



# The Wild Times

November 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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## Annual Meeting and Orienteering Event – Members-only Sunday, December 8, at Ellison Park

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On Sunday, December 8th, we invite all ROC members to our annual meeting at Hazelwood Grove Lodge in Ellison Park. **This is a members-only event.** Hazelwood Grove Lodge is north of Blossom Road; see the following map for details: [www2.monroecounty.gov/files/parks/EllisonParkMap.pdf](http://www2.monroecounty.gov/files/parks/EllisonParkMap.pdf)

All are welcome to attend the Board meeting, or arrive at 3:30 for some orienteering fun and an opportunity to socialize and supper with other members of the club. Since we're usually out running around in the woods, this is a nice opportunity to spend some quality time with other ROC members. Our activity that day will be weather dependent. If the weather is cooperative we will be having ROC's first Poker-O, and if not we will enjoy Orienteering Bing-O, based on IOF symbols. Either way, it will be a great way to wrap up our 2013 season.

The program will be:

- Board of Directors meeting 2-3:30
- Poker O (outside if weather is reasonable) or Orienteering Bing-O (inside if weather is nasty) 3:45- 4:45 Poker-O is explained in the following link: [www.orienteeringunlimited.com/pokerO.shtml](http://www.orienteeringunlimited.com/pokerO.shtml)
- Annual Meeting 5:00-5:15
- Potluck 5:15

For the Pot Luck we ask that you bring a dish to pass based upon your birthday month. If you have a special signature dish that you would prefer to bring any contributions will be appreciated.

- Jan-March - snacks
- April-June - salads
- July-September - main courses
- Oct-Dec - desserts

The club will supply cold drinks, coffee and tea. You will need to bring your own plates and dinnerware. Please bring serving utensils for all Pot Luck items.

There is no charge for the event, but we would like you to pre-register so we know how many people are coming in order buy drinks and to plan the activity.

We looking forward to seeing you there!-- Laurie Hunt, ROC President

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*Greg Michels getting set to head off on his course at the Powder Mills meet.*



*Don Winslow giving beginner instruction at Powder Mills.*

## 2013 Club Officers and Committee Chairs

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## General information on local meets

### Courses

The club uses the OUSA "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 – November 2013 through March 2014

## Rochester Area

Sunday, December 8	<b>Ellison Park.</b> Hazelwood Grove Lodge. Annual meeting and member event. Details on front page of this newsletter. <b>Members only.</b>
Sunday, January 19	<b>Mendon Ponds Park. Ski-O.</b> Winterfest. Hopkins Point Lodge. Start from 11:30 to 2:00 p.m.
Saturday, February 1	<b>Ski-O. Starting location TBD (probably either Durand or Harriet Hollister)</b>

## Outside of Rochester Area

See web sites of the sponsoring club for details.

Sat. Nov. 23	<b>EMPO.</b> Peebles Island, Waterford, NY including EMPO Club Championships
Sun. Nov. 24	<b>CNYO.</b> 33rd Annual Turkey O Highland Forest Park, Fabius, NY
Sat. Dec. 21	<b>EMPO.</b> Ski-O. Lapland Lake.
Tues. Dec. 31	<b>EMPO.</b> Ski-O. Garnet Hill.
Sun. Jan. 26	<b>BFLO.</b> Ski-O. Byrnclyff Resort.
Feb. 8 or 9	<b>Empire State Games –</b> Ski-O. Paul Smiths VIC
March 1 or 2	<b>NYSSRA Championships,</b> Mt. Van Hoevenburg. Ski-O.
March 8	<b>Mid-Atlantic Bill Koch Festival,</b> Lapland Lake. Ski-O.
March 14-16	<b>U.S. Championships,</b> Trapp Family Lodge, Stowe, VT. Ski-O.

## 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.

**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!

## Recent Permanent Course Finishers CONGRATULATIONS!

### Letchworth

Daniel & Zeke Hovey 5/9/13 Rochester NY

### Mendon

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

## ROC 2014 schedule in the works

The schedule for next year is not yet complete, but here are a few events that are on the draft schedule for the early part of the year. Keep in mind that this is still a draft and the following is subject to change:

- March 31 -- Workshops at CCE/Highland Park
- April 13 – Regular event at Oatka Creek Park (regular meaning a wide range of courses, for example, White, Yellow Orange, and 1-3 courses in the Brown, Green, or Red category)
- April 26 – Regular event at Webster Park
- May 10 – RIT; sprint, score-O, white
- May 31 – Rochester Map Adventure; starting location TBD

## ROC Summer 2013 Map Hikes Still Available

If you've tried out 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.

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.

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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 – Greg Michels

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**Hometown** - Rome, NY. I came to Rochester in 1998 when I came to school at the UR and have been here ever since. I have liked Rochester as a home for many reasons and now because it has an active Orienteering club!

**Other family members** - Parents Jim and Veronica live in Oneonta, sister Rosalyn lives in Buffalo, sister Corinne lives in St Catharines ON Canada with husband and one daughter about 2 years old

**Occupation/Grade in School** -Mechanical engineer

**Other Hobbies** -I came to meditation through the study of qi gong when I was healing myself of migraine headaches. I have found the cultivation of awareness that orienteering fosters to be very similar and complementary to meditation. I have started cycling within the last year and really enjoy the distance that can be covered within a day. Like orienteering it’s a great way to move through space and appreciate what a



beautiful area we live in. I also enjoy woodworking, gardening, and cooking.

**When did you start orienteering?** I started orienteering at the December 2012 Scrooge-O. I was finding controls quite well until I got Scrooged. Then I was so focused on running around finding someone to Scrooge that I lost my place on the map. When I finally got a punch card from someone I proceeded to look for controls on the wrong ridge and got tired running around confused. At the next meet I was greatly encouraged by daylight and that my dibble would not be yanked out of my hand in mid-course.

**Why did you start orienteering?** I met Rukhsana Cofer in a hiking group and she suggested I might like it. I had a friend in Sweden when I was in high school who orienteered a lot. I had always wanted to try it but it just never happened until this last year. I helped Georg Nadorff set up a Canoe-O years ago and I don’t know why I never started coming to meets then.

**What level are you competing at?** I compete at level Red. At some controls cause me to wonder if I should go to Orange but then the next controls are bang, bang, bang and the thought quickly passes.

**What do you love about orienteering?** I like the contrast between physical exertion and the mental focus required to navigate effectively. I love going for blind controls that cannot be seen until the last moment and the feeling of coming around the rootstock or over the last ridge and whap, there it is!

**Favorite park in Rochester to orienteer in...** My favorite park is probably Mendon because the terrain and flora is so varied. But I have not orienteered in all of them. I think I would like Powder Mill in the daytime.

**Farthest from Rochester that you’ve orienteered...** Never outside of Rochester. Rick Worner has lent me some past issues of Orienteering North America and I am enjoying the articles about A-meets and other topics. I imagine I will find myself on the way to an A-meet within the next year. There is a meditation group in Stockholm, Sweden that runs retreats occasionally and is one I would like to visit. It would be a great trip to combine a meet in Sweden with a retreat.

**Favorite orienteering experience...** Anytime I hit a control when I know I am navigating on terrain and compass and no trails and I hit the control right on. In fact I have found I will tend to favor a non-trail route even if it is not to my advantage just to get the feeling! It has often shown in my splits, though. It does not always end in the triumphant success I envision at the outset.

**Worst orienteering experience...** I don’t think I have been orienteering long enough to have a worst experience. But this is a memorable learning experience. My first daylight meet was this past January at the Mendon Ski-O turned Score-O. I went out on White to warm up. I got lost three times and walked into a knee deep swamp. Did I mention it was January? Remember the brutal cold wind that day? It got my head on straight to pay attention to navigation. I then focused

hard and ran an 18 control run with relative ease but had only 17 when I returned. I was too tired to remember where I had been and what I missed. It was all a great lesson in how important the navigational aspects of this sport are.

**Any future orienteering goal you may have...** Goal setting is great for some things, but in recreation I like to just enjoy the journey. If there is no expectation, then there is no disappointment. I have enough of that at work. I like the practice of taking each control one by one mindfully applying what I have learned from prior controls and letting it go where it goes.

**Any advice for newer orienteers?** Rick Worner told me something I have found to be very helpful. As I was getting ready to start at a recent meet he said, "You can run a lot faster than you can navigate...take enough time to navigate and you will need to run a lot less." I am still practicing putting that to good use.

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## Meet the ROC – Stina Bridgeman

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**Hometown** - Canandaigua, NY



**Other family members** - wife Elizabeth Hane, two dogs (greyhounds), two cats

**Occupation/Grade in School** - faculty member at Hobart and William Smith Colleges

**Other Hobbies** - kayaking, mountain biking, adventure racing, XC skiing, hiking

**When did you start orienteering?** - My first introduction to map-and-compass navigation was in 1989, and I've been orienteering regularly for the last 15 years.

**Why did you start orienteering?** - Navigation was part of the training for search and rescue, which I did as part of the "creativity, action, service" component of the International Baccalaureate program. We used milk jugs as control flags.

**What level are you competing at?** - Red/green. I've been to the US and the North American championships in orienteering, ski orienteering, and rogaining.

**What do you love about orienteering?** - Running a little too fast down a trail (or through the woods), feeling full of energy, knowing exactly where I am, and spiking the control.

It doesn't happen nearly often enough. :)

**Favorite park in Rochester to orienteer in...** - Probably Mendon Ponds – lots of variety, and many nice areas. Letchworth is good for a technical and physical challenge.

**Farthest from Rochester that you've orienteered...** - Australia, New Zealand, Croatia

**Favorite orienteering experience...** - Moments when I come across something beautiful or unexpected. One of the courses in Croatia went through an area of karst terrain with gorgeous open woods and enormous sinkholes – I wished I had a camera!

**Worst orienteering experience...** - There are so many! Dew-soaked grass on thorn-scratched legs, mosquitoes so fierce that you don't want to stand still long enough to punch, vast patches of stinging nettles and chest-high raspberries (especially fun in the dark), stepping on a yellowjacket nest and getting stung half a dozen times, taking an hour to find the first control at Pawtuckaway State Park, mistake after mistake after mistake at Letchworth last fall, .... But most things are either fun at the time or make good stories later. :)

**Any future orienteering goal you may have...** - Continuing to improve, and also orienteering in new places.

**Any advice for newer orienteers?** - It's rarely as awful as you think it's going to be – sometimes I'm tired or it is raining/snowing/sleeting/hot, and I'm not very excited about going out in the woods, but I nearly always end up having a good time anyway. Also, if your brain and the compass disagree, believe the compass!

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## Meet the ROC – Dick Detwiler

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**Hometown** – Waukegan, Illinois

**Other family members** – wife Cheryl, children Andrea (age 31) and Greg (age 29), grandson Frederick (age 4)

**Occupation/Grade in School** – retired from Ortho Clinical Diagnostics where I was a product development engineer. Currently work part time during the ski season at Bristol Mountain.

**Other Hobbies** – pickleball, biking, boating, downhill skiing, snowboarding, music.

**When did you start orienteering?** I think it was in 1978 or 1979.

**Why did you start orienteering?** I had heard a few things about what orienteering was, and I was practically certain I would like it. I liked maps, I liked running, and I liked being in the woods, so it seemed like a perfect sport. I saw an announcement that there was a meet and a beginners' clinic at Durand Eastman, so I went there, received great instruction from Linda Kohn, and did the Yellow course which I was pleased and surprised to finish first on.

**What level are you competing at?** Officially Green, although I've had some knee issues lately, so I'll probably be doing some Green and some Brown courses.

**What do you love about orienteering?** The things that initially interested me (maps, being in the woods), plus as I got more into it, I discovered that it was a good excuse to travel to a lot of places I never would have thought to go to otherwise.



**Favorite park in Rochester to orienteer in...** There are a lot of ones I like, but I'd have to pick Mendon as my favorite.

**Farthest from Rochester that you've orienteered...** I think that would be Lake Tahoe in the US Championships in 2002. (Note that a nice thing about orienteering is that one doesn't actually have to be competent, which I'm not, in order to participate in championship events!)

**Favorite orienteering experience...** There have been so many; it's tough to pick one. I'd say the two times when I spent a week orienteering in the Laramie, Wyoming area are right up there.

**Worst orienteering experience...** Not that it was a terrible experience, but it just highlights my very modest (at best) abilities – that was at the 2010 US Individual Championships, at Moreau Lake State Park north of Albany. It was very difficult, technical terrain, with very little in the way of solid features like roads, major trails or streams, bodies of water, etc. Once you lost contact with the map, it was very difficult to relocate. I did just that on the first day, then told myself I would absolutely do better on the 2<sup>nd</sup> day, and instead I did much worse (losing contact three times), finishing well below the mid point of both my course and my age group for the 2-day event. Very humbling!!

**Any future orienteering goal you may have...** As I'm not currently able to do much running, my goals have shifted from feeling competitive with others locally to trying to orienteer as cleanly (mistake free) as possible.

**Any advice for newer orienteers?** Don't be in a hurry to move up to more difficult courses; it's better to finish a course and think it was easy than to find yourself on a course that's

too difficult for your current ability, and wind up totally disconnected from the map. Also, take the time to learn when and how to use the compass, and how to pace count – I've heard that very good orienteers often rely fairly little on the compass and virtually never pace count, but for those of us with more modest abilities, both of those skills are very useful!

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## Meet the ROC – Rick Worner

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**Hometown:** Rochester

**Other family members:** Daughter, Lindsay, Spouse, Linda Kohn



**Occupation/Grade in School:** Retired high school counselor/teacher

**Other Hobbies:** CC skiing, fishing & running

**When did you start orienteering?** 1976

**Why did you start orienteering?** Linda asked me to try it.

**What level are you competing at?** M65 at national meets. Green or Red at local meets

**What do you love about orienteering?** Being outdoors and in the woods

**Favorite park in Rochester to orienteer in...** Letchworth East

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

**Favorite orienteering experience...** This year's trip to New Zealand

**Worst orienteering experience...** Many years ago I got "disoriented" and cold at Green Lakes Park near Syracuse. I saw a building that was not on the map and knocked on the door. It was a home for Catholic nuns. A nun invited me inside and gave me a cup of tea and some cookies. She reassured me that I was not the only one who had knocked on the door over the years. Once I got warm I thanked her and finished the course.

**Any future orienteering goal you may have...** Keep going as long as I can and cut down on the number of mistakes.

**Any advice for newer orienteers?** Adjust your speed according to your ability to read the map.

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## Local meets

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Just a reminder that, in order to save space and thus printing and mailing costs for the newsletter, results are not routinely included in the newsletter. They are all available on the ROC web site.

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### Trail Challenge – July 11 at Genesee Valley Park

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We finally got a break from Rochester's rainy summer for our first Trail Challenge of the season. With temperatures in the high 70's it was not too hot, but humid enough to make running a challenge. Forty-eight participants came out to explore and enjoy the beauty of Genesee Valley Park.



*The start of the Genesee Valley Park Trail Challenge.*

How does a course setter design an interesting course in a urban park that is primarily comprised of water and a golf course? Dick Detwiler's ingenious plan took advantage of this historic park's greatest attributes; the many bridges that link the park, divided by both the Genesee River and the Erie Canal. Runners selected either a 4km or 8km route.



*One of the many bridges at Genesee Valley Park that the course crossed! If you have good eyes and look very carefully, you can see Rick Worner near the center of the bridge.*

Dick helpfully provided detail on the map that showed the terrain underneath some of the bridges that would not be visible on a typical map. Runners on the 8k course experienced twelve bridge crossings as they navigated their way through the park. At times it was tempting to jump in and swim across the river. While controls were primarily

easily visible, the challenge was to decide which bridge would provide the most efficient route. Runners even got to visit a dovecote hidden from view by stately trees.

The evening culminated in delicious refreshments provided by Sandra Lomker and Anne Schwartz, and a yummy cake in celebration of Sandra's birthday.

Many thanks to everyone who helped make this event possible. Many hands were at work both on and behind the scenes. Thank you to Dick for the hours spent updating the park map, designing the course and hanging controls. Thanks to Sandra for lining up volunteers to make this meet possible. Thanks to Tyler for maintaining the Trail Challenge site, setting up pre-registration, and providing electronic support for the meet. Many volunteers provided assistance in greeting, registration, set up, instruction, and flag pick-up. Thanks to Patty Borden, Don and Cheri Winslow, Anne Schwartz, Rick Worner, Linda Kohn, Lindsay Worner, Greg Michels, Jim Borden, Pete Dady, Rob Stevens, and everyone else who lent a hand.

Laurie Hunt, Meet Director

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### Mendon Ponds Adventure Race July 27, 2013

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Course setters Steve Tylock, Stina Bridgeman, and Jason Urckfitz designed a challenging event which featured a bike portion (on roads, mainly east and south of the park), a portion on land by foot travel (a random-O, within the park), and a portion on water by canoe or kayak in the large ponds. Participants could choose all three events, or any two, or any one. In addition, a White course was offered for anyone who wanted to get in some regular orienteering.

Of the competitors who did all three events, Tim Howland came out on top in a very impressive performance. He was first in the bike portion, by 4 minutes, first in the run portion by almost 2 minutes, and 3<sup>rd</sup> in the paddle portion, only a minute and a half out of first place.

Thanks to our volunteers:

- Meet Director: Rick Worner
- Course Setter: Steve Tylock, Stina Bridgeman, Jason Urckfitz
- Registration: Don Winslow, Laurie Hunt, Sandra Lomker, Vikki Kolb
- Start/Finish/E-Punch: Lindsay Worner, Linda Kohn, Tyler Borden, Brian Thomas
- Flag Pick-Up: Gary Maslanka, Mike Meydanasy, Jason Urckfitz, Linda Kohn, Patty Borden
- Food: Anne Schwartz, Sandra

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## **Durand Eastman Park East August 8, 2013**

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We had a great turn out for a Thursday evening with the skies opening up and raining to the south of us; we did not get any rain at the park which made for a dry event.

We had 59 starts 10 starts on the white course, 18 starts on the Sprint and 31 starts on the Score-O.

The Score-O was a 50 minute event with some hefty penalties for being back late.

Thanks to every one that helped I hope I did not forget anyone. Thanks Dick Detwiler for excellent courses and putting out controls and picking them up.

Thanks to our volunteers:

- Meet Director: Nancy Burgey
- Course Setter: Dick Detwiler
- Greeter: Cheri Winslow
- Registration: Don Winslow, Patty Borden, Sandra Lomker
- Start/Finish/E-Punch: Ravi Nareppa, Tyler Borden, Richard Burgey
- Flag Pick-Up: Mike Meynadasy, Rafael Frutos, Brian Thomas, Ed Deller, Dick Detwiler
- Food: Mary Kolva
- Instruction: Don Winslow

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## **Ellison Park Trail Challenge August 29, 2013**

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We had a nice turn-out for a warm Thursday evening Trail Challenge designed by Stina Bridgeman. We had about 30 starts. On the menu were a 4K, 8K, and a shorter version of the 8K course (a cut-off to save time and distance for anyone at risk of finishing after the course closing time). We were instructed not to swim or wade across the creek during the race, but several of us picked a route choice on the 4K course from control #3 to 4 (or maybe #9 to 10 on the 8K) where we found ourselves in more than ankle deep water along a trail. Good times!

Thanks to our volunteers:

- Meet Director: Don Winslow and Vince Cassano
- Course Setter: Stina Bridgeman
- Greeter: Carol Moran
- Registration: Cheri Winslow, Patty Borden, Sandra Lomker, Laurie Hunt
- Start/Finish/E-Punch: Tyler Borden, Stina Bridgeman
- Flag Pick-Up: Steve Tylock, Tyler Borden, Pete Dady, Patty Lyons. Mike Meynadasy also signed up to volunteer, but the crew was very efficient beating the setting sun and waning light...
- Food: Anne Schwartz, Sandra Lomker
- Instruction: Peter Dady

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## **Genesee Country Village and Museum September 7, 2013**

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Thanks to all our wonderful volunteers, we had a great meet! The weather was a very comfortable 65 with only a few sprinkles.

It started early with the stellar efforts of Lindsay and Laurie setting out the controls. Chris, who works at the Nature Center, was on hand to welcome us to the great facilities, with everything we needed to set up shop. Mary and Karl brought their delicious watermelon and baked delights and we were ready to go. Cathy joined us for the first time as a registration volunteer and did a terrific job. All our regulars were there to pitch in and help in any way they could.

There were 42 preregistered participants (thank you so much for saving us time and effort by using our on-line method!!) and a total of 60 participants. The younger set enjoyed a delightful String-O around trees, a pond and over a little bridge. All agreed it was a great place to visit, and many want to return to enjoy more of their nature trails!

Thank you Genesee Country Museum and Nature Center!

Thanks to our volunteers:

- Meet Director: Patty Borden and Tyler Borden
- Course Setter: Greg Michels
- Flag Setter: Lindsay Worner, Laurie Hunt
- Veters: Linda Kohn, Laurie Hunt
- Greeter: Carol Moran
- Registration: Sandra Lomker, Laurie Hunt, Cathy Henderson
- Start/Finish/E-Punch: Stina Bridgeman, Ravi Nareppa
- Flag Pick-Up: Rafael Frutos, Brian Thomas, Mike Meynadasy, Anne Schwartz, Dick Detwiler
- Food: Mary and Karl Kolva
- String-O: Stephanie and Faith Reh
- Instruction: Don Winslow

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## **Cobbs Hill Park | National Orienteering Day September 21, 2013**

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ROC's Rainy National Orienteering Week Event:

When she awoke at 6am on National Orienteering Day, course setter Stina Bridgeman was grateful to see that the predicted wet weather hadn't arrived yet. She had 40 control flags to hang, and had to race to get them out as the storm clouds advanced. Stina had already put in many hours designing courses and scoping out the park for map accuracy, and today was the big day, rain or shine. By the time the flags were placed, registration was all set up at Tay House Lodge in Cobb's Hill Park, thanks to meet director Laurie Hunt. Greeter Carol Moran was next on the scene to welcome each of the almost 90 members and guests who arrived. Everyone would enjoy one or more courses: White, Yellow, Sprint or

Scatter-O, with the option of finding 5, 10, 15, 20 or 25 control points.

As course opening time arrived, so did the rain. That didn't discourage Scout Troop 19, or the World of Inquiry and Wilson Magnet Outdoor Clubs. ROC held it's own unique version of a "Tough Mudder." Tyler Borden worked behind the scenes setting up the online registration and installing ROC's computer system on site prior to the start of the meet. The registration team of Rukhsana Cofer, Cheri Winslow, Cathy Henderson, and Patti Borden handled registration for 68 starts, with a number of participants electing to go out on more than one course. Scott Makai, Stina Bridgeman and Ravi Nareppa were manning the computers and managing the Start/Finish.

Outside in the rain, Tyler Borden and Greg Michels were giving instruction to many first-time orienteers. Many thanks to the World of Inquiry Outdoor Club for the use of their canopy. It made a great addition to Tay House's generous porch, where people huddled for protection from the relentless downpour. The porch was a great vantage point to see runners coming in, many laughing, taking a muddy slide to the finish flag, and then going out for more. The String-O course, set by Stephanie and Faith Reh, gave even the youngest participants a chance to run around in the rain.

If you've come this far in the story you'll know that the success of ROC events is thanks to the work of generous volunteers. Most jobs don't require any special skills, and you work alongside others. You may form friendships that last a lifetime. Contact Sandra Lomker for more information at slomker @ frontiernet.net or see the volunteer page for more information. See you in the woods!

Thanks to our volunteers:

- Meet Director: Laurie Hunt
- Course Setter: Stina Bridgeman
- Greeter: Carol Moran, Heidi Hall
- Registration: Rukhsana Cofer, Cathy Henderson, Patty Borden, Cheri Winslow
- Start/Finish/E-Punch: Scott Makai, Stina Bridgeman, Ravi Nareppa
- Flag Pick-Up: Jim Pamper, Doug, Maggie and Heidi Hall, Greg Michels, Jim and Zak Borden
- Food: Cheri and Don Winslow
- String-O: Stephanie and Faith Reh
- Instruction: Greg Michels, Tyler Borden

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## Letchworth State Park October 5, 2013

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Training in the morning, and THOMASS Event in the afternoon. (See group picture on back cover of this issue.)



*At Letchworth. Photo by Patty Borden.*

Thanks to our volunteers:

- Meet Director: Rick Worner
- Instructors for AM Training: Linda Kohn, Jim Russell, Laurie Hunt
- Course Setter: Steve Tylock, Linda Kohn
- Veters: Linda Kohn, Tom Rycroft
- Greeter: Barb Russell
- Registration: Rick Worner, Linda Kohn, Carol Moran, Anne Schwartz
- Start/Finish/E-Punch: Tyler Borden, Linda Kohn
- Flag Pick-Up: Steve Tylock, Tom Rycroft,
- Road Crossing: Nancy Burgey, Erin Rycroft
- Food: Rick Worner, Linda Kohn

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## Powder Mills, October 20

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We had excellent fall weather with some fun courses along with a lot of climbing. There was a great turnout with over 70 starts with many first timers. All seemed to have had great experiences.

Thanks to our volunteers:

- Meet Director: Rob Stevens
- Course Setter: Dick Detwiler
- Greeter: Don Winslow, Nancy Burgey
- Registration: Kathy Carney, Carol Moran, Sandra Lomker
- Start/Finish/E-Punch: Tyler Borden, Greg Michels
- Flag Pick-Up: Ed Deller, Gary Maslanka, Bob Bundy, Steve Tylock, Jim Pamper
- Food: Sandra Lomker
- String-O: Turinsky Family(set up), Anne Schwertz
- Instruction: Laurie Hunt, Rob Holmes

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## Highland Park Vampire-O October 26, 2013

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On Saturday, October 26th, ROC held our FIRST EVER Vampire-O meet and I think we can say that it was a BITING SUCCESS. We had over 80 Orienteers of all ages from near and far, participating in an incredibly fun meet that we believe will become a much anticipated annual event for the Rochester Orienteering Club. Linda Kohn and Rick Worner set a challenging course taking full advantage of Highland Park. And to add to the fun, there were even some “garlic” necklaces that were a part of the Vampire-O rules developed by the Worner/Kohns. I’m sure that anyone driving in that area that night certainly would have been wide eyed from the spectacle of watching dozens of flashlight carrying and headlight wearing people walking and running through the park in the dark with the added visual effect of costumes worn by multiple participants.

Speaking of costumes..... BIG KUDOS to all who added another element of fun to their evening by wearing some extra special Orienteering attire. There were some really unique costumes including the couple who wore these amazing orienteering themed shirts that were very worthy of the First Prize in the Adult Original Costume category. Costumes ranged from cute to scary, well known characters to creatively original. There were individual and group costumes. I think all spectators enjoyed seeing the variety of costumes during the judging contest. And just to motivate some of you for next year..... Every costume wearing participant received a bonus point which was added to their score card at the end of the event so be planning ahead for next year’s event.

We had some extra time for fun prior to the start of the actual 60 minute Vampire/Score-O. With many thanks to the Burgey clan of Nancy, Richard and Linda for all their help with the guessing games, word scramble, ring toss, decorating, counting safety pins and whistles etc. Thanks to Kameron and Bryn Holmes for assisting with the last minute decorating and preparations. I think that Madame O, Aka Laurie Hunt, was a very big hit as she had a steady group of eager participants who wanted to have their palms read and their fortunes told. Carol Moran was a busy all night multi-tasking with various activities all evening long. Don Winslow, Carol Moran and Patty Borden were very adept at handling the hordes of registrants.

The famished Vampire-O participants were provided with the ALWAYS delicious and plentiful baked goods and cider brought by Mary and Karl Kolva. The start of the meet and the end of the meet requires attention and effort as well as a welcoming smile and that was handled skillfully by Carol Moran, Rick Worner, Linda Kohn and Nancy Burgey. Once the event is completed those O controls have to be retrieved and this time it was handled by the Borden clan of Jim and Zak as well as the Worner/Kohns. If we forgot to mention anyone and their contribution to the success of the evening, then please accept our apologies.

Your Vampire Team of Sandi & Jim

Thanks to our volunteers:

- Meet Director: Sandi Willsey, Jim Pamper
- Course Setter: Rick Worner, Linda Kohn
- Registration: Patty Borden, Carol Moran, Don Winslow
- Start/Finish/E-Punch: Rick Worner, Linda Kohn, Tyler Borden, Nancy Burgey
- Flag Pick-Up: Jim, Zak Borden, Rick Worner, Linda Kohn
- Food: Mary & Karl Kolva

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## Mendon Ponds Trail Races November 2

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ROC held its annual Mendon Trail Race on Saturday, November 2. We were pleased (and a little overwhelmed!) to have the race reach its capacity of 300 entrants (limited by parking, timing, and aid station considerations) nearly a full week before the date of the race!



*Cole Crosby, of Cortland, NY, on his way to winning the 50K in a course-record time.*



*Daniele Ohlson, Canandaigua,, 2nd female in 20K; Elizabeth Matthews, Rochester, 1st female in 20K.*

The weather could have been more cooperative – it started out very cool and rainy, with the rain letting up (and even the sun peaking out) between around 9:00 am and noon, then it turned a bit nasty, with winds picking up, the temperature falling, and the rain re-appearing.

We had far more entrants and more finishers in the 50K distance than we’ve ever had in the past. A highlight of the day was Cole Crosby from Corland setting a new course record of 3:41:55, a pace of about 7:10 per mile; anyone who has run even one loop of this very tough course can only marvel at how someone can maintain that pace for 5 loops!

ROC member Olga Huber (see picture on back cover) was the 3<sup>rd</sup> female finisher in the 50K with a time of 5:20, only 3 minutes behind the first-place female finisher! Congratulations Olga!

Thanks go out to first-year race director Brian Thomas, and all of the many volunteers who made this event possible. This

race is an important fund-raiser for the club which helps ROC continue to have nearly the lowest meet fees of any club in the country.

## Webster Park Night-O November 16

We could not have asked for more perfect conditions: full moon, balmy weather ( by mid-November standards anyway), and volunteers and participants galore . Except for one sprained ankle, everyone returned hearty and healthy.

Tyler Borden created and set 5 courses that were challenging to all levels due to the added 'dark' component. After that arduous task, did he rest on his laurels and observe the proceedings ? No ! He took on the myriad number of other tasks involved with the computer: preregistration, start/finish, results, etc. What we would do without him, I do not know. Sandi Wilsey also helped with start/finish at the computer.

There were plenty of snacks provided, the highlight being the snacks brought by Roger Keeney: cheese, crusty bread, and....shrimp cocktail?! That must be a first for a ROC meet!

Nancy Burgey and Patty Borden manned the registration tables and then went out on the White course with Jeannette Wahl. Rick and Dale Lavine were wonderful greeters. The night of the event, Jim Pamper and Brian Thomas retrieved the 9 controls closest to the lodge and then the next morning, in the rain, Doug Hall and Paul and Anne Schwartz got the rest of them. I'm very grateful to Patty, Tyler, and Jim, for helping me pack up, and to Jeannette for sweeping and tidying the lodge.

What an awesome sight to see so many twinkling lights on the ground mirroring the ones in the sky.

Thanks to our volunteers:

- Meet Director: Anne Schwartz
- Course Setter: Tyler Borden
- Vetter: Stina Bridgeman
- Greeter: Rick and Dale Lavine
- Registration: Patty Borden, Nancy Burgey
- Start/Finish/E-Punch: Sandi Wilsey, Tyler Borden
- Flag Pick-Up: Jim Pamper, Brian Thomas, Doug Hall, Paul and Anne Schwartz
- Food: Roger Keeney
- Instruction: Dale Lavine

### 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



*At Letchworth State Park, for the training morning and the THOMMAS event in the afternoon. Photo by Patty Borden.*

### ***First Class***



40 Erie Crescent  
Fairport, NY 14450



*ROC member Olga Huber, 3rd female in the Mendon 50K!*