

**ROCHESTER**  
**ORIENTEERING**  
**C L U B**



# *The Wild Times*

**September 2010**

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

**The official newsletter of the Rochester (NY) Orienteering Club**

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## **National Orienteering Day Saturday, September 18 at Highland Park**

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The Rochester Orienteering Club will host National Orienteering Day with beginner events and the conclusion of the Club's Sprint Series on Saturday, September 18th, 2010 at Highland Park. This weekend is selected to showcase Orienteering nationwide with activities in dozens of clubs. The Rochester orienteering Club's national organization, Orienteering USA is supporting people across the nation to get active and get involved with the outdoor sport of orienteering.

There will be White (approximately 1.5 km.) Yellow (approximately 2.5 km.) and Sprint (approximately 2 km.) courses. Club members are encouraged to come, bring some newcomers, help out in welcoming newcomers, and do the Sprint (or any other course), which shouldn't take long, even if your sprint is at walking pace. There will be prizes courtesy of Orienteering USA. All ages and skill levels are welcome.

Orienteering USA clubs throughout the country will be hosting special newcomer events on National Orienteering Day. These events are aimed at introducing orienteering to the press and the public. There will be a range of beginner courses and free instruction at each of the events.

The Sprint is the last in the club's Sprint Series Championship. Points from this and five previous races held through the summer will determine a Club Sprint Series Champion. Awards will be handed out at the conclusion of the event.

The competition will run from noon until 2:00 PM.

Instruction leading to a beginner course will be available, and walking such a course can easily be accomplished in under an hour.

Groups and families welcome. Cost: Free for first time participants. Otherwise \$6 per entry (groups count as 1 entry) for non-members, and \$3 per entry for members. Participation in the Sprint requires an additional \$3 donation to the Orienteering USA National Team.

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## **A week (plus) of nearby Orienteering opportunities in October!**

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Thanks to the Golden Horseshoe Orienteering Club (Hamilton, Ontario area) and the Empire Orienteering Club (Albany area), there will be two outstanding weekends of orienteering in October, with several one-day events in between, one of which is hosted by ROC.

Here is the schedule:

- October 9-11 (Saturday through Monday): Golden Leaf Orienteering Fest, hosted by GHO.
- October 12 (Tuesday): Sprint on Goat Island (near Niagara Falls), hosted by BFLO.
- October 13 (Wednesday): Sprint, followed by a Score-O, at Webster Park, hosted by ROC.
- October 14 (Thursday): Trivia-O at Saratoga Springs, hosted by EMPO.
- October 15 (Friday): Sprint Series finals, at Saratoga Spa State Park, hosted by EMPO.
- October 16-17 (Saturday and Sunday): US 2-day Classic Championships. More-O at Moreau! Moreau State Park. Hosted by EMPO.

For details, please visit the web sites of the sponsoring clubs (see page 3 of this newsletter for the web site addresses).

## 2010 Club Officers and Committee Chairs

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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
<b>Approx. distance</b>	2-4 km	3-5 km	4-7 km	3-5 km	4-7 km	6-10 km	8-14 km
<b># of controls</b>	4-12	5-12	8-12	8-12	8-12	8-15	10-18
<b>Difficulty</b>	Easiest	Easy	Medium	Hard	Hard	Hard	Hard

The White course is intended to be easy enough for first-time participants after a short introduction to the sport. Control points are generally on trails or similarly easy-to-locate features.

The Yellow course is slightly more difficult than the White course. Control points are generally placed close to but not right at easy-to-find features, such as on a knoll that is 50 m away from a trail junction.

The Orange course requires more map-reading and course-planning skills than the Yellow course. Controls will generally have a good attack point, but the attack point may be more subtle than on the Yellow course, or the control will be placed further from the attack point. The route choice from one control to the attack point for the next control is often less obvious than on the Yellow course.

The Brown, Green, Red, and Blue courses differ from each other only in length. At local parks, they are usually the most difficult course that can be set given the size and the terrain of the park. Map-reading, compass, and route-planning skills will be tested to a greater degree on this course.

Sometimes other courses may be offered, such as a Motala (a course which involves one or more map exchanges), or a Line-O or Score-O. These courses will be explained in the meet instructions at any meet that uses these formats.

### Entry fees

The entry fees to ROC meets are \$3.00 per individual or group for ROC members and \$6.00 for non-members. If several people (a family group for example) enter as a group using the same map, the fee is still \$3.00 (members) or \$6.00 (non-members). Additional maps are available for \$1.00 each. A person or group can do a second course using the same map for no additional charge (if you complete the White course and decide to try the Yellow course, for example).

### Beginner instruction

Beginners are always welcome; there is an informal beginners' clinic approximately 15 minutes after the beginning of the event, and all meets offer a course suitable for beginning orienteers.

# Fall 2010 Schedule

## Rochester Area

Saturday, Sept. 18	<b>Highland Park. National Orienteering Day.</b> White, Yellow, and Sprint #6. Start from 12:00 noon to 2:00 p.m.
Sunday, October 3	<b>Mendon Ponds Park.</b> Cavalry Lodge. Regular meet and Club Series # 5. Start from 12:00 noon to 2:00 p.m.
Wednesday, October 13	<b>Webster Park.</b> Sprint and Score-O. Sprint starts from 3:00 p.m. to 4:00 p.m. Score-O mass start at 4:00 p.m. Dinner follows the Score-O.
Sunday, October 24	<b>Rotary Sunshine Camp.</b> Regular meet and Club Series # 6. Start from 12:00 noon to 2:00 p.m.
Saturday, November 6	<b>Mendon Ponds Park. Annual Trail Run.</b> East Lodge. 5K, 10K, 20K, 50K. Start times: 8:00 a.m. For 50K, all other distances 9:30.
Saturday, November 6	<b>Mendon Ponds Park.</b> Night-O. West Lodge. 6:00 p.m.
Saturday, December 4	<b>Annual Meeting &amp; Scrooge-O, Camp Eastman.</b> Rotary Cabin. 5:00 p.m.
Sunday, January 16	<b>Ski-O at Mendon Ponds Park.</b>
Sunday, February 6	<b>Ski-O at Mendon Ponds Park.</b>

## Outside of Rochester Area

See web sites of the sponsoring club for details.

Saturday, Sept. 18	<b>CNYO.</b> National Orienteering Day (NOD) Onondaga Lake Park, Syracuse
Saturday, Sept. 18	<b>BFLO.</b> National Orienteering Day, Chestnut Ridge Park.
Sunday, Sept. 19	<b>CNYO.</b> National Orienteering Day (NOD) Lime Hollow, Cortland
Sunday, Sept. 26	<b>BFLO.</b> Holiday Valley. Score-O / Mini-Rogaine ; your choice of a 3-hour or 6-hour time limit.
Saturday, Oct. 2	<b>BFLO.</b> Schoellkopf Boy Scout Camp Beginner to Advanced
Oct. 9-11	<b>GHO.</b> Golden Leaf Orienteering Fest. See article in this issue for details.
Tuesday, Oct. 12	<b>BFLO.</b> The Niagara Falls Sprints. Two Sprint events, one in daylight, one in dark, your choice of one. Pre-registration required.
Thursday, Oct. 14	<b>EMPO.</b> Saratoga Springs.
Oct. 15-17	<b>EMPO.</b> US Championships. See article in this issue for details.
Saturday, Oct. 23	<b>BFLO.</b> Emery Park Sprint and 90-Minute Score-O

Sat-Sun, Nov. 6-7	<b>CNYO</b> 17th Annual Scout-O Highland Forest County Park, Fabius
Sunday, Nov. 21	<b>CNYO.</b> Annual Turkey-O Highland Forest County Park, Fabius
December	<b>CNYO.</b> Specific date not given yet. Adventure Sprint-O at The Nordic Center, or Street-O, The City of Cortland

### 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/](http://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.org>

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

**Other clubs:** See USOF web site.

## Recent Permanent Course Finishers - CONGRATULATIONS!

### Mendon

Patti Singer, Lea Theuer	6/8/10	Rochester NY
Dave Brown	6/17/10	Macedon, NY
Jason Smith	9/10/10	W. Henrietta, NY

### Webster

Jim, Patty, Chad, & Tyler Borden	6/4/10	Rochester NY
Bill Moon	6/22/10	Penfield NY
Becky Finnerty	9/4/10	Rochester NY

### Letchworth

Dave Brown	8/2/10	Macedon NY
Kate Carrier	9/7/10	West Valley, NY

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# World Orienteering Championships report

## by Linda Kohn

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Anders Bjorklund visited Rochester in 1981 and mapped Mendon Ponds for ROC. Rick and I had met him earlier that year while we were at an O meet in Czechoslovakia and have kept in touch...usually at O meets.

This past summer I ran into him again while I was in Norway acting as team leader for the US Team. Anders was there to cheer on the Swedish Team and, along with his daughter Amilia, participate in the public events. Amilia competes in the 17-18 Elite age group and came in 2nd in the multi-day event. It looks like we may see her at future WOCs as part of the Swedish Team. Anders is now competing in the M45 category and still the same fun-loving guy.



*Anders and Linda on ferry. Photo by Eddie Bergeron.*

In the picture we were on the 4:00 ferry and you'll notice that he is in his O clothes. That's because his start time for the sprint was 3:32 so he ran his race, picked up his bag and ran a mile through the Trondheim streets to meet Amilia and her friend on the ferry. The ferry was going out to an island where he was looking forward to a swim, I was sightseeing with several of the team members (although we had run earlier and had a more leisurely walk to the ferry). I was surprised to see him on the ferry but not really surprised that he had run an O course and made it to the ferry in 28 minutes.

The orienteering in Norway can only be described as brutal. Most of the

terrain was covered by 8"-12" of moss, knee high blueberries and lots of pine trees. The good part was that falling was very soft and the blueberries were ripe...the bad part was that one could not see very far through the pine trees. Swamps were a very prominent features that often provided good running and visibility but, of course, they were very wet with even deeper moss. Since the finish for all of the events except the sprint were held at ski centers (we ran down past the ski jump) you can imagine the climb and steepness of the terrain.

The technology for the WOC events was spectacular. The runners were tracked by gps and there were cameras at several controls in the woods with progress projected on 3 Jumbotrons at the finish. Times were automatically relayed back to the announcers with split and final times projected on the screen. There were also cameras at the finish and spectators were often delighted to see themselves on the screen...kind of like being at a baseball game.

I was totally impressed with the speed and toughness of all of the runners. The courses were very technical and very physical yet they achieved incredible speeds through the woods. The US runners were outstanding. Three of the women qualified for the finals and the men, although none qualified for finals, had some very respectable results. The competition is very tight with seconds making the difference between a medal and a place farther down the standings. One thing that I can say is that our runners gave incredible efforts, not only in their races but also in their training. Most of them arrived in Norway early, at their own expense. The Team Fund only covers meet fees and hotel rooms for the days of competition. Between extra days at the hotel, food, airfare and ground transportation each team member pays about \$1500 of their own money to represent our country, they really are dedicated. Our National Team has come a long way from where we were when I was on the team in '85...and I think that we will continue to see improvement.

## Sprint Series Standings (with only one race to go!)

The Sprint Series consists of six events, held during the late spring, summer, and early fall. Scoring for each event is based on a person's time compared the median time. If a person has the median time, the score is 10. Times faster than the median earn more points than 10, times slower than the median earn fewer points. The best four scores out of the six events are added up, to give the person's score for the series.

Here is a summary of results through the first five races. (Due to space considerations, the summary below includes people who have participated in three or more events; the complete summary is available on the web site.)

### ROC 2010 Sprint Series Standings through the Powder Mills Meet

Class	Name	Total to date	Mendon	Cobb's Hill	Durand	Black Creek	Powder Mills
			06/20/10	07/14/10	07/24/10	08/11/10	08/21/10
F-Open	Bridgeman Stina	37.94		9.15	CS	9.42	9.89
F-Open	Ronnander Elspeth	32.90	9.14	7.57	7.23	8.95	
M-Open	Holmes Rob	55.69	12.64	MD	15.21	CS	
M-Open	Lyons Mike	49.85	13.40	10.00		12.54	13.91
M-Open	Lyons Nate	49.24	CS	17.63		15.19	
M-Open	Cassano Vince	44.19	10.77	10.45	13.50	9.46	
M-Open	Dobretsov Sergey	42.66	12.55		16.28		13.82
M-Open	Stevens Rob	37.34	12.90			10.74	13.71
M-Open	Thomas Brian	34.60	7.75	6.06 (x)	10.36	7.84	8.65
M-Open	Tylock Steve	28.95	8.03	CS			11.27
M-Open	Winslow Don	24.89	7.86		9.10		7.94
M45+	Palmer Carl	42.14	11.73	10.52	9.67		10.23
M45+	Detwiler Dick	32.20	11.02	10.95		10.23	
M45+	Worner Rick	30.27	8.94			9.77	11.56
M45+	Dady Peter	29.64		8.82	10.70	10.12	
M65+	Burgey Richard	18.59		3.00	7.07	4.12	4.40
M-16	Lyons Zach	39.20	8.79	10.65		12.16	7.59



*Cheryl Detwiler and her companion Homer at the Webster Park meet.*



*Rachael Tylock at the Webster Park meet.*

## Club Series Standings to Date (three races to go)

The Club Series is similar to the Sprint Series in that it consists of six events. In the case of the Club Series events, three were held in the spring, and three will be held in the fall. The results through the first three meets are shown below. (Due to space considerations, the summary below includes people who have participated in two or more events; the complete summary is available on the web site.)

### ROC 2010 Club Series Standings through the Oatka Meet

Class	Name	Total to date	Webster 04/25/10	Mendon 05/15/10	Oatka 06/05/10
F-Open	Worner Lindsay	31.16	9.69	10.00	11.48
F-Open	Kohn Linda	30.20	10.07	CS	CS
F-Open	Bridgeman Stina	18.51	9.26	CS	
M-Open	Tylock Steve	37.56	12.12	12.96	12.48
M-Open	Dobretsov Sergey	29.85	CS	14.92	
M-Open	Holmes Rob	29.77	14.22	15.55	
M-Open	Korniliev Pavel	26.88	13.27	13.61	
M-Open	Pieh Erik	26.37	5.77	9.11	11.50
M-Open	Stevens Rob	26.21		11.98	14.23
M-Open	Nareppa Ravi	24.77	8.06	7.85	8.86
M-Open	Thomas Brian	20.07	7.63	5.93	6.51
M-Open	Meynadasy Michael	17.91	9.07		8.84
M45+	Detwiler Dick	41.12	CS	11.71	15.70
M45+	Dady Peter	37.84	10.67	12.65	14.52
M45+	Shore Joel	28.85	8.63	9.95	10.26
M45+	Zygo Larry	23.62	0.00	11.57	12.05
M45+	Palmer Carl	20.00	10.00	MD	
F35+	Lavine Dayle	24.63	7.48	8.29	8.86
F35+	McGann Kimberly	19.18	5.91	5.51	7.76
F35+	Orr Carolyn	12.97	6.43	6.55	
M65+	Bundy Bob	43.95	15.00	15.04	13.90
M65+	Lavine Rick	37.22	13.92	10.00	13.30
M65+	Burgey Richard	25.08	15.08		10.00
M65+	Lyons Walter	20.82	10.19	10.63	
M65+	Kolva Karl	19.66	9.70	9.96	
F55+	Bannister Kathy	35.19	12.40	12.89	9.90
F55+	Hunt Laurie	17.62	7.29	10.33	
F55+	Burgey Nancy	11.70	8.70		3.00
M-12	Dobretsov Tim	33.49		10.62	22.86
F-12	Cassano Riesa	44.07	15.57	18.81	9.69
M-16	Lyons Zachary	35.17	17.49	17.68	

# Local Meet results

## Webster Park Icebreaker April 25, 2010

### White

M-12	1	Lyons Luke	00:25:49
F-12	1	Cassano Riesa	00:30:19
White Rec	1	Condello Karen	00:29:28
White Rec	2	Kids Holms	00:31:31
White Rec	3	Winslow Drew	00:35:55
White Rec	4	Winslow Don	00:44:36
White Rec	5	Moran Carol	00:45:31
White Rec	6	Ciminelli Audrey	00:48:55
White Rec	7	Campbell Kim	00:50:43
White Rec	8	Welch Denice	00:56:03
White Rec	9	Bockrath Dave	00:57:53
White Rec	10	Kulak Christian	01:02:52
White Rec	11	Borraccia Dominic	01:03:29
White Rec	12	Barlett Doug	01:08:11

### Yellow

Yellow Rec	1	Holmes Kameron	00:49:17
Yellow Rec	2	Quick Megan	00:55:42
Yellow Rec	3	Jospe Kitty	01:01:58
Yellow Rec	4	Willsey Sandi	01:03:07
Yellow Rec	5	Hall Heidi	01:08:01
Yellow Rec	6	Hall Kate	01:28:03
Yellow Rec	7	Williams Bob	01:39:26
Yellow Rec	8	Richardson Kathleen	01:49:34
Yellow Rec	9	Manley Paul	01:49:48
Yellow Rec	10	Reh Stephanie	01:53:36
Yellow Rec	11	Olsen Wilma	02:24:49
Yellow Rec		DeMauro Lisa	mp
Yellow Rec		Loveland Bill	mp
Yellow Rec		Tran Lucas	mp

### Orange

M-16	1	Lyons Zachary	00:45:32
Orange Rec	1	Tappon Jim	00:59:13
Orange Rec	2	Tylock Rachael	01:10:34
Orange Rec	3	Schwartz Anne	01:16:04
Orange Rec	4	Mortillaro Jamie	01:19:39
Orange Rec	5	Wellman Laurel	01:31:24
Orange Rec	6	Detwiler Cheryl	01:35:43
Orange Rec	7	Manley Jennifer	01:36:52
Orange Rec	8	Yunker Mike	02:20:02
Orange Rec		Knapp Michael	mp
Orange Rec		Cloninger Bethany	mp
Orange Rec		Cofer Rukhsana	mp

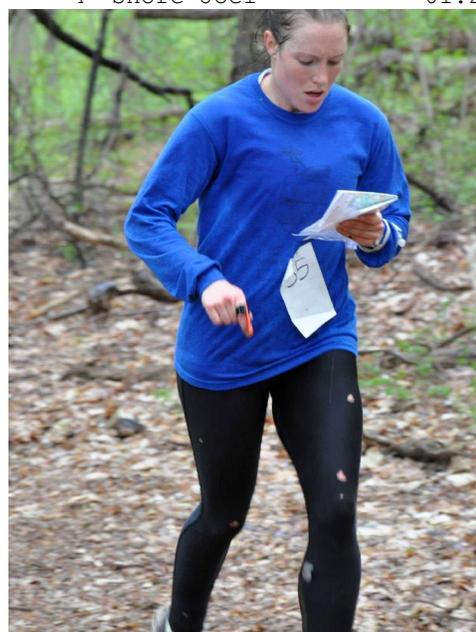
### Brown

Brown Rec	1	Hane Elizabeth	02:01:35
Brown Rec	2	Young Pat	02:23:35
Brown Rec		Harris David	mp
F55+	1	Bannister Kathy	01:36:16
F55+	2	Burgey Nancy	02:17:07
F55+	3	Hunt Laurie	02:43:48

M65+	1	Burgey Richard	01:19:09
M65+	2	Bundy Bob	01:19:33
M65+	3	Lavine Rick	01:25:44
M65+	4	Lyons Walter	01:57:06
M65+	5	Kolva Karl	02:03:03

### Green

F35+	1	Lyons Patricia	01:14:27
F35+	2	Lavine Dayle	01:42:06
F35+	3	Orr Carolyn	01:58:47
F35+	4	McGann Kimberly	02:09:15
Green Rec	1	Cassano Vince	01:05:44
Green Rec		August Burt	mp
M45+	1	Dady Peter	01:11:34
M45+	2	Worner Rick	01:13:28
M45+	3	Palmer Carl	01:16:21
M45+	4	Shore Joel	01:28:26



*Alex Jospe, from Massachusetts, competing on the Red course at Webster.*

### Red

F-Open	1	Jospe Alex	01:07:54
F-Open	2	Kohn Linda	01:20:44
F-Open	3	Worner Lindsay	01:23:54
F-Open	4	Bridgeman Stina	01:27:49
M-Open	1	Lyons Nate	00:49:20
M-Open	2	Holmes Rob	00:57:10
M-Open	3	Korniliev Pavel	01:01:15
M-Open	4	Lyons Mike	01:01:16
M-Open	5	Collinsworth Mitch	01:05:02
M-Open	6	Tylock Steve	01:07:05
M-Open	7	Pamper Jim	01:21:49
M-Open	8	Meynadasy Michael	01:29:36
M-Open	9	Nareppa Ravi	01:40:54
M-Open	10	Thomas Brian	01:46:33
M-Open	11	Lamb Casey	02:07:20
M-Open	12	Pieh Erik	02:20:57

# Mendon Ponds Park

## May 15, 2010

### White

F-12	1	Cassano Riesa	00:20:28
F-12	5	Stevens Kayla	00:37:54
M-12	1	Sciarrone Isaac	00:36:14
M-12	1	Dobretsov Tim	00:36:14
M-12	1	Sciarrone Isaac	00:36:14
M-12		Holmes Tyler	mp
White-Rec 1		Hall Heidi Maggie	00:26:04
White-Rec 2		Reh Stephanie Chiesi Matthew, Faith, Dani	00:31:09
White-Rec 3		Winslow Don Cheri	00:33:01
White-Rec 4		Fela Len	00:37:48
White-Rec 6		Smith Jason Dawn, Brinlee	00:39:05
White-Rec 7		Carney Katie Sophie, Kathy, Cynth	00:49:14
White-Rec 8		Pecivalova Danica Simon, Nick, Jack, S	00:50:01
White-Rec 9		Callahan Jane Deb English	00:53:44
White-Rec 10		Seeger Rick Laura, Kevin, Chase	01:00:13
White-Rec 11		Caton Rachel Rosalie Rosario	01:02:28
White-Rec 12		Barlett Doug Sue	01:04:52
White-Rec 13		DeBartolo Beth George, Anna, Sarah	00:55:44
White-Rec		DeMauro Lisa	mp

### Yellow

Yellow-Rec 1		Willsey Sandi	00:38:09
Yellow-Rec 2		Flanagan Eileen Patrick Cochrane	00:45:09
Yellow-Rec 3		Holmes Kameron	00:48:51
Yellow-Rec 4		Fela Len	00:58:29
Yellow-Rec 5		Elder Andrew Meghan, Cory	00:59:52
Yellow-Rec 6		Mortillaro Sheri Drew Winslow	01:00:32
Yellow-Rec 7		Cofer Rukhsana	01:02:49
Yellow-Rec 8		Cloninger Bethany	01:04:40
Yellow-Rec 9		Moran Carol	01:12:10
Yellow-Rec 10		Bockrath Dave Hannah, Daniel	01:16:54
Yellow-Rec 11		Boyd Cheri Sam	01:21:27
Yellow-Rec 12		Williams Bob Barbara, Nevin, Beth	01:21:29
Yellow-Rec 13		Borden Patty Jeannette Wahl	01:27:58
Yellow-Rec 14		Foutris Tamalene	01:48:45
Yellow-Rec		LaForce Anna Ron Minges	mp
Yellow-Rec		Collinsworth Troy Rhi, Corwyn	mp

### Orange

M-16	1	Lyons Zach	00:32:05
Orange-Rec 2		Mortillaro Jamie	00:38:20
Orange-Rec 3		Winslow Don	00:39:32

Orange-Rec 4		Schwartz Anne	00:55:33
Orange-Rec 5		Manley Jennifer	00:56:43
Orange-Rec 6		Quick Megan Obi Ike	00:57:18
Orange-Rec 7		Reh Stephanie Chiesi Matthew, Danielle	01:17:28
Orange-Rec 8		Detwiler Cheryl	01:18:46
Orange-Rec 9		Yunker Mike	01:23:21
Orange-Rec		Sheehan Kay	mp

### Brown

Brown-Rec 1		Armstrong Frank, Rachel, Zachary, Mar	00:49:04
Brown-Rec 2		Curry Jim Kathy	01:12:05
Brown-Rec 3		Hane Elizabeth	01:20:12
Brown-Rec 4		Harris Patricia David	01:27:43
Brown-Rec 5		Behlok Eli Kelly	01:41:13
Brown-Rec 6		Hendershot Ari	01:53:15
F55+	1	Bannister Kathy	00:54:41
F55+	2	Zygo Marilyn	01:01:20
F55+	3	Hunt Laurie	01:08:12
M65+	1	Bundy Bob	00:46:51
M65+	2	Lyons Walter	01:06:18
M65+	3	Lavine Rick	01:10:28
M65+	4	Kolva Karl	01:10:45

### Green

F35+	1	Lavine Dayle	01:32:17
F35+	2	Orr Carolyn	01:56:51
F35+	3	McGann Kimberly	02:18:49
Green-Rec 1		Cassano Vince	01:01:30
Green-Rec 2		Borden Tyler Zak	01:16:07
M45+	1	Dady Peter	01:00:29
M45+	2	Detwiler Dick	01:05:18
M45+	3	Zygo Larry	01:06:07
M45+	4	Shore Joel	01:16:51
M45+	5	Brooks Doug	01:40:36
M-16	1	Lyons Zach	00:32:05

### Red

F-Open	1	Worner Lindsay	01:33:57
M-Open	1	Holmes Rob	01:00:25
M-Open	2	Dobretsov Sergey	01:02:57
M-Open	3	Korniliev Pavel	01:09:01
M-Open	4	Tylock Steve	01:12:29
M-Open	5	Stevens Rob	01:18:26
M-Open	6	Maslanka Gary	01:31:38
M-Open	7	Ash Keith	01:40:51
M-Open	8	Pieh Erik	01:43:10
M-Open	9	Allen Mike	01:46:39
M-Open	10	Nareppa Ravi	01:59:41
M-Open	11	Thomas Brian	02:38:25
M-Open		Lamb Casey	mp
Red-Rec	1	Meynadasy Michael Cassandra, Kurt	02:05:48

# Paddle O May 23, 2010

There were clouds and then sunshine for 78 Participants in the Ellison Wetlands seeking out 19 controls on water and land. The participants in this adventure survived mud and muck, as well as positive and adverse situations. Kudos to all that participated!!!! When looking at the results, note the time. There was a 2 ½ time limit for the score O. A few individuals got all or many controls BUT lost points for being overtime. It takes a lot of organization, logistics, and optimism to participate in a “canoe O”.



*The overall winning team! Linda Kohn, Lindsey Worner, and Rick Worner, shown here in their pre-race preparations.*

We thank

- The Heritage Christian Association. They made it possible for ROC to use the Centolla (Wetlands) House, the perfect staging area for this event.
- The ROC volunteers that made this event successful beyond all expectations:
  - Bob Bundy for getting the permits; Rick Worner for trying to get the Start Finish location;
  - Linda Kohn for printing maps;
  - Sandra Lomker for organizing the many, wonderful volunteers;
  - Carol Moran for the many, many tasks she did during the day;
  - Anne Schwartz and Elizabeth Hane for registering;
  - Drew Wilson for assisting with launching;
  - Karl Kolva for sitting on the dock and taking the finishing times and Linda Kohn for helping with finish;
  - Elizabeth, once again, for computing the points and times ;
  - Lindsay Worner for posting the times;
  - delicious baked goods and refreshments from Casey Lamb, Sandi Willsey, and Linda Kohn;
  - Joe Rayburn for mopping the floor, wow!
  - Lori Gearinger for sweeping & cleaning the kitchen;
  - Elizabeth for vacuuming up the last crumbs and O debris.
  - And last , but not least, the flag pick up crew: Gary

Maslanka picked up the land controls: Erik Pieh and Elspeth Ronnander retrieved all the water controls.  
*Meet Directors and Course setters: Rick and Dayle Lavine*

**K 1**

1. Stina Bridgeman	19pts	2:29:40
2. Gary Maslanka	18	2:29:59
3. Bob Bundy	15	2:25:35
4. Cathy Bannister & Kay Sheehan	13	1:50:53
5. Jim Robinson	13	2:26:24
6. Howard Kraus	11	2:34:54
7. Peter Miller	10	1:30:00
8. John Fleg	10	2:21:07
9. Laurie Hunt	9	2:23:26
10. Carol Moran	7	1:42:52
11. Nancy Burgey	6	2:08:45
12. Troy Collinworth & Rhiannon, Carwym, Eflion	5	1:26:00



**K2**

1. Rukhsanna & Inayah Kofer	6	1:40:00
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**C1**

1. Pete Dady	19	2:25:55
2. Dave Ferguson	17	2:32:53
3. Louise Cook	4	2:06:50

**C2**

1. Linda, Lindsay & Rick Worner	19	1:40:32
2. Barb & Mark Dominie	19	1:59:33
3. Jackie Novkov & Doug Kennedy	18	2:27:70
4. Sandi Willsey & Jim Pamper	17	2:25:00
5. Rob & Denise Bilsback	16	2:18:00
6. Georg , Elanor Nadorff & Grif, & Lane Fitzsimmons	16	2:19:40
7. Kelsey & Jenna Bilsback	15	2:20:37
8. Don Winslow, Jamie & Sheri Mortillaro	15	2:21:40
9. Linda & Richard Burgey	14	2:26:22
10. Eric Pieh & Elspeth Ronnander	13	2:36:36
11. Arron & Ken Herting	12	2:23:00
12. Paul & Anne Schwartz	12	2:23:01
13. Eileen Flanagan & Patrick Cochrane	11	2:10:35
14. Lauren, Austin, & Colton Lamb	10	2:29:45
15. Joe Robinson, Will Barber & Sterling Allis		

		9	2:20:20
16.	Ravi Nareppa, Nikhil Reddy, Srinjay, Raghu, Rashmi, Shashi, Swastiki	7	2:34:50
17.	Hugh & Nick Lambert	6	1:24:00
18.	Carolyn, Scott, Liam, & Lauren Orr	0	2:34:20
19.	Megan Quick, Dan & Amy Harris	0	2:46:00
20.	Jeff & Draven Bannister & Josh Bolk	0	2:55:00

**Foot O**

Joel Shore	8	1:57:00
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## Oatka Creek Park June 5, 2010

**White**

F-12	1	Hall Maggie	00:26:13
F-12	2	Cassano Riesa	00:39:01
M-12	1	Dobretsov Tim	00:16:32
White-Rec	1	Streb Gavin	00:09:28
White-Rec	2	Moran Carol	00:26:54
White-Rec	3	Schuler Marianna	00:36:17
White-Rec	4	Smith Jason	00:37:48
White-Rec	5	Lomker Sandra	00:40:43
White-Rec	6	Coveland Bill	00:51:40
White-Rec	7	Borraccia Dominic	00:56:36
White-Rec	8	Nguyen Minh	01:00:02
White-Rec		Turinsky Anna	mp



*Tim Dobretsov competing in the e-punch String-O at Oatka Creek. Shown here coming out of the very challenging "under the picnic table" control!*

**Yellow**

Yellow-Rec	1	Kurtz Alex	00:39:25
Yellow-Rec	2	Borden Jim	00:43:55
Yellow-Rec	3	Cochrane Kate	00:49:37
Yellow-Rec	4	Gallagher Mike	00:51:45
Yellow-Rec	5	Mortillaro Sheri	00:53:25
Yellow-Rec	6	Hall Heidi	00:55:39
Yellow-Rec	7	Williams Bob	01:05:10
Yellow-Rec	8	Reh Stephanie	01:26:34

**Orange**

M-16	1	Kurtz Vincent	00:59:46
Orange-Rec	1	Borden Zack	00:53:00

Orange-Rec	2	Winslow Don	01:01:14
Orange-Rec	3	Robak John	01:03:02
Orange-Rec	4	Zygo Marilyn	01:09:23
Orange-Rec	5	Flanagn Eileen	01:15:17
Orange-Rec	6	Mortillaro Jamie	01:17:09
Orange-Rec	7	Heiligenthaler Scott	01:20:55
Orange-Rec	8	LaForce Anna	01:41:27
Orange-Rec		Fela Len	mp

**Brown**

Brown-Rec	1	Borden Tyler	01:01:15
Brown-Rec	2	Curry Jim	01:22:14
Brown-Rec	3	Schwartz Anne	01:58:48
F55+	1	Bannister Kathy	01:27:24
F55+	2	Cook Louise	02:03:04
F55+		Burgey Nancy	mp
M65+	1	Bundy Bob	01:02:16
M65+	2	Lavine Rick	01:05:05
M65+	3	Burgey Richard	01:26:34
M65+	4	Cornell Tom	01:36:54

**Green**

F-20	1	Klassen Sylvia	01:30:08
F35+	1	Novkov Jackie	01:08:43
F35+	2	Lavine Dayle	01:33:24
F35+	3	McGann Kimberly	01:46:39
Green-Rec	1	Cassano Vince	00:48:20
Green-Rec	2	Tomaszewski Brian	02:06:47
M45+	1	Detwiler Dick	00:52:44
M45+	2	Dady Peter	00:57:00
M45+	3	Zygo Larry	01:08:41
M45+	4	Klassen Victor	01:17:06
M45+	5	Shore Joel	01:20:39
M45+	6	Tappon Jim	01:22:47
M45+	7	Russell Jim	01:38:57
M45+	8	Kennedy Doug	01:42:54
M45+	9	Seyfried Joe	02:04:28

**Red**

F-Open	1	Worner Lindsay	01:14:34
F-Open	2	Ronnander Elspeth	01:46:00
M-Open	1	Stevens Rob	01:00:07
M-Open	2	Tylock Steve	01:08:34
M-Open	3	Pieh Erik	01:14:24
M-Open	4	Nareppa Ravi	01:36:34
M-Open	5	Meynadasy Michael	01:36:47
M-Open	6	Thomas Brian	02:11:27

## Mendon Ponds Park June 20, 2010

**White**

1	Reid Palmer	00:22:35
2	Maggie Hall	00:23:14
3	Riesa Cassano	00:25:58
4	Ariel Hendershot	00:31:21
5	Rick Coloccia	00:31:24
6	Stephanie & Matthew Reh	00:34:43
7	Krista Rozanski & Erick Boxer	00:38:03

8	Carol Moran	00:38:06
9	Jessica Muench	00:39:00
10	David Muench	00:40:30
11	Stephanie & Victoria Story	00:41:30
12	Elizabeth Hane	00:43:14
13	Sandra Lomker	00:43:30
14	Len Fela	00:44:03
15	Ngoc Nguyen & Minh Vo	00:47:00
16	Jason, Dawn & Brinlee Smith	00:47:00
17	Minh Nguyen	00:47:00
18	Katja, Kayla & Mina Stevens	01:06:48
19	Anna Turinsky & Beth DeBartolo	01:08:00
20	Susan Hulse & Courtney Hankins	01:08:00
21	Wayne & Celeste Harris	01:19:00

42	Mike, Nicole, Melissa, Olivia Meynadasy	150	59:00
43	Kent & Maggie Hurley	150 (260-110)	63:00
44	Tom Cornell	120	49:43
45	Len Fela	120 (330-210)	66:00
46	Kathleen Bannister	70 (260-190)	65:45
47	Bob Williams, Barbara Marsh, Pat Warr	20 (110-90)	64:20
48	Vince Kurtz	0 (130-130)	65:00
49	Rick Sweeney & Michelle Wisniewski	0 (280-280)	70:00
50	Julia Crowley, Brian Mowers	0 (270-270)	70:10
51	Eli, Kelly, Alex & Katie Behlok	0 (250-250)	76:00

**Score-O**

Name	Pts	Time
1	Nate Lyons	500 35:00
2	Mike Lyons	500 44:30
3	Rob Stevens	500 48:10
4	Pavel Korniliev	500 49:57
5	Dick Detwiler	500 52:40
6	Steve Tylock	500 54:55
7	Erik Pieh	490 59:20
8	Gary Maslanka	450 58:20
9	Jim Pamper	430 58:55
10	Larry Zygo	430 59:57
11	Zach Lyons	420 58:50
12	Bob Bundy	410 59:56
13	Ravi Nareppa	400 51:50
14	Tim and Sergey Dobretsov	400 57:30
15	Brian Thomas	400 59:59
16	Don Winslow	390 53:35
17	Carl & Reid Palmer	390 54:15
18	Bill, Heidi, Jen, Katelyn & Laura Bro	390 54:50
19	Luke Lyons	390 58:40
20	Dmitry Sizov	380 50:30
21	Victor & Sue Klassen	370 47:00
22	Dayle Lavine	370 58:10
23	Keith Ash	360 59:58
24	Krista Rozanski, Eric Boxer	350 53:30
25	Megan Quick & Dan Harris	330 56:30
26	Doug Brooks	330 57:00
27	Richard Burgey	320 57:40
28	Stephanie & Matthew Reh	310 54:45
29	Carter Thomas	310 59:50
30	Linda Burgey	310 59:59
31	Hannah Schwager & Eileen Flanagan	310 60:00
32	Kate & Pat Cochrane	290 55:30
33	Laurie Hunt	280 58:00
34	Maria Tikkomirova	250 55:17
35	Rick Lavine (270-40)	230 61:00
36	Heidi & Kate Hall	210 58:30
37	Kay Sheehan	210 59:10
38	Nancy Burgey	170 52:30
39	Ariel Hendershot (280-120)	160 62:45
41	J.F. Wallenhorst	160 (230-70) 61:45

**Sprint A**

Lyons Luke	00:19:39
Sweeney Rick	mp

**Sprint B**

F-Open	Ronnander Elspeth	00:30:51
F-Open	Quick Megan	00:36:57
M-45+	Palmer Carl	00:24:03
M-45+	Detwiler Dick	00:25:35
M-45+	Maslanka Gary	00:26:00
M-45+	Worner Rick	00:31:33
M-45+	Kurtz Roger	00:45:47
M-Open	Lyons Mike	00:21:03
M-Open	Stevens Rob	00:21:52
M-Open	Holmes Rob	00:22:19
M-Open	Dobretsov Sergey	00:22:28
M-Open	Korniliev Pavel	00:23:10
M-Open	Pieh Eric	00:25:24
M-Open	Cassano Vince	00:26:11
M-Open	Sizov Dmitry	00:30:13
M-Open	Lyons Zach	00:32:04
M-Open	Tylock Steve	00:35:07
M-Open	Winslow Don	00:35:54
M-Open	Thomas Brian	00:36:24
M-Open	Kurtz Vince	00:39:52

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## Cobb's Hill Park July 14, 2010

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As usual volunteers help to make the meet run smoothly. The weather was warm and dry for Steve Tylock's Courses - White, Sprint, and Patriotic Score-O. Rob Holmes served as Meet Director. Don Winslow was the official "Greeter". Registration was handled by Laurie Hunt, Sandra Lomker, and Bob Bundy. Start/Finish and ePunch were handled by Ravi Nareppa, Rick Lavine, and Chris Lyons. Also Rick Worner helped out during the frenetic finish of the Score-O. Dayle Lavine and Laurie Hunt helped with snack supplies. The String-O was setup by Dayle. There was even ePunching on the String-O course. Steve Tylock and Linda Kohn provided instruction as needed. Flag pickup was handled by Stina Bridgeman, Rick Lavine, and I presume a few Lyons's. Results by Bob Bundy.

### Sprint

F-Open	Stina Bridgeman	00:23:03
F-Open	Elsbeth Ronnander	00:27:52
M-16	Zach Lyons	00:19:49
M-16	Luke Lyons	00:31:21
M-Open	Nate Lyons	00:11:46
M-Open	Vince Cassano	00:20:12
M-Open	Mike Lyons	00:21:06
M-Open	Thomas Brian	00:34:48
M45+	Dick Detwiler	00:19:16
M45+	Carl Palmer	00:20:03
M45+	Peter Dady	00:23:55
M65+	Richard Burgey	mp

### White

1	Tyler Holmes	07:39
2	Alex Angelone	09:03
3	Reid Palmer	09:06
4	Bryn Holmes	10:15
5	Sandra Lomker	14:18
6	Leo Roth	14:32
7	Victoria, Eric, Nate Austin	16:55
8	Donna Budgeon	17:00
9	Katie Carney, Kathleen and Christine Vdavchak	17:54
10	Susan B ovenzi	18:30
11	Ari Hendershot	21:45

### SCORE-O

- 50 Controls (named for 50 states)
- 1 Bonus point for carrying a flag.
- Time limit 60 minutes
- 1 point penalty for each minute late

		Points	Time
1	Nate Lyons	50	41:28
2	Mike Lyons	50	54:00
3	Vince Cassano	47	59:00
4	Stina Bridgeman	47	59:00
5	Zach Lyon	46	57:00
6	Eric Boxer	45	49:00
7	Reid and Carl Palmer	45	57:00
8	Dick Detwiler	45	58:00
9	Peter Dady	44	54:20
10	Ravi Nareppa	42	57:20
11	Jamie and Sheri Mortillaro	41	58:00
12	Bob Bundy	40	57:00
13	Don Winslow	40	58:00
14	Larry Zygo	40-1 = 39	61:00
15	Marilyn Zygo	43-5 = 38	65:00
16	Kameron Holmes	36	55:45
17	Dayle Lavine	35	56:00
18	Megan Qurek	35	58:00
19	Stephanie Reh and Danielle Chiesi	35	59:00
20	Brian Thomas	34	59:00
21	Richard Burgey	32+1 = 33	56:00
22	Edward Kuppenger	30	59:00
23	Laurie Hunt	32+1-3 = 30	63:00
24	Elizabeth Hane	28	55:45
25	Len Fela	27	58:00
26	Richelle, Elizabeth, Alexandra, and		

George Osborne, Noan VanVliet	25	58:00
27 Raghu Rao and Family	24	54:00
28 Louise Cook	24	56:00
29 Ari Hendshot, Shannon Gillen, Karen Cornell	18	54:00
30 Karl Kolva	17	48:00
31 Kelly and Eli Behlok	16	48:40

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## Durand Eastman July 24, 2010

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There was heat and more heat with rain and a chance of thunder and lightning in the forecast for Saturday's meet. The good thing was no rain or thunder and lightning until everyone was home. However, the heat and humidity were there to stay. This may have kept some people away, since we had 40 individual or groups registered; most completed either a Sprint or White course first, then did the Score-O.

Stina set interesting courses and the runners got a great work out up and down the hills and valleys of Durand Eastman Park. The water faucet was a popular place afterwards. The Score-O was slow; most were walking or slow running as they crossed the finish line.

The ROC volunteers that made this event successful:

- Course setter and putting out flags (in the early morning): Stina Bridgeman
- Greeter: Elizabeth Hane
- Registration: Laurie Hunt, Kay Sheehan, and Kathy Bannister, Dayle Lavine - members registration area
- Start/Finish: Rick Lavine, Doug and Maggie Hall, Stina Bridgeman, and Elizabeth Hane
- E-punch: Ravi Nareppa and Stina Bridgeman
- String-O: Maggie Hall - her first time and a great set-up.
- Food: Mary Kolva - great goodies that were enjoyed by all, Nancy
- Burgey - watermelons and bananas, and Kathy Bannister - cake
- Instructor: Karl Kolva
- Flag Pick-Up: Don Winslow, Pavel Korniliev, Rick and Dayle Lavine

Meet Directors: Richard and Nancy Burgey

### White (1.8 km)

1	Maggie Hall	15:24
2	Rick Coloccia	31:35
3	Maritime Team Delta (Orlando Rodriguez, Ivan Hunter, Reginald Nealy)	32:23
4	Maritime Team Alpha (Irman Ahed, Dino Gibson, Anthony Torres)	33:53
5	Kameron, Tyler & Bryn Holmes	36:32
6	Paige Sloan	37:42
7	Eric, Vicky, Nathaniel & Andy Austin	39:40
8	Joshua, Cherilyn, Sam, Joe & Bella Bouk	41:00
9	Kevin, Marcia, Evan & Vivian Roesser	41:39
10	Maritime Team Bravo	45:10

(Danielle Maclin, Bianca Smith, Alexis Gofel, Ajee Jordan)

11 Ravi Nareppa & Divya, Nikhil & Tejus Reddy 46:00  
12 Maritime Team Charlie 53:35  
(Nicholas Colosi, Nigel Hovenstein)

(Orlando Rodriguez, Ivan Hunter, Reginald Nealy)

28 Scott Heiligenthaler 7-5=2 64:14  
29 Nathan Brandenwein 3-16=0 75:28

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## Black Creek August 11, 2010

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### Sprint A (2.0 km)

1	Dobretsov Sergey	00:17:00
2	Holmes Rob	00:18:12
3	Korniliev Pavel	00:19:46
4	Cassano Vince	00:20:30
5	Dady Pete	00:25:52
6	Thomas Brian	00:26:44
7	Palmer Carl	00:28:38
8	Winslow Don	00:30:25
9	Ronnander Elspeth	00:38:16
10	Burgey Richard	00:39:09
11	Holmes Kameron	00:40:26
12	Borden Patty	01:26:34

### Sprint B (1.6 km)

1	Cassano Riesa	20:46
2	Hall Doug	21:02
3	Palmer Reid	30:53
4	Forney Shawn	32:58

### Score-O (1 hour, 24 controls)

	<u>Points</u>	<u>Time</u>
1	STR E-11 (Tyler & Zak Borden, Jon Erbeling)	
	20	58:34
2	Rob Holmes	20 59:53
3	Pavel Korniliev	19 58:47
4	Joel Shore	16 59:41
5	Sergey Dobretsov	15 46:44
6	Richard Burgey	14 59:02
7	Don Winslow	13 56:47
8	Megon Quick	13 58:25
9	Dayle Lavine	13 58:56
10	Ravi Nareppa	16-3=13 62:33
11	Brian Thomas	12 58:06
12	Jim Tappon	12 58:16
13	Reid Palmer	12 59:17
14	Gary Maslanka	13-1=12 60:45
15	Peter Dady	16-4=12 63:33
16	Elspeth Ronnander	11 56:13
17	Pat Waser	11 59:15
18	Maritime Team Bravo	10 54:27
	(Danielle Maclin, Bianca Smith, Alexis Gofel, Ajee Jordan)	
19	Rick Coloccia	9 58:19
20	Rick Lavine	9-1=8 60:42
21	Maritime Team Charlie	6 43:17
	(Nicholas Colosi, Nigel Hovenstein)	
22	Maritime Team Alpha	5 46:13
	(Irman Ahed, Dino Gibson, Anthony Torres)	
23	Louise Cook	5 46:57
24	Shawn Forney	5 59:04
25	Bob Williams	5 59:59
26	Laurie Hunt	7-3=4 62:56
27	Maritime Team Delta	3 44:27

Thanks to all of the helpers:

- Course Setter : Rob Holmes
- Greeter: Laurie Hunt
- Registration: Dick Detwiler, Rukhsana Cofer, Sandra Lomker (Being there at 5:30 would be a big help)
- Start/Finish & E-Punch: Erik Pieh, Lindsay Worner, Ravi Nareppa
- Flag Pick-Up: Gary Maslanka, Jim Pamper, Mike Meydanasy and Peter Dady
- Food: Megan Quick, Sandra Lomker
- Instruction: Karl Kolva
- String-O: Dayle Lavine
- Rick Worner - Meet Director



*Alex Kurtz finishing strong at Black Creek.*

### Sprint A 2.5K 12C

1	Nate Lyons	13:19
2	Mike Lyons	16:08
3	Tyler Borden	16:38
3	Zach Lyons	16:38
4	Rob Stevens	18:50
5	Dick Detwiler	19:47
6	Mike Meynadasy	19:59
7	Pete Dady	20:00
8	Gary Manslanka	20:28
9	Rick Worner	20:43
10	Vince Casano	21:23
11	Stina Bridgeman	21:29
12	Ronnander Elspeth	22:36
13	Brian Thomas	25:48
14	Charles & Andrew Friden	34:14
15	Richard Burgey	49:09

### Sprint B 1.8K 10C

1	Luke Lyons	19:10
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**White Course** 2.0K 11C

1	Alex & Roger Kurtz	16:54
2	Christine & Annika Temp	28:02
3	Lisa & Brian Hunt	29:00
4	Kam, Tyler, & Byrn Holmes	30:59
5	John & Jolene Overhauser	35:27
6	Amy Lynne Denk & Jaren Cascino	42:00
7	Julie Irene	MP
8	Divya Reddy Nikhil & Teju	MP



*At the start of the Score-O at Black Creek.*

**Score-O** (60 minutes)

1	Zach Lyons	120
2	Mike Lyons	115
3	Gary Maslanka	110
4	Peter Dady	110
5	Stina Bridgeman	105
6	Rob Stevens	105
7	Joel Shore	100
8	Nate Lyons	95
9	Charles & Andrew Frieden	95
10	Lawrence & Jack Creatura	95
11	Brian Thomas	95
12	Marilyn Zygo	95
13	Ravi Nareppa	90
14	Jim Pamper	90
15	Elizabeth Hane	80
16	Louise Cook	75
17	Karl Kolva	75
18	Megan Quick	75
19	Kam Holmes	75
20	Vince Cassano	75
21	Luke Lyons	70
22	Dayle Lavine	70
23	Mike Meynadasy	70
24	Tom Cornell	65
25	Larry Zygo	65
26	Eileen Flanagan & Kate Cochrone	60
27	Vince Kurtz	50
28	Stephanie Chiesi Reh & Danielle Chiesi	50
29	Jack Wallenhurst	40
30	Julie Irene, Paul & Stephanie Geary	20
31	Rukhasana & Inauyah Cofer	20
32	Sandra Lomker	0

# Powder Mills August 21, 2010

There again was no shortage of humidity for Saturday's event so the early start time proved beneficial. The event started with the Sprints A & B and the traditional white course followed an hour later with the Score-O. Georg Nadorff set some interesting and challenging courses, much to the delight of the contestants. Many "enjoyed" the hills in the sprints and the park coverage in the Score-O. Georg used every corner of the park and employed an interesting scoring system, 20 controls were worth 1 or 2 points and 4 controls were worth 10 points each. This required careful route planning and execution.... Remember this is a thinking sport.

Thanks to all the helpers:

- Meet Director: Joe Seyfried
- Course Setter: Georg Nadorff
- Greeter: Tom Cornell
- Registration: Rukhsana Cofer, Patty & Jim Borden
- Start/Finish & E-Punch: Sandi Willsey, Tyler & Zak Borden, Ravi Nareppa
- Flag Pick-Up: Don Winslow, Jim Pamper, Brian Thomas, Georg Nadorff, Carl Fey and Tim Dobretsov
- Food: Patty Borden, Mary Kolva
- Instruction: Karl Kolva
- String-O: Stephanie Reh
- Results: Ravi Nareppa, Joe Seyfried
- Carol Moran and Sandra Lomker.

Thanks to all the participants and helpers to make this a successful event



*Carl Fey family at Powder Mills. Photo by Tatyana Dobretsova.*

**White course** 1.5 km

1	Stephanie & Faith Reh, Danielle Chiesi	27:20
2	Andrew Elder	28:10
3	Jaren Cascino	37:40
4	Natalia Fey, Erik Fey	42:00
5	Caron Moran, Sandra Lomker	42:34
6	Patty & Jim Borden, Donna Natale, Jennette	

Wahl	44:15	7	Worner Rick	21:13
7 Jason, Dawn & Brinlee Smith	48:15	8	Tylock Steve	21:46
8 Mark and Lyrah Cascino	53:28	9	Palmer Carl	23:59
9 Katy, Cole & Rory Kuczuk	63:42	10	Bridgeman Stina	24:32
10 Divya, Nikhil, Tejus Reddy	64:13	11	Kohn Linda	26:19
11 Tom, Susan and Jessica Hosie	68:57	12	Thomas Brian	28:21
12 Minh Nguyen1:	100:50	13	Cannan Tristan	30:04
13 Arlene Lavner, Tim Updyke	DNF	14	Winslow Don	30:55
14 Maritime - Alpha	DNF	15	Lyons Zach	32:20
15 Maritime - Bravo	DNF	16	Makowski Joe	38:25
		17	Dobretsov Tim	41:53
		18	Burgey Richard	55:47
			Doherty Patrick	mp

<b>Sprint A</b> 2.2 km				
1	Nadorff Georg	17:24		
2	Lyons Mike	17:38		
3	Dobretsov Sergey	17:45		
4	Stevens Rob	17:54		
5	Fey Carl	18:18		
6	Borden Tyler	18:49		

<b>Sprint B</b> 1.8 km				
1	Palmer Reid			33:49
2	Lyons Luke			58:45

## 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
<b>Self:</b>	_____	_____	_____
<b>Spouse:</b>	_____	_____	_____
<b>Children:</b>	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

**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



*Two participants in the Canoe-O, heading for some on-land controls.*

### ***First Class***



40 Erie Crescent  
Fairport, NY 14450



*Joel Shore punching the last control  
at Oatka Creek.*