



The Wild Times

April 2010

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

The official newsletter of the Rochester (NY) Orienteering Club

Please consider joining ROC! Free entry to one meet for anyone joining or renewing!

This issue of *The Wild Times* is being sent to anyone who has been an ROC member at any time in the last 3 years. If you're at all like me, sometimes a membership can lapse, not because I'm no longer interested in the activity or cause, but because I neglected to renew, and I wind up falling off of the radar screen. This is a reminder, if that has happened with you!

A membership form is included in this (and every) issue. Also, if you'd prefer, it is possible to join or renew on-line, using Active.com, at tinyurl.com/y9xsgh. (Note that there is a small transaction fee charged by Active.com)

Not sure if you're a current member or not? Check the mailing label for the expiration date. If the date is in the past, you need to renew!

And as a special incentive to encourage joining and renewing, ROC is offering to **waive the entry fee** for any one of this year's meets, for anyone who either joins or renews.

Club Membership - What's in it for you?

By Steve Tylock

My membership story is fairly simple - the first year I started orienteering I thought that the membership would be useful if I was going to get out to more than eight events. (Call me a simple mathematician here, but I realized saving \$3 per event would pay for the single year family membership of \$25 after eight events...) But the first time out, I didn't purchase it because I didn't know if I'd be back. The second and third times I was in a hurry and still wasn't convinced. The sixth time out I realized that I should have purchased the membership a few months back, but with only a few more events left in the year it didn't make sense to do so any longer!

The next season I purchased a three year family membership in the spring (that saved even more) and haven't really thought about it since...

But surely you're thinking there must be other reasons to become a member - let me pause for a minute...

- The club prefers volunteers to be club members - there is an insurance requirement behind it.
- When I volunteer, I skip the meet fee entirely - and I do that a half dozen times a year, so that saves another \$18.
- The club has given out volunteer T-shirts over the last few years, and I've earned one of those - so there's more value.

OK, that seems concentrated around volunteering at events, so let me offer a different perspective...

Last year I joined the club's Board of Directors - again to help, but to get my voice heard. When we were planning the current season, I brought up the topic of a Canoe-O event because my kids really enjoyed one a few years back - and voila - there's a Canoe-O event in May!

But really - perhaps the biggest reason I joined and remain a member is because I happen to love orienteering. And long ago I learned that if you care about something, you've got to step up and support it - with your time and resources.

Compared to any other recreational or entertainment the family can find, Orienteering is relatively inexpensive, great exercise, mentally challenging, and a whole lot of fun. I think about those things and get passionate about helping people find the outdoors again.

And that's what you should think about too.

2010 Club Officers and Committee Chairs

President: Rob Holmes, 421-9246
rahklh@frontiernet.net

Past President: Mike Lyons, 787- 0088,
Michael.Lyons@xerox.com

President-Elect: Vacant

Treasurer: Lindsay Worner, 581- 2979,
Lindsay.worner@gmail.com

Secretary: Vacant

Membership: Randy McGarvey, 223- 7996

Equipment: Rick & Dayle Lavine, 442-6358,
rdlavine@frontiernet.net

Mapping Chair: Dick Detwiler 671-2437,
Rlshadow@aol.com

Hotline: Carol Moran, 377- 8144,
Pwtmoran@frontiernet.net

Newsletter: Dick Detwiler 671-2437
Rlshadow@aol.com

Volunteer Coordinators: Sandra Lomker/Tom
Cornell 426-6773 slomker@frontiernet.net

Publicity: Steve Tylock, 370-4632
stylock@gmail.com

Retail Map Sales: Vacant

Permanent O: Tom Cornell, 426- 6773,
tcornell@frontiernet.net

O Education: Jim Russell, 314-1309
Jrussell1@rochester.rr.com

GPS Coordinator: Mike Gallagher, 582-2408,
mafgl1953@gmail.com

Web Site: Sergey Dobretsov, 388-0683,
Dobretsov@yahoo.com

Board of Directors:

Bob Bundy, 586-9393 rbundy1@rochester.rr.com

Victor Klassen, 265-4313
rvklassen@alumni.uwaterloo.ca

Sandi Willsey, 398-7041 srw22@frontiernet.net

Laurie Hunt, 267-7665 hunt.laurianne@gmail.com

Rick Lavine, 442-6358 rdlavine@frontiernet.net

Steve Tylock, 370-4632 stylock@gmail.com

Randy McGarvey, 223-7996

Carol Moran, 377-8144 Pwtmoran@frontiernet.net

Joe Seyfried, 872-0903 jpseyf@frontiernet.net

Lindsay Worner, 581-2979
Lindsay.worner@gmail.com

Joel Shore, 256-0794 jshore@frontiernet.net

Rick Worner, 581-2979 Wornerkohn@aol.com

Vince Cassano, 387-0891 ryedvc@frontiernet.net

Carl Palmer, 249-0217 cepalmer@frontiernet.net

Rob Stevens, 200-3613 rjseme@rit.edu

Stina Bridgeman, 396-2926
stina.bridgeman@gmail.com

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 2010 Schedule

Rochester Area

Sunday, April 25	Icebreaker. Webster Park. Parkview Lodge. Club Series #1. Start from 12:00 noon to 2:00 p.m.
Saturday, May 15	Mendon Ponds Park West. Club Series #2. Start from 12:00 noon to 2:00 p.m.
Sunday, May 23	Canoe O at Ellison Wetlands, Empire Blvd, Penfield. Mass start at 10:00 a.m. Discounted canoe rentals available from BayCreek Paddling Center.
Saturday, June 5	Oatka Creek Park. Regular meet and Club Series # 3. Start from 12:00 noon to 2:00 p.m.
Saturday, June 12	ADK Expo at Mendon Ponds Park, Beach area.
Sunday, June 20	Mendon Ponds Park. North Meadow. White, Score-O, and Sprint Series #1. Score-O mass start at 2:00 p.m. Sprint and White start from 1:00 to 2:00 p.m.
Wednesday, July 14	Cobbs Hill Park. White, Score-O, and Sprint Series #2. Score-O mass start at 7:00 p.m. Sprint and White start from 6:00 to 7:00 p.m.
Saturday, July 24	Durand Eastman Park, Conifer Shelter. White, Score-O, and Sprint Series #3. Score-O mass start at 11:00 a.m. Sprint and White start from 10:00 to 11:00 a.m.

Outside of Rochester Area

See web sites of the sponsoring club for details.

Sunday, April 18	EMPO. Tawasentha Park, Guelderland, NY
Saturday, April 24	BFLO. Chestnut Ridge Park. Learn & Practice. White Beginners Course, Sprint and Score-O.
Saturday, May 15	EMPO. Colonie Town Park, Colonie, NY
Sunday, May 16	BFLO. Hunters Creek Park. Four Courses, Beginner to Advanced.
Saturday, June 5	CNYO. 6th Annual REGAINE. Shindagin Hollow State Forest, Caroline.
Saturday, June 5	EMPO. Schenectady Museum Nature Preserve, Niskayuna, NY
Sunday, June 13	BFLO. Sprague Brook Park. Four Courses, Beginner to Advanced.
Saturday, June 19	EMPO. Camp Pinnacle, WSW of Albany
Sunday, June 20	CNYO. Daddy-O. Pratt's Falls Park, Pompey
Thursday, July 8	BFLO. Hunters Creek Park. Sprint Course and 60-Minute Score-O.

Thursday, July 15	BFLO. Chestnut Ridge Park. 8km Trail Race.
Saturday, July 31	CNYO. 20th Annual ROGAINE — Event #3 in CNYO's annual Trifecta Cup. Sugar Hill State Forest, Watkins Glen.

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!

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://empoweb.us.orienteering.org>

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

Other clubs: See USOF web site.

Recent Permanent Course Finishers - CONGRATULATIONS!

Mendon

Cliff McKay	12/1/09	Victor NY
Mary Ann Sweikart	12/17/09	Naples NY
David Beaman	1/5/10	Fairport NY
Brian Thomas, Julie Smith	2/19/10	Rochester NY
Chris Basile & Greg Lavin	4/14/10	Geneva, NY

Webster

Ian Stead	11/16/09	Ontario NY
John Clark, Dena Vancurran	12/15/09	Rochester NY
Duncan McKay & Family	1/8/10	Victor NY

Spring Season Opens with Annual Icebreaker

April 25, Webster Park

The Rochester Orienteering Club will host the first of the season's orienteering meets on Sunday, April 25th, 2010 at Webster Park starting at the Parkview Lodge.

This event counts as the first in the club's Championship Series. Points from this and five additional races held throughout the year will determine a Club Series Champion in October. The best four results over the six races will count, allowing for participants to miss an event or improve upon an earlier result.

The event begins at 12 noon, and with staggered-starts, all competitors must start by 2:00 pm. Competitors will have no more than 2 hours to complete their course. Distances vary from 1.5km to 7km based on difficulty.

Instruction leading to a beginner course will be available, and walking such a course can easily be accomplished in under an hour (but please plan to arrive early). Groups and families welcome. Cost: \$6 per entry for non-members, and \$3 per entry for members (groups count as 1 entry).

Recommended dress: Appropriate for walking, running, or off-trail movement within your capabilities. As an early season event, the park is going to be wet and muddy in places. Walkers may be able to pick their way around the worst, but runners should expect to have plenty to clean after the race. Long sleeves and nylon sweat pants can provide protection if you plan to leave the trail. A compass would be helpful, and the club has some to loan if needed.

New Map of Webster Park to be Used for Icebreaker

By Dick Detwiler

The Webster Park map has been re-done, essentially from scratch, using some technologies that were not available when previous maps were made.

The major new technology utilized is LIDAR for obtaining improved contour information. The following is taken from a reference document (Fugro Earthdata, Inc., LIDAR Mapping Fact Sheet): "LIDAR is an acronym for "light detection and ranging." In the mapping industry, this term is used to describe an airborne laser profiling system that produces location and elevation data to define the surface of the earth and the heights of above-ground features. ... LIDAR offers many advantages over traditional photogrammetric methods for collecting elevation data. These include high vertical accuracy, fast data collection and processing, robust data sets with many possible products, and the ability to collect data in a wide range of conditions."

LIDAR data will be obtained for many of our local orienteering venues, and re-mapping will be done to provide improved orienteering maps, and as any orienteer will attest, better maps translate into a better orienteering experience!

In addition to LIDAR, high-quality aerial photos are now readily available on a state web site. These photos are geo-referenced, which means that when imported into the map file in OCAD (software used to create orienteering maps), they come in perfectly referenced to the LIDAR data. From these photos, much information can be obtained, such as vegetation boundaries, buildings, major trails, distinct trees, etc.

A third aid in mapping is the use of GPS technology. The club has purchased a relatively low-cost, hand-held GPS device (Garmin GPSmap 60CSx), which has been highly recommended by other people in the orienteering mapping field. As with the aerial photos, the GPS data can be easily

imported into the OCAD map file, correctly geo-referenced. This has proven useful in two primary ways: (1) By simply walking trails while carrying the device, trails can be "mapped" with far less effort and far greater accuracy than by the traditional method of compass bearings and pace counting. (2) The GPS is a very important aid in determining the location of point features, such as rootstocks, man-made objects, ruins, etc.

As with any technology, though, none of the above is perfect! While LIDAR is a tremendous improvement over the USGS contours that the previous map was originally based on (with many improvements made to the contour lines from field surveys), it is still not perfect – occasionally, a contour feature will just be "missed", or else the appearance of the feature in the field isn't well reflected by the LIDAR contours, and adjustments are needed. The aerial photos are several years old, and some (but not many) things have changed during that time. And GPS, while absolutely amazing technology, isn't perfect – at best, the accuracy is approximately +/- 3 meters, and can be larger than that depending on the vegetation, the cloud cover, the configuration of the GPS satellites, etc. So if a trail is walked multiple times with the GPS, the traces rarely overlap perfectly. Thus, even with the huge improvement in the "raw data" that goes into producing orienteering maps, there is still no substitute for many hours of field work.

In addition to re-mapping Webster Park using the technologies described, some areas have been added to the mapped area: (1) The narrow corridor that connects the park with Whiting Road; (2) The portion of the park east of Holt Road; (3) The portion of the park north of Lake Road (near Holt Road); and (4) The "Midnight" parcel, which is not part of Webster Park but adjoins the southeast part of the park, and is available for public use, thanks to the generosity of the Midnight family.

Thank You

ROC Volunteers 2009

Alexandra Jospe'	Ian Walters	Mike Lyons*	Rob Stevens*
Andrew Elder	Ian Gilbert	Mike Meynadasy	Ron Wellman
Anne Schwartz	Jack Wallenhorst	Mike Weinpress	Ruffhsana Cofer
Barb Dominie	Janet Porter	<i>N.A.Brewery</i>	Ruth Hayes
Bob Bundy*	Jessica Hichman	Nancy Burgey*	Sandi Willsey*
Carl Fey	Jim Borden	Natalie Fey	Sandra Lomker*
Carl Grimm	Jim Pamper	Nathan Klassen	Sergey Dobretsov*
Carl Palmer	Jim Russell	Nate Lyons	Shelly Viggiano
Carol Moran*	Jim Tappon	Nikhil Reddy	Stephanie Reh
Chad Borden	Joe Bringley	Pat Welch	Steve Tylock*
Cheryl Detwiler	Joe Seyfried	Pat Young	Stina Bridgeman*
Chris Lyons	Joel Shore*	Patty Borden*	Sue Klassen
Dave Cady	Karl Kolva*	Patty Lyons	<i>SuburbanDisposal</i>
Dave Levine	Kathy Bannister	Paul Duerr	Sylvia Klassen
Dayle Lavine*	Kay Sheehan	Paul Schwartz	Tatyana Dobretsova
Dimtry Sizov	Kim McGann	Pavel Korniliev	Tim Dobretsov
Denise McGarvey	Larry Zygo	Pete Dady	Tom Cornell*
Dick Detwiler*	Laura Wellman	Pete Leonard	Tyler Borden
Don Winslow*	Laurie Hunt*	Rachael Tylock	Tyler Holmes
Doug Brooks	Linda Burgey	Randy McGarvey*	Victor Klassen*
Edwina Buehler	Linda Kohn*	Ravi Nareppa*	Vince Cassano*
Elenor Nadorff	Lindsay Worner*	Reid Palmer	Walt Lyons
Elizabeth Hane*	Lou Katz	Richard Burgey*	William Hawkins
Emma Welch	Marilyn Robak-Zygo	Rick Lavine*	Zachary Borden
Eric Barbehenn*	Mark Dominie	Rick Slattery	Zack Lyons
Faith Reh	Mark Wade	Rick Worner*	
<i>Fleet Feet</i>	Mary Kolva*	Riesa Cassano	
Georg Nadorff	Melissa Tylock	Rob Holmes*	

* Indicates having worked FIVE TIMES or more and earned a FREE T-SHIRT.

These 109 volunteers are the people that have made Rochester Orienteering Club one of the most successful clubs in the country.

If you have never helped at a meet, contact one of the Volunteer Coordinators and try one of the simpler tasks. Volunteer as often as possible.

It's fun and a great way to meet other members!

Club Series and Sprint Series Back Again for 2010!

The Club Series and the Sprint Series, which were both initiated in 2009, were well received, promoting some friendly competition within the club. Since they went over so well, we're doing them again in 2010, with a few modifications.

Here is the schedule, then a review of the changes from 2009 to 2010:

Schedule for Club Series and Sprint Series

Club Series Schedule:

- Sunday April 25 at Webster
- Saturday May 15 at Mendon
- Saturday June 5 at Oatka Creek
- Sunday September 12 at Rattlesnake Hill
- Sunday October 3 at Mendon
- Sunday October 24 at Rotary Sunshine Camp

Sprint Series Schedule:

- Sunday June 20 at Mendon, North Meadows
- Wednesday July 14 at Cobbs' Hill
- Saturday July 24 at Durand Eastman
- Wednesday August 11 at Black Creek
- Saturday August 21 at Powder Mills
- Saturday September 18 at Highland

Review of changes in the series competitions

Scoring:

We are changing from the system in 2009, which was based entirely on place within a class (first place gets 10 points, second place gets 9 points, ... , 10th place and below get zero points), to a system which is based on time compared to other people who did the same course.

The approach: Calculate the median time (the midpoint of all results) of everyone who has competed on a given course.

- The median time was chosen rather than the average time (equivalently termed the mean time) because the median is much less affected by very good or very slow results than the average. So if the top orienteer in the club shows up for one meet, the median will not be any different than if someone showed up instead of him who performed only slightly above the median. Conversely, if someone has some major problems with a course and finishes in 2.5 hours when everyone else finished in less than an hour, again that would not affect the median any more than someone who finished slightly slower than the median.
- Everyone's time would be used to compute the median, NOT just people who were competing in the series. The reason for this is that our experience in 2009 suggests that there are not enough series competitors on some of the courses to have a median that is at all meaningful, if only the series competitors were considered.
- People who were OVT or who DNF'd or MSP'd would

not be considered in calculating the median.

- After the median is calculated for each course, each person's score for this meet is calculated as follows: **Score = Median time divided by the person's time, and then multiplied by 10.**
- Example: Median time = 60:00. Person's time = 50:00. Score = $(60/50)*10 = 12.0$
- The multiplier of 10 does not do anything in terms of the ranking of results; all it does is to put the numbers in an order of magnitude that might be more easily interpreted.
- Here the meanings of some possible scores:
 - A score of 10 means the person had exactly the median time.
 - A score of 20 means the person finished in half of the median time.
 - A score of 5 means the person finished in double the median time.

Scoring for people who DNF, MSP, or OVT

- The consideration used was that someone who comes out and attempts a course should receive something for the effort, compared to someone who did not attend the meet.
- In reviewing all of the scores for the 2009 Sprint Series and the Club Series, the minimum earned (by a person successfully completing a course) in the Club Series was 5.16, and in the Sprint Series, it was 4.27. **Based on this range, it was decided that a score of 3 be given to someone who has a DNF, MSP, or OVT.** This will thus award some points, but be distinctly lower than a person who successfully completes a course.

How many meets should count towards the series

- A suggestion had been made that for 2010, we should count the best 3 out of 5 meets, rather than the best 4 meets. This would give more people a chance to be fully competitive in the series, using the maximum number of scores.
- However, there were concerns about 3 meets not being very many to base the series scoring on.
- It was decided that instead of using the best 3 out of 5, we should use the best 4 out of 6, which means adding a Club Series event and adding a Sprint Series event.
- It was also suggested that the requirements to be a series meet be relaxed slightly, to make it less imposing to have a meet be a Club Series or Sprint Series meet. Specifically:
 - The goal of the Sprint and Club series is to use electronic timing at each event, and for the Club Series meets, to offer a set of WYOBGR courses.
 - There may be events where electronic timing is unavailable, or a Red course is not well supported by the park. Course Setters and Meet Directors will accommodate as needed.

- If Green is the longest course, the median for the male and female open event will be calculated separately from the rest of the green participants.

Age/gender classifications for Club Series

Some modifications were made to the youth age groups on Green, and using a different age cutoff for male and female for Green and Brown courses to make them more consistent with USOF age ranges:

- White: M/F-12
- Yellow: M/F-14
- Orange: M/F-16
- Green: M/F-20, F35+, M45+
- Brown: M65+, F55+
- Red: F-Open, M-Open

Credit for being meet director or course setter:

As in 2009, points will be given the meet director (if he/she is unable to compete due to meet director responsibilities, as is usually the case) and course setter for each meet. They will receive the number of points for the meet they worked equal to the average score of the meets that they competed in.

Example: A person sets the courses for Club Series #1. This person competes in Club Series #2, #4, and #6, earning 8.0 points in #2, 9.0 points in #4, and 10.0 points in #6. For meet #1, he/she would receive $27/3 = 9.0$ points.

Discussion of advantages of time-based scoring system:

1. A person's score is more directly related to how well he or she did than with the place-based system. A couple of examples:
 - a) If a person is the only entrant in his or her class in a particular meet, with the place-based system, that person receives a 10 regardless of whether the person did well or not. In the time-based system, the score will be directly tied in to the time, even though only one person from the class was present.
 - b) A person's score will be relatively independent of how many people were in his or her class. Currently, if a person is in M-Open, for example, which has many participants, it is common to receive a very low score or even a zero for completing a course successfully, but not as fast as many of the others. Conversely, if a person is in a class with fewer participants, even a very slow time can result in an 8, 9, or even 10.
 - c) A person's score is also relatively unaffected by the presence of one of our very top orienteers. If a person's time warrants a 13, for example, the score will still be very close to 13 even if a top orienteer is there and scores 18 points.
2. There is far less chance that the series competition will end in a tie.

Out-of-town meet opportunities this spring

Here are some major out-of-town meets offered within about a day's drive from Rochester. Web sites for each event are included for additional information.

- May 1 and 2: Annual West Point meet, West Point, NY.
www.dean.usma.edu/departments/geo/clubs/o_team/
- May 8 and 9: Western Connecticut Orienteering Club meet, between New Haven and Danbury, CT.
www.faculty.fairfield.edu/rdewitt/wcoc/
- May 23: New England Orienteering Club Billygoat (long distance, mass start event), Mt. Tom State Park, Holyoke, MA.
www.newenglandorienteering.org/billygoat10/

The Lyons clan competes (very successfully) at the Flying Pig meet (April 9-11, Ohio)

2010 U.S. Interscholastic Orienteering Championships were held in conjunction with the XIV Flying Pig orienteering A-meet, hosted by Orienteering Cincinnati.

Six members of the Lyons family participated in the meet: Walt, Patty, Mike, Nate, Zach, and Luke. Their results were very impressive!

In the main part of the meet, the 2-day combined time for Saturday and Sunday events, here is how each person fared:

- **Walt:** 2nd out of 5 in the M65+ category.
- **Patty:** 2nd out of 6 in M50+.
- **Mike:** 5th out of 12 in M45+.
- **Nate:** 2nd out of 57 in the Interscholastic Varsity division.
- **Zach:** 1st out of 43 in the Interscholastic Intermediate (middle school) division.
- **Luke:** 1st out of 6 in the Interscholastic Primary School division.

Congratulations to all on fine performances, in particular to the Interscholastic competitors Nate, Zach, and Luke!

Weekly Training Sessions Being Held by ROC

by Dick Detwiler

Many people have expressed interest in training sessions, to improve orienteering skills. (If you haven't been receiving information already about these sessions, go to the ROC web site, click on ROC Mail Lists, and sign up for the ROC-INFO mailing list.)

Rob Stevens offered to coordinate training sessions this spring. Based on a training survey he sent out, most of the responders were interested in doing a once-a-week training session. The best time with the fewest conflicts was Saturday morning. Thus, a decision was made that we hold weekly training sessions from 9:00-10:30 am on Saturdays whenever we do not have a local meet scheduled. Most of the interest was in developing intermediate and advanced orienteering skills, although there was some interest in beginner skills. A volunteer leads the training for each week.

To date, there have been three sessions held, on April 3, 10, and 17, at Mendon, Powder Mills, and Ellison Park, respectively. Here is a summary of the sessions at Powder Mills and Ellison Park.

Powder Mills, April 10

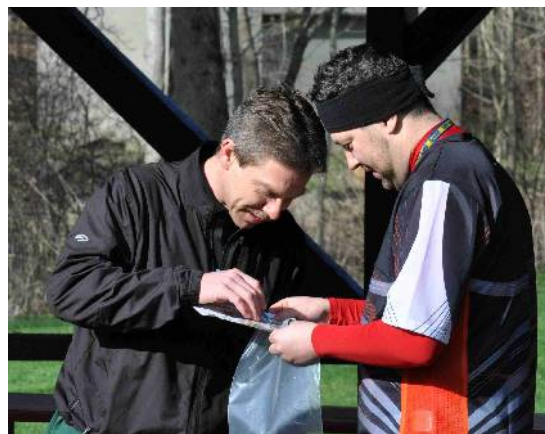
Rob Holmes conducted this session. The exercise was a Line-O, which means that the objective is to carefully follow a line on the map, drawn along trails in some cases, but off of trails much of the time. There were 17 controls placed along the line, but the key difference between a Line-O and a conventional orienteering course is that the map does not indicate where the controls are! It is up to the participant to locate the controls, by staying on the line as accurately as possible.

It is not easy, as I found! I found only 12 out of the 17 controls. In some cases, my error was that I deviated (generally very slightly) from the line, missing a control. In other cases, I didn't observe that the line on the map made an ever so slight deviation from where I assumed it was going (in one case, for example, going around the far side of a rootstock that was right along a trail – the line probably deviated only 1-2 mm from the trail). In another instance or two, I felt that I was on the line correctly, but I didn't see the control (streamers were used instead of conventional controls, so one had to be observant to not miss them).

I found this to be a great training tool. It was my first time on a map for this orienteering season, and it forced me to pay close attention to the map and where I was at all times.



At the Powder Mills training session -- getting set to go out.



Rob Stevens and Sergey Dobretsov discuss the Powder Mills Line-O training exercise.

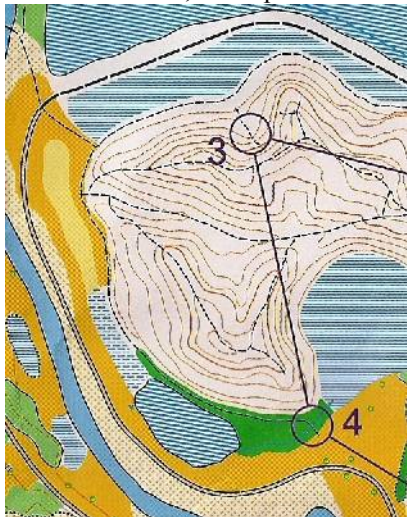
Although this is primarily an intermediate to advanced exercise, Rob Holmes came prepared for less experienced orienteers by having some maps made up with the locations of the controls indicated with circles, in addition to having the line drawn. There were in fact a couple of less experienced people participating, who used the maps with the circles, and were thus able to get very valuable practice, following the line as well as possible, but with the additional “security” of knowing the locations of the controls.

Ellison Park, April 17

Steve Tylock coordinated this training session. There were two main topics on the agenda:

- Route choice: Over vs around?
- Score-O planning.

For route choice, Steve presented the following leg, taken from the Sprint held at this park last summer:



Going from 3 to 4, there are two basic choices: Should I take the most direct route, which involves crossing a number of contour lines (thus, quite a bit of up and down), or should I head NW for a short distance, and get on the trail that will take me to control 4, with essentially no climb?

Steve instructed each of us to, first, try going from 3 to 4 in a direct way, which involved climbing one hill, and then either climbing a second hill, or else avoiding the second hill by going along the edge of the swamp that is NE of control 4. (And he warned us that the choice along the swamp might not be real easy going!)

Then, go back to Control 3, and this time, take the trail. Time ourselves going each of these two routes.

My result was quite striking, and others had similar results. I took a little more than 5 minutes to go the “direct” way (choosing, in my case, to go over both hills), and 2 ½ minutes to go via the path. Very dramatic difference! Especially in a sprint, where seconds can count, as there often isn't much time difference between competitors.

It was also interesting to review the distance traveled from my Forerunner (wrist GPS, which tracks distance and time). In the “direct, over the hills” route, I covered 290 meters; in the “around” route, I covered 465 meters (60% longer). Definitely longer when going “around”, but not as much of a difference as I might have expected, from viewing the map. It was also interesting to observe my pace for each of the route choices! In the “over” route choice, I averaged 29:20 per mile; in the “around” route choice, I averaged 8:47 per mile. Huge difference! Very valuable exercise.



There was a second route choice exercise, which a few of us did after finishing the “over vs around” exercise, before starting the second portion of the training (score-O planning). This was leg 8-9, from the same Sprint from last summer. There is an uncrossable creek which prevents a straight-line route choice. The two options were to go right, across a bridge, then along the creek through scattered trees, to the control; or to go left, across a different bridge, across another (small) bridge (just to the NNW of control 9), then to the control. At a quick glance, it was tough to tell whether one route would be preferable to the other. We each did both routes, and found them to, indeed, be very comparable. In my case, I took 55 seconds going “right”, and 59 seconds going “left”. The lesson from this is that if there are two route choices, left or right, and they look pretty similar in distance and (very important) similar in runnability, don't spend even 10 seconds trying to decide which way is “ideal”. Just pick one and go for it!



Steve Tylock, left, explains training exercise at Ellison Park.

USOF Rankings

by Mike Lyons

Each year, USOF compiles rankings of all participants that attend sanctioned orienteering events (usually A-Meets). An interesting mathematical model is used to take into account all results for a given year and provides a “rating” for each result at each event, by Course (White through Blue). A competitor’s individual ratings on a Course are averaged (with lower scores removed for competitors that complete more than four events) to determine their overall rating for the year. At that point, the ratings are “curved”, so that the average rating of the top three USOF members is 100 for each Course, and the competitors who have competed in at least four events are ranked within each Class (F-10 thru M85+).

Patches are awarded to the top competitors in each Class. Gold patches are awarded to the top 3 in each class. Anyone else that is within 20% of the top 3 is awarded a Silver patch, and anyone within 30% of the top 3 receives a Bronze patch. For M-21+ (Open Men), this means a rating over 80 earns Silver and a rating over 70 earns Bronze, since there is only one class on the Blue course. The cutoffs for all other classes will vary, as they share courses with other classes. For example, the top three F-21+ competitors (Open women on the Red course) had an average rating of 88.44, so the cutoff to earn Silver was 70.75 and the cutoff to earn Bronze was 61.91.

A number of ROC members earned patches in 2009:

Category	Rank	Name	Rating	Patch
F60+	6	Kathleen Bannister	56.92	Bronze
F65+	5	Dayle Lavine	61.42	Bronze
M-10	2	Lucas Lyons	83.80	Gold
M-14	1	Zachary Lyons	104.57	Gold
M-20	2	Nathaniel Lyons	97.99	Gold
M-21+	17	Nathaniel Lyons	86.47	Silver
M35+	1	Robert Holmes	77.26	Gold
M40+	6	Pavel Korniliev	72.14	Silver
M45+	15	Michael Lyons	78.76	Bronze
M50+	20	David Levine	73.50	Bronze
M50+	13	Mitch Collinsworth	78.65	Silver
M70+	7	Richard Lavine	56.32	Bronze
M85+	1	Karl Kolva	24.86	Gold
Primary Club not ROC (but compete in local events):				
F50+	5	Patricia Lyons	59.04	Silver
M-21+	1	William Hawkins	101.80	Gold

Empire State Games Ski-O Results

Results are shown of Rochester-area competitors, and any ROC members. Also, the winner of each category is shown.



Randy McGarvey. Photo by Stina Bridgeman.



Nate Lyons. Photo by Stina Bridgeman.

Grand Masters Men (5 entrants)

		<u>Place</u>	<u>Time</u>	<u>Medal</u>
Aims Coney	Stow, MA	1	01:08:46	Gold
Edward Deller	Fairport, NY	4	03:39:44	

Masters Men (5 entrants)

David Hunter	Lake Placid, NY	1	01:21:46	Gold
Jim Pamper	Lima, NY	4	02:01:17	
Gary Maslanka	Avon, NY	DNF		

Masters Women (2 entrants)

Ellie George	W. Charlton, NY	1	02:08:57	Gold
Sandi Willsey	Farmington, NY	2	03:05:09	Silver

Open Men (7 entrants)

Adrian Owens	Craftsbury Cm., VT	1	01:12:14	Gold
Randall McGarvey	Fairport, NY	2	01:16:32	Silver
Mitch Collinsworth	Freeville, NY	3	01:30:07	Bronze
Erik Pieh	Rochester, NY	4	01:39:33	
Sergey Dobretsov	Penfield, NY	DQ		
Pavel Korniliev	Corning, NY	DQ		
Georg Nadorff	Victor, NY	DQ		

Open Women (1 entrant)

Stina Bridgeman	Canandaigua, NY	1	01:41:03	Gold
-----------------	-----------------	---	----------	------



Tim Dobretsov. Photo by Stina Bridgeman.



Tim Dobretsov celebrating his medal. Photo by Tatyana Dobretsov.

Scholastic Men (7 entrants)

Kestrel Owens	Craftsbury Cm., VT	1	01:04:35	Gold
Timothy Dobretsov	Penfield, NY	3	02:15:02	Bronze
Zachary Lyons	Rochester, NY		MP	
Nathaniel Lyons	Rochester, NY		DNF	

US Ski-O Championships

Seven people from ROC competed in the US Ski-O Championships held in Vermont in mid February. Here are their results:

Middle Distance: February 13, 2010, Marshfield, VT

Red Course

Stina Bridgeman	22 nd out of 32	1:24:21
Linda Kohn	26 th out of 32	1:31:29
Rick Worner	MP	

Blue Course

Georg Nadorff	5 th out of 16	53:34
Pavel Korniliev	7 th out of 16	57:16
Sergey Dobretsov	8 th out of 16	58:35
Randy McGarvey	11 th out of 16	1:00:36

Long Distance, February 14, Craftsbury, VT

F21

Stina Bridgeman	8 th out of 10	2:42:57
-----------------	---------------------------	---------

M21

Randy McGarvey	6 th out of 13	2:19:48
Pavel Korniliev	7 th out of 13	2:22:12
Georg Nadorff	9 th out of 13	2:32:56
Sergey Dobretsov	10 th out of 13	2:34:51

F Green

Linda Kohn	2 nd out of 2	1:42:03
------------	--------------------------	---------

M Green

Rick Worner	3 rd out of 5	1:37:19
-------------	--------------------------	---------



Stina Bridgeman at US Championships, February 2010, Vermont. Photo by Elizabeth Hane.

Local Meet results

Mendon Ponds Ski-O January 17, 2010

What a surprising and delightful success of this event. , Jim Russell our resourceful Course Setter sent out a message that "the trail conditions are far from ideal. Most trails have at least some snow cover...although it may be icy by morning...but many have rocks, sticks, or leaves showing through. Some areas can be "sticky" so care should be taken on downhill- watch for ice and debris or just ground that will grab your skis. Most trails are quite wide (either groomed or walked on a lot) with no tracks so skating is a viable option for most of the area." ROCK SKIS ARE DEFINITELY THE ORDER OF THE DAY"



Sandi Willsey, left, and Chad Borden starting out on the Mendon course. Photo by Dick Detwiler.

HEY!!! What a surprise and delightful success of this event (again said). The skiing was great with just enough snow cover, above freezing temperatures, and with enough snow cover to skate and thin enough for those of you on foot. So, if you decided not to do this ski O - guess what! You missed lots of skiing fun. Hurrah for you who came out to ski for fun or the ESG (Empire State Games). Jim did a masterfully designed Score O course. I won't go into the logistics here, but it worked, and it was a perfect fit for the conditions and the need to have this event be an ESG qualifier. This Ski-O happened because of Jim Russell who set out the perfect number of controls on sketchy snow for the required courses.

ROC thanks Ken Hann of the Nordic Ski Club for including our event in "Winterfest".

We had a welcoming registration crew of Rukhsana Cofer, Carol Moran, Laurie Hunt, and Sandi Willsey Karl Kolva gave newcomers the basics. The S/F crew were heroes of stamina in the cold, Bob Bundy & Stina Bridgeman, you are both classic stoics and the Vikings would be proud of you. Then there were the recovery refreshments, the delicious goodies provided by Mary Kolva ,Sandi Wilsey, and Dayle Lavine. Last but not least, flag pick-up-those who stayed on to help with the final details- thank you Steve Tylock, Rick Lavine, Randy

McGarvey, and Jim Pamper , even though he had broken through the ice on a bushwack and had wet socks, he stayed to pick up flags and fulfilled his commitment- What a Club!!

Rick and Dayle, Meet Directors

Score-O, 90 min time limit

- Results show: Place, name, # controls, time
- A few people chose to use shoes instead of skis to get around; the method of conveyance was skis unless otherwise noted.
- The number in parentheses after the class name is the required number of controls for that class.

Male Open (23)

1. Pavel Korniliev	23	70:10
2. Randy McGarvey	23	72:36
3. Erik Pieh	23	73:26
4. Sergey Dobretsov	23	75:10
5. Eric Smith	14	76:07

Female Open (20)

1. Stina Bridgeman	19	89:24
--------------------	----	-------

Male Masters (20)

1. Steve Tylock	20	83:47
2. Jim Pamper	20	85:11
3. Gary Maslanka	17-4=13	91:45

Female Masters (17)

1. Sandi Willsey	11	78:59
------------------	----	-------

Male Grandmasters (17)

1. Rick Lavine	16	86:02
2. Edward Deller	11	76:30

Female Grandmasters (15)

1. Dayle Lavine	15	72:46
-----------------	----	-------

Male Scholastic (12)

1. Timothy Dobretsov	12	74:24
----------------------	----	-------

Score-O (non ESG)

1. Mike Lyons	23	76:07	shoes
2. Nate Lyons	21	55:45	shoes
3. Dick Detwiler	21	79:21	shoes
4. Rob Stevens	20	82:17	
5. David Levine	18-2=16	90:26	
6. Jessica Hishman & Chad Borden	14	87:10	
7. Anne Schwartz & Cheryl Detwiler	13	79:56	shoes
8. Laurie Hunt	12	83:30	shoes
9. Jim & Patty Borden	10	77:10	
10. Ken Vail	10	77:10	?
11. Inayah & Rukhsana Cofer			

	9	46:30	shoes
12. Don Winslow	5	44:00	
13. Zack Lyons	4	69:48	shoes
14. Patrick Rault	16-12=4	95:55	shoes



Chad Borden and Jessica Hishman getting ready to head out on the Mendon course.

White 2.8 km.

1. Diana & Neal Melveney	53:00
2. Barb, Alex & Abby Schroo	64:00
3. Pat Young, Ron, Laurel & Heather Wellman	73:00
4. Brian Tomaszewski	75:50
5. Katya & Kayla Stevens	76:27
6. Carol Moran	71:58
7. Regina Doran	DNF
8. Virginia & Mina Stevens	DNF

Mendon Ponds Ski-O February 7, 2010

The ROC final Ski O of the winter season was a score O format. Each category had a specific number of controls to punch. The snow cover in the south east area of the park was decent and most trails were skateable. Shortcuts and bushwacks were good options even though all of the controls were on trails. A few daring souls jumped the creek (Irondequoit Creek, at its inception) not the safest route choice, hopping along marsh clumps and doing the long jump- and not losing skis or poles. (NOTE: legal in ski O to run with Skis and poles in hand) Eric Pieh had a very impressive ski in an amazing aerodynamic ski suite that he sewed himself- a grey and white animal print- WOW!

Will Hawkins and Dick Detwiler went out on foot and managed the fastest times on Blue and Red- How did they do that without any glide? AMAZING

Rick and Linda displayed examples of designs and colors for an ROC Club shirt and asked members for their comments. A "white, purple, green" combo was a favorite. A club orienteering shirt will foster club spirit and will also be a very

comfortable and Practical apparel.. YEAH!

Mary Kolva brought her delicious baked goodies. She added healthy orange slices and apples. Chad Borden and Jessica Hishman were seen carrying in a large tray of special baked treats - cookie cups with a delicious filling. YUM!

VOLUNTEERS: Registration-Patty and Jim Borden, Rufhsana Cofer, & Carol Moran. Start/finish Stina Bridgeman & Jim Russell. Flag pick up: Erik Pieh, Sue & Victor Klassen, Pavel Korniliev, Vince Cassano, Jim Pamper. Results typing: Linda Kohn. Map Printing: Eric Barbehenn. Lodge reservation: Bob Bundy. Volunteer coordinator: Sandra Lomker. Course setters and meet directors: Rick & Dayle Lavine. Hurrah for a successful event!

Results: (All used skis except where noted)

Blue 15 controls

1. Will Hawkins	38:42	(shoes)
2. Erik Pieh	44:42	
3. Georg Nadorff	46:06	
4. Pavel Korniliev	47:40	
5. Sergey Dobretsov	51:32	
6. Jim Pamper	61:16	
7. Eric Smith	81:46	
8. Dave Ferguson	101:35	
9. Paul Duerr	124:50	(snowshoes)

Red 13 controls

1. Dick Detwiler	51:16	(shoes)
2. Linda Kohn	53:20	
3. Rob Stevens	56:20	
4. Steve Tylock	64:35	
5. Rob Holmes	65:18	
6. Stina Bridgeman	67:10	
7. Chad Borden & Jessica Hishman	107:30	

Green 11 controls

1. Jim Russell	60:40
2. Sandi Willsey	71:40
3. Victor & Sue Klassen	76:50
4. Ed Deller	78:00

Brown 9 controls

1. Nate Lyons	34:44
2. Zack Lyons	48:20
3. Tim Dobretsov	67:35
4. Jon Fleig	68:40
5. Riesa & Hannah Cassano	115:30
6. Laurie Hunt	135:00

Yellow 7 controls

1. Jim & Patty Borden	54:44
2. Doug & Heidi Hall	57:00
3. Rukhsana Cofer & Mike Sanguinito	59:00
4. Kayla Stevens	81:40
5. Carol Moran	87:50
6. Kate & Maggi Hall	91:00
7. Heather McLendon & Donna Dinse	174:40

White 5 controls

1. Rick Worner	55:00	(broken ski)
2. Karl Kolva	102:00	(snowshoes)

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



Four of the ROC competitors at the Empire State Games. Pavel Korniliev, Tim Dobretsov, Sergey Dobretsov, and Georg Nadorff. Photo by Tatyana Dobretsov.



Jessica Hishman starting out on the ski-O at Mendon, Jan. 17. Photo by Dick Detwiler.

First Class



40 Erie Crescent
Fairport, NY 14450



*Sandi Willsey all set to go, Mendon
Jan. 17.*