



The Wild Times

November 2010

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

The official newsletter of the Rochester (NY) Orienteering Club

Annual Meeting and Scrooge-O on December 4 Camp Eastman (off of Lakeshore Blvd, Irondequoit) (see details on Pages 4-5)

Pictures from October 24 meet at Rochester Rotary Sunshine Camp (photos below courtesy of Paul Schwartz).



Peter Dady.



Laurie Hunt.



Pavel Korniliev.

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
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 2010-2011 Schedule

Rochester Area

Saturday, December 4	Annual Meeting & Scrooge-O, Camp Eastman. Rotary Cabin. 5:00 p.m.
Sunday, January 16	Ski-O at Mendon Ponds Park. Start from 12:00 noon to 2:00 p.m.
Sunday, February 6	Ski-O at Mendon Ponds Park. Start from 12:00 noon to 2:00 p.m.

Outside of Rochester Area

See web sites of the sponsoring club for details.
 Note: EMPO events not available yet. Check their web site; events should be posted soon.

Saturday, Dec. 4	CNYO. Adventure Sprint Orienteering The Nordic Center, Hope Lake, Virgil
Sunday, Dec. 12	GHO. The THOMASS Chase. Camp Canterbury Hills (Ancaster, ON)
Saturday, Jan. 15	GHO. The Icebreaker (1-hour Score-O), Collingwood, ON.
Jan. 16	CNYO. Ski-O. BREIA, Oneida County
Jan. 30	BFLO. Ski-O at Byrncliff Resort.
Feb. 12-13	The Balsams Ski-O, Colebrook NH. See www.neskio.com/balsams_ski-o/ for details.
March 5-6	CNYO. 15th Annual SNOWGAINE
March 26	GHO. Hard Rock Enduro. Location TBD.

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

Peter Woyzeschke	9/22/10	Bonn, Germany
E. Hodgson	9/23/10	Rochester NY
Chris Britt	11/9/10	Batavia NY

Letchworth

Peter Woyzeschke	10/7/10	Bonn, Germany
Erin Rycroft	10/7/10	Gainesville NY

Webster

Chris Basile, Greg Lavin	9/21/10	Geneva NY
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Thank you to volunteers! From Sandra Lomker, volunteer coordinator

Congratulations to the following people who volunteered at least five times and are entitled to a free 2011 schedule t-shirt: Bob Bundy, Carol Moran, Dayle Lavine, Dick Detwiler, Don Winslow, Elizabeth Hane, Faith Reh, Jim Pamper, Jim Russell, Karl Kolva, Laurie Hunt, Linda Kohn, Lindsay Worner, Mary Kolva, Mike Lyons, Mike Meynadasy, Nancy Burgey, Patty Borden, Pete Dady, Ravi Nareppa, Richard Burgey, Rick Lavine, Rick Worner, Rob Holmes, Rob Stevens, Rufhsana Cofer, Sandi Willsey, Sandra Lomker, Stephanie Reh, Steve Tylock, Stina Bridgeman, Tom Cornell, Tyler Borden, Victor Klassen, and Erik Pieh. Some others lack only one event.

ROC has one more opportunity for volunteering this year, the Annual Meeting, Scrooge-O and Pot Luck Supper on Saturday, December 4. Contact the Volunteer Coordinator, Sandra Lomker, if you plan to help, slomker@frontiernet.net

Thank you all for helping ROC have another successful year.

2011 Canal Cities Orienteering Festival, July 29 - August 7 by Steve Tylock, meet director

Rochester is joining with CNYO and BFLO to bring an exciting week of orienteering to upstate NY.

- The week begins in the Syracuse area July 29-31 with the 2011 Orienteering USA Classic Championships with great courses set in the terrain East of Rochester.
- The festival moves to Rochester on the 31st and stays until August 5th for the 2011 Orienteering USA National Convention and skills week. Rochester will be hosting the governing body of the sport, conducting training and skill building sessions and activities with members of all skill levels, and oh yes, holding a variety of competitions to showcase the sport.
- The festival concludes in Buffalo from August 5th to the 7th with an A-meet including Sprint, Middle, and Long Distance components.

For the competitor, the event will include 6 A-caliber races, three local meets, and four skill building camp days across the nine calendar days.

For the organizer, the week long training sessions will cover mapping and coaching skills, and the governing activity of the national organization will take place.

For the newcomer, the event will offer a chance to meet national figures and competitors, train, and explore the gamut of orienteering options available.

We will need volunteers to help make this all happen, so schedule it now - and please let us know what interests you. We'd like as many people as possible to both help run the event and participate in the activities.

The best way to reach me is through email - stylock@gmail.com.

Annual Meeting and Scrooge-O on December 4 Camp Eastman (off of Lakeshore Blvd, Irondequoit)

Annual Membership Meeting, Potluck Supper & SCROOGE-O*

5:00 PM, Saturday, December 4, 2010

Election of Board Members and Awards

Camp Eastman (off of Lakeshore Drive in Irondequoit, just west of Durand Eastman Park)

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

Bring a flashlight, compass, dish to pass and a place setting.

For more information, call the ROC Hotline at 377-5650

Background and more information, courtesy of Karl Kolva:

The by-laws of the Rochester Orienteering Club, Inc. require that an annual meeting of the membership be held every year during the month of December to elect the officers and directors for the coming year. This year's meeting will be held in the Rotary Lodge at Camp Eastman on Saturday, December 4, 2010 at 5:00 pm.

In the early years of the club, this meeting was just a business meeting until someone suggested that it be made into a picnic-like get-together, with a pot luck dinner, to set the stage for fun and fellowship. This seems to work well.

Fellowship occurs spontaneously; the fun part is what we call SCROOGE-O. For this, there are 21 controls placed at various points in Camp Eastman for every person or group to find. It will be dark, so flashlight or headlamps will be a big help. Oh yes, there will be reflectors on the control flags to make it easier to find them in the dark. Unmarked SCROOGES will be roaming around, equipped with flashlights emitting a beam of red light, to tag the unwary person, to steal your punch card and all of its valuable proofs of having visited some controls, even all of them, if that was your capability. In exchange, you acquire the specially marked punch card and the red flashlight to become a new SCROOGE and the right to go steal a card from some other unwary person and pass on the mantle of SCROOGE. (continued)

Camp Eastman was formerly the Rochester Rotary Sunshine Campus until the Rotary folks acquired the property in Rush, the place where we held a meet just a few weeks ago., and moved their operations there. That left their old “digs” un-used and un-attended, a fertile area for uncontrolled use by vandals. At least one of the empty lodges was “torched” during this period of vacancy. Ultimately, the town of Irondequoit purchased this area and converted it into its present form.

As you travel south from the building areas, you will come upon a large level area bisected by a long ridge of ground before encountering some woods on either side of a marshy valley. This area was, at one time, a continuation of this valley, all the way to Lake Shore Drive. The earth to fill this part of the valley, and to create the ridge, came from beneath the city of Rochester when the city undertook a project of creating huge tunnels under the city to hold the mix of sanitary sewer effluent and storm water. This mix was then pumped, and still is, to the newly built Van Lare sewage treatment facility next door. This sewage treatment scheme is unique to Rochester.

A personal note: On our Elderhostel trip to visit Spain, we met Mary Sue Coates, from the Chicago area, at our get-together meeting, who told us about becoming familiar with the Rochester underground, (quite literally), as she was hired to examine the diggings for archeological objects. Her job required her to visit the tunnels as they were being dug, prior to them being lined by concrete.

It is a small world.

Orienteering on Goat Island, Niagara Falls

The Buffalo Orienteering Club held a Sprint (actually, two Sprints, but using the same course – one during the day and one at night!) on Goat Island. Here is a picture that Elizabeth Hane took of Stina Bridgeman punching in, with the Niagara River in the background.



2010 Club Series Final Results

Due to space limitations, only people with three or more events are shown. Full results are available on the ROC web site.

Class	Name	Total	Webster	Mendon	Oatka	Rattlesnake	Mendon	Rotary
			04/25/10	05/15/10	06/05/10	09/12/10	10/03/10	10/24/10
F-Open	Kohn Linda	42.21	10.07	CS (10.55)	CS (10.55)	11.04		
F-Open	Worner Lindsay	41.21	9.69	10.00	11.48		9.48 x	10.05
F-Open	Bridgeman Stina	40.80	9.26 x	CS (9.96)		9.88	10.67	10.04
M-Open	Dobretsov Sergey	58.90	CS (14.65)	14.92		14.49 x	14.53	MD (14.65)
M-Open	Korniliev Pavel	53.30	13.27	13.61		14.94		11.48
M-Open	Stevens Rob	52.94		11.98	14.23	11.12 x	14.73	12.00
M-Open	Tylock Steve	49.47	12.12	12.96	12.48	10.01 x	10.60 x	11.91
M-Open	Holmes Rob	43.08	14.22	15.55		13.31		
M-Open	Pieh Erik	34.26	5.77	9.11	11.50	7.88		
M-Open	Nareppa Ravi	32.45	8.06	7.85	8.86	7.69	6.74 x	7.22 x
M-Open	Rycroft Thomas	31.48				9.99	11.49	10.00
M-Open	Pamper Jim	26.96	9.93				9.20	7.83
M-Open	Thomas Brian	26.67	7.63	5.93	6.51		6.60	5.94 x
M-Open	Meynadasy Michael	25.65	9.07		8.84		7.74	
M-Open	Shore Joel	22.89				8.12	7.56	7.21
M-Open	Maslanka Gary	21.25		10.25		8.00	3.00	
M45+	Detwiler Dick	54.82	CS (13.71)	11.71	15.70			CS (13.71)
M45+	Dady Peter	53.18	10.67 x	12.65	14.52	11.83	14.18	
M45+	Zygo Larry	48.24		11.57	12.05		11.49	13.13
M45+	Shore Joel	28.85	8.63	9.95	10.26			
M45+	Klassen Victor	27.68			10.74	7.52		9.42
F35+	Lavine Dayle	24.63	7.48	8.29	8.86			
F35+	Orr Carolyn	22.77	6.43	6.55			6.80	3.00
F35+	McGann Kimberly	19.18	5.91	5.51	7.76			
F-20	Klassen Sylvia	9.19			9.19			
M65+	Bundy Bob	53.42	15.00	15.04	13.90	9.45 x	9.48	3.00 x
M65+	Burgey Richard	47.12	15.08		10.00	3.00 x	12.60	9.44
M65+	Lavine Rick	37.22	13.92	10.00	13.30			
M65+	Kolva Karl	30.90	9.70	9.96				11.24
F55+	Bannister Kathy	45.80	12.40	12.89	9.90	10.61	3.00 x	
F55+	Hunt Laurie	30.64	7.29	10.33			3.00	10.03
F55+	Burgey Nancy	25.88	8.70		3.00		7.20	6.97
F55+	Cook Louise	21.66			7.03		3.00	11.62
M-12	Dobretsov Tim	65.19		10.62	22.86		14.51	17.20
M-12	Collinsworth Nathan	32.83				10.00	13.11	9.72
F-12	Cassano Riesa	57.66	15.57	18.81	9.69 x	9.81	CS (13.47)	
F-12	Collinsworth Hanna	41.66				11.66	12.49	17.51
M-16	Lyons Zachary	54.49	17.49	17.68			19.32	

2010 Sprint Series Final Results

Due to space limitations, only people with three or more events are shown (exception: winners of each class are shown, regardless of number of events). Full results are available on the ROC web site.

Class	Name	Total	Mendon 06/20/10	Cobb's Hill 07/14/10	Durand 07/24/10	Black Creek 08/11/10	Powder Mills 08/21/10	Highland 09/18/10
F-Open	Bridgeman Stina	41.31		9.15 x	CS (10.09)	9.42	9.89	11.91
F-Open	Ronnander Elspeth	36.86	9.14	7.57	7.23 x	8.95		11.19
M-Open	Holmes Rob	60.20	12.64 x	MD (14.57)	15.21	CS (14.57)		15.86
M-Open	Stevens Rob	51.66	12.90			10.74	13.71	14.32
M-Open	Lyons Mike	49.85	13.40	10.00		12.54	13.91	
M-Open	Lyons Nate	49.24	CS (16.41)	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	Tylock Steve	42.46	8.03	CS (10.61)			11.27	12.54
M-Open	Thomas Brian	36.60	7.75	6.06 (x)	10.36	7.84 x	8.65	9.85
M-Open	Borden Tyler	34.55				12.16	13.04	9.35
M-Open	Winslow Don	33.97	7.86		9.10		7.94	9.08
F35+	Woolworth Vicki	6.18						6.18
F55+	Kohn Linda	17.62					9.32	8.30
M45+	Detwiler Dick	45.51	11.02	10.95		10.23		13.31
M45+	Palmer Carl	42.14	11.73	10.52	9.67		10.23	9.23 x
M45+	Dady Peter	41.18		8.82	10.70	10.12		11.54
M45+	Worner Rick	40.43	8.94			9.77	11.56	10.16
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	
F-16	Tylock Melissa	5.14						5.14



Sprint Series class winners who were present receive their awards. Richard Burgey, Rob Holmes, Stina Bridgeman, Dick Detwiler. Photo by Anne Schwartz.

My first Trail-O experience – by Stina Bridgeman

The inspiration to try it

“Why not sign up for the US Championships? It’s only a few dollars more than the recreational course...” And thus last summer’s US Championships in Washington was my first (and so far only) experience with trail-O.

I’d heard of trail orienteering – it’s basically the map-reading part of “regular” orienteering, without the navigation and the running. (It was developed as a form of orienteering where everyone – regardless of age, sex, or physical mobility – can compete on equal terms.) I’d even tried out a couple of photo trail-O courses that I found online, though with little success.

Given my lack of experience, I was happy to see that workshops on trail-O and course design for trail-O would be offered the day before the championships. So I also registered for the USOF Convention so I could attend the workshops.

Morning workshop

The morning workshop was a basic introduction to trail-O. The biggest difference between trail-O and other forms of orienteering is that each trail-O control has anywhere from one to five flags – the task is to determine which of the flags is the one described by clue and the control circle on the map. (At elite levels, “none of the above” is a legal answer, so a one-flag control isn’t a trivial problem.)

While the main task is choosing the correct answer at each control, competitors must also navigate to a designated “decision point” for each control. The decision point is marked in the terrain by a numbered stake, but it is not shown on the map. However, the clue sheet includes an arrow showing the direction you are looking when you view the control from the decision point, and since competitors are required to stay on the trail, the route to each decision point is usually pretty easy to figure out.

One important thing I learned from the workshop is that you do not have to stand at the decision point to figure out the solution – you are free to walk around to view the flags from different angles as long as you stay on allowed trails. (This makes things much easier!) Once you’ve identified the right flag, you use the decision point to figure out which box to punch on the punch card – the leftmost flag as viewed from the decision point is A, the next one to the right is B, etc. (The flags themselves are not labeled.)

Trail orienteering isn’t a race like other forms of orienteering, but there are two ways in which time matters. The first is that there is a time limit for completing the course, though it is fairly generous. The second is that there may be one or more timed controls which are used as tie-breakers if multiple people get the same number of correct answers. At a timed control, you are timed on how long it takes you to make a decision once you are handed the map and clue. 60-second penalties are assessed if you get the wrong answer or if you don’t answer within 60 seconds, so you have to be both fast and accurate.

After some explanations, an introductory video, and some photo examples, we went out to try a couple of controls that had been set up. Actually trying to figure out a control is where trail-O gets interesting, I think – the course setter has posed a particular problem, and you have to put together all of the available clues to puzzle out the solution. There are a number of techniques that can be applied, and different combinations work in different situations. The technique most familiar to experienced orienteers is to identify the mapped features in the terrain – if the clue description is “boulder, east side”, you find the boulder at the center of the control circle and then look at the east side. (A challenge is when there are multiple boulders but only one is mapped – then you have to figure out which is the mapped feature.) Other techniques include judging distance, tracing a contour from a reference point to determine relative height, compass bearings, sighting lines, ...

Afternoon workshop

The afternoon session was about course setting for trail-O, but I also found it very useful from the competitor’s perspective. We split up into small groups and each group had to design a problem; the full group then went around to each one. A couple of the groups (mine included!) set bad problems, which turned out to be especially informative. My group set a control in an area mapped as open with scattered trees and used the clue “between trees”. It turned out that even though there were other cues (such as pavement corners and buildings) that could have been used to identify the correct flag, the clue can only refer to mapped things - “between trees” must be between two mapped distinct trees. Besides just being a good thing to know (clues refer to mapped features), this also suggests a good strategy: instead of looking at each flag and asking if it is right, identify which of the visible features is the one described and ask if there is a flag there.

High precision required!

Both sessions were quite eye-opening with regards to the level of precision required in trail-O – you might have to distinguish between flags that only a meter or two apart, which requires knowing exactly what each clue symbol means. “Between” means exactly halfway between the closest points of the two features. “Cliff” (without any additional qualifiers) refers to the foot of the cliff, exactly halfway along the mapped extent of the cliff – which might be less than the visible extent of the cliff, since IOF mapping standards mean that only sections at least 1m high are mapped. “Foot of hill” is only valid as a description if the foot is distinct, and if there is a contour or form line on the map marking the foot. And it goes on... (I did a bit of studying that night!)

US Trail-O Championships

So, with a head packed full of clue interpretations and problem-solving tactics, I arrived at the US Championships. There were two sample controls, so I tried those first. And got them wrong. (Not a good beginning!)

They were useful learning experiences, however – one

reminded me to be careful about “white woods” vs “open with scattered trees” (a particularly subtle distinction in open ponderosa pine forests), and both reminded me that I needed to look at all the available evidence and not just jump to an answer based on one feature.

Since this course had two timed controls at the beginning, there was both a pre-start and a start. The pre-start was used to avoid bunching at the timed controls; pre-start times were assigned to spread people out. The timed controls were just out of sight of the pre-start, up a hill. It was an odd feeling to be doing an orienteering course without a map or streamers to follow – the pre-start person just pointed and said “Follow the road up the hill”.

At the first timed control, I sat down and verified that I could see the right number of flags. I was then handed a board with the map and the clue and the clock was running! The three flags were arranged on a ditch extending away from the viewpoint; the clue was “ditch”. Somewhat flustered, I picked an answer. Unfortunately, as soon as I got up to walk to the second timed control, I realized I’d gotten it wrong - I had forgotten to use other features to help pinpoint the correct flag. Not a good start! As a result, I was more cautious on the second timed control and took a little more time to try to make sure I got the right answer.

After the timed controls, I headed to the start, received a start time (“Do you want to go in a minute?” “Sure.”), and was off. Let’s see...follow the road to a trail on the right, just before a hill...along the trail...there are the flags and the decision point marker. First control! And, relax. I knew I had roughly 8 minutes per control (including travel time between the controls) so there was no need to rush – but that time can slip by quickly, so you also don’t want to waste time.

I took my time on the first control and on the ones after, trying to remember (and apply!) the lessons from the previous day: identify the mapped features first rather than starting with the flags, consider multiple techniques, remember all those details about the meaning of clues, ...

A couple of controls stand out particularly in my mind. #6 had flags near two distinct-looking trees along a long spur; the clue was “spur” and the control circle was centered just to the southeast of a distinct tree and a short distance northwest of an area of white woods. One of the sample controls came in handy on this one, because I realized that the lower tree was at the upper extent of the patch of white woods and thus the correct answer was the other flag. (I was also able to match up two other distinct trees to help confirm that answer.)

Control #9 had just a single flag with the clue “reentrant”; I approached it thinking that “none of the above” was probably going to be the right answer, but then the flag seemed to be in the middle of the reentrant and on the edge of some slashy green, just like the control circle showed... #12 was hard – three flags, “between roads”. The flags were pretty close together and there wasn’t any way to get a good angle for judging which was more exactly halfway between the roads than the others, but I noticed that control circle was centered between two small pits, which I could see – so I picked the flag

that looked most between (and on the same level as) the pits.

There were also some controls where I was pretty much guessing. #7 was “southwestern part of hill”, but all four flags were pretty close together. I tried to use other cues like two distinct trees and a vegetation boundary, but it was challenging because the distinct trees were in a small patch of open surrounded by “open with scattered trees” and some very open-looking white woods. (The vegetation boundary was similarly hard to distinguish.) #14 (“ditch bend”, three flags) also tricky – the ditch had a couple of tiny bends but hard to tell which one was the right one. There were a couple of small patches of light green mapped nearby which I tried to use, but I couldn’t pick them out in the terrain with any confidence.

5th place out of 40! (well, initially at least ...)

I got to the finish with plenty of time to spare. (I had taken a lot of time early on, but picked up speed with some of the later controls.) By that point everyone had started, so they were handing out solution sheets. I scanned through the solutions – first timed control wrong (no surprise there)...second one right...and the only other controls wrong were #1 and #19. I was surprised I got so many right, and even more surprised to find myself in 5th place out of more than 40 people in the Open class!

But protests are quite common ...

However, what the usual introduction to trail orienteering doesn’t tell you is that protests are extremely common. Several controls were challenged (all ones that I got right, of course) and in the end #7 and #14 were thrown out, bumping me down to 8th. (Still not bad, though, especially for a first attempt!) It was interesting to hear the reasons why controls were challenged – on #9, for example, the complaint was that if you traced a contour line to judge the height of the flag, it was too high in the reentrant. I think my inexperience saved me there - I didn’t even think to consider the contour line when there was a perfectly nice obvious slashy green bit to use instead.

An overall good experience!

Overall, I found the experience with trail-O interesting. (I’d even try it again!) It seemed much more do-able and less arbitrary than photo-based versions of trail-O courses (being able to move around to view the control is essential), and I enjoyed the challenge of trying to figure out the puzzles. It is also a good training exercise - I feel that it prompted me to read the map much more carefully and to do a better job of recognizing which of the features visible in the terrain are on the map.

If you are looking for more information on trail-O, the IOF has two very useful documents: the “Technical Introduction to Trail Orienteering for Experienced Foot Orienteers” (includes some photo controls) and the “IOF Technical Guidelines for Elite Trail Orienteering” (about course-setting, but has a lot of information about trail-O techniques and the interpretation of clue descriptions).

Both documents are available on the IOF website: <http://www.orienteering.org/index.php/iof2006/Rules-and-Guidelines/Trail-Orienteering>

Thank-you from Delta Laboratories for trash clean-up

ROC received the following letter thanking all who helped pick up garbage at the Paddle-O in Ellison Wetlands, Sunday May 23.

The following participants collected garbage: the Troy Collinsworth family, Hugh & Nick Lambert, Carol Moran, Rufhsana Cofer, Efion Inayah, Mark & Barb Dominie, the Worner/Kohn family, Sandi Willsey, Jim Pamper, the Burgey family, Kathy Bannister, Kay Sheehan, Pete Dady, Don and Drew Winslow, Jamie and Sheri Mortillaro, the Lamb family, Georg and Elanor Nadorff, Grif and Lane Fitzsimmons. In their canoes and kayaks, they brought in one very muddy plastic raft, several large containers, 10 large bags of miscellaneous garbage, and 1 large bag of recyclables.



Wayne M. Harris, Esq., Founder

Delta Laboratories, Inc.

Protecting the Environment since 1971

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June 4, 2010

Dear Sandra and members of Rochester Orienteering Club,

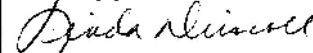
A big **THANK YOU** to each of you who participated again this year in Delta's Earth Day Clean-up. Your efforts are very much appreciated, and Delta Laboratories, Inc. and Friendly's Restaurants applaud you for volunteering your time for your local environment. We hope you had some fun, and that you came away knowing that you accomplished something worthwhile. It's pride in our communities that will make a difference, and give our children a sense of stewardship for our planet.

As a token of our appreciation, coupons for a free sundae coupon for everyone are enclosed. We are delighted to have your group back this year, and hope we can count on your continued support next year!

We will add you to our monthly e-mail list. Please visit our website for more ideas for volunteer projects such as adopting a local waterway. A survey form is to come next month via e-mail.

Thanks again for your volunteer work!

Sincerely yours,



Linda Driscoll

Coordinator/Biologist

Delta Laboratories' Adopt-A-Stream Program

PS. See you at ADK Expo!

Local Meet results

Highland Park – National Orienteering Day, September 18

NOD- National Orienteering Day- was held on a beautiful day in Highland Park. This outstanding Park is the perfect location to introduce newcomers to the sport we love. There is the glacial moraine on the north side with great views of the City. The park is an official arboretum, so there are many trees to navigate through as well as lovely open, grassy areas. The Park also has special, sort of secret places to explore. Delineated by roads, the Park is safe yet complex enough to provide a challenge.

We had a great turnout, with 52 first-timers out of a total attendance of 191.

There were many queries about the "Mango" course. It is not listed in the IOF rules because it is an ROC creation. A "Mango" course will have mostly yellow controls with the distance of an orange course.

Two schools brought eager groups of teens, The Wilson School of Excellence Outdoor club and the Maritime charter school from Buffalo.

Keep an eye on Tyler Holmes. He missed first place on the white by 11 seconds.

Steve Tylock arranged a raffle with prizes sent to ROC from the National Organization .

We had an orienteer from Germany attend the event. Peter came with his wife who was attending the International Canal Days Conference. He was wearing his club uniform, a very nice outfit. He had contacted Carol about our club's events so that he could participate. Peter and his wife also completed our Mendon and Letchworth permanent courses while in the Rochester area.



The visitors from Germany, Peter Woyzeschke and his wife. Photo by Steve Tylock.

On the theme of orienteering outfits, Tim Dobretsov was sporting a bright yellow and red shirt with his uncle's Russian club name (in Russian, of course) The new purple, green and silver ROC shirt could be seen on many dedicated members. This certainly gives our sport of orienteering a more professional look.

The sprint was the last in the 2010 series. Awards for the sprint series in several age groups were presented by Steve Tylock. The most competitive categories were Female Open:

(1) Stina Bridgeman, (2) Elspeth Ronnander, and (3) Lindsay Worner; Male Open: (1) Rob Holmes. (2) Rob Stevens, (3) Mike Lyons; M45: (1) Dick Detwiler, (2) Carl Palmer, (3) Pete Dady; M18: (1) Zack Lyons, (2) Vince Kurtz, (3) Tim Dobretsov. (See the complete results on the results page.)

Every now and then, someone picks up the wrong map. We will try hard NOT to have this happen and we apologize when it does happen.

The staff at the South Avenue Recreation Center welcome and support our NOD event, and we are very grateful to be able to use this Facility.



The action at the start-finish table. Photo by Steve Tylock.

It takes a lot of manpower to handle the crowds we are getting and the following list of volunteers worked very hard to make this event possible and we cannot thank them enough : Don Winslow & Tom Cornell (greeters) Nancy & Richard Burgey, Rukhsana Cofer & Sandra Lomker (registration) Karl Kolva, Rick Worner & Linda Kohn (Instruction), Pete Dady, Linda Kohn, & Victor Klassen (Start/finish), Stephanie & Faith Reh (string O), Stina Bridgeman & Lindsay Worner (e punch results), Mary Kolva (delicious and nutritious refreshments), Elspeth Ronnander, Eric Pieh, Linda Kohn, Victor Klassen & Pete Dady (flag pickup), Joe Seyfried (map printing), Ravi Nareppa (e punch programming), Bob Bundy (permits), Rob Holmes (results typing), Steve Tylock (PR), Rick & Dayle Lavine (course setters & meet directors).

<u>Sprint</u>	<u>2.3 km</u>	<u>45 m</u>	<u>11 C</u>	
1	Holmes Rob			14:53
2	Borden Chad			15:49
3	Stevens Rob			16:29
4	Detwiler Dick			17:44
5	Kurtz Vince			18:19
6	Tylock Steve			18:49
7	Borden Zak			19:28
8	Bridgeman Stina			19:49
9	Dady Peter			20:27
10	Ronnander Elspeth			21:05

11	Rycroft Thomas	23:05	3	Jim Chapman, Web Kehoe, Nathaniel Axtell	
12	Worner Rick	23:14			38:44
13	Thomas Brian	23:58	4	Katy and Cole Kuczek	39:30
14	Worner Lindsay	25:09	5	Nancy Burgey	42:00
15	Borden Tyler	25:15	6	Wilson E - Iorillo, Stokes, Benitez	43:22
16	Palmer Carl	25:34			
17	Winslow Don	26:00	7	Wilson C - Cam, Amber, Cody	43:58
18	Kohn Linda	28:26	8	Wilson D - Fitzstevens, Kitchenmon, Pena	45:16
19	Tylock Chris	28:49			
20	Tylock Rachael	29:27	9	Jim and Patty Borden	45:50
21	Woolworth Vicki	38:10	10	Michael and Brendan Gallagher, Thomas Hubbell, Alexander Montes	51:32
22	Dobretsov Tim	38:47	11	Wilson G - Mandel, Ross, Cooper	51:44
23	Bannister Kathy	38:54	12	Christine and Annika Temp	51:55
24	Tylock Melissa	45:55	13	Rukhsana Cofer	53:40
	Hishmon Jessica	mp	14	Eric and Jordan Hayes	53:53
	Pieh Erik	mp	15	Stephani and Faith Reh, and Danielle Chiesi	54:20
White 1.5 km					
1	Alex and Roger Kurtz	20:20	16	Matthew and Sean Kelly, Jon Sutton, Aidan Loughran	56:05
2	Tyler Holmes	20:30	17	Troy, Rhi, Ffion, Corwyn	56:25
3	Brian Grinnell	21:50	18	Bethany, Mark, and Corliss Cloninger	59:04
4	Jim, Liz and Mary Cotter	23:53			
5	Silke Wethmar	28:00	19	Maritime Delta - Demmin, Nealy, Williams, Rodriguez	60:40
6	Kate Kressman-Kehoe, Mike, Mae and Webster Kehoe	26:25	20	Maritime Alfa - Ahmed, Cicelski, Torres	60:50
7	Chris, Miranda, Marissa, Makayla, Chris Jr.	29:17	21	Wilson B - Pegoni, Scott, Kitchenman	61:05
8	Carl, Eric, and Connor Byington	29:55	22	Liam, Lauren and Carolyn Orr	61:25
9	Rick, Rick Jr., Noah Russotti, Alejandro Solorea	30:53	23	Chuck and Becky Mancini	61:53
10	Jennifer and Rexy Reisch	37:44	24	Maritime Bravo - Colosi, Gotel, Maclin	62:33
11	Beth DeBartolo and Anna Turinsky	39:18	25	Maritime Echo - Gibson	63:30
12	Yvonne Yang and Hansen Tjioeng	39:40	26	Maritime Charlie - Hayes, McClain, Pratt	63:50
13	Janice and David Hohnadel	42:12			
14	Tim and Julia Schliff	42:20	27	Jim, Liz and Mary Cotter	66:40
15	Justin, Steph, Kahmil, Haven, Monk- Georges	42:25	28	Sandra Lomker	69:00
16	Tyler and Helga Ruechert	43:10	29	Wilson A - Gallivan, Calloway, Dimmock	69:05
17	Leslie Simon, charlie, Ben and Sam Lowenstein	45:10	30	Bob Williams, Nevin Young, Barb Marsh	92:50
18	J.P. Nunes, Gavin, Nancy, Nicolas, Lauren Furino Alaayah Dates-Bell	48:05	31	Kent, Seth, and Daphne Palmer	97:40
19	Jim, Mike, and David Mittiga	49:00	32	Janice and David Hohnadel	120:30
20	Jordan and Eric Hayes	50:24	33	Leslie Simon, charlie, Ben and Sam Lowenstein	DNF
21	Cathy Henderson	52:08	34	Bill Jabs and Wendy Murcado	DNF
22	Bryn Holmes	56:00			
23	Wallance and Janet Berube	60:30	Mango 3.7km		
24	Jim Chapman, Web Kehoe, Nathaniel Axtell	60:50	1	Rob Stevens	25:26
25	Bob and Connor Wagner, Theo Chapman	64:25	2	Eric Pieh	31:04
26	Wilson H - Brown Salgado, Latimer, Hill, Gonzalez	66:45	3	Tyler Borden	31:20
27	Jeff Baker, Mary-Jo Meteyer	79:30	4	Thomas Rycroft	33:55
28	Serena, Lora, Sean Thody	108:30	5	Carl Palmer	38:40
			6	Chad Borden and Jessica Hishmant	40:50
			7	Vince Kurtz	42:45
			8	Victor Klassen	42:50
			9	Peter Woyzeschke	43:58
			10	Jamie and Sheri Mortillaro	47:40
			11	Kathy and Katie Carney	49:05
			12	Richard Burgey	50:40
			13	Anne Schwartz	51:00
			14	David Neshandy, Alexander Yuestifeel,	
Yellow 2.5 km					
1	Wilson F - Pasqualucci, Campbell, Abukar	27:16			
2	Kate Kressman-Kehoe, Mike, Mae and Webster Kehoe	38:30			

Chris Reepmeyer	51:40	Samantha Bush, and Erika and Stephen	
15 Kameron Holmes	57:05	Rosensweig	01:26:03
16 Maritime Echo - Gibson	62:53	Rec Cathy Henderson, Cece Elliott	mp
17 Jim and Kathy Curry	67:54	Rec Rukhsana and Rianna Cofer	mp
18 Yvonne Yang and Hansen Tjioeng	68:15		
19 Zak Borden	74:24	Yellow	
20 Jack Wallenhorst	75:10	Rec 1 Marie Heerkens	00:55:16
21 Maritime Delta - Demmin, Nealy, Williams, Rodriguez	81:58	Rec 2 Sheri Mortillaro and Krystle Morill	00:57:25
22 Edward Deller	85:10	Rec 3 Hannah & Laurie Collinsworth	00:58:31
23 Len Fela	85:55	Rec 4 Eric, Jordaqn, & Jonathan Hayes	
24 Maritime Alfa - Ahmed, Cicelski, Torres	87:30	Rec 5 Nathan Collinsworth	01:05:28
25 Tamalene Foutris	90:12	Rec 6 Bob Miller & Juline Epstein	01:09:26
26 Maritime Bravo - Colosi, Gotel, Maclin	120:40	Rec 7 Troy Collinsworth & party	01:12:03
27 Maritime Charlie - Hayes, McClain, Pratt	142:30	Rec 8 Stephanie Reh, Faith Reh, Diana Wolgemuth	01:13:20 01:22:30
		Rec 9 Bob Williams, Barb Marash, and Nev Young	01:47:13
		Rec 10 Katie Carney & Kathleen Vdavchak	01:58:21
		Rec 11 Sophie Liebel & Cynthia Stanley	01:58:23

Mendon Ponds Park October 3, 2010

The meet has held at Cavalry Lodge and surrounding area. The skies were a bit gray, but the threatened showers did not show up. Temperatures were cool, but perfect for running through the woods. The trails were dry and the woods were open. (I did notice that Jasper the dog managed to find a wet and muddy spot.) A full set of challenging courses were set up by Vince Cassano. Courses were vetted by Jim Russell and Dick Detwiler. As usual, a large crew of volunteers made the orienteering experience top notch. Co-meet directors Steve Tylock and Rob Stevens were on top of everything. Registration was covered by Carol Moran, Laurie Hunt, and Rukhsana Cofer. The start-finish and e-punch duties were covered by Ravi Nareppa, Tyler Borden, and Peter Dady. Stephanie & Faith Reh set up the String-O course. We were once again spoiled by the baking of Mary Kolva. I presume Karl provided instruction to those that needed it. Control pickup was handled by Sandi Willsey, Jim Pamper, Rick Slattery, and Mike Meynadasy. I'm sure that were others that helped out as needed. ... Bob Bundy

White

M-12 1	Tim Dobretsov	00:28:37
M-12 1	Nathan Collinsworth	00:31:40
F-12 2	Hannah Collinsworth	00:33:14
Rec 3	Bob Miller and Juline Epstein	00:36:41
Rec 4	Eric, Jordaqn, and Jonathan Hayes	00:37:07
Rec 5	Carol Moran	00:41:31
Rec 6	Stephanie Reh, Faith Reh, Diana Wolgemuth	00:46:00
Rec 7	Catherine McCorkindale and Caitlin O'Leyar	00:53:08
Rec 8	Eric, Lily, Jodie, John, and Cooper Lockwood	00:56:41
Rec 9	Max, Samuel, and Mike Rempel and Oksana Poleskaya	01:21:39
Rec 10	Girl Scout Troop 287 Chris and Madison Mintz, Karen and Charlotte Merrell,	

Orange

M-16 1	Zach Lyons	01:09:15
Rec 1	Marilyn Zygo	01:14:09
Rec 2	Anne Schwartz	02:06:59
Rec 3	Jeff Younger, Robert Younger, and Jon Revier	02:20:34
Rec 4	Jennifer & Clara Manley	02:21:27
Rec 5	Len Fela	03:00:23
Rec	Chuck and Rebecca Mancini, Mike Traughber	mp
Rec	Sandi Willsey	mp
Rec	Casey, Lauren, Coltin, and Joselyn Lamb	mp
Rec	Eileen Flanagan	mp
Rec	Avi, Ishai, and Frances Nardia, Avry Gottesman, Sonie Laske	mp
Rec	Rene Gatiia, Joe, Gal, Scott, & Ted	mp

Brown

F55+ 1	Nancy Burgey	02:36:24
F55+	Laurie Hunt	mp
F55+	Louise Cook	mp
F55+	Kathy Bannister	mp
M65+ 1	Richard Burgey	01:29:26
M65+ 2	Bob Bundy	01:58:52
Rec 1	Laurie Collinsworth	01:16:21
Rec 2	Jamie Mortillaro	01:30:24
Rec 3	Don Winslow	01:50:42
Rec 4	Barbara Dominie Barbara	01:50:51
Rec 5	Shawn Forney	01:51:12
Rec 6	Scott Heiligenthaler	01:52:40
Rec 7	Joe Seyfried and Jasper	01:54:00
Rec 8	David Nesnadny, Tim Miller	01:56:38
Rec 9	Jim and Kathy Curry	02:09:42
Rec 10	Elizabeth Hane	02:37:30

Green

F35+	1	Carolyn Orr	02:23:49
M45+	1	Peter Dady	01:08:57
M45+	2	Larry Zygo	01:25:07
M45+	3	Mitch Collinsworth	01:30:08
M45+	4	Rick Slattery	01:37:48
Rec	1	Randy McGarvey and Eric Barbehenn	01:45:53
Rec	2	Hansen Mitch	01:52:25
Rec		Adam Smith	mp
Rec		Ed Deller	mp

Red

F-Open	1	Stina Bridgeman	01:30:41
F-Open	2	Lindsay Worner	01:42:09
M-Open	1	Rob Stevens	01:05:43
M-Open	2	Sergey Dobretsov	01:06:38
M-Open	3	Thomas Rycroft	01:24:13
M-Open	4	Steve Tylock	01:31:21
M-Open	5	Tyler Borden	01:31:27
M-Open	6	Jim Pamper	01:45:16
M-Open	7	Michael Meynadasy	02:05:02
M-Open	8	Joel Shore	02:08:00
M-Open	9	Ravi Nareppa	02:23:40
M-Open	10	Brian Thomas	02:26:38
M-Open		Mark Dominie	mp
M-Open		Gary Maslanka	mp

Congratulations to Zach Lyons for taking first in the Sprint-A, beating out some very fine visiting orienteers!

SPRINT-A

Zach Lyons	13:12
Greg Walker	13:17
Cristina Luis	14:50
Geraint Edmunds	16:54
Peter Dady	17:31
Michael Meynadasy	17:31
Greg Yarkie	18:34
Larry Zygo	18:43
Rick Worner	19:08
Jim Hall	20:29
Shelagh Pepper	24:06
Russell Nordquist	25:34
Valerie Meyer	25:52
Melissa Trout	27:10
Jeff Saeger	27:10
Judy Karpinski	28:42
Johannes Sollid	29:25
Einar Viddal	32:22
Charlie Shahbazian	MP
Kari Sollid	MP
Tristan Cannan	MP

Webster Park Wednesday, October 13



Charlie Shahbazian, Chicago Area Orienteering Club, starting out on the Sprint A course. Photos by Dick Detwiler.

This was a rare mid-week, late afternoon meet, the primary purpose of which was to offer a mid-week orienteering event for out of town visitors who had participated in the Golden Horseshoe (Hamilton, ON area) meet the previous weekend, and were on their way to the US Championship meet in the Albany area the following weekend. We did indeed draw a significant number of out of town orienteers, who enjoyed nice Sprint courses and a challenging Score-O course set by Linda Kohn.



Melissa Trout and Cristina Luis, both from the Tuscon Orienteering Club, discuss the Sprint A course.

SPRINT-B

Jeff Saeger	09:38
Russell Nordquist	10:41
Michael Meynadasy	10:45
Valerie Meyer	12:43
Shelagh Pepper	12:50
Marilyn Zygo	13:12
Anne Schwartz	13:14
Judy Karpinski	13:44
Ingvar Braaten	20:56
Richard Burgey	23:43



Action soon after the start of the Webster Score-O. Greg Walker (#126), Cambridge Sports Union, is leaving the control, while Jeff Zygo (#144), ROC is about ready to punch.

Rochester Rotary Sunshine Camp and DEC lands October 24, 2010

Dick Detwiler has updated the original map by Karl Kolva with LIDAR data and extensive field checking. The map includes adjoining DEC lands including Oak Openings. It was a beautiful late October day with temperature in the 60's. The rain was over in time to leave the trails and woods dry. A full set of courses was designed by Dick Detwiler for the last session of the club championship series. Vince Cassano vettered the control locations. Sergey Dobretsov served as meet director. Tim Dobretsov set up the String-O. Official greeters were Carol Moran and Mary Kolva. Registration was covered by Laurie Hunt, Jim and Patty Borden. Dick Detwiler worked the start table while Tyler and Zak Tyler along with Ravi Nareppa manned the E-Punch computer. Food was provided by Mary Kolva and Sandra Lomker. Karl Kolva gave instruction as needed. Controls were picked up by Paul, Anne, and Tom Schwartz along with William Hawkins. ... Bob Bundy

<u>SCORE-O</u>	Time,	Points,	Penalty,	Total
Greg Walker	51:59	155	0	155
Charlie Shahbazian	55:26	155	0	155
Sergey Dobretsov	56:55	155	0	155
Zach Lyons	59:02	155	0	155
Cristina Luis	59:55	155	0	155
Ingvar Braaten	59:35	142	0	142
Peter Dady	55:38	136	0	136
Geraint Edmunds	59:37	135	0	135
Michael Meynadasy	56:57	130	0	130
Greg Yarkie	59:55	128	0	128
Jamie & Sheri Mortillaro	57:37	124	0	124
Jeff Zygo	57:28	122	0	122
Jim Hall	55:40	120	0	120
Russell Nordquist	57:03	120	0	120
Shelagh Pepper	56:19	109	0	109
Joe Makowski	55:53	103	0	103
Richard Burgey	57:49	99	0	99
Bob Bundy	58:34	97	0	97
Tristan Cannan	62:17	125	30	95
Larry Zygo	60:24	100	10	90
Jeff Saeger	63:17	129	40	89
Anne Schwartz	57:08	83	0	83
Melissa Trout	57:21	77	0	77
Pat Young	57:33	73	0	73
Phillip LaPari & Mike Hohl	56:14	69	0	69
Laurie Hunt	56:41	64	0	64
John Wiseman	58:49	64	0	64
Liam, Lauren, & Carolyn Orr	54:39	62	0	62
Steven Dana & John Killigrew	56:32	57	0	57
Marsha Jacobs	53:55	56	0	56
Jake Hughes & Desmond Woutling	58:57	55	0	55
Carol Moran	52:30	51	0	51
Tom Cornell	56:07	41	0	41
Judy Karpinski	69:41	87	100	-13
Einar Viddal	73:07	106	140	-34
Sandra Lomker	70:00	0	100	-100
Marilyn Zygo	77:58	76	180	-104



Stretching to reach the finish e-punch box.

<u>White</u>	<u>1.6k</u>		
F-12	1	Hannah Collinworth	14:52
M-12	2	Tim Dobretsv	15:08
W-Rec	3	Tim Landschoot, Holly, Samantha, Alexis	25:16
M-12	4	Nathan Collinworth	26:47
W-Rec	5	Stephanie Reh Faith	30:35
W-Rec	6	Anna Turinsky	39:04
<u>Yellow</u>	<u>2.7k</u>		
Y-Rec	1	Tim Dobretsov	27:13
Y-Rec	2	Hannah Collinworth	44:09
Y-Rec	3	Krystle Morrill, Sheri Mortillaro	47:33
Y-Rec	4	Nathan Collinworth	50:48
Y-Rec	5	Julian Epstein, Bob Miller	54:19

Y-Rec	6	Tim Landschoot, Holly, Samantha, Alexis	56:42	M-Open	13	Ravi Nareppa	88:18
Y-Rec	7	Jim Borden Patty	57:24	M-Open	14	Joel Shore	88:28
Y-Rec	8	Sandra Lomker	59:15	M-Open	15	Brian Thomas	107:21
Y-Rec	9	Carol Moran	60:05	M-Open	16	Jeff Zygo	113:21
Y-Rec	10	Stephanie Reh Faith	67:19	R-Rec	17	Michael Meynadasy, Cassandra Guinness, Kathy Fleming	119:04
Y-Rec	11	Paul Manley, Jake Jefferson, Clayton Manley	73:18	M-Open	18	Rick Slattery	142:57
Y-Rec	12	Bob Williams	76:09	R-Rec	19	Karen Condello, Jay Skinner	189:14
Y-Rec	13	Scott Goodman, Abby, Allisa, Rita	83:21	R-Rec		William Hawkins (re-run)	31:04

Orange 4.2k

O-Rec	1	Tyler Borden	42:46
O-Rec	2	Zak Borden	89:58
O-Rec	3	Troy Collinsworth	100:51
O-Rec	4	Jennifer Maley Clara	102:58
O-Rec	5	Tom Schwartz	109:56
O-Rec	6	Anne Schwartz	112:19
O-Rec	7	Ron Minges, Anna LaForg	116:13
O-Rec		Julian Epstein, Bob Miller	DNF
O-Rec		Lawrence, Kate, Jack, Tess	DNF
O-Rec		Creatura	DNF
O-Rec		Mike Lyons	DNF
O-Rec		Laura Williams	DNF
O-Rec		Robin Louy	DNF

Brown 3.7k

B-Rec	1	Jamie Mortillaro	81:57
B-Rec	2	Jim Curry Kathy	88:48
F55+	3	Louise Cook	91:49
M65+	4	Karl Kolva	94:56
F55+	5	Laurie Hunt	106:27
M65+	6	Tom Cornell	107:01
B-Rec	7	Don Winslow	108:43
M65+	8	Richard Burgey	113:01
B-Rec	8	Elizabeth Hane	113:01
F55+	10	Nancy Burgey	153:08
M65+		Bob Bundy	DNF
B-Rec		Adam Smith	DNF

Green 4.7k

M45+	1	Larry Zygo	55:04
G-Rec	2	Ben Price	67:53
M45+	3	Victor Klassen	76:43
F35+	4	Marilyn Zygo	105:18
F35+		Laurie Collinsworth	DNF
F35+		Carolyn Orr	DNF

Red 5.8k

M-Open	1	William Hawkins	38:13
M-Open	2	Mitch Collinsworth	51:04
M-Open	3	Rob Stevens	53:09
M-Open	4	Steve Tylock	53:32
M-Open	5	Mike Lyons	53:51
M-Open	6	Pavel Korvilev	55:34
M-Open	7	Peter Dady	61:04
F-Open	8	Lindsay Worner	63:28
F-Open	9	Stina Bridgeman	63:31
M-Open	10	Thomas Rycroft	63:47
M-Open	11	Jim Pamper	81:25
F-Open	12	Jackie Novkov	82:33

Night-O at Mendon Ponds Park, November 6, 2010

It was a mass start event in a Score-O format with a twist or two. 26 control points were set out by course setter Rob Stevens. Finishers were ranked in seven classes depending on the number of controls completed within the 90 minute time limit. Late finishers lost 1 control per minute of tardiness. Classes were White 8 controls, Yellow 11 controls, Orange 14 controls, Brown 17 controls, Green 20 controls, Red 23 controls, and Blue 26 controls.

Closeness to Halloween prompted an additional twist. Two "Ghost" controls were available for 10 minutes starting at 30 minutes after the start. Both controls were at the same centrally located location. Two control points made this part of the route choice of most runners and definitely added to strategical planning.

The rainy afternoon cleared for our event and the snow flurries held off until flag pickup was over. Most of trails were relatively dry although the trails north of East Lodge were reportedly muddy.

As usual there were many volunteers to make the meet run smoothly. The courses were set and directions given by Rob Stevens. Lindsay Worner as Meet Director was in complete control. Richard Burgey acted as the official greeter. Register and Sign Up were covered by Rukhsana Cofer, Carol Moran, Victor and Sue Klassen. E-Punch registration and finish results were able covered by Tyler Borden. Flag Pick-Up volunteers included Gary Maslanka, Steve Tylock, and others. Once again we were spoiled by the outstanding snacks from Mary Kolva. There were also plenty of leftovers from the Trail Run held earlier in the day. Once again Sandra Lomker was instrumental in lining up volunteers.

... Bob Bundy

White 8 Controls

1	Karl Kolva	54:42
2	Nancy Burgey	64:52
3	PWP	66:16
4	Seem/Walsh Group	66:21
5	Roger B. Keeney	78:52
6	Manley Family	82:02
7	Edward & Elliot Walsh	92:23
8	Lousie Cook	97:47
	Kate & Mae Kehoe	DNF

Yellow 11 Controls

1 Luke Lyons	42:15
2 Troy & Carwyn Collinsworth	52:06
3 Bob Miller & Julian Epstein	73:21
4 Grimm & Sirianni Group	87:39
5 Jon & Ernie Langford	88:50

Orange 14 Controls

1 Zach Lyons	42:32
2 Tyler Borden	54:43
3 Richard Burgey	76:02
4 Victor Klassen	76:36
5 Jamie & Shere Mortillaro	88:14
6 Joe Seyfried	88:22

Brown 17 Controls

1 Don Winslow	76:59
2 Gary Maslanka	77:22
3 Urckfitz Group	78:49
4 Joel Shore	78:54
5 Bob Bundy	81:19
6 Reh/Brown/Chiesi Group	83:33
7 Dobretsov Family	83:58
8 Eric Barbehenn	84:20
9 RIT Orienteering Club	87:52
10 Erik Pieh	88:32

Green 20 Controls

1 Brian Siebert	76:55
2 Brian Thomas	80:06
3 Jackie Novkov	87:21
4 Jim Pamper	87:28
5 Steve Tylock	95:05
(25 controls - 5 penalty con	trols)

Red 23 Controls

1 Mike Lyons	83:41
2 Peter Miller	85:52

Blue 26 Controls

1 Vince Cassano	85:47
2 David Levine	85:53
3 Georg Nadorff	88:19

Annual Mendon Trail Races November 6, 2010

ROC held its annual Mendon Trail Races on Saturday morning, November 6. As in the past, four distances were offered: "5K" (actually 5.73K), 10K, 20K, and 50K. Although this is not an orienteering event, it is a great way to get runners out on the nice trails of Mendon, enjoying the park that we enjoy at our orienteering events. In addition, it is an important fund raiser for the club. To a large extent because of this race, the club has been in a very sound financial situation for many years, and is thus able to keep the meet fees (\$3 for members, \$6 for non-members) lower than any other club in the country. And that's in spite of increasing costs to the club of putting on our meets, with large expenditures being made in

recent years for e-punch equipment.

The 50K has become one of the premier trail ultramarathons in western New York.



The snowy start of the 5K, 10K, and 20K distances. Meet director Larry Zygo is on the left, with his arm raised.



Michael Mundy of Rochester,, 4th place finisher in the 20K.

As always, the race was put on through the very significant efforts of Larry and Marilyn Zygo, Rick Worner, and Linda Kohn, plus the contributions of many other club members and some non-club members to handle registration, the mid-loop aid station (which had to be manned from early morning to late afternoon), and other tasks.

Approximately 230 people participated, split roughly equally among the four race distances.

Several club members and people active in the local orienteering community participated in the race, some with outstanding performances. Here are names of local orienteers that I noticed from the results:

- 5.7K: Carl Palmer finished 10th overall, and second in his age group, with a pace of 7:38/mile.
- 20K: Jason Urckfitz was the overall winner with an amazing pace of 6:58/mile!
- 20K: Michele Weiler was the overall female winner (and 5th overall, out of 54 people), with a pace of 8:10/mile.

- 50K: Gil Robs was second overall, with an outstanding pace of 9:08/mile. How someone can run at that pace for that long, and with the very significant hills

(estimated 5000 feet of climb for the 50K), is quite amazing!



Rochester orienteer Jason Urckfitz (#960) and Erik Grimm in the Mendon 20K. Jason beat Erik by 4 seconds for the overall win.



Another Rochester orienteer, Michele Weiler, on her way to being the first overall woman, and 5th overall finisher, in the Mendon 20K.



Jeff Faulkner (#502) and Adam Faulkner (#504), starting out on their second of five loops in the 50K. They finished 38th and 39th, respectively.



Mendon 50K runner Joel Cisne from Ithaca. He finished 10th overall.

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



Karl Kolva, second from left, conducting beginner clinic at the Rochester Rotary Sunshine Camp meet.



Post-race review of the Rotary Red course, with Peter Dady, Steve Tylock, Pavel Korniliev, and William Hawkins.



Larry Zygo approaching a control at the Rotary meet. Photo by Paul Schwartz.



Jackie Novkov, BFLO, at the Rotary meet. Photo by Paul Schwartz.

First Class



40 Erie Crescent
Fairport, NY 14450



Cristina Luis, Tuscon OC, finishing the Sprint at the Oct. 13 Webster meet.