

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



# *The Wild Times*

November 2011

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

The official newsletter of the Rochester (NY) Orienteering Club

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## **Annual Membership Meeting, Potluck Supper and Scrooge-O**

### **December 3 at Brighton Town Park.**

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**4:00 p.m. Board of Directors meeting, ALL ARE WELCOME!**

**5:00 p. m. Election of Board Members and Awards, followed by Scrooge-O, followed by dessert!**

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

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

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 board of directors for the coming year. This year's meeting will be held at Brighton Town Park (777 Westfall Road; just west of Clinton Avenue) on Saturday, December 3, 2011 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 24 controls placed at various points in Brighton Town Park 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.

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## **New membership and meet fee structure announced: Reduced membership fees; slightly higher meet fees**

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The ROC board of directors has agreed to implement a new fee structure, proposed by the membership committee.

These changes involve reductions in the cost of annual membership, increases in most meet fees, but with a reduction in the price of a non-member doing the White course.

The changes are being made due to the following key considerations:

- Increase of Orienteering USA (OUSA) re-charter fees from \$0.60 per start to \$1.00 per start, which began for 2010 starts with the 2011 re-charter (note: not too many years ago, the OUSA re-charter fees were a mere \$0.25 per start). Thus, for every start at every meet, \$1.00 is paid to OUSA.
- Other increases, over the years, in the costs of holding meets (increased costs to reserve lodges, and costs associated with e-punching, for example)
- Desire to increase membership
- Desire to increase value of membership to members
- Desire to keep meet fees at a level that will not discourage attendance

See Page 4 for details.

## 2011 Club Officers and Committee Chairs

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

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

**President-Elect:** Laurie Hunt, 267-7665  
hunt.laurianne@gmail.com

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

**Secretary:** Vacant

**Membership:** Mike Meynadasy, 406- 6140,  
mikemey1@yahoo.com

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

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

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

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

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

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

**Retail Map Sales:** Vacant

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

**O Education:** Jim Russell, 314-1309  
Jrusse11@rochester.rr.com

**GPS Coordinator:** Mike Gallagher, 582-2408,  
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**Web Site:** Sergey Dobretsov, 388-0683,  
Dobretsov@yahoo.com

### Board of Directors:

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

Mike Meynadasy, 406-6140,  
mikemey1@yahoo.com

Sandi Willsey, 398-7041 srw22@frontiernet.net

Laurie Hunt, 267-7665  
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Steve Tylock, 370-4632 stylock@gmail.com

Jim Pamper, 582-2715, jrpamper@yahoo.com

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Lindsay Worner, 581-2979  
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Joel Shore, 256-0794 jshore@frontiernet.net

Rick Worner, 581-2979 Wornerkohn@aol.com

Vince Cassano, 387-0891 rycdvc@frontiernet.net

Tyler Borden, 581-0378 tpb6816@rit.edu

Rob Stevens, 200-3613 rjseme@rit.edu

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

## General information on local meets

### Courses

The club uses the USOF "color" designations wherever applicable. A description of the courses is as follows:

Color	White	Yellow	Orange	Brown	Green	Red	Blue
<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 \$4 per individual or group for ROC members and \$8 for non-members. (Exception: The White course is \$5 for non-members.) If several people (a family group for example) enter as a group using the same map, the fee is still \$4 (members) or \$8.00 (non-members). Additional maps are available for \$1 each. A person or group can do a second course for \$1 (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 2012 Schedule

## Rochester Area

Saturday, December 3	<b>Annual Meeting &amp; Scrooge-O, Brighton Town Park. 5:00 p.m.</b>
Sunday, January 15	<b>Ski-O at Mendon Ponds Park.</b>
Sunday, February 5	<b>Ski-O at Harriet Hollister.</b>

## Outside of Rochester Area

See web sites of the sponsoring club for details.

Saturday, December 3	<b>CNYO.</b> Adventure Sprint. Beaudry Park, Cortland, NY
Sunday, Dec. 18	<b>EMPO.</b> Lapland Lake, Benson, NY
Sun. Jan 1	<b>EMPO.</b> Garnett Hill, North River, NY
Sun. Jan 8	<b>UNO.</b> Great Glen Trails, Pinkham Notch, NH
Sun. Jan. 15	<b>EMPO.</b> Windblown XC, New Ipswich NH
Sun. Jan. 22	<b>CSU.</b> Weston Ski Track, Weston MA
Sun. Jan. 29	<b>BFLO.</b> Byrncliff Resort Ski-O
Sat. Feb. 4	Dewey Mountain, Saranac Lake, NY
Sat. Feb. 11	McAuley Mountain, Old Forge, NY
Sunday, February 12	<b>CNYO.</b> Ski O. Lime Hollow Center for Environment & Culture, Cortland, NY
Sat. Feb. 18	<b>EMPO.</b> Pine Ridge XC Center, Poestenkill, NY
Sat. March 3	Lake Placid, NY. NYSSRA Nordic Ski orienteering Championships. Pre-registration is required.
Sat.-Sun. March 10-11	<b>CNYO.</b> SNOWGAINE XVI. Charles E. Baker State Forest (Brookfield Horse Trails), Sherburne, NY
Sun. Mar. 11	<b>EMPO.</b> Windblown XC, New Ipswich, NH

### 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.us.orienteering.org>

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

## Recent Permanent Course Finishers - Congratulations!

### Mendon

Bob Kremens      10/12/11      Pittsford, NY

### Webster

Richard Latson      11/16/11      Rochester, NY



*The eventual 1st and 2nd place finishers in the Mendon 50K: Daven Oskvig (1<sup>st</sup> place) and Phil Nesbitt (2nd)*

# New membership and meet fee structure details

*Membership fee changes:*

Membership Type	Current Fee	New Fee	Change
One-Year Student Membership	\$10	\$10	0
One-Year Individual Membership	\$20	\$15	– \$5
One-Year Family Membership	\$25	\$20	– \$5
Three-Year Individual Membership	\$50	\$40	– \$10
Three-Year Family Membership	\$65	\$55	– \$10
Life Membership	\$200	\$200	0
One-Year Organization Membership	\$25	\$25	0

*Meet Fee changes:*

Item	Current Fee	New Fee	Change
Non-Member Meet Fee (Non-White course)	\$6	\$8	+ \$2
Non-Member Meet Fee (White course only)	\$6	\$5	– \$1
Member Meet Fee (All course levels)	\$3	\$4	+ \$1
Additional Map	\$1	\$1	0
Additional Start	\$0	\$1	+ \$1
Volunteer Meet Fee (Meet Director approved)	\$0	\$0	0

Example of changes in annual costs, current fee structure compared to new fee structure:

Type of membership		Annual Membership Cost	Cost per meet	Annual cost			
				3 meets attended	6 meets attended	10 meets attended	15 meets attended
Single	Current	\$20	\$3	\$29	\$38	\$50	\$65
	<b>New</b>	<b>\$15</b>	<b>\$4</b>	<b>\$27</b>	<b>\$39</b>	<b>\$55</b>	<b>\$75</b>
Family	Current	\$25	\$3	\$34	\$43	\$55	\$70
	<b>New</b>	<b>\$20</b>	<b>\$4</b>	<b>\$32</b>	<b>\$44</b>	<b>\$60</b>	<b>\$80</b>
Non-member	Current	\$0	\$6	\$18	\$36	\$60	\$90
	<b>New</b>	<b>\$0</b>	<b>\$8</b>	<b>\$24</b>	<b>\$48</b>	<b>\$80</b>	<b>\$120</b>

The previous ROC meet fees (\$3 for members, \$6 for non-members) were the lowest in the country. The new fees are still very close to being the lowest in the country, and are identical to or slightly lower than the fees of other NY state clubs like CNYO, BFLO, and EMPO.

## Genesee Country Museum and Village – New area to be mapped! By Karl Kolva

Genesee Country Village (Mumford, NY) has agreed to allow us to map their nature center woods and then hold a public meet there. This will give us another map and will expand our reach farther to the western part of Monroe County.

# Final Club Series Standings for 2011

Due to space considerations, only those who have scores for two or more meets are shown below. Full Series Standings are available on the ROC web site. (Being MD (Meet Director) or CS (Course Setter) results in a score for that meet, equal to the average of the meets the person competed in.) An "x" after a number refers to a score that doesn't count towards the total, as only the best 4 scores count.

Congratulations to everyone who participated in the Club Series competition, and in particular to the winners of each age/gender category. There was particularly close competition in the M45+ category, with Vince Cassano very narrowly beating out Peter Dady, on the strength of a fine performance in the last meet of the season at Powder Mills. Rick Worner was only slightly behind Peter.

Name	Total	MD:		CS:		P & A	M.
		R. Worner	L. Hunt	S. Willsey	R. Worner	Schwartz S. Tylock, R Detwiler	Meynadasy R. Stevens
		Webster 04/16/11	Mendon 05/07/11	Dryer Road 05/22/11	Mendon 10/02/11	Iron. Bay West 10/15/11	Powder Mills 10/30/11
<b>F-Open</b>							
Lindsay Worner	35.65	7.13		8.54	9.87		10.11
Stina Bridgeman	30.51	9.82	10.69	10.00			
Linda Kohn	13.59			3.00	10.59		
<b>M-Open</b>							
Sergey Dobretsov	52.84	11.52 x	12.28	12.96	14.39	10.90 x	13.22
Pavel Korniliev	49.56	10.43	13.75	12.36			13.02
William Hawkins	48.42		<b>CS (16.14)</b>	16.84		15.44	
Steve Tylock	48.23	10.52 x	11.19		12.55	<b>CS (11.69)</b>	12.51
Rob Stevens	46.70	11.47	12.83			10.72	<b>CS (11.68)</b>
Jim Pamper	38.53	7.82 x	11.03	8.70	10.79	8.01	
Mike Lyons	36.92			11.38	11.94		13.60
Gary Maslanka	36.83		8.75		10.00	8.07	10.00
Dick Detwiler	35.78	<b>CS (8.84)</b>	9.09	8.42 x		<b>CS (8.84)</b>	9.01
Brian Thomas	31.99	6.31 x	7.43	3.00 x	8.37	6.94	9.25
Ravi Nareppa	31.59	6.99	8.25	3.00 x	7.83		8.52
Russell Nordquist	29.39		9.73			9.52	10.14
Thomas Rycroft	23.06					10.54	12.53
Georg Nadorff	21.14		11.42	9.72			
Casey Lamb	14.87			6.69			8.18
<b>M45+</b>							
Vince Cassano	53.09	13.13	13.62	3.00 x	12.55 x	12.95	13.40
Peter Dady	52.85	12.18	10.36 x	10.00 x	13.54	15.55	11.57
Rick Worner	52.19	<b>MD (13.05)</b>	13.54		13.91		11.69
Joel Shore	38.18	9.71	9.04	3.00 x	8.11	11.32	8.09 x
Mike Meynadasy	19.68				9.68		10.00
Rick Slattery	19.40				10.34		9.06
Jim Russell	17.61	8.81		<b>CS (8.81)</b>			
Doug Kennedy	17.45		7.86			9.59	
<b>F35+</b>							
Linda Kohn	36.09	12.01	13.00				11.08

Name	Total	Webster 04/16/11	Mendon 05/07/11	Dryer Road 05/22/11	Mendon 10/02/11	Iron. Bay West 10/15/11	Powder Mills 10/30/11
<b>M65+</b>							
Richard Burgey	41.14	11.17	7.16 x	11.14	8.95		9.87
Bob Bundy	37.10	10.00	8.44	8.46			10.20
Richard Lavine	30.05		8.35	11.68	<b>CS (10.02)</b>		
Karl Kolva	12.00	3.00	3.00		3.00		3.00
<b>F55+</b>							
Laurie Hunt	27.03	6.58	<b>MD (6.71)</b>	7.16		6.52 x	6.57
Nancy Burgey	24.14	10.78			7.22		6.14
Dayle Lavine	21.86		11.86		10.00		
Kathy Bannister	18.72		8.92	9.80			
Anne Schwartz	13.84					<b>MD (6.92)</b>	6.92
<b>M-12</b>							
Tim Dobretsov	51.83	10.28	20.28	21.27			
<b>F-12</b>							
Riesa Cassano	68.10		13.92	16.88	13.73		23.57
<b>F-14</b>							
Maggie Hall	41.64		21.23	10.41		10.00	
<b>M-14</b>							
Luke Lyons	30.80			17.37	13.43		
<b>M-16</b>							
Zach Lyons	54.97			20.43	17.50		17.04

## ROC sets record in 2011 for the number of starts!

OrienteeringUSA (OUSA) has as one of its strategic goals to increase the number of starts, at both A-meets and local meets. This is a good measure of participation in orienteering. A "start" is any person or group going out on a course. ROC has been tracking starts since the early 2000's, partly for our own information, and partly because, when we pay our annual charter renewal fee to OUSA, the fee is based on the number of members a club has (\$3.50 per member), and on the number starts it had (\$1 per start).

While more starts thus costs the club more money when the charter is being renewed, we consider it a major positive to have more starts (and therefore pay more money to OUSA) than to have fewer starts, as more starts indicates that the club is thriving, and serving its members and the public.

We're therefore delighted to have set a record in 2011 for the number of starts! When comparing starts year to year, we don't count the Mendon Trail Run, as that isn't an orienteering event (although we still need to pay \$1 per start to OUSA). Excluding the Trail Run, we've had 1384 starts in 2011, with the Scrooge-O left (which usually has around 30 starts). By

comparison, in 2010, we had 1089 starts; in 2009 we had 1015; and in 2008, we had 969. So we're up by approximately 40% compared to previous years.

However, there is a major reason for the increase, which is a non-recurring cause: The OUSA convention which we hosted in early August. We had daily Sprint events, as well as a Night-O, Mountain Bike-O, and Canoe-O. There was a total of 470 starts during the week of the convention. If we subtracted 470 from our total number of starts, then, we'd actually be down slightly compared to the past three years. But this isn't quite a valid way of looking at it, either – if we hadn't done the convention, there would have been a couple of other local events we would have done. All in all, we're very happy to have set a record for the number of starts in one year. A lot of work went into the convention events, so we have every reason to take credit for those starts!

## Consider Joining OUSA!!

If you're not already a member of Orienteering USA, please consider joining!

Benefits include a subscription to *Orienteering North America*, the federation's magazine, covering orienteering sports in the U.S. and Canada, a very high-quality publication,

discounts to A-meets, and access to the newly-developed digital version of *Orienteering North America* (which is more than just another way of accessing ONA – it is substantially different, taking advantage of digital technology). In addition to the benefits above, belonging to OUSA will help connect you with the broader orienteering community (beyond ROC), and will provide important support to our fine national organization.

The cost of membership is \$35 for individuals, \$40 for families, and \$15 for students 21 and under.

You can join on-line: Go to [orienteeringusa.org/membership](http://orienteeringusa.org/membership)

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## **AttackPoint – On-line Orienteering Community**

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AttackPoint ([AttackPoint.org](http://AttackPoint.org)) is essentially an on-line orienteering community. From their web site: “Attackpoint.org is a training log and community for endurance athletes, with a focus on orienteering and adventure racing.”

It provides a way of logging your training (and seeing what training other people are doing, provided they allow others to view their logs, which nearly everyone does), comment about the how you did on your recent orienteering course (and read what others said about the same course), and keep in touch with issues of interest to the orienteering community.

Many people from ROC are active on AttackPoint, so it helps you to know what people you may only see at meets are up to in between times you see them, and get to know them a bit better. There is an “ROC” group on AttackPoint, so it's easy to find other ROC people. There are now 14 people in the ROC group.

There is no charge to sign up for AttackPoint. Go to [AttackPoint.org](http://AttackPoint.org), click on the “Register” link at the top of the page, pick an AttackPoint name for yourself and a password. Enter your name, but you can choose to have your name hidden from others – although most people on AttackPoint are pretty open about their identities.

To find other ROC people, click on the “Community” tab, and scroll down to find the “ROC” group. Click on the “Join” link. Check out the logs of the other group members.

Then start logging and reading other people's logs, comments, discussion topics, etc. Try it, you'll almost for sure enjoy it!

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## **2011 Sprint, Middle, and Long Championships by Mike Lyons**

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ROC was well-represented on the podium at the recent Sprint, Middle and Long Championships in Boston, MA. The weekend provided the opportunity for orienteers to test themselves in each of the three unique disciplines in one weekend.

Friday's Sprint was at Franklin Park, the site of the most heavily-used college Cross Country course in New England. The relatively significant undergrowth and low visibility made this a slower Sprint course than usual. William Hawkins, now officially running for ROC, rather than the host club, CSU, took the OUSA title in 17:54 over the gnarly 2.8 km course. He then switched to meet worker for the balance of the weekend, and was not able to race the other courses. Zach Lyons covered the 1.9 km Orange course in 13:59 to take the M-16 title, running more than 2 minutes faster than the next best Orange runner – a cadet from West Point. Lucas Lyons won the gold in M-10 by just two seconds, in 8:24 for the 1.1 km course, which also bettered the times posted by the M-12 and M-14 winners on the same course. Patty Lyons, whose primary membership is currently BFLO, but is an ROC member, took the Sprint title in F60+.

On Saturday, the venue shifted to Lynn Woods, north of Boston, for some challenging terrain and interesting Middle distance courses, featuring very detailed navigation. Zach again posted the fastest Orange time of the day (by more than 5 minutes), running 29:15 for 3.1 km. Younger brother Luke moved up to M-14, so that he could run a Yellow course, and managed to take third place. Dayle Lavine, who sat out the Sprint, grabbed second place in the F70+ category.

Middlesex Fells was the location for the Long championships on Sunday, and the courses featured many legs that had route choices involving trails – often the decision was not whether to use a trail, since they were relatively dense, with a large reservoir limiting some of the flexibility for the course-setter, but how long to use the trail. Linda Kohn, who had spent most of the weekend running with the Open Women, switched to M60+ and won by almost 5 minutes, in 1:26:55 over the 4.8 km course, and Dayle earned the bronze medal in F70+. Luke turned the tables on his M-14 competitors to win the 3.7 km course in 37:18, and Zach was the fastest on Orange for the third day in a row, winning M-16 in 57:57 for 5.3 km.

Other ROC members participating (and their best finishes) included Kathy Bannister in F60+ (5th in Sprint), Pavel Korniliev in M40+ (9th in Middle and Long), Mike Lyons in M45+ (8th in Sprint), Rick Worner in M60+ (5th in Sprint), Rick Lavine in M70+ (7th in Long) and Walt Lyons in M70+ (10th in Middle).

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## **2012 Ski-Orienteering World Cup in Lake Tahoe, CA Jan. 27 - Feb. 5, 2012**

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The Bay Area Orienteering Club (BAOC) will be hosting the Ski-O World Cup this winter. Several local ski orienteers are expected to participate.

For more details, see the BAOB web page at: [baoc.org/wiki/Schedule/2012/Ski-O\\_Tour](http://baoc.org/wiki/Schedule/2012/Ski-O_Tour)

# ROC Supports Many Community Organizations

by Sandra Lomker

ROC Volunteers, especially Board members, continue to support local orienteering during 2011. Several groups, organizations, and individuals, have benefited from the volunteer efforts of club members and/or from financial donations. The list includes the following:

- Cub and Boy Scout troops
- Brownie and Girl Scout troops
- High School and College Outing Clubs
- Webster Parks and Recreation
- Perinton Parks and Recreation
- Victor Parks and Recreation
- Rochester City Schools
- Webster and Penfield Schools
- Adirondack Mountain Club
- Bayview YMCA
- YMCA Camps
- Monroe County Parks
- Friends of Letchworth State Park

- Rochester City Parks
- Home School Groups
- Local Church Groups
- Local Libraries
- Local Businesses, EMS Club Days
- Rochester Museum & Science Center
- Rochester Cross Country Ski Foundation
- Genesee Valley Bill Koch Youth Ski League
- Genesee Country Museum
- USOF Junior Team
- ROC members (adult and youth) who participate in out-of-town National and International Meets
- Cornell Cooperative Extension



Carol Moran manning an ROC information table.

## Local Meet results

### Irondequoit Bay Park West October 15, 2011

Despite some weather concerns, the Irondequoit Bay West meet went off without a hitch. ROC is a very well oiled machine, which is good when you have a novice meet director.

Using a lot of creativity, Steve Tylock managed to design 6 courses in a constricted setting that Dick Detwiler put all the controls out for. Home base was well manned by Carol Moran, Laurie Hunt, Sandra Lomker, Heidi, Doug and Maggie Hall. Paul Schwartz managed the start/finish area with words of wisdom and sent newbies to the Yoda of O-ing, Karl Kolva. The String-O was set up by Faith and Stephanie Reh. Tyler Borden did an awesome job with the computer/electronics downloads in a very primitive situation while the wind howled at his back. It was nice to have visitors from the Syracuse and Buffalo area join in the fun. Lastly it was great to have a deep field of flag picker uppers: William Hawkins, Brian Thomas, Paul Schwartz, Jim Pamper and Rob Stevens. Everyone knows what to do which is why my job was so easy!

Thanks again, Anne Schwartz

#### White 1.1k 65m

1	Tim Dobretsov	W-Rec	ROC	10:17
2	Heidi Hall	W-Rec	ROC	18:46
3	Carol Moran	W-Rec	ROC	31:28
4	Sandra Lomker	W-Rec	ROC	36:46
5	Roger Keeney	W-Rec		64:23

#### Yellow 2.0k 110m

1	Jeff Monnier	Y-Rec		33:28
2	Tim Dobretsov	M-14	ROC	37:01
3	Maggie Hall	F-14	ROC	40:35
4	Taylor Davis, Dennie Scheiffer	Y-Rec		60:44
5	Stephanie Reh	Y-Rec	ROC	100:11

#### Orange 2.6k 110m

1	Doug Hall	O-Rec	ROC	59:10
2	Manley Family	O-Rec	ROC	74:30
3	Davis, Donnie Schiffer	O-Rec		92:48
	Jeff Monnier	O-Rec		DNF

#### Brown 2.7k 130m

1	Jason Urckfitz	B-Rec	ROC	34:02
2	Jackie Novkov	B-Rec	BFLO	51:10
3	Jim Borden	B-Rec	ROC	62:00
4	Ed Deller	B-Rec	ROC	69:55
5	Adam Smith	B-Rec	ROC	78:04
6	Laurie Hunt	B-Rec	ROC	107:18
7	Corey Davis, Don Schiffer	B-Rec		135:05

#### Green 4.8k 250m

1	Tyler Borden	G-Rec	ROC	54:18
2	Peter Dady	M45+	CNYO	62:17
3	Vince Cassano	M45+	ROC	74:49
4	Joel Shore	M45+	ROC	85:36
5	Todd Sheehan	G-Rec		96:52
6	Doug Kennedy	M45+	BFLO	101:02
7	Jackie Novkov	F35+	BFLO	101:28
8	Lawrence & Kate Creatura	G-Rec		165:29

9 Erin Rycroft	G-Rec	171:14	Diane Barone, Cara Ragan	W-Rec	DNF
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Red 7.5k 380m

1 William Hawkins	M-21+	ROC	58:13
2 Sergey Dobretsov	M-21+	ROC	82:26
3 Rob Stevens	M-21+	ROC	83:51
4 Thomas Rycroft	M-21+		85:19
5 Russell Nordquist	M-21+		94:28
6 Gary Maslanka	M-21+	ROC	111:20
7 Jim Pamper	M-21+	ROC	112:12
8 Brian Thomas	M-21+	ROC	129:27
Eric Phillips	M-21+		DNF
Eric Grimm	M-21+		MSP

Yellow 2.6k 65m

1 Heidi Hall	Y-Rec	45:37
2 Paul Hutkowski	Y-Rec	47:54
3 Michael Knapp, Julie Barcomb-Knapp, Ben Knapp, Austin Knapp	Y-Rec	54:47
4 Hanley-Salisburg	Y-Rec	63:13
5 Patty Borden, Sandra Lomker	Y-Rec	66:52
6 Bob Williams, Nev Young, Steve Marcucci & Hannelore Marcucci	Y-Rec	73:50
7 Jim, Zane, Jody & Spencer Guentner	Y-Rec	80:13
8 Stephanie, Faith Reh, Danielle Chiesi	Y-Rec	85:12
9 Ted Libera	Y-Rec	87:13
10 Rebecca Marrini & Darlene	Y-Rec	93:02
11 David Putnam, Sarah, Anna Traugher	Y-Rec	94:02
Bill Jabs, Wendy Macado	Y-Rec	DNF
Geo Kirchgessner, Cheryl Van	Y-Rec	DNF
Nick, Allison Kirchgessner, Alyssa Baitsholts	Y-Rec	DNF

## Powder Mills Park October 30, 2011

A glorious bright autumn day welcomed the 145 participants who ventured into the hills, trails, & swamps of Powder Mills Park in Perinton. 86 starts total were recorded on the White, Yellow, Orange, Brown, Green & Red courses laid out by course setter Rob Stevens.

Powder Mills Park is among the smaller of our regular meet venues, but that didn't stop Rob from setting a wide range of challenging courses. The Red course was set up as two loops requiring two maps. Shorter control stakes on the more advanced courses also added to the challenge.

For the youngest orienteers, a spooky Halloween String-O was available.

These meets don't happen without our volunteers. Big thanks go out to all for a very successful meet. Here is a list of today's volunteers:

- Rob Stevens - Course Setter
- Laurie Hunt – Greeter
- Registration - Patty Borden, Bill Jabs, Dominic & Chris Borraccia
- Start/Finish - Tyler Borden, Casey Lamb, Mike Lyons, Ravi Nareppa
- Flag Pick-Up - Zack Lyons, Ed Deller, Jim & Tyler Borden
- Refreshments - Mary Kolva, George & Beth Tuinsky
- String-O - Faith & Stephanie Reh
- Results Typing - Tyler Borden
- Meet Director - Mike Meynadasy

White 1.9k 45m

1 Riesa Cassano	F-12	23:24
2 Aaron Phillips	W-Rec	27:10
3 Tyler Holmes	M-12	34:04
4 Carol Moran	W-Rec	55:09
5 Diminic, Chris Baorraccia	W-Rec	55:50
6 Kameron & Bryn Holmes, Elta Protz	W-Rec	60:10
7 Aubrey, Keegan and Jen Baker	W-Rec	60:25
Anna, Sarah, George Turinsky, Beth Dibartolo, Amy, Gia Saera	W-Rec	DNF
Lauren, Colton, Josie Lamb	W-Rec	DNF

Orange 4.1k 140m

1 Zachary Lyons	M-16	48:59
2 Doug Hall	O-Rec	62:23
3 Mike, Matt Sharpe	O-Rec	80:20
4 Marie Heerkens	O-Rec	82:01
5 Jennifer, Clara Manley	O-Rec	83:28
6 Aaron Phillips	O-Rec	98:32
7 Llyod Munjana, Alex Wotal	O-Rec	98:39
8 Davin, Callan Reddington, Sam Topa	O-Rec	104:16
9 Bob Kremens	O-Rec	126:02
Hill-Jordan	O-Rec	DNF
Chuck Marcini & John	O-Rec	DNF
Michael Ram	O-Rec	DNF
Eli, Kelly, Alex & Katie Behlock	O-Rec	DNF

Brown 4.1k 175m

1 Tyler Borden	B-Rec	57:50
2 Adam Smith	B-Rec	67:49
3 Creatura-Weiler	B-Rec	83:17
4 Scott Heiligenthaler	M65+	84:16
5 Bob Bundy	M65+	86:16
6 Don Winslow	B-Rec	86:44
7 Jim Borden	B-Rec	86:51
8 Richard Burgey	M65+	89:05
9 Jeff Monnier	B-Rec	96:27
10 Ed Deller	B-Rec	109:29
11 Jim and Kathy Curry	B-Rec	114:01
12 Anne Schwartz	F55+	127:05
13 Laurie Hunt	F55+	133:48
14 Nancy Burgey	F55+	143:16
Josh, Sam, Isaac Goodman	B-Rec	DNF
Walter Lyons	M65+	DNF
Karl Kolva	B-Rec	DNF

Green 5.0k 225m

1 Rob Holmes	G-Rec	60:31
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2	Vince Cassano	M45+	62:59
3	Rick Worner	M45+	72:11
4	Peter Dady	M45+	72:55
5	Linda Kohn	F35+	76:07
6	Michael Meynadasy	M45+	84:22
7	Rick Slattery	M45+	93:06
8	Chris Reepmeyer, David Masnadny, Alexander Yenstifen	G-Rec	103:05
9	Joel Shore	M45+	104:15
10	Bryan Edwards, Will Fitzinger, Elisabet Firnesen	G-Rec	104:57
11	Conlan Wesson, Vincent Forrester, Steve Crvilia	G-Rec	111:45

13	Ravi Nareppa	M-21+	122:09
14	Eric Smith	M-21+	125:37
15	Casey Lamb	M-21+	127:19
16	John Boland	M-21+	132:10
17	Alan Powers	M-21+	151:08
18	Austin Lamb	M-16	166:23
19	Erin Rycroft	F-21+	170:58
	Patricia Lyons	F-21+	DNF
	Paul Beckwith	M-21+	DNF

## Mendon Trail Race – November 5, 2011

ROC held its annual Mendon Trail Race (actually four races: 5K, 10K, 20K, and 50K) on a gorgeous but crisp day. The weather was perfect for running, although a bit cold for volunteers. We had a record turnout of 248 runners, 55 of whom tackled the very challenging 50K course.

Participants came from at least 4 states other than NY, and from Ontario, Canada. There was a large contingent from the Syracuse area. Full results are available on the ROC web site. Some photos from the race are included in this newsletter.

### Red 7.2k 325m

1	Michael Lyons	M-21+	76:33
2	Sergey Dobretsov	M-21+	78:45
3	Pavel Korniliev	M-21+	79:56
4	Thomas Rycroft	M-21+	83:05
5	Steve Tylock	M-21+	83:13
6	Eric Boxer	M-21+	84:09
7	Erik Pieh	M-21+	92:04
8	Russell Nordquist	M-21+	102:36
9	Lindsay Worner	F-21+	102:55
10	Gary Maslanka	M-21+	104:05
11	Brian Thomas	M-21+	112:34
12	Dick Detwiler	M-21+	115:30



*The start of the 5K, 10K, and 20K Mendon races.*



*Custom shirt worn by a large number of ladies from the Syracuse area.*



*Ryan O'Dell, #367, 3rd overall finisher in the 50K, finishing his third loop.*

# Rochester Orienteering Club membership application form

- \$10 for one-year student membership (high school or younger)
- \$15 for one-year individual membership
- \$20 for one-year full family membership
- \$25 for one-year organization membership (example: Scout group)
- \$40 for three-year individual membership
- \$55 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



*Michele Weiler, ROC member, first woman finisher in 20K, starting her second loop.*



*50K runners trying to keep warm just before the start!*



*Large contingent of runners from the Jamesville area (near Syracuse) at the Mendon Trail Race, between loops (they're not done yet!). They were all doing either the 20K or the 50K.*

### **First Class**



40 Erie Crescent  
Fairport, NY 14450



*Anehela Kamazeva, 5th woman in Mendon 20K, starting her second loop.*