

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



# *The Wild Times*

July 2013

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

The official newsletter of the Rochester (NY) Orienteering Club

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## **ROC's 2013 Season...How are we doing?**

**By Laurie Hunt, ROC President**

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Last year, ROC offered an online survey to help the Board of Directors plan the 2013 schedule. The information gathered was considered carefully, and determined our decisions about what events to offer this year. Respondents overwhelmingly voted for a paddle event, wanted less emphasis on the competitive club series, and gave their preferences for our regular events, Score-O's and special events like the Rochester Map Adventure and Night-O.

There have been some changes made in the scheduling this year, and we'd love to hear how we're doing. One of the major changes we made was to start our Saturday meets at 10am instead of noon. We offered two "pre-season" training sessions in March so beginners could get off to a strong start. May's Rochester Map Adventure had a new start location and explored some new areas, emphasizing Rochester's history. We had an exciting Canoe-O at Braddock's Bay in June, and have an Adventure Race planned for July 27th, with orienteering on foot, bike and boat. We will be introducing a new map of the Genesee Country Village Nature Center in September. In October we will be doing a half-day training at Letchworth Park, followed by a meet with a new format. Late October will bring in our first Vampire-O, which will replace our annual Scrooge-O. Night-O will be featured in November. Our annual meeting in December will be a daytime members-only event at Ellison Park with a potluck meal.

Also new this season, at the request of members, we offered an ROC performance fabric shirt, with favorable reviews. The Club Series is now underway for those members who like the element of competition and want to know how they fall in the ranks of ROC. If you'd like to learn more or sign up you can do so on our website (links are on the results page; also, there is information about the club series in this issue). We have one more Trail Challenge for those who like the feel of a trail race with the excitement of finding control flags along the way, and two Ski-O's will cap off the season. For those who can't get enough O, we are also offering new map hikes at three area parks. (see Map Hike article)

If you would like to make suggestions or offer comments you can contact our Board members on our website at [roc.us.orienteering.org](http://roc.us.orienteering.org). On the sidebar click on "About the club" to contact myself or other members of the BOD. We look forward to hearing from you!

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## **Mendon Adventure-O this Saturday (July 27)**

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See information inside this issue about this great event coming up this weekend!!

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## **Change to newsletter content**

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With meet results being readily available on the ROC web site, a decision has been made to not include the full results of every meet in the newsletter. This decision has been made to save costs – ROC pays per page for the newsletter printing, and in addition the postage can be higher when there are more pages. So if we can have, say, a 12-page newsletter without the results of every meet, it costs less than a 16-page issue with all of the results included.

We'll still include write-ups of some meets, especially ones that are a bit non-standard (like the articles about the Rochester Map Adventure and the Canoe-O in this issue), and we will also include pictures from some meets.

Remember, the full results of all meets are available on the web site, usually within the same day that the meet occurs.

## 2013 Club Officers and Committee Chairs

President: Laurie Hunt, 267-7665  
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Past President: Rob Holmes, 421-9246  
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President-Elect: Steve Tylock, 370-4632  
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Treasurer: Lindsay Worner, 880-8269,  
Lindsay.worner@gmail.com

Secretary: Vacant

Membership: Mike Meynadasy, 406-6140,  
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Mapping Chair: Dick Detwiler 671-2437,  
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### Board of Directors:

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## General information on local meets

### Courses

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

Color	White	Yellow	Orange	Brown	Green	Red	Blue
<b>Approx. distance</b>	2-4 km	3-5 km	4-7 km	3-5 km	4-7 km	6-10 km	8-14 km
<b># of controls</b>	4-12	5-12	8-12	8-12	8-12	8-15	10-18
<b>Difficulty</b>	Easiest	Easy	Medium	Hard	Hard	Hard	Hard

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

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

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

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

Sometimes other courses may be offered, such as a Motala (a course which involves one or more map exchanges), 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 \$2 (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 – July through December, 2013

## Rochester Area

Saturday, July 27	<b>Mendon Ponds Park</b> , Pond View Shelter. <b>Adventure Race</b> . See details in this issue.
Thursday, August 8	<b>Durand Eastman Park</b> , Log Cabin Road shelter. Sprint, Score-O, and White courses. White and Sprint start from 6:00 p.m. to 7:00 p.m. Score-O mass start at 6:45 p.m.
Thursday, August 29	<b>Ellison Park</b> . Trail Challenge. Orchard Grove shelter. Mass start at 6:30 p.m.
Saturday, September 7	<b>Genesee Country Museum nature preserve</b> . Regular meet with special format. Start from 10:00 a.m. to 12 noon.
Saturday, September 21	<b>National Orienteering Day. Cobb's Hill Park</b> , Tay House lodge. White, Yellow, Sprint, and Score-O. Start from 10:00 a.m. to 12 noon.
Saturday Oct 5	<b>Letchworth State Park (west)</b> . Lower Falls Shelter. Training exercises 9-12 and lunch. Mass start THOMASS event at 1:30 p.m.
Sunday October 20	<b>Powder Mills Park</b> . North Lodge. Regular Meet. Start from 12 noon to 2:00 p.m.
Saturday October 26	<b>Highland Park</b> . Cornell Cooperative Extension. Vampire-O. Mass start at 7:00 p.m.
Saturday November 2	<b>Mendon Trail Run</b> East Lodge. 5K, 10K, 20K, 50K. Start times: 8:00 a.m. 50K, all other distances 9:30.
Saturday November 16	<b>Webster Ponds Park Night-O</b> . Parkview Lodge. Mass Start at 7:00 p.m.
Sunday December 8	<b>Ellison Park</b> . Hazelwood Grove Lodge. Annual meeting and member event. Details to be announced later. Members only.

## Outside of Rochester Area

See web sites of the sponsoring club for details.

Sun. July 28	<b>BFLO</b> . Sprague Brook Park. 90-minute Score-O.
Th. Aug. 15	<b>BFLO</b> . Chestnut Ridge Park. Annual picnic.
Sun. Sept 8	<b>BFLO</b> . Delaware Park. The Olmsted Challenge – 2K orienteering course.
Sat. Sept 21	<b>BFLO</b> . Chestnut Ridge Park. National Orienteering Day.
Sat. Sept 28	<b>BFLO</b> . The Ellicottville Adventure Run & Hike.
Fri-Sun Oct. 11-13	<b>GHO</b> . Canadian Orienteering Championships. Ancaster
Sat. Oct. 19	<b>BFLO</b> . Sardinia County Forest

Sat-Sun Nov. 2-3	<b>CNYO</b> . 20th Annual Scout O. Highland Forest Park, Fabius, NY
Sun. Nov. 10	<b>GHO</b> . Raid the Hammer. Waterdown, Ontario
Sun. Nov. 17	<b>CNYO</b> . 33rd Annual Turkey O Highland Forest Park, Fabius, NY

**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://empoweb.org>

**Other clubs:** See Orienteering USA web site.

## Recent Permanent Course Finishers CONGRATULATIONS!

### Webster

Todd Bogumil	11/19/12	Rochester, NY
Tyler Ekwel	12/4/12	Rochester, NY

### Letchworth

Daniel & Zeke Hovey	5/9/13	Rochester NY
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### Mendon

Tyler Ekwel	12/21/12	Rochester NY
Ms. Christy Dryden	3/4/13	Honeoye Falls NY
Kayla Richardson	4/7/13	Webster, NY
Daniel & Zeke Hovey	5/9/13	Rochester, NY
Sam Lowenstein	7/1/13	Pittsford, NY

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# Mendon Adventure Race

## Around the pond - once, twice, thrice!

### Saturday, July 20

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**Venue:** Mendon Ponds Park

**Location:** Pond View Shelter

**Time:**

- **Mass Adventure Run** Start at 10:00 a.m., 6 hour time limit
- **White:** Starts from 10:10 a.m. until noon
- **Yellow / Score-O:** Starts from 10:10 a.m. until noon

**Cost:** Standard ROC meet fees apply (\$8 per group, discounts for club membership and volunteering)

Early schedules may have listed a different format, time, or starting location and we apologize for any confusion. The event was changed after the Summer Empire State Games for 2013 were put on hold.

The Mendon Adventure Race will challenge competitors around the Hundred Acre Pond (at Mendon Ponds Park). The Paddle segment will traverse that pond as well as the neighboring Deep Pond. The Peddle segment will take competitors around the pond to the far corner of the park, neighborhood roads, and the nearby Lehigh Valley and Fishers Landing Trail systems. The Pod (foot) segment includes the varied glacial terrain surrounding the ponds.

The Adventure Race will consist of each of the three segments in whichever order desired.

Competitors may choose to mix-n-match, one, two, or three of the segments with or without teammates. All segments begin and end at the Pond View Shelter. Each loop will allow 10 minutes for competitors to punch finish, download, refuel for next loop, clear, get a map, punch start, and begin the next loop (penalty of 1 control per minute of overage).

Competitors must arrange for their own bikes and watercraft. Because the legs may be ordered as desired, it may be possible to share. Competitors may not leave on a new leg after 3:00 PM.

Current segment course information:

- Peddle - TBD length, up to 20 controls, expected winning time: 1.5 hours.
- Paddle - 3.5km, 11 controls, expected winning time: 45 minutes.
- Pod-le - 9km, 23 controls, expected winning time: 1 hour.

Each is a score-O format.

The winner will be the competitor with the most controls in the least amount of total time. It is expected that multiple competitors will reach all controls. Similar to Score-O formats, one control will be deducted for each minute past the 6 hour deadline.

Participants that just want a foot orienteering challenge can

head out on the foot course - which has a number of controls nearby for a shorter experience.

In addition, a 1 km, 6 control introductory (White) course will be available.

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## Re-vamped Club Series

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The Club Series is a “competition” for any ROC members who would like to participate. It assigns a point value to results, and ranks participants according to their completion times. The winner gets bragging rights, and the rest get to find out how they performed compared to others.

The big change to the club series this year is flexibility – no longer must you do a specific course in order to be eligible for the club series!

How does this work? The key is “course difficulty factors” which allow points earned on one course to be converted into another course. The specific details are beyond the scope of this article; see the link on the ROC web site at the top of the “Results” page for some more information.

**Questions and answers:**

**1. Do I have to be an experienced orienteer to participate in the club series?** -- No! Adults who are new to orienteering can choose from the Adult-Yellow or Adult-Orange categories. Youth (16 and under) can compete on white, yellow, or orange.

**2. Do I have to be fast or do long courses to participate in the club series?** -- No! Adults who prefer shorter courses can choose from the Adult-Yellow or Adult-Orange categories. Youth (16 and under) can compete on white, yellow, or orange. We ask only that you choose a category that is appropriate for you – those who regularly do advanced courses and are competitive on those courses should not compete in Adult-Yellow or Adult-Orange.

**3. Do I have to come to every meet to participate in the club series?** -- No! Only your top four scores count towards your score – though attending more meets means that your lowest scores can be tossed out. And with 9-10 events counting towards the series, there are plenty to choose from.

**4. Do I have to do a specific course to participate in the club series? Do I have to do the same course at every event?**

No and no! Though the category or categories that you choose to be competitive in may affect whether or not you earn club series points for a particular course:

- White courses are considered recreational courses and only count towards rankings for Youth-White.

- Only yellow courses count towards Youth-Yellow/Adult-Yellow and only orange courses count towards Youth-Orange/Adult-Orange.

- Brown, green, red, and blue courses all count towards Advanced. Orange courses count towards Advanced only if no

brown course is offered at that meet.

You can compete in more than one category if appropriate. (For example, an adult might move up from yellow to orange during the year, and thus elect both Adult-Yellow and Adult-Orange.)

**5. Which events count towards the club series?** -- Any event designated as a “regular meet” counts, as do all sprints. Trail challenges, canoe-Os, ski-Os, score-Os, and special events like the Rochester Map Adventure do not count.

**6. Can people who aren't doing the club series participate in club series events?** -- Yes! There are no “club series events” - just events, open to all, which can be scored for the club series for club series participants. Also, the club series is opt-in – only those who want to participate will be ranked. Everyone else can enjoy their courses as usual.

**7. Do I have to sign up for the club series before the first event?** -- No! You can sign up at any point during the year, and every event you participate in during the year will count towards the series.

**8. Do I need to be a club member to participate?** -- No, though only club members are eligible for club series champion recognition. You can join the club at any time during the year.

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## ROC Training Activities for Members

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Throughout the summer, ROC offers training activities entitled “TNT”...Tuesday (or Thursday) Night Training, every few weeks. These activities are facilitated by a member who volunteers to host the event. The host leader selects a location and an exercise that will practice an intermediate to advanced level skill such as following contours, improving memory, or map simplification. The schedule of activities, maps and instructions are posted on the Rochester Orienteering Club Training site on Meetup.com. (See the “Map Hike” article for more information on this site).

These activities are primarily self-serve. You print your map at home from the Meetup Training site. When you arrive at the designated starting point you will find a car with a clipboard on the window and a sign-in sheet. You sign in, complete the exercise, return by the designated time and sign out. You can also choose to use the map to take a hike or a run, tailoring the activity to your own needs. Always remember to sign out by the course closing time.

ROC TNT's are a great way to sharpen your skills or just keep in shape between regular meets. Visit <http://www.meetup.com/Rochester-Orienteering-Club-Training/> to learn more.

This site is available to ROC members only. Your request to gain access to the site and print maps must be approved by an ROC administrator.

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## ROC Summer 2013 Map Hikes

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If you've tried out all of ROC's permanent orienteering courses and can't wait for the next meet to get an orienteering fix, you can enjoy orienteering map hikes (aka semi-permanent courses) in three area parks. A map hike offers the same advantages of a permanent course with the exception that it is only in place for one season. You can go out on your own at any time and use an O map to find ROC control tags. Currently there are courses set at Black Creek, Durand Eastman, and Mendon Ponds, with more to come.



Lindsay Worner set three courses at Durand Eastman Park; Brown (3.1k), Green (4.3k) and Red (5.9k). Westsiders have a choice of two courses at Black Creek Park, thanks to Linda Kohn; Orange (5.8k) and Red (6.9k). Newcomer Greg Michels makes his course-setting debut at Mendon Ponds with three new courses; Orange (3.9k), Green (4.6k) and Red (6.1k).

Best of all, you can access these maps from your computer through Meetup.com. Meetup is networking site where people with a particular interest (i.e. outdoor recreation, cooking, art, etc.) can find and connect with groups and organizations that offer activities or “meetups”. ROC offers two sites on Meetup. We post up-to-date meet information on our regular site. (<http://www.meetup.com/Rochester-Orienteering-Club/>). You can view who is coming to events and learn about members' interests. The map hikes are available on our second site, Rochester Orienteering Club Training. (<http://www.meetup.com/Rochester-Orienteering-Club-Training/>) This site is only available to members of ROC.

On the Meetup Training page you will complete a request to join, and your request will be forwarded to ROC for approval. When you receive notice that you have been approved, you will be able to access and print the map hike maps, as well as maps from the training activities that we offer throughout the summer. On the header bar click on “Discussions” and click “Map hikes” on the drop down menu. Maps are available by clicking on “More” on the header bar. ROC members administer the site, and are available for support via email. Your information will not be used by Meetup.com or by ROC for any other purpose.

When you complete your hike you can add your comments to the "Discussion" on the site. We look forward to hearing how you enjoyed your map hikes and your suggestions for other hikes. Our next new hike will be at Powder Mill Park. If you would be interested in learning how to create a map hike please contact Laurie Hunt through Meetup or the ROC website.

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## Get to Know the ROC Series by Don Winslow

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

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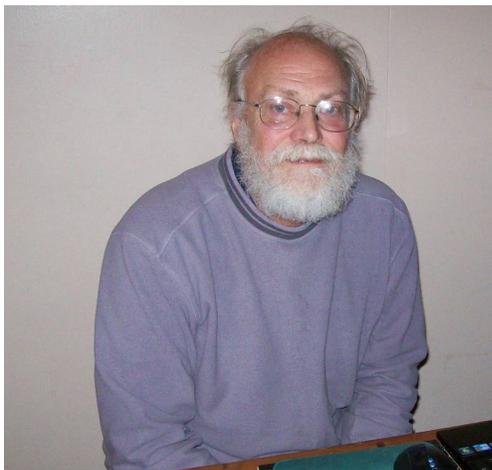
### Meet the ROC – Rick Lavine

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**Name:** Rick Lavine

**Hometown:** I grew up near Philadelphia, but have lived in Rochester for 40 years.

**Other family members:** wife Dayle, son Sven, granddaughter Isabella.



**Occupation/Grade in School:** retired math professor, still working on research.

**Other Hobbies:** biking, kayaking, rowing, XC skiing, mushrooming, crosswords, baking.

**When did you start orienteering?** In the 1980s

**Why did you start orienteering?** We saw an article about orienteering in a Philadelphia paper while visiting family, and thought "Wow, wish we had that in Rochester!" (This was before the internet...) Later we saw an ad for a clinic on orienteering, which we attended, and found out about the club, and started attending local meets.

**What level are you competing at?** I'm doing Brown, entering M75 this year for A-meets. I might have a year before the guys who always beat me move up to that age group!

**What do you love about orienteering?** I like being out in the

woods. It offers a challenge even when I can't be very athletic. It takes you places you would never get to otherwise. It's also fun to set courses and work on maps.

**Favorite park in Rochester to orienteer in...**I like some sections of Mendon the best because of the interesting terrain and open woods.

**Furthest from Rochester that you've orienteered...**I guess the furthest would be Vancouver, British Columbia.

**Favorite orienteering experience...**There's a tendency to forget orienteering legs that went exactly as planned, and remember the foul-ups forever. There was a ski-o near Lake Tahoe where everything was going really well for me. We were allowed to take a rope tow during the course. The first time I passed it up, but towards the end I decided to use it. I never did much downhill skiing so wasn't used to these things. There was a sign advising us to take off our poles, which I ignored. Somehow a pole got caught and snapped. This totally destroyed my focus; I got lost, forgot to punch the go control, etc. Well I guess that wasn't my favorite!

**Worst orienteering experience...**But I don't think it was the worst. There are lots of possibilities. At an A-meet (I think in N.H.), my first control was near the edge of a large wet area. This looked easy: hit the wet area and follow the edge to the control. But the wet area was very diffuse, not at all clear where the edge was. After searching for a long time without success, I decided to return to the start and try again. There was a path to hit on the way back so I wasn't careful about my direction. Somehow I got way off and had to travel a long way over to get back. When I got there I discovered I had lost my finger stick. OK, just punch the map. This time I found the control, but didn't do too well on the next couple. After going through a sloppy wet area, I discovered that my sole had separated from my shoe. At this point I had an excuse to call an end to this disaster, so I followed a trail back to the finish. This was the only time I've ever given up. But it was also the only meet I ever attended where they had cold beer at the finish!

**Any future orienteering goal you may have...**I guess just to keep doing it.

**Any advice for newer orienteers?** Try to use the map to make a plan for each leg by identifying obvious features in the landscape that can lead you to the control. This sometimes works well but sometimes you misinterpret these features, so also use the compass and pace count to make sure you're on the right track. (I should remember to do this myself.)

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### Meet the ROC – Nancy Burgey

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**Hometown:** Born in Walton, NY. And live in Penfield now

**Other family members:** Husband – Richard, Daughters – Cindy and Linda

**Occupation/Grade in School:** I am a Water Fitness (water aerobics) Instructor

**Other Hobbies:** Geocaching, hiking, sewing

**When did you start orienteering?** Richard and I started at the 2006 Ice breaker doing Yellow, and after a couple of meets, I went on my own (I was slowing him down too much!!!)



**Why did you start orienteering?** We were communicating with Tom Cornell about the old permanent course at Mendon Ponds Park, and he suggested we come to an event. We did and are still showing up most of the time.

**What level are you competing at?** Brown, Female 55+

**What do you love about orienteering?** The challenge of getting from the start to the 1<sup>st</sup> control, then to the next, and so on to the finish! I also love the beautiful parks that we orienteer in and the challenge of getting un-lost when I find I am in the wrong place!

**Favorite park in Rochester to orienteer in...** I like Mendon Ponds

**Furthest from Rochester that you've orienteered...** We went to The Turkey-O 2009 at Highland Forest County Park in Fabius, NY, put on by the Central NY Orienteering club. We had a blast and really enjoyed the adventure of a new, never been to area! I would highly recommend it if you have never been to this event.

**Favorite orienteering experience...** Taking my 2 year old grandson orienteering in the NOD this year. He was looking for the flags along the trail. He walked all the way and really got the hang of punching the electronic punches.

**Worst orienteering experience...** Rattlesnake Hill!!!... I never did find the 1<sup>st</sup> control on my course! Found my way back to the start area and started an easier course – then DNF (did not finish) – I knew my daughter, Linda, needed to be home at a certain time, but had still had to wait and wait for Richard and Linda to finish their courses!!

**Any future orienteering goal you may have...** to keep competing and also compete at an A-meet.

**Any advice for newer orienteers?** Keep at it, and don't give up! Enjoy your time in the woods! Learn from your mistakes that you make and try not to make that mistake at the next event. Talk to other club members about your adventures (mistakes!) They can help you learn how not to make them

again. You should also learn to use a compass and use the map features.

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## Meet the ROC – Scott Heiligenthaler

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**Hometown:** Medina, NY

**Other family members:** Wife, Peggy, and four children, 27, 25, 19, 19

**Occupation/Grade in School:** Controller at Villages of Orleans Health & Rehabilitation Center

**Other Hobbies:** High School Basketball Official 30+ years

**When did you start orienteering?** 2007

**Why did you start orienteering?** To try something different and new

**What level are you competing at?** Somewhere between intermediate and hard!

**What do you love about orienteering?** The exercise and the challenge!

**Favorite park in Rochester to orienteer in...** Although it seems the farthest for me, Webster

**Furthest from Rochester that you've orienteered...** North Carolina when visiting family

**Favorite orienteering experiences...** the Letchworth Permanent O Course with my wife and the Rochester Map Adventure

**Worst orienteering experience...** Any of the times an injury occurs...

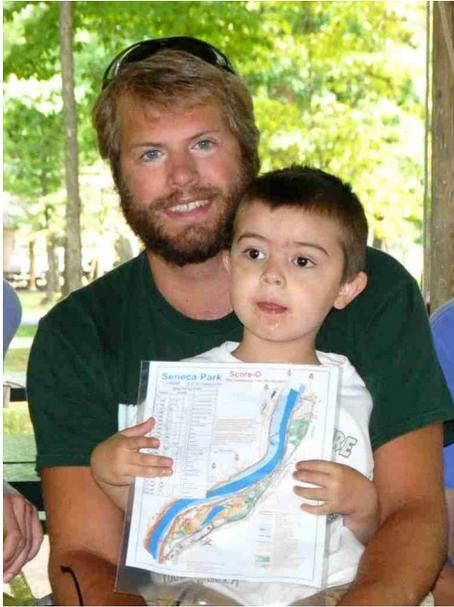
**Any future orienteering goal you may have...** Try more events outside the area

**Any advice for newer orienteers?** Keep it fun, continue to learn, and enjoy your experiences.

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## Meet the ROC – Greg Detwiler

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**Hometown:** Webster, NY

**Other family members:** Dad – Dick Detwiler, mom – Cheryl Detwiler, sister – Andrea Detwiler, son – Frederick Detwiler

**Occupation/Grade in School:** Music Teacher

**Other Hobbies:** playing music, seeing live music, skiing (snow and water), snowboarding, boats (all kinds)

**When did you start orienteering?** Too young to remember!!

**Why did you start orienteering?** My dad got me into it

**What level are you competing at?** Since I usually bring my son, White or Yellow. Although as a youth maybe up to Orange?

**What do you love about orienteering?** Being outside in the woods and navigating the old fashioned way

**Favorite park in Rochester to orienteer in...** Webster because I know it so well! I also like Mendon

**Farthest from Rochester that you've orienteered...** FINLAND!

**Favorite orienteering experience...** a youth orienteering trip to Sweden/Finland, or Laramie, Wyoming

**Worst orienteering experience...** as a young kid I remember going VERY far only to realize I was right back where I started...

**Any future orienteering goal you may have...** to complete a Canoe-O

**Any advice for newer orienteers?** Practice orienting a map ALL THE TIME, whether it's a street map or even cell phone.

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## Meet the ROC – Linda Kohn

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**Hometown:** Little Falls, NY

**Other family members:** Husband, Rick Worner, daughter, Lindsay Worner

**Occupation/Grade in School:** retired PE teacher

**Other Hobbies:** crocheting, reading, fitness, gardening

**When did you start orienteering?** 1974

**Why did you start orienteering?** I love being in the woods.

**What level are you competing at?** advanced

**What do you love about orienteering?** Being in the woods, figuring out the puzzle!

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

**Farthest from Rochester that you've orienteered...** New Zealand

**Favorite orienteering experience...** There are two: #1 was competing in the 1985 WOC in Australia and hearing "...and now, representing the United States of America, Linda Kohn." #2 - (most recent) Winning the W60 age group in the 2013 Oceania Carnival in New Zealand. Points were awarded for each day, 5 of 6 days' scores counted.

**Worst orienteering experience...** falling and dislocating my shoulder during the public event on the second to last day of the 1993 WOC in Harriman State Park. I was near the finish but had to be carried out of the woods and taken by ambulance to the ER. But then Rick got us a room at the Holiday Inn so I wouldn't have to sleep in the camper and, after 6 weeks off from work and a few months of rehab, I was fine.

**Any future orienteering goal you may have...** to orienteer until I'm 100.

**Any advice for newer orienteers?** Take a lesson, ask questions, don't try to teach yourself!

## Rochester Map Adventure 2013 report – Saturday, May 4

The second Rochester Map Adventure was held on May 4. This event is essentially a long score-O (or a short rogaine, depending on your perspective), with choices of 3 hour and 5 hour time categories. The differences between this and more traditional orienteering events are (1) this takes place in an urban area, and (2) instead of control flags, there is a question to be answered at each control circle.

RMA 2013 started in a different location (South Avenue Community Center) than RMA 2012 (Cornell Cooperative Extension), and utilized some different areas of the city than last year's event, so even though there was a significant overlap with the are covered last year, this year's event had a distinctly different "look and feel".



*Course planning (from left, Paul Beckwith, Eric Smith, Mary Smith; Cheryl Detwiler in lower left)*

There were 82 control points, located in the central and southeast portion of Rochester, including the south wedge, Corn Hill, downtown, the Neighborhood of the Arts, East Avenue, Park Avenue, Monroe Avenue, Cobb's Hill Park, Highland Park, and Mt. Hope Cemetery.



*Question 16: "What is the first of 5 terms describing Frederick Douglass?"*

It was estimated prior to the event that someone would need to cover around 28 miles to visit all controls; the winning 5-hour bike person (Stina) covered just under 30 miles to get all of the controls, so the estimate was in the ball park.

A total of 80 people participated, some on foot and some on bike, giving 44 starts (a start being an individual or a team).

We were honored to have Peter Gagarin from Massachusetts make the trip to Rochester specifically to compete in this event. Peter has been, for as long as he's been competing, which is pretty much all of his adult life, the top US orienteer in his age group. At 68 years old, he showed that he is still quite formidable, easily winning the 5-hour foot category by covering 24 miles and getting all but 4 controls.

For full results, see the ROC web site. Category winners:

- **3-hour foot:** Chad Borden, 43 controls.
- **3-hour bike:** Sandi Willsey and Jim Pamper, 53 controls.
- **5-hour foot:** Peter Gagarin, 78 controls
- **5-hour bike:** Stina Bridgeman, 82 controls



*Sergey and Tim Dobretsov coming up with their plan.*



*Question 52: "What is the Roman numeral high up on the NW side of the building?"*



*Sandi Willsey and Jim Pamper planning their strategy for the Rochester Map Adventure.*

More pictures from the RMA on the back cover.

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## **Braddock Bay Canoe-O, June 2, 2013**

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After a stormy night, the skies cleared in time for the 1 pm mass start. Unfortunately, the clearing skies came along with very high winds out of the west. The previous night's heavy rain created a strong current in the streams and that combined with the high winds made for a really physical test for everyone. Even the best teams were only able to get just over half of the controls. Teams collected six big bags of trash for Earth Day. We had to use the rescue motor boat to assist a few folks. Special thanks to Patty Borden, Don Winslow, Drew Winslow, Zak Borden, Sandra Lomker, Rick/Dayle Lavine and Greg Michels for helping out.

Congratulations to the winning team of Russell Nordquist and Mike Kipp. Full results on web site.

Canoe-O photos by Paul Schwartz.



# 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:** \_\_\_\_\_

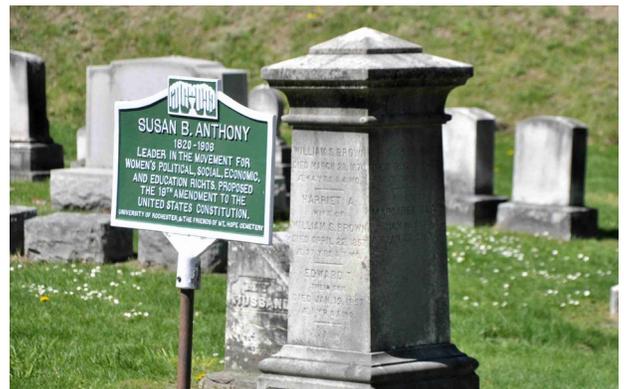
Please circle one or more areas below in which you would be willing to volunteer occasionally. Training will be provided if needed.

- |          |        |      |         |              |          |        |         |         |
|----------|--------|------|---------|--------------|----------|--------|---------|---------|
| Meet     | Course | Food | Greeter | Registration | String-O | Start  | Control | Results |
| Director | Setter |      |         |              |          | Finish | Pickup  | Typing  |

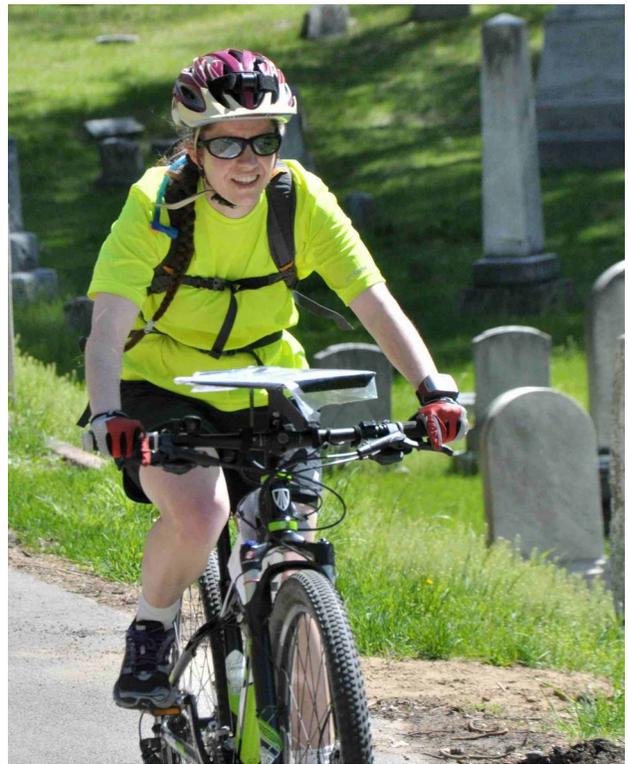
**Please enclose a check payable to the Rochester Orienteering Club and mail to:**  
 Rochester Orienteering Club, 40 Erie Crescent, Fairport, NY 14450



*Rochester Map Adventure 5-hour foot division winner Peter Gagarin searching for the answer to question 17: "What was the Maruggis favorite wine?"*



*Question 15: "On the sign beside the road, what is the last on the list of women's rights Susan B. Anthony fought for?"*



Peter Gagarin, winner of the 5-hour foot category in the Rochester Map Adventure, and Stina Bridgeman, winner of the 5-hour bike category.

### ***First Class***



40 Erie Crescent  
Fairport, NY 14450



*Sandra Lomker (center) and her two daughters, teaming up for the Rochester Map Adventure.*