E, F, & G	DNF
14. Mike Hirsch	DNF

Random O-24 Controls

1. Eric Pieh	45:45	Tim Miller/RIT Outing Club	11	1:00:27	90	15	75
2. Pete Dady	50:01		10	59:00	70	0	70
3. Mike Meynadasy	54:14	Victor Klassen	9	56:56	65	0	65
4. Tyler Borden	57:54	Sue Klassen	8	57:54	65	0	65
5. Elsbeth Ronnander	61:09	Rob Stevens	15	1:06:20	150	85	65
6. RIT Outing Club: Rob Hagan, Chris Guerra, & Patrick Quinn	61:20	Kimberly McGann	7	45:20	45	0	45
7. Dave Ferguson	64:30	Nancy Burgey	5	48:08	35	0	35
8. Bob Bundy	65:08	Richard Burgey	12	1:06:55	85	60	25
9. Sylvia Klassen	66:57	Karl Kolva	9	1:02:20	55	35	20
10. Richard Burgey	80:20	Charlie Shahbazian	24	1:28:28	210	210	0
11. RIT Outing Club: Chris Sprutta & Ted Furutani	89:30	Joe Sackett	22	1:37:07	190	190	0
12. Randy & Denise McGarvey	92:15	Gary Maslanka	12	1:16:30	95	95	0
13. Lori Hunt	94:28	Laurie and Dave Hunt	7	56:42	65	65	0
14. RIT Outing Club-D Nesnadny	106:22	Bob Bundy					Lost Card
15. Linda & Rachel Armstrong & Charlotte Perri	117:40						
16. Kathy Curry & Patty Borden	120:44						
17. Mike Yunker	123:55						
18. Shawn Forney	136:00						
19. Kinsey, Kirsten, & Keith Ash	DNF						

Mendon Ponds Park October 5, 2008

The Mendon meet had a great turnout of 208 individuals of all ages. Rob Stevens' courses did not disappoint.

The use of epunching made this meet especially fun and challenging, too. Many had to learn a new S/F procedure that involved "clearing and checking" and "downloading" with a special "finger stick". Thanks to Ravi Nareppa for setting up and running the epunch program. Ravi was not able to leave the computer for at least 4 hours. He had to enter all the epunch numbers and print out the results as they were downloaded. Rob Stevens also deserves kudos for his important role as course setter. He programmed the epunch units to match his courses. On his final trip to set out controls, Rob carried at least 40 lbs of water in his backpack plus stands, units, flags and cups.

Eric Barbehenn deserves special thanks, also, for bringing the new club printer and being able to print the extra maps we needed for the great turnout. If you wonder what ROC does with your membership dues and event fees, well, for example, the club has just purchased a printer which produces excellent color maps at a very reasonable cost. The dream of printing maps on demand is now a reality for our club!

The surprise event of the day was the String O which had its best ever number of participants, 17 (plus an untold number of teenagers who thought it "cool fun" to run around the string course and collect "body" stickers)

The Mendon meet was a window on the way we hope to experience orienteering events in the future wherever possible. Epunching made it obvious that, occasionally, orienteers do punch the wrong flag. We have never have time or man power to check the punches at past events, but now, with epunching, the truth will be known! (orienteering tip - always check your control code)

As always, our volunteers were troopers and how could we have had such a great event without them:

Course Setter: Rob Stevens. **Vetter and course consultant:** Dick Detwiler. **Greeters:** Carol Moran & Tom Cornell. **Registration:** Ruth Hayes, John Nusz, Carl & Reid Palmer, Sandra, Lomker, Sandi Willsey, Linda Kohn. **Start/Finish:** Rick Worner, Rick Slattery, Mike Meydanasy, Rick Lavine. **Food:** Neil Parry. **Instruction:** Linda Kohn & Eric Barbehenn.

Score-O at Mendon Ponds Park September 25, 2008

We had a perfect evening for the Sept 25th, Thursday night Score-O - although the darkness did come into play for several teams. Fortunately the ones that were out the latest came prepared with headlamps. Considering it was a school night we had a pretty good turnout, and in advance of the North American Championships in Syracuse we had a good number of out of town clubs represented. Orienteers from Chicago Area, Miami Valley (Ohio), Cascade (Washington), Bay Area (California), and Rocky Mountain Orienteering Clubs made a visit.

Volunteers for the meet included Bob Bundy (Finish), Steve Tylock (Registration), Mike Lyons and William Hawkins (Flag Pick-up). And a special thanks to Eric Bone and Ben Legg for helping pick up flags in the dark after flying in from the west coast.

Rob Holmes, Meet Director and Course Setter

Name, Controls, Time, Points, Penalty, Final Points						
William Hawkins	24	56:05	210	0	210	
Marciel Olaru	21	57:50	170	0	170	
Tim Gorbald	22	1:02:05	190	45	145	
Vince Cassano	18	1:00:13	155	15	140	
Steve Tylock	14	59:13	140	0	140	
Jim Pamper	14	57:05	135	0	135	
Larry Zygo	16	57:50	120	0	120	
Eric Barbehenn	13	1:00:15	110	15	95	
Kathy Bannister	11	1:00:00	90	0	90	
Rod & Laura Cameron	10	59:30	90	0	90	
Tom Svobodny	11	42:12	85	0	85	
Jan Ingebrigtsen	19	1:06:27	170	90	80	
Sylvia Klassen	10	53:17	80	0	80	
Eric Pieh, Elspeth Ronnander						

String-O: Nancy and Richard Burgey. **Control Pickup:** Sue, Victor, & Sylvia Klassen, Jim Tappan, Rick Worner, Rick & Dayle Lavine, & Jim Pamper. **E-punch:** Ravi Nareppa.
Dayle & Rick Lavine- Meet Directors

White

1	Dobretsov, Tim	22:34
2	Creatura, Jack	30:36
3	Nadorff, Elanor	34:11
4	Kerekes, Cris	34:27
5	Meyers, Morgan	41:04
6	Wilson, B	45:27
7	Cornell, Anita	50:32
8	Holmes, Kameron	52:10
9	McGwin, Kathe	52:23
10	Daum, Ron	53:53
11	Davis, Katie	54:54
12	Buehler, Edwina	56:00
13	Nakada, Joyce	56:05
14	Wilson, C	65:49
15	Creatura, Anna	70:29
16	Wilson, A	71:48
17	Casto, Cindy	78:07
18	Wilson, F	112:59
19	Wilson, Z	156:50
20	Tumia, Cathy	MP
21	Penoyer, Barden	MP
22	Wilson, D	MP
23	W, Wilson	MP
24	Wison, E	MP
25	Wilson, G	MP

Yellow

1	Kurtz, Vincent	62:46
2	Willsey, Sandi	65:11
3	Holmes, Cameron	69:07
4	McGarvey, Denise	73:04
5	Winslow, Don	75:11
6	Russell, Jim	88:57
7	Mazzullo, Tony	92:00
8	Moran, Carol	94:06
9	Lomker, Sandra	96:28
10	Cloninger, Bethany	101:31
11	Creatura, Jack	107:14
12	Tuck, Douglas	111:13
13	Cornell, Anita	115:23
14	Byfield, Bert	116:40
15	Mancini, Chuck	118:42
16	Nusz, John	119:01
17	Nutschler, Bill	130:07
18	Hane, Elizabeth	130:09
19	Laplante, David	148:16
20	Wilson, 1	255:00
21	Wilson, 2	257:00
22	LaForce, Anna	MP
23	Story, Lori	MP
24	Parry, Neil	MP
25	Lally, Mike	MP
26	Holahan, Tim	MP
27	Budgeon, Donna	MP
28	Jabs, Bill	MP

Orange

1	Weiler, Scott	76:14
2	Manioni, Chet	90:02
3	Holahan, Annette	92:36
4	Armstrong, Frank	95:17
5	Sheehan, Kay	95:28
6	Curry, Jim	95:33
7	Marshall, Carol	99:03
8	Palmer, Carl	100:05
9	Manley, Jennifer	127:10
10	Yunker, Mike	140:03
11	Neuringer, Jordan	156:49
12	Hart, Colleen	MP
13	Tucker, Dean	MP
14	Rick, Gordon	MP
15	Nunes, Jeff	MP
16	Behlok, Eli	MP

Green

1	Kohn, Linda	72:15
2	Tylock, Steve	73:49
3	McGarvey, Randall	81:07
4	Klassen, Sylvia	90:43
5	Shore, Joel	91:37
6	Slattery, Rick	97:42
7	Novkov, Jackie	105:17
8	Meynadasy, Michael	109:28
9	Bundy, Bob	120:33
10	Tikhumirova, Maria	130:46
11	Mathes, Luke	139:58
12	Lambert, Hugh	143:17
13	Jahn, Eric	144:15
14	Story, Tom	149:37
15	Cameron, Rod & Laura	180:00
16	Burgey, Richard	186:00
17	Burgey, Nancy	232:03
18	Parmelee, Lawrence	MP
19	Cornell, Tom	MP
20	Worner, Rick	MP

Red

1	Gorbald, Tim	57:14
2	Holmes, Rob	69:11
3	Lyons, Nate	89:32
4	Worner, Lindsay	101:32
5	Pamper, Jim	105:27
6	Klassen, Victor	106:30
7	Barbehenn, Eric	112:32
8	Bridgeman, Stina	119:53
9	Cassano, Vince	120:15
10	Korniliev, Pavel	124:08
11	Rukosueva, Rita	125:34
12	Pieh, Erik	126:57
13	Quinn, Patrick	134:17
14	Sizov, Dimitry	157:35
15	Klassen, Sue	184:46
16	Maslanka, Gary	MP
17	Fergusson, Dave	MP
18	Luonyo, Vince	MP
19	Wallenhorst, Jack	MP

Dryer Road Park October 18, 2008



Heading towards the first control at Dryer Road Park.
(Photo by Dick Detwiler)

White

1	Matt Sanders, Al Casazza, Colin Hood, Noah Anders	30:25
2	Nancy Burgey	30:59
3	Jean Cirone, Kate Finn-McElhiney, Ryan McElhiney	32:57
4	Nathan Liqio Al Casazza, Christian Illes, Chris Bielec, Cole Bielec	34:41
5	Tim Klimasewski, Sarah, Lexie, Graham, Charlotte	37:54
6	Linda Keefe	40:06
7	Kevin Malehorn, Al Casazza, Tyler Eifert, Dan Brady, Kevin Malehorn	40:26
8	Andrew Elder, Meghan, Auden Yurman	41:13
9	Brian Malehorn, Al Casazza, Sean White	41:57
10	Edwina Buehler	45:48
11	Jim Hood, Christine, Dutton	54:17

Short Yellow

1	Chris Pragle Kaleb, Logan	46:09
2	Brian Malehorn	52:59
3	Vince Cassano	62:55
4	Kevin Malehorn	66:10
5	Jim Hood Christian	67:27
6	Matt Sanders	77:58
7	Steven MacLean Kristen, Kali	140:32
8	Nathan, Chris Christian Chris	DNF
9	Michael Hersch	DNF

Yellow

1	Dean Tucker Laura	45:12
2	Richard Burgey	58:43
3	Melissa Tylock Steve Tylock	66:30
4	Jean Cirone	73:56
5	Anne Schwartz	84:02
6	Elizabeth Hane	96:01
7	Kelly Behlock Eli, Alex, Katie, Alyssa	122:33
8	Emily Stephenson Sandra Lomker	135:42

9	Donna Budgeon	DNF
10	Bethany Cloninger	DNF

Orange

1	Stina Bridgeman	51:06
2	Rick Slattery	61:34
3	Nate Holahan	71:50
4	Carl Palmer Reid Palmer, Jonesy	71:58
5	Ravi Nareppa	88:13
6	Annette & Alyson Holahan	100:44
7	Jim Curry Kathy, Michael	111:53
8	Laurie Hunt	116:29
9	Marie Heerkens	116:34
10	Tom Cornell	123:59

Green

1	Tim Gorbold	56:29
2	Mike Lyons	69:37
3	Eric Barbehenn	89:38
4	Linda Kohn	99:05
5	Lindsay Worner	102:48
6	Sue Klassen	113:15
7	Sylvia Klassen	115:20
8	Dayle Lavine	115:53
9	Bob Bundy	121:00
10	Richard Lavine	122:15
11	Victor Klassen	128:51
12	Joel Shore	129:41
13	Doug Brooks	130:35
14	Joe Seyfried Joey	156:07
15	Dave Fergusson	193:42
16	Randall McGarvey	DNF
17	Hugh Lambert	DNF

Camp Pinewood November 2, 2008

The weather was cool and dry for our return to Camp Pinewood. Most of the leaves were off the trees so it was easier to pick out the contours and move through the woods. A few thorns remained in the vicinity of control number 4 on the Red course. The ground was a little muddy in spots.

Linda designed six courses and we introduced a number of categories that allowed people to be compared against others their own age and skill level. Although it was a little confusing to some at registration it was nice to see some other winners reflected in the results. It is our belief that the club could benefit from some standardization of courses that would allow members to compare their results to others of the same age and ability levels.

Thanks to Ravi Nareppa and Stina Bridgeman we were able to use e-punching. As we use the system more we are getting better at producing timely and accurate results. We have also found ways to reduce the burden on course setters by hanging the boxes on the same string that attaches the flag to the feature and minimizes the number of locations that need posts. Karl Kolva has re-engineered the posts so that they are less cumbersome and easier to transport. He even made lightweight carrying case with handles to transport the posts. Many thanks to Karl and Mary (who does all of the sewing).

Many thanks to Mike Oyer, the Pinewood ranger and the Girls Scouts of Genesee Country for letting us use the property. We had a good number of Girl Scout groups and leaders who came for a special clinic conducted by Linda before the meet.



Nice fall scenery at Camp Pinewood for our meet. (Photo by Laurie Hunt.)

Thanks to: Dave Levine and Eric Barbehenn for picking up controls; Lindsay Worner for acting as a greeter and working on the computer; Rick and Dayle Lavine for helping in all areas; Carol Moran and Elizabeth Hane for handling registration; Tom Cornell for being a greeter; Sandra Lomker for coordinating all of the volunteers.

White - Pinewood

Place in			Time
Class	class		
W Open	1	Don Winslow	23:04
M-12	1	Luke Lyons	28:12
M-12	2	Josh Ayers & party	30:03
M-12	3	Tim Dobretsov & party	34:13
W Open	2	Bobby Younger ,Brandon Cassada	39:07
M-12	4	Dean Yenger & party	44:36
W Open	3	Jeff Younger	47:40
W Open	4	Ann Younger ,Beth Younger	48:11
W Open	5	Scott Goodman ,Ally, Abby, Rita	48:46
F12	1	Elanor Nadorff	52:51
W Open	6	Pat Sweeney ,Wayne, Andrea, Meaghan	54:33
W Open	7	Carol Moran	61:12
F12	2	Glenna Colaprete & party	65:32
F12	3	Noelle Meyer & party	74:09
W Open	8	Edwina Buehler	78:22
F12	4	Jennifer Geiger & party	81:23
W Open	9	Jeanine Atieh & party	87:01
W Open	10	Dragana Pavlovic & party	90:40
W Open	11	Wayne Machamer & party	DNF

Yellow - Pinewood

Place in			Time
Class	class		
Y Open	1	Don Winslow	45:41
Y Open	2	Michael Viterise	46:19
Y Open	3	Cheri Stady & party	51:51
Y Open	4	Jeff Younger ,Ann, Beth	76:41

Y Open	5	Jim Yencer & party	77:31
Y Open	6	Rebecca Muchler & party	120:40
Y Open	7	Lenore Pawlowski ,Darlene Ward	120:45

Orange - Pinewood

Place in			Time
Class	class		
O Open	1	Ravi Nareppa	52:22
O Open	2	Elizabeth Hane	91:17
M16	1	Vincent Kurtz	97:33
O Open	3	Anna LaForce	113:55
M16	2	Bobby Younger ,Brandon Cassada	119:20
O Open	4	Sandra Lomker	148:09
O Open	5	Marilyn Zygo	MSP

Brown - Pinewood

Place in			Time
Class	class		
Br Open	1	Steve Tylock	53:12
Br Open	2	Marilyn Zygo	101:26
Br Open	3	Thomas Story	101:47
Br Open	4	Sylvia Klassen	107:58
M60+	1	Richard Burgey	110:21
M60+	2	Karl Kolva	129:26
Br Open	5	Shawn Forney	140:26
M60+	3	Tom Cornell	141:28
Br Open	6	Nancy Burgey	168:52
Br Open	7	Hugh Lambert	DNF
Br Open	8	Louise Cook	DNF

Green - Pinewood

Place in			Time
Class	class		
M20-	1	Nate Lyons	52:09
M50+	1	Richard Detwiler	72:44
M50+	2	Rick Lavine	94:12
F50	1	Dayle Lavine	98:02
F50	2	Barb Dominie	114:59
F40+	1	Sue Klassen	124:11
M50+	3	Joseph Seyfried	145:01
F50	3	Laurie Hunt	DNF

Red - Pinewood

Place in			Time
Class	class		
M21	1	William Hawkins	52:39
M40+	1	Mark Dominie	73:13
M40+	2	Steve Tylock	84:46
M40+	3	David Levine	85:53
M40+	4	Larry Zygo	88:04
M35+	1	Eric Barbehenn	89:38
M40+	5	Gary Maslanka	90:48
M40+	6	Vince Cassano	93:13
M40+	7	Peter Dady	93:26
F21	1	Stina Bridgeman	93:37
M40+	8	Victor Klassen	104:37
M40+	9	Jim Pamper	106:34
F21	2	Patty Lyons	136:17
M40+	10	Rick Slattery	136:17

Mendon Trail Run November 8, 2008



Start of the 5K, 10K, and 20K. Photo by Laurie Hunt.

The Rochester Orienteering Club hosted the annual Mendon Trail Run, making this the 16th consecutive year of this race – can you believe it’s been going on that long? Although this is a trail race, as opposed to an orienteering event, it is important for our club. Even though the entry fees for this race are low compared to other running races, this event is a significant source of operating funds for the club, helping us to keep our meet fees among the lowest in the nation.

There were 230 participants in the various distances offered: 5K, 10K, 20K, and 50K. The course is based on a 10K loop, run once for the 10K distance, twice for the 20K, and five times for the 50K. There is a cutoff for the 5K runners. Based on the

contours from the Mendon orienteering map, there is approximately 1100 feet of climb per 10K loop, so it is a very challenging course.



ROC's Dick Detwiler in the 50K. (Photo by Anne Schwartz.)

This has become more than a local event, too. Again we had a group from St. Catherines, Ontario, Running/Walking club who make the trip every year, runners from Hawaii, Ohio, Delaware, VT, NC, New Jersey, and all over New York.

Two course records were set. Yassine Diboun of Ithaca set a new record in the 50K with an outstanding 3:58:46, which is an average pace of an amazing 7:42/mile on this very difficult course. Also, Maria Mancarella from Syracuse set a new women’s record for the 10K with a time of 44:46 (7:13/mile, also outstanding). Maria was the second overall finisher in the 10K, only about a minute behind Dennis Moriarty. Full results are on the ROC web site.

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



Wilson Magnet High School Outdoor Club, at National Orienteering Day at Highland Park in September.

First Class



40 Erie Crescent
Fairport, NY 14450



Eric Pieh finishing first on his course at Highland Park.