



# The Wild Times

November 2012

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

The official newsletter of the Rochester (NY) Orienteering Club



*We had some wet snow falling at the start of the 5K/10K/20K distances of the Mendon Trail Race this year! Story and more pictures in this issue.*

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

**Saturday December 1 at Powder Mills Park, Rand Lodge**

- 3:30 p.m. Board of Directors meeting, ALL ARE WELCOME!
- 5:00 p.m. Pot-luck dinner, followed by Election of Board Members and Awards, followed by Scrooge-O (approximately 6:00 p.m.), followed by dessert!

Bring a flashlight, compass, dish to pass and a place setting. For more information, call the ROC Hotline at 377-5650 or visit the web site.

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.

See the ROC web site for an explanation of what Scrooge-O is, if you haven't previously experienced it!!



*Tiffany Boire and Tim McNaughton, both from Stittsville, Ontario, Canada, running the 50K at Mendon. They finished 19<sup>th</sup> and 23<sup>rd</sup> respectively.*



*Anzhela Knyazeva, from Rochester, running her first 50K. Her 50K debut was successful; she had a time of 5:54 and was 25<sup>th</sup> overall (6<sup>th</sup> female).*

## 2012 Club Officers and Committee Chairs

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

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

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

Treasurer: Lindsay Worner, 880-8269,  
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,  
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Newsletter: Dick Detwiler 671-2437  
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Volunteer Coordinators: Sandra Lomker/Tom  
Cornell 426-6773 slomker@frontiernet.net

Publicity: Steve Tylock, 370-4632  
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Retail Map Sales: Vacant

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

O Education: Jim Russell, 585-314-1309  
jrussell37@rochester.rr.com

GPS Coordinator: Mike Gallagher, 582-2408,  
maf1953@gmail.com

Web Site: Sergey Dobretsov, 388-0683,  
Dobretsov@yahoo.com and Tyler Borden, 581-  
0378, tpb6816@gmail.com

Course Consulting: Linda Kohn, 581-2979,  
wornerkohn@aol.com

### Board of Directors:

Bob Bundy, 586-0303 rbundy1@rochester.rr.com

Mike Meynadasy, 406-6140  
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Sandi Willsey, 398-7041 srw22@frontiernet.net

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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), a Trail Challenge (long course with easy control placement), 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.

# Schedule – Winter 2012-2013

## Rochester Area

Saturday, December 1	<b>Annual Meeting &amp; Scrooge-O, Powder Mills Park.</b> 5:00 p.m.
Sunday, January 20	<b>Ski-O at Mendon Ponds Park.</b> Hopkins Point Lodge. Start from 11:30 to 2:00 p.m.
Sunday, February 3	<b>Ski-O at Harriet Hollister.</b> Start from 11:30 to 2:00 p.m.

## Outside of Rochester Area

See web sites of the sponsoring club for details.

Nov. 30 – Dec. 2	<b>OCIN. Cincinnati, OH. Fall A Meet.</b> : US championships in Night, Relay, and Ultralong. Pre-registration required.
Sun. Jan. 17	<b>BFLO. Byrnclyff Resort. Ski-O</b>

**Before traveling to any ROC meet, please call the Hotline at (585) 377-5650 or visit our web site.**

Meet locations, details, and schedules may change at any time – the Hotline and web site 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>  
**Orienteering USA web site:** <http://orienteeringusa.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://empo.us.orienteering.org>  
**Other clubs:** See Orienteering USA web site.

## Recent Permanent Course Finishers - Congratulations!

### Letchworth

Dana and Joe Dudek 10/2/12 Niagara Falls, NY  
 David & Terry Weagley 10/30/12 Henrietta, NY

### Webster

Kayla Richardson 10/2/12 Webster, NY

## Mendon Trail Race a Success November 3, 2012

Almost 200 people participated in this year's trail races at Mendon Ponds on a cold and windy day. The races will net the club almost \$1500 that can be used to purchase equipment and make new maps. This will be the last year that the event will be directed by Larry Zygo and Marilyn Robak. They have relocated to Lake Placid. Larry was the founder of the races and has been the director for almost 20 years. Many thanks to all the ROC members who volunteered to make the event a success.

- Meet Directors & Course Setters: Rick Worner, Larry Zygo, Linda Kohn and Marilyn Robak
- Registration: Dick Detwiler, Don Winslow, Patty Borden, Anne Schwartz
- Timing Chips: Gil Robs, Michelle Weiler
- Parking: Bob Bundy, Ed Deller
- Road Crossings: Karl Kolva and Gil Robs
- Water Stop: Carol Moran & Tom Cornell am, Brian Thomas
- Food: Marilyn Zygo, Linda Kohn

Special thanks to County Parks Director Ryan Loysen and Mendon Ponds Supervisor Paul Bamann for their help and support.

Several ROC members participated in this race, including:

- Pavel Korniliev, 50K, 6:31:26, 38<sup>th</sup> place
- Mike Meynadasy, 20K, 2:17:41, 24<sup>th</sup> place
- Carl Palmer, 5K, 25:53, **1<sup>st</sup> place!**
- Anne Schwartz, 10K, 1:12:40, 43<sup>rd</sup> place
- Brian Thomas, 10K, 58:44, 13<sup>th</sup> place
- Michele Weiler, 20K, 1:40:56, 4<sup>th</sup> place overall, **1<sup>st</sup> female!**

Full results are available on the ROC web site.

Next year's races will on Saturday, November 2, 2013.

## Orienteering USA Classic Championships 2013

Just a reminder that ROC will be hosting orienteers from all over the United States and Canada on October 5 & 6 at Letchworth State Park East. We expect 250-300 people to attend. A big event like this requires a lot of volunteer support. A number of people have already signed up to help. These people will also receive a substantial discount on their entry fees. If you are interested in helping please contact Rick Worner, e-mail: [wornerkohn@aol.com](mailto:wornerkohn@aol.com) or phone: 581-2979. Information on the event can be found at, <http://roc.us.orienteering.org/2013classicchamps.shtml>

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## Overview of Schedule Survey results; impact on 2013 schedule

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A couple of months ago, a group assigned to develop the schedule for 2013 initiated a survey of ROC members and non-members to solicit input on various topics that can impact the 2013 meet schedule.

Here are some highlights from the survey:

1. A total of 67 people responded, which we were very pleased with. 81% were members, 19% non-members.
2. A very large majority feels that we have either the right number of meets (76%), or not enough meets (16%). From this we conclude that we should put a high priority on keeping the number of meets we have, rather than reducing the number. Obviously, meets don't happen without a lot of volunteers, and ROC members have been very good at answering the call for help at meets; but even more willing volunteers will make maintaining our current schedule level easier.
3. In terms of the type of meet, the large majority likes our "regular" meets. A "regular" meet, the way ROC uses the term, means a meet with a broad range of point-to-point courses – at a minimum, a White, Yellow, and Orange course, plus at least one more advanced course (Brown, Green, Red, Blue). In most cases, the courses offered are White, Yellow, Orange, Brown, Green, and Red. Significantly fewer respondents said they like the other meet formats. A summary of responses (note that other percentages add up to more than 100):
  - a) Regular meet – 92%
  - b) Score-O – 54%
  - c) Ski-O – 28%
  - d) Sprint – 18%
  - e) Trail Challenge – 15%
  - f) Other events – 20%
4. People could also "write in" meets that they would like to see in the future. The two most popular responses:
  - a) Canoe-O
  - b) Rochester Map Adventure (the name of the urban event we had this past June in the southeast part of Rochester)
5. Responses concerning the Club Series and Sprint Series:
  - a) The majority of responses were fairly neutral on the Club/Sprint Series, with 58% answering "It doesn't matter either way" to the question "What are your feelings about the Sprint/Club series?"
  - b) A much smaller number either liked seeing events billed as Club/Sprint Series (16%) or disliked seeing events billed as Club/Sprint Series (4%) or "I avoid events billed as Club/Sprint series" (7%).
  - c) Written responses offered a wide range of opinions along with some very good suggestions for modifying the series format. A sampling of the many responses:
    - i) "A series probably provides added incentive for the more competitive orienteers so it should be continued."
    - ii) "It seems easy enough to opt-in or opt-out of this.

Some people find it fun to be competitive, and others don't. I think it's fine the way it is."

- iii) "I think that a more select group of the club has become overly focused on the club series. The focus of ROC is to promote orienteering to the public in general and the majority of the club members."
  - iv) "Nice idea but it does not affect my attendance."
  - v) "Make an open rec class... so anyone can try a course and not just the one in their age class."
6. Saturday vs Sunday meets: 51% prefer Saturday; 40% prefer Sunday; 40% have no preference (more than one response could be selected, so the percentages add up to more than 100). Some comments:
    - a) "Saturdays are great for me; I don't do Sundays at all (church participation preference)."
    - b) "Often cannot attend Saturday PM events due to several conflicts."
    - c) "It seems to me that most of the events were on Sunday. I would like to see them spread evenly -Sat and Sun." (Editorial comment: This season (from April 2012 through the two ski-O's in early 2013), the meet count by day of week is: 9 Sunday meets; 8 Saturday meets (not counting the Mendon Trail Run, which is also on Saturday); 2 meets on weekdays. Two of the Sunday meets are ski-O's, so not counting ski-O's, there are 7 Sunday meets vs 8 Saturday meets.)
  7. Meet fees: A very large majority (93%) responded that our meet fees are a good value. Only one person responded that our meets are a poor value. Some comments related to fees:
    - a) "I would be willing to pay more per event to allow paid positions instead of volunteer."
    - b) "The meet fees are so low that it's not really an issue. I volunteer because people need help running the meets, not because of the free stuff. :)"
    - c) "The value is good, but I don't go to events because of the value. I'm not buying stock or anything here. I wouldn't mind paying more if it had more of the atmosphere and perks of a trail run. Make the events enjoyable for people and they will come, no matter what the price is."

**The schedule for 2013** is still being developed, but the sub-committee working on the schedule is paying close attention to the responses from the survey. For example:

1. We plan to maintain the same number of events we had in 2012.
2. We will maintain the number of regular events that we had in 2012, and significantly reduce the number of Score-O and Sprint events.
3. We plan on keeping approximately the same number of ski-O's and Trail Challenges that we had in 2012. Although a small percentage of the people responding to the survey (15%) said they liked Trail Challenges, the primary purpose of the Trail Challenge format is to introduce orienteering to people who like to run on trails but don't currently orienteer. And in 2012, the average participation in the three Trail Challenges was 36, which is more than

the average participation in Sprints, Score-O's, or Ski-O's; we're pleased with the turnout for this format in 2012 and expect participation to continue to grow.

4. We plan on continuing to have a balance between Saturday and Sunday meets.
5. We plan on offering a Canoe-O, which wasn't on the 2012 schedule, and also to again offer the Rochester Map Adventure.
6. We will avoid, as much as possible, scheduling meets on the same weekend that CNYO or BFLO have annual events (such as the Daddy-O, the Turkey-O, and the Ellicottville Mini-Rogaine), as well as avoid scheduling meets on the same weekend as popular out-of-town events that many of our members attend. Keep in mind that it will almost certainly not be possible to avoid every conflict, however.
7. The Club Series and Sprint Series will be combined into a single series, comprising the (approximate) 6 regular meets and two Sprints. Significant modifications are being discussed that may make it possible, for example, for someone to participate in the series competition while running a different course than his or her "normal" course; for example, someone who theoretically should be running Green could run Brown or run Red and still compete. Also, we will definitely make it an "opt in" so anyone who prefers not to participate won't see his or her results listed in the standings.

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## Get to Know the ROC! Sheri Mortillaro

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If you know a ROC member you'd like to see mentioned in this series, contact Don Winslow.



**Hometown:** Rochester, New York

**Other family members:** Jamie Mortillaro- husband

**Occupation/Grade in School:** I am a fine artist and happily, a stay at home wife.

**Other Hobbies:** Anything outdoors, painting, reading.

**When did you start orienteering?** We started orienteering three years ago.

**Why did you start orienteering?** We began orienteering as a way to spend some time together doing something we love, hiking and exploring the parks around us.

**What level are you competing at?** Brown is the highest level I have tried.

**What do you love about orienteering?** What I love about orienteering is that I get to see parks that I never knew existed. I also see parts of the parks that I have never seen before. The exercise is a plus along with meeting up with some of our friends.

**Favorite park in Rochester to orienteer in...** My favorite park in Rochester to orienteer in would probably be Oatka Creek because has such a diverse landscape. I find it very beautiful.

**Furthest from Rochester that you've orienteered...** Furthest from Rochester that I've orienteered would probably be in a 20 mile range in Oatka Creek. There are a surprising number of parks in such a relatively small distance.

**Favorite orienteering experience...** My favorite orienteering experience is when I went out on a white course with the Winslow's son, Drew. We had just made it through a whole bog without getting messy or wet even. I could see the path in front of me and took a step onto the "leaves" to get to the path only to find myself knee/elbow deep in red, rotten, stinky, moldy leaves. My map also was quite a mess. Then I hear a voice from behind me saying, "No offense but, that was kind of funny."

**Worst orienteering experience...** I am not sure I have had a bad orienteering experience. Except the ones I have missed!

**Any future orienteering goal you may have...** I guess one of my future goals would be a progressive one to enjoy the scenery more and pay less attention to trying to get to the finish line.

**Any advice for newer orienteers?** My advice for new attendees would be to enjoy yourself, enjoy your family if you brought them, and don't be afraid to venture off the beaten path once you get yourself settled in.

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## Get to Know the ROC! Ravi Nareppa

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**Hometown:** Originally from Bengaluru, (Bangalore) India. Been in Rochester 16 years.

**Other family members:** Wife, Divya Reddy. Two sons: Nikhil Reddy (6) and Tejus Reddy (4)

**Occupation/Grade in School:** Software Engineering Manager at Carestream Health

**Other Hobbies:** Hiking (ADK 46er), Mountain biking, Scuba diving

**When did you start orienteering?** 1998, I believe

**Why did you start orienteering?** It was introduced to me as a team building experience at Xerox by James Russell, an ROC board member.

**What level are you competing at?** Male-Open

**What do you love about orienteering?** The challenge and exercise, the feeling of being alone in the woods, especially when I get lost. :)

**Favorite park in Rochester to orienteer in...** Mendon Ponds Park

**Furthest from Rochester that you've orienteered...** Highland Forest south of Syracuse

**Favorite orienteering experience...** I used to run trails to get from Point A to Point B and I thought that would be best way to go about it. And I used to run fast. Well this one time in Webster Park, I met up with an older gentleman at a control and we both were going to the same control from there. I was sure I could get there faster, so I started sprinting along the trail, catching a glimpse of this gentleman jogging into the bushes. I circumnavigated the trails and got to the control to find this gentleman already there. I was out of breath, sweating profusely whereas the "real orienteer" was smiling and calm. This happened twice during the same event which convinced me that sticking to trails is not

real Orienteering. Well, 10 years later, I am still trying to figure out how to navigate without depending extensively on trails or getting confused by deer paths.

**Worst orienteering experience...** Bay Park (Irondequoit West) where the hills took their toll on me and I just could not finish it. That park is extremely challenging for me.

**Any future orienteering goal you may have...** Get faster, somehow. Be able to look at a map and not have to use a compass every few minutes.

**Any advice for newer orienteers?** Take an extra few seconds to read the map well before you take off, might save you minutes in back-tracking.

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## Get to Know the ROC! Steve Tylock

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**Hometown** - Rochester, NY - West Irondequoit specifically.



**Other family members** - Wife Lorie, Children Kevin, Rachael, Christopher, Melissa

**Occupation/Grade in School** - Technology / Infrastructure Consultant & Writer

**Other Hobbies** - Song and Dance... I'm currently performing with the Traveling Cabaret, and have surprised a few ROC members when they notice me on stage. We arrange about 20 performances each year with summer performances at town gazebos, senior centers, and elder communities. Our holiday shows bring out the kid in everyone.

**When/Why did you start orienteering?** - My first event was on Nov 3, 2002 at Genesee Valley Park - I checked the results. My two sons (13 & 8 at the time) and I finished third on white and yellow.

We had arranged for an overview of orienteering at our Cub Scout Pack meeting (Pack 80 where I was Cubmaster and my wife was Den Leader). Following a bit of "orienteering around the cafetorium", we made the Genesee Valley Park meet the Pack's "monthly activity" and encouraged all the dens to get out to it.

I went to a few additional meets after that bring some or all of the family. Notably, we happened to get to the recreational event at the Mendon A meet in 2003 - and saw some the "big time" action. Everyone has done some, but I'm the enthusiast.

Ten years later - I hadn't thought it was that long;-)

**What level are you competing at?** - I try to get to as many of the local events as I can, and a couple A meets each year. I hold my own locally and tend to have one or more weaknesses exposed at the A meet level. As a result I work at improving throughout the year on foot and skis.

**What do you love about orienteering?** - Running through the woods. I enjoyed "the flats" of Irondequoit when I was a kid, and never knew there was a sport of running through the woods off the trail!

**Favorite park in Rochester to orienteer in...** - Letchworth. It isn't technically in Rochester, but it is part of our rotation. I like the challenge of getting away from easily recognizable features like roads and buildings, and Letchworth is that big.

**Furthest from Rochester that you've orienteered...** - Connecticut. I headed out for one of the early Sprint finals and enjoyed the weekend away.

**Favorite orienteering experience...** Scrooge-O 2008. My youngest daughter, Melissa, and I had an exciting time clearing the field that year with bits of skill, speed, stealth, and luck. I wrote it up for the Wild Times <http://roc.us.orienteering.org/newsletter/wild0903.pdf>.

I still vividly remember running down a trail in the dark with my 11 year old telling me that she was terrified.

**Worst orienteering experience...** - I've tried to turn my awful experiences into learning opportunities - and there have been quite a few. One that I particularly didn't care for involved a control placement at an A meet that favored one approach. If you came from one direction, the control was out in the open, if you came from another (as I had done), it was obscured by a fallen tree (and the control location was at the bottom of a spur, not the other side of a tree;-)

I made several passes through that area trying to find the control and was correctly re-locating myself before each. It was frustrating when I finally found the control as I had overlooked that spot because I had passed so close to it on the initial attempt.

I've tried to take that into account when setting courses myself.

**Any future orienteering goal you may have...** - Get out to more A meets - including the one at West Point.

**Any advice for newer orienteers?** One of the best tools for self-evaluation was being able to see my route with a GPS logger after the event. I had an idea of how I was going about it, but seeing my trail and what I actually was doing was enlightening.

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## Getting to Know the ROC! Lindsay Worner

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**Hometown** – Rochester, NY

**Other family members** – Rick Worner & Linda Kohn (Parents)

**Occupation/Grade in School** – Physical Education Teacher

**Other Hobbies** – I enjoy running, swimming, coaching (swimming), reading, and traveling.

**When did you start orienteering?** – I have been at orienteering meets since I was born. I didn't start regularly competing until I was 11.

**Why did you start orienteering?** - My parents and all my orienteering friends did it too!

**What level are you competing at?** – I travel both nationally and internationally to compete, all for fun though! Orienteering is a great way to travel and see the world one A-meet at a time!

**What do you love about orienteering?** - I love being alone in the woods and being mentally challenged!

**Favorite park in Rochester to orienteer in...** - I really like Mendon Ponds and Durand Eastman.

**Furthest from Rochester that you've orienteered...** - I have been all over Europe orienteering...Norway, Finland, Sweden, Switzerland and France.

**Favorite orienteering experience...**I still remember when I was young running around meet sites (especially at West Point) with my friends, exploring the woods and pretty much being on our own until we got hungry and

went in search of our parents.

**Worst orienteering experience...** Orienteering is full of up and down moments. I can't think of the worst one other than that feeling when you know you have gone the wrong way or when you realize you are not where you think you are; my goal in orienteering is to avoid those moments as much as possible!

**Any future orienteering goal you may have...** Just to keep doing it! Life is busy, but orienteering is totally worth making time for!

**Any advice for newer orienteers?** Try bigger meets! Travel to new places!

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## RHSACCP meets ROC!

By Karen S. Lankeshofer, Site Supervisor,  
Rush-Henrietta School-Age Child Care  
Program

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The Rush-Henrietta School-Age Child Care Program is always looking for different activities to do with your children during our summer program. When we contacted Karl Kolva and he agreed to teach our children and staff about orienteering, we were ecstatic.

It all started with a brain-storming session at our Vollmer building on Telephone Road in West Henrietta. Karl, Laurie Hunt, Linda Kohn, our director Pearl Tokar and I participated.



The shock was great when the orienteers found out that about 100 children would be participating. But undaunted, they accepted the challenge and gave us a rough outline of what everything could look like. By the time we got talking about random-Os, motals, legends and what-not, our heads were spinning.

But Karl, Linda and Laurie didn't throw in the towel! We decided that our first step would be a two-day staff training so that we would be able to run the entire event by ourselves. Linda and Laurie came to us two Thursdays in a row and went through all the fundamentals with us. Two staff members, Laura Carmichael and Amanda Nicholas really got the hang of it quickly. They were so enthused; we let them take charge of the whole program. Linda did some great maps for us; Laura

and Amanda explained the maps to the staff and guided the children on their searches.

All age groups from PreK to 6th grade participated. Laura did some practice runs with grades K-1. She marked a map with six points. At each point there was a cone with a letter taped to it. At the end, the six letters they found spelled a word. For the 1st graders, the letters were scrambled up.

Each group was on the course for 45 minutes. When the time was up, they all wanted to keep going. Many of the kids approached Laura in the hall for days after, saying what fun they had had. One child even said, "We should do this at least 5 or 6 more times this summer!" Everyone had a great time and the kids were unanimous in the wish to do orienteering again someday soon.

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## Meet Results

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### Highland Park National Orienteering Day September 15, 2012

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Mother Nature cooperated for ROC's 2012 National Orienteering Day celebration. The dark clouds gathered just in time for the meet to start, after a sunny morning with temperatures in the 60's. The rain held off though, so conditions were perfect for enjoying one of the four orienteering options. In addition to the usual White, Yellow, and Sprint courses there was a 24 control Random-O that allowed participants a thorough exploration of Highland Park. Many of the orienteers chose to do more than one course.

The Cornell Cooperative Extension was a great home base for all the folks who turned out; including Girl Scouts, RIT students, and first timers who discovered ROC via ROC's meetup site. The festivities included door prizes, free OUSA stickers and copies of Orienteering North America, with orange balloons for the children. As always, everyone raved over the delicious refreshments provided by Mary Kolva.



Behind the scenes there was a bit of excitement when Jim Pamper discovered police and park staff examining control flags by the reservoir that Laurie Hunt had hung earlier that morning. She had taken advantage of the fence and an existing park stake to hang the controls. The police didn't know what to make of the strange devices and thought that it might be a terrorist threat to the water supply! After vouching for the innocence of our e-punch boxes,



Jim obligingly returned to the CCE for stakes and rehug the flags a little farther from the perimeter of the reservoir.



Also memorable was Mike Lyons having a near miss with becoming part of a wedding party. He realized as he approached the control behind the Sunken Gardens at Warner Castle that there was a wedding taking place. He knew he would be visible if he went for the control, so he took a DNF rather than be the talk of wedding guests for years to come.

Many thanks to all our volunteers, and our door prize sponsors: OUSA, Fleet Feet, and Tony Fendikevich of Empire Health & Fitness.

Thanks to our volunteers:

- Meet Director: Laurie Hunt
- Course Setter: Laurie Hunt
- Course Consultant: Dick Detwiler
- Volunteer Coordinator: Sandra Lomker
- Flag Setters: Jim Pamper, Linda Kohn
- Greeter: Carol Moran
- Registration: Beth Turinsky, Heidi Hall, Patty Borden
- Start/Finish/E-Punch: Ravi Nareppa, Tyler Borden, Bob Bundy, Stina Bridgeman
- Flag Pick-Up: Jason Urckfitz, Zak & Chad Borden, Vince Cassano, Lindsay Worner, Jack
- Food: Mary Kolva
- String-O: the Lamb family
- Instruction: Austin Lamb, Rukhsana Coffer, Karl Kolva



Frank Liberti	W-Rec	47:35
Jill and Pete Crooker	T2	47:42
Nancy Burgey	F55+	47:51
George Turinsky	T3	50:48
Popsnpal	T2	51:24
Mark Strassell	W-Rec	52:53
Pat and Clara Costello	W-Rec	53:09
Katie Carney	T3	55:50
The Anderson Family	T4	59:25
Noel Battey and Lisa Coppola	W-Rec	62:32
Ken Patterson	T5	71:38
Carol Redden	W-Rec	DNF



**Yellow 2.4k 65m**

Kuo-Sheng Lee	Y-Rec		23:23
Robert Zayas	Y-Rec	RIT	27:46
Brendan Neahans	Y-Rec	RIT	33:37
Scot Makai	F-21+		35:54
Fernando Axel Ellis	Y-Rec	RIT	36:44
Don Winslow & Cheri	T2	ROC	37:58
Amanda Yung	Y-Rec		38:09
David Rddington	T3		39:09
Robert Ziegler	Y-Rec	RIT	40:39
Elder Family	Y-Rec	ROC	41:10
Liam Orr	T2	ROC	49:54
Dave Schumann	T4		49:57
Brett Gentile	Y-Rec	RIT	51:24
Sandra Lomker and Patty Borden	Y-Rec	ROC	56:48
Heidi Hall	Y-Rec	ROC	60:05
Maura Drnevich	Y-Rec	RIT	62:29
Mary Crowley	T2	ROC	62:49
Cheryl, Fred, Greg Detwiler	T3	ROC	67:48
Rukhsana Cofer	Y-Rec	ROC	70:36
Casey Lamb	T5		78:14
Jeff Nunes	Y-Rec	ROC	150:54
Sarah Aprile	T2		DNF

**White 1.9k 40m**

<u>Name</u>	<u>Class</u>	<u>Time</u>
Kuo-Sheng Lee	W-Rec	14:14
Amanda Yung	F-21+	17:23
Tyler Holmes	M-16	22:39
Bryn Holmes	F-16	23:43
Davin Reddington	T3	25:55
Rob & Vivian Mundshau	W-Rec	27:10
Dave Cook and Sue	T2	29:39
Jeff Nunes	W-Rec	32:14
Carol Moran	W-Rec	32:14
Wilson OC	T3	36:32
Bob Williams	T5	37:52
Liz Finear and Tina, Ada Yee	W-Rec	40:29
Sarah Aprile	T2	41:29
Janel Esli	T3	43:00
Steve Caso	T2	45:06
Juliana Karr	T3	45:16

**Sprint 2.4k 70m**

Tyler Borden	M-21+	15:29
Eugene Vasiliev	M-21+	17:38
Rob Holmes	M-21+	18:52
Lindsay Worner	F-21+	20:47
Stina Bridgeman	F-21+	20:48
Vince Cassano	M45+	21:37
Richard Detwiler	M45+	22:03
Zachary Borden	M-21+	23:51
Michael Lyons	M-21+	24:31
Don Winslow	M45+	26:11
Brian Thomas	M-21+	26:25
Bob Bundy	M65+	26:34
Chad Borden	M-21+	28:14

Ravi Nareppa	M-21+	28:30
Anne Schwartz	F55+	36:50
Richard Burgey & Linda	T2	40:31
Jim Borden	M45+	41:03
Jim Chapman	T3	47:47
Tyler Holmes	M-16	50:02
Chris Pragle	T2	63:50
Kaleb Pragle	M-20	63:55
Sandi Wilsey	F35+	64:00
Bridget McLaughlin	T4	78:24
Kathy Bannister Jim Kull	T2	80:56
Mike Kehoe	T4	DNF

#### Random-O 24 Controls

Tyler Borden	M-21+	31:25
Stina Bridgeman	F-21+	37:10
Eugene Vasiliev	M-21+	37:16
Rob Stevens	M-21+	37:52
Lindsay Worner	F-21+	38:31
Russell Nordquist & Mike Kipp	T2	43:17
Vince Cassano	M45+	44:44
Ian Stead	M-21+	45:42
Ravi Nareppa	M-21+	56:24
Austin Maitland		57:40
Bob Bundy	M65+	60:50
Jamie Mortillaro	T4	64:05
Anne Schwartz	F55+	65:07
Jim & Kathy Curry	T2	132:52
Mike Yunker	M65+	206:14
Richard Detwiler	M45+	23 (40:41)
Michael Lyons	M-21+	22 (37:50)
Rich Marlin		16 (107:45)
Behlok family	T3	14 (85:25)
Carolyn Orr	T2	9 (231:49)
Mark Strassell	T2	4 (??:??)

## **Letchworth State Park West September 30, 2012**

Thanks to our volunteers:

- Meet Director and Course Setter: Rick Worner & Linda Kohn
- Vetter: Kathy Bannister
- Greeter: Patty Borden
- Registration: Nancy Burgey, Rukhsana Cofer, and Rafael Frutos
- Start/Finish/E-Punch: Tyler Borden, Stina Bridgeman, Bob Bundy, Jim Borden
- Flag Pick-Up: Don Winslow, Joel Shore, Zak and Tyler Borden, and Jim Pamper
- Food: Kathy Bannister, Kay Sheehan
- String-O: Linda & Daniel Burgey
- Instruction: Lindsay Worner

#### White 1.6k 55m

<u>Name</u>	<u>Class</u>	<u>Club</u>	<u>Time</u>
Ivelin Novkov	W-Rec		20:26
Family - Kurtz	T4	ROC	34:07
Patty Borden	W-Rec	ROC	35:04
Elizabeth Hane	W-Rec	ROC	37:24

Cindy & Daniel Burgey	T2	ROC	55:05
Heidi, Simon, and Olivia Lipka	T3		58:35
Michele, Luke, Katherine Weiler	T3	ROC	158:36

#### Yellow 2.5k 60m

Ivelin Novkov	Y-Rec		33:10
Carolyn Orr	Y-Rec	ROC	41:20
Muddy Heels	T3		52:44
Family - Gallagher	T5	ROC	54:19
Dave and Sue Cook	Y-Rec		56:13
Amanda Ying	Y-Rec	ROC	58:57
Kathy Bannister & Andy M.	T2	ROC	74:26
Family - Kurtz	T4	ROC	74:37
Bev Boland	Y-Rec		76:37
Carol Moran	Y-Rec	ROC	79:12
Jenifer Banister & Kristy W.	T2		113:02
Shaun Forney	Y-Rec	CNYO	180:00

#### Orange 4.1k 85m

Katherine Weiler	O-Rec	ROC	80:20
Erik Grimm, Rich & Scott	O-Rec		80:24
Jim Borden	O-Rec	ROC	88:50
Bob Bundy	M65+	ROC	90:02
Kay Sheehan	O-Rec	ROC	100:27
Ed Deller	O-Rec	ROC	101:02
Linda Burgey	O-Rec	ROC	106:08
Jennifer, Paul, Clara Manley	O-Rec	ROC	108:47
Adam Cady	O-Rec		124:38
Louise Cook	F55+	ROC	132:34
Nancy Burgey	F55+	ROC	137:31
Jim Chapman	T3	ROC	151:32
Rafael Frutos	O-Rec	ROC	180:00

#### Green 5.1k 185m

Tyler Borden	G-Rec	ROC	57:54
Sebastian Irimie	M45+	STARS	61:22
David Cady	M45+	BFLO	62:44
Adam Smith	G-Rec	ROC	64:37
Vince Cassano	M45+	ROC	72:14
Peter Dady	M45+	CNYO	85:27
Joel Shore	M45+	ROC	89:00
Zachary Borden	G-Rec	ROC	96:30
Jackie Novkov	G-Rec	BFLO	100:05
Rick Slattery	M45+		101:38
Ian Stead	G-Rec		108:44
Don Winslow	M45+	ROC	113:26
Austin Maitland	G-Rec		116:06
Tom Story	M45+		120:23
Laurie Hunt	G-Rec	ROC	180:00
Marius Saiciuc	M45+	STARS	180:00
John Boland	G-Rec	CNYO	180:00

#### Red 6.4k 250m

Sergey Dobretsov	M-21+	ROC	67:59
Jason Urckfitz	M-21+	ROC	78:49
Rob Stevens	M-21+	ROC	82:40
Steve Tylock	M-21+	ROC	82:59
Lindsay Worner	F-21+	ROC	86:13
Stina Bridgeman	F-21+	ROC	103:29
Jim Pamper	M-21+	ROC	134:27
Chad Borden & Chelsea Lahna	T2	ROC	146:10

# Oatka Creek Park October 28, 2012

It was a rainy and chilly fall day, but 57 hearty orienteers/groups participated in the final Regular Meet of the season at Oatka Creek Park. Tyler Borden set Scatter courses ("Western Mass. Rules" style). Participants had to choose the most efficient route to get a certain number of controls, based on their course of choosing. Route choices and selections of which controls to skip were emphasized in this format. Some orienteers were better than others in counting how many controls they had gotten. The Grid-O, 16 controls set out in a 4x4 grid 7.5m between rows in the field in front of the shelter, was also well received by both newer and advanced orienteers and provided entertainment for those watching.

*-Brian Thomas Co-Meet Director*

Thanks to our volunteers for helping with the meet:

- Meet Director: Mike Meynadasy, Brian Thomas
- Course Setter: Tyler and Zak Borden
- Vetter: Dick Detwiler
- Greeter: Carol Moran
- Registration: Nancy Burgey, Sandra Lomker, Dick Detwiler, Rukhsana Cofer
- Start/Finish/E-Punch: Ravi Nareppa, Tyler Borden, Bob Bundy, Stina Bridgeman
- Flag Pick-Up: Rafael Frutos, Dick Detwiler, Rick Worner, Rob Stevens, Anne Schwartz
- Food: Mary Kolva, Michele Weiler, Louise Cook
- String-O: Faith & Stephanie Reh
- Instruction: Linda Kohn

### White 1.7k 35m

<u>Name</u>	<u>Class</u>	<u>Club</u>	<u>Time</u>
209 A	T2	Troop 209	18:24
209 B	T2	Troop 209	22:15
209 C	T2	Troop 209	24:52
Patty Borden	W-Rec	ROC	27:47
Tyler Holmes & Sean Hennntta	T2	ROC	28:12
Kameron Holmes + Bryn, Margare	T4	ROC	31:17
Turinsky Family	T4	ROC	33:37
Carol Moran	W-Rec	ROC	34:59
Janel Egli & party	W-Rec		48:17
Derrick & Keith Hudson	W-Rec		58:49
Alex Steele	W-Rec		64:57

### Yellow [10 of 20 controls]

Scot Makai	Y-Rec	ROC	32:44
Rukhsana Cofer	Y-Rec	ROC	67:28
Sandra Lomker	Y-Rec	ROC	78:13
Stephanie & Faith Reh	Y-Rec	ROC	85:50
Brendan Neuhaus	Y-Rec	RIT	117:05

### Orange [15 of 20 controls]

Robert Zayas	O-Rec	RIT	53:46
Ian Crosby	O-Rec		58:14

Robert Ziegler	O-Rec	RIT	60:46
Rafael Frutos	O-Rec	ROC	71:15
Manley Family	T2	ROC	74:13
Amada Yung	O-Rec	ROC	76:53
Fernando Ellis	O-Rec	RIT	77:41
Mark Wade	O-Rec		96:01
Brian Green	O-Rec	RIT	99:49
Laura Benotti & Richard	O-Rec		195:32

### Brown [14 of 23 controls]

<u>Name</u>	<u>Class</u>	<u>Club</u>	<u>Time</u>
Rick Worner	M65+	ROC	46:07
Kim Abell	B-Rec		56:51
Ravi Nareppa	B-Rec	ROC	60:01
Jim Borden	B-Rec	ROC	68:22
Bob Bundy	M65+	ROC	70:35
Chad Borden & Chelsea	Lahna T2	ROC	76:34
Laurie Hunt	F55+	ROC	77:10
Anne Schwartz	F55+	ROC	81:33
Walt Lyons	M65+	BFLO	89:37
Louise Cook	F55+	ROC	180:37

### Green [18 of 23 controls]

Vince Cassano	M45+	ROC	55:37
Adam Smith	G-Rec	ROC	57:19
Linda Kohn	F35+	ROC	65:11
Joel Shore	M45+	ROC	67:43
Scott Heiligenthaler	M45+	ROC	86:48
Don Winslow	M45+	ROC	89:25

### Red [21 of 23 controls]

Pavel Korniliev	M-21+	ROC	41:34
Sergey Dobretsov	M-21+	ROC	44:01
Rob Stevens	M-21+	ROC	45:09
Rob Holmes	M-21+	ROC	47:44
Jason Urckfitz	M-21+	ROC	48:21
Michele Weiler	R-Rec	ROC	48:53
Stina Bridgeman	F-21+	ROC	58:02
Russell Nordquist	M-21+	ROC	59:05
Brian Thomas	M-21+	ROC	63:29
Steve Tylock	M-21+	ROC	64:11
Jim Pamper	M-21+	ROC	73:51
Laurence Creatura	M-21+		79:36
Patty Lyons	F-21+	BFLO	89:32
Gary Maslanka	M-21+	ROC	95:51
Brian Tomaszash	M-21+		145:32

## ROC 2012 Club Series Final Standings

For space reasons, only people with two or more meets are shown (except if the winner of a class had only one meet), and only the top 9 places in M21+ are included. Full results are available on the ROC web site.

			Mendon	Webster	Rotary	Powder Mills	Letch. West	Oatka
Class	Name	Total	04/15/12	05/20/12	06/03/12	08/25/12	09/30/12	10/28/12
F-12	Hannah Collinsworth	<b>41.60</b>	20.44	21.16				
F-14	Riesa Cassano	<b>50.16</b>	14.14		11.93	24.09		
F-21+	Stina Bridgeman	<b>47.14</b>		12.81	12.50	11.66	8.18	10.18
	Lindsay Worner	<b>22.38</b>			12.57		9.81	
	Linda Kohn	<b>20.92</b>			10.46		<b>CS</b>	
F35+	Marilyn Zygo	<b>15.81</b>	8.07		7.74			
F55+	Anne Schwartz	<b>50.84</b>	<b>MD</b>	8.17	20.94			9.02
	Laurie Hunt	<b>37.03</b>	9.49	<b>CS</b>	9.54	9.71	3.00	9.53
	Kathy Bannister	<b>29.62</b>	10.00	10.27		9.35		
	Nancy Burgey	<b>16.08</b>	<b>CS</b>		3.00		7.72	
	Louise Cook	<b>11.01</b>					8.01	3.00
M-14	Tim Dobretsov	<b>57.36</b>	16.49	13.66		27.21		
	Lucas Lyons	<b>30.72</b>		19.25	11.47			
M-16	Austin Lamb	<b>16.90</b>	16.90					
M-21+	Sergey Dobretsov	<b>56.00</b>	12.12	14.57	15.56	12.02	12.44	13.42
	Pavel Korniliev	<b>55.05</b>	13.97		13.94	12.92		14.21
	Rob Stevens	<b>51.00</b>	13.65	14.03			10.23	13.09
	Steve Tylock	<b>44.68</b>	12.04	11.67		<b>CS</b>	10.19	9.21
	Jason Urkfitz	<b>42.97</b>	10.01			10.00	10.73	12.22
	Brian Thomas	<b>38.68</b>	9.69	9.71	9.02	9.97		9.31
	Jim Pamper	<b>38.48</b>	9.80	9.92	10.63	8.13	6.29	8.00
	Nathanial Lyons	<b>32.23</b>		15.62	16.61			
	Gary Maslanka	<b>31.57</b>	9.95	7.57	<b>CS</b>			6.16
M45+	Vince Cassano	<b>58.20</b>	11.48	15.07	15.89	13.38	13.86	11.95
	Joel Shore	<b>40.82</b>	8.92	10.25	9.18	9.51	11.25	9.81
	Peter Dady	<b>40.61</b>	11.50	3.00	14.39		11.71	
	Don Winslow	<b>38.94</b>	9.79	10.33	10.00	3.00	8.82	7.43
	Jeff Monnier	<b>28.34</b>	8.07	9.50		10.77		
	Thomas Story	<b>26.69</b>	5.62	9.76	3.00		8.31	
	Rick Slattery	<b>20.28</b>	10.43				9.85	
	Larry Zygo	<b>16.68</b>	9.32		7.36			
	Scott Heiligenthaler	<b>11.94</b>	4.28					7.66
M65+	Bob Bundy	<b>58.66</b>	11.40	11.70	23.77	3.00	11.79	10.42
	Richard Burgey	<b>24.48</b>	<b>CS</b>	10.44	3.00	11.04		
	Richard Lavine	<b>19.93</b>	10.00	9.93				
	Walter Lyons	<b>11.21</b>		3.00				8.21
	Karl Kolva	<b>9.00</b>	<b>MD</b>	3.00	3.00			

## ROC 2012 Sprint Series Final Standings

For space reasons, only people with two or more meets are shown (except if the winner of a class had only one meet). Full results are available on the ROC web site.

			RIT	Rotary	Black Creek	Mendon	Seneca Park	Highland Park
Class	Name	Total	04/21/12	06/03/12	06/26/12	07/14/12	08/18/12	09/15/12
F-16	Maggie Hall	17.78			8.39		9.39	
F-21+	Stina Bridgeman	49.42	11.27	12.60	10.17	CS	11.45	13.57
	Lindsay Worner	34.44		10.73			10.13	13.58
F35+	Jackie Novkov	16.32	8.27			8.05		
F55+	Anne Schwartz	29.79	7.60	6.05	5.57	8.47		7.67
	Laurie Hunt	11.91					5.95	CS / MD
M-16	Lucas Lyons	10.01		10.01				
	Tyler Holmes	9.53		3.89				5.64
M-20	Kaleb Pragle	4.42						4.42
M-21+	Egils Robs	61.87	15.37	16.47	13.62	16.41	13.62	
	Tyler Borden	60.24	13.33	11.80	12.21	14.46	14.21	18.23
	Michael Lyons	52.83		13.31	CS	13.78	CS	11.52
	Nathaniel Lyons	49.57		16.52	CS		16.53	
	Brian Thomas	43.07	12.22	3.00	9.90	10.00	10.15	10.69
	Eugene Vasiliev	38.98	11.98			10.99		16.01
	Zachary Borden	36.97	14.39	10.74				11.84
	Adam Smith	34.99		9.99		13.08	11.92	
	Rob Holmes	28.21	13.25					14.96
	Rob Stevens	27.35	14.98			12.37		
	Pavel Korniliev	27.16	13.57				13.59	
	Steve Tylock	25.18	12.92				12.25	
	Tim Ratowski	23.42				11.88	11.53	
	Ravi Nareppa	21.53		3.78	7.84			9.91
Chad Borden	20.36		10.36				10.00	
M45+	Vince Cassano	47.66	11.36	11.36	10.68	MD	MD	13.06
	Richard Detwiler	42.62	9.22	9.65		9.79	CS	12.80
	Don Winslow	38.78	9.77	7.44	8.86	8.82	9.36	10.78
	Jim Borden	35.49	9.49	8.69	8.56	7.59	8.75	6.88
	Peter Dady	20.70		10.20			10.50	
	Gary Maslanka	20.20		CS	10.10			
M65+	Bob Bundy	16.83			6.20			10.63

# 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

	<u>First name</u>	<u>Last name</u>	<u>Birthdate</u>
<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:** \_\_\_\_\_

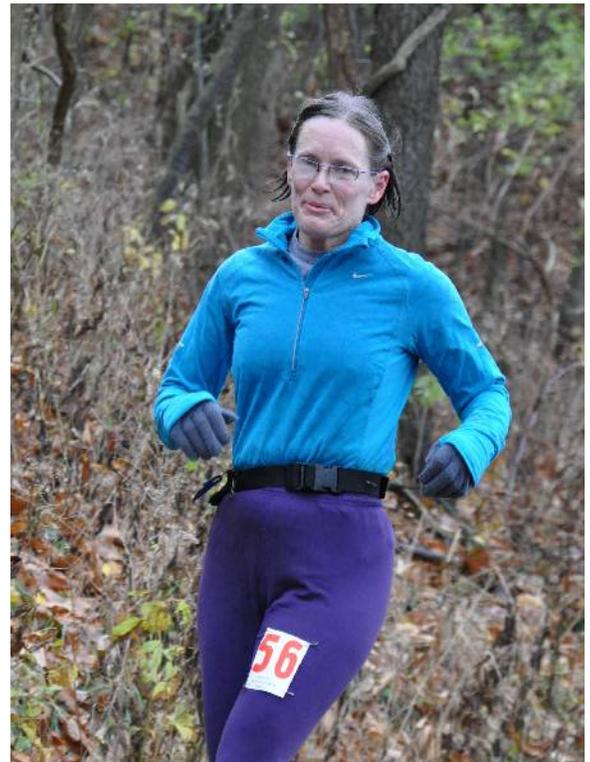
Please circle one or more areas below in which you would be willing to volunteer occasionally. Training will be provided if needed.

- |          |        |      |         |              |          |        |         |         |
|----------|--------|------|---------|--------------|----------|--------|---------|---------|
| 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



*Linda and Richard Burgey at the Highland Park meet.*



*Sharon Zelinski, from Toronto, competing in the 50K at Mendon. She finished in 5:29, and was the 3rd female.*

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## More pictures from the Mendon trail race

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*ROC member Brian Thomas running the 10K at Mendon.*



*Wilt Alston, president of the Greater Rochester Track Club, competing in the 20K at Mendon.*



*Bob Lonsberry, from Mt. Morris, in the 20K at Mendon.*



*ROC member Mike Meynadasy running the 20K at Mendon.*



*ROC member Michele Weiler competing in the 20K at Mendon.*



*The start of the 50K at the Mendon Trail Race. Long-time race director Larry Zygo is in the red coat and hat at the right side of the picture.*

## ***First Class***



40 Erie Crescent  
Fairport, NY 14450



*ROC member Pavel Korniliev (left) running in the Mendon 50K trail race.*