



# *The Wild Times*

March 2014

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

## **Reminder to renew your membership!!**

Please check the mailing label on this issue – it will have the expiration date of your membership on it. If the date is in the past, then it's time to renew! You can renew by mail, using the form in this issue, or on-line (go to the ROC web site and click on the Membership link), or at any of our meets.

## **ROC 2013 President's Report: A Unique Year of Accomplishment**

In concluding my tenure as President of the Rochester Orienteering Club and passing the torch to Steve Tylock, I reflect on the incredible accomplishments the club has made in 2013, all thanks to our dedicated volunteers' time and effort. If you have not volunteered in the past and enjoyed participating in our meets please consider stepping up in 2014.

In 2013 ROC offered a number of new and inventive activities. A total of seventeen events were held. ROC began the year reaching out to the community through social media, to offer training for both newcomers and experienced orienteers.

The season started in March with beginning and advanced O workshops. Overwhelming response led to adding a second session. The workshops included a classroom presentation, map hikes, and White and Yellow courses in Highland Park. Many participants purchased permanent maps to continue practicing on their own.

In May we had our second annual Rochester Map Adventure, an urban orienteering experience, investigating Rochester's history and trivia on foot or bike. Thanks to Dick Detwiler and Rick Lavine for many hours of mapping and miles walked to research this event.

In June, meet director Rick Worner wisely rented a small motorboat for the Canoe-O on Braddock's Bay. Inclement weather kept attendance lower than usual, and many boaters needed to be rescued by Rick due to the windy conditions. It was an exciting experience for all involved.

In July, for the first time in over a decade, Adventure-O was held at Mendon Ponds; a triathlon of foot, bike, and boat. Coordinated by Steve Tylock, participants could use any or all of these methods to explore the park and the Lehigh Valley Trail.

A new map of Genesee Country Village Nature Area was introduced in September. This mapping effort, initiated by Karl Kolva, was completed thanks to the team of Dick Detwiler, Laurie Hunt, Linda Kohn and Greg Michels. Later in the month, National Orienteering Day attendance was exceptionally high, despite relentless rain and muddy conditions, thanks to attendance by local Scout troops and school outdoor clubs.

October brought a day of training and a first-time event, the "Avalanche" at Letchworth Park. Designed by Steve Tylock, participants navigated their way down a slope where each control was at a lower elevation than the previous one. Vampire-O was also a new offering, with a costume contest, games and prizes under the direction of Sandi Willsey and Jim Pamper. This Halloween-themed event was a resounding success,

The 2013 Trail Run exceeded expectations under the direction of Brian Thomas. The run was sold out in advance, with a record number of 50k participants and almost 200 runners. Thanks to the help of many volunteers the event raised significant funds that will fund mapping efforts in the future. A Night-O capped off our regular season.

The year came to a close with our first-ever Poker-O, potluck supper and annual membership meeting at Ellison Park in December.

*(Continued on page 4)*

## 2014 Club Officers and Committee Chairs

### Board of Directors:

President: Steve Tylock, stylock@gmail.com

Past President: Laurie Hunt,  
hunt.laurianne@gmail.com

President-Elect: Vacant

Treasurer: Lindsay Worner,  
Lindsay.worner@gmail.com

Secretary: Don Winslow,  
reroteacher@rochester.rr.com

Membership: Mike Meynadasy,  
mikemey1@yahoo.com

Equipment: Rick & Dayle Lavine,  
rdlavine@frontiernet.net

Mapping Chair: Dick Detwiler  
Rlshadow@aol.com

Hotline: Carol Moran, Pwtmoran@frontiernet.net

Newsletter: Dick Detwiler Rlshadow@aol.com

Volunteer Coordinators: Sandra Lomker/Tom  
Cornell slomker@frontiernet.net

Publicity: Steve Tylock stylock@gmail.com

Retail Map Sales: Vacant

Permanent O: Tom Cornell,  
tcornell@frontiernet.net

O Education: Jim Russell,  
jrussell37@rochester.rr.com

GPS Coordinator: Mike Gallagher  
maf1953@gmail.com

Web Site: Sergey Dobretsov  
Dobretsov@yahoo.com and Tyler Borden  
tpb6816@gmail.com

Course Consultant: Linda Kohn  
wornerkohn@aol.com

### Board of Directors:

Anne Schwartz anneschwz@yahoo.com

Bob Bundy rbundy1@rochester.rr.com

Brian Thomas bthomas570@gmail.com

Carol Moran Pwtmoran@frontiernet.net

Greg Michels Michels@rochester.rr.com

Heidi Hall hhall@rochester.rr.com

Jim Pamper jrpamper@yahoo.com

Joel Shore jshore@frontiernet.net

Lindsay Worner Lindsay.worner@gmail.com

Mike Meynadasy mikemey1@yahoo.com

Nancy Burgey NBurgey@gmail.com

Rick Lavine rdlavine@frontiernet.net

Rick Worner Wornerkohn@aol.com

Rob Stevens rjseme@rit.edu

Stina Bridgeman stina.bridgeman@gmail.com

Tyler Borden tpb6816@gmail.com

## 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 \$6 per map for ROC members and \$10 per map for non-members. If several people enter as a group using the same map, the fee is still \$6 (members) or \$10 (non-members). There is a \$1 discount if you use Online Registration (see below). The White and Yellow courses are \$5 per map. A person or group can do a second course for \$2 additional charge.

### 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 – March through July

## Rochester Area

Saturday March 15	<b>Highland Park</b> , Cornell Cooperative Extension. Indoor workshops -- Beginner and Intermediate Orienteering Skills. 8:30 a.m. to 12 noon. See web site for details.
Sunday, April 6	Genesee Country Village Nature Center, Regular Meet. Start from 12 noon to 2:00 p.m.
Saturday, April 19	<b>Webster Park</b> . Regular Meet. Start from 10:00 a.m. to 12 noon.
Saturday, May 10	<b>Oatka Creek Park</b> . Regular meet. Start from 10:00 a.m. to 12 noon.
Saturday, May 31	<b>Rochester Map Adventure</b> . 3 and 5 hour categories. Mass start at 11:00 a.m. Pre-registration strongly encouraged. Limit 200 people. More details on web site. Start location TBD.
Saturday, June 7	<b>Dryer Road Park</b> . Regular meet and mountain bike event. Start from 10:00 a.m. to 12 noon.
Saturday, June 14	<b>ADK Expo at Mendon Ponds Park</b> , Beach area.
Sunday, June 20	<b>Mendon Ponds Park</b> . Regular Meet. Start from 12 noon to 2:00 p.m.
Sunday, July 13	<b>Powder Mills Park</b> . Sprint and Random-O. Start from 12 noon to 2:00 p.m.
Tuesday, July 22	<b>Durand Eastman Park</b> . Trail Challenge. Mass start at 6:30 p.m.

## Outside of Rochester Area

See web sites of the sponsoring club for details.

Sat. April 19	<b>BFLO</b> . Emery Park
Sat. April 19	<b>CNYO</b> . Pompey, NY — Onondaga County. Pratt's Falls Park
Sun. May 4	<b>EMPO</b> . Five Rivers Environmental Education Center, Delmar, NY
Sun. May 4	<b>BFLO</b> . Buffalo History Museum. Delaware Park. Intro to Orienteering. One 2.5K Course
Sat. May 17	<b>BFLO</b> . Chestnut Ridge Park. Learn & Practice. Event for Beginners, and Regular Orienteering Event, Three Courses, Beginner to Advanced
Sun. May 18	<b>EMPO</b> . Saratoga Spa State Park, Saratoga Springs, NY
May 31 – June 1	<b>CNYO</b> . REGAINE X — Williamstown, NY
Sun. June 8	<b>BFLO</b> . Emery Park. Regular Orienteering Event. Three Courses, Beginner to Advanced
Sun. June 14	<b>EMPO</b> . Norray Farms, Berne, NY
Sun. June 15	<b>CNYO</b> . Daddy-O. Cortland, NY — Cortland County. Lime Hollow Center for Environment & Culture

Sun. June 29	<b>BFLO</b> . Hunter's Creek Park South. Regular Orienteering Event. Three Courses, Beginner to Advanced
A Saturday in July (TBD)	<b>CNYO</b> . 24th Annual ROGAINE. Location and date TBD. July 12 or July 19.

## 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

Eli, Kaleb & Noah Pragle    11/21/13    Penfield NY

### Mendon

Daniel P. Sesnie    11/26/13    Henrietta NY  
Cole Grove    1/9/14    Henrietta NY

### Webster

April Miller    1/13/14    Wayland NY

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# President's report

## Continued from page 1

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Other 2013 accomplishments to be noted:

- Map hikes were introduced at Durand, Black Creek and Mendon Ponds. There were 170 hits for maps on the Meetup.com site.
- The permanent orienteering courses were all labeled with club information and QR codes that link to the ROC website.
- Eleven training activities were held throughout the summer, administered through the Meetup training site.
- ROC introduced its first technical shirts with a "Running Wild" logo.
- Thanks to Don Winslow, the club recognized individual efforts by awarding ribbons to participants.
- In community outreach, Rob Stevens gave instruction to more than 100 Scouts and parents of the Pittsford Girl Scouts Service Unit. He also provided training for the RXCSF Youth Program. Member Anita Edgemon coordinated her Scout camping trip with an ROC meet, and did a training session with another Scout troop in preparation for NOD.
- Social media continues to attract new members through Meetup.com (133 members), Facebook, Kids Out and About, and websites for the running and skiing community.

In 2013 ROC achieved many of its goals to reach out to a wider audience, provide quality education and events, and serve orienteers of all ages and levels of ability. Many thanks go to all of the members of the Board of Directors and the entire ROC community for all of their valued contributions.

Respectfully submitted,

Laurie Hunt, ROC 2013 President

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## Updated standard entry fees for the coming orienteering season.

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Entry fees have been adjusted to cover the cost of organizing our events, shelter rentals, insurance, and equipment which have increased dramatically over the years. Fees have been set with the expectation that they can remain the same for the next several years.

Club membership prices remain the same as they've been for many years. See the membership application in this issue for the membership fee structure.

The entry fees to ROC meets are \$6.00 per map for ROC members and \$10.00 per map for non-members.

If several people (a family group for example) enter as a group using the same map, the fee is still \$6.00 (members) or \$10.00 (non-members).

**There is a \$1.00 discount if you use Online Registration.** By taking advantage of the pre-registration discount, the increase will be only \$1 relative to last year, for either members or non-members.

The beginner White and Yellow course is \$5.00 per map for both members and non-members alike. (No additional discount for pre-registering for White or Yellow.)

A person or group can do a second course for \$2.00 additional charge (if you complete the White course and decide to try the Yellow course, for example).

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## ROC 2014 schedule

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Two copies of the 2014 ROC schedule are included as inserts in this issue.

Some items of note:

- If the rock features at the Genesee Country Village Nature Center confused you (like they did me) in our inaugural meet there, you'll have another shot at the terrain and map on April 6.
- The 3<sup>rd</sup> edition of the Rochester Map Adventure will be Saturday, May 31. (Start location TBD, but it will cover essentially the same area as last year's event – much of the southeastern portion of the city of Rochester.
- On June 7, at Dryer Road Park in Victor there will be a regular meet PLUS a mountain bike event.
- In early October, ROC is hosting the US sprint, middle, and long championships. The Sprint will be at Genesee Valley Park, and the middle and long will be at Letchworth East. For more details, go to the ROC website, click on the link to the Schedule; on the schedule page there is a link to the web site set up specifically for this event.

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## Get to Know the ROC! Series by Don Winslow

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

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## Get to Know the ROC! Richard Burgey

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**Hometown** - Rochester, NY

**Other family members** - Wife: Nancy, Daughters: Linda and Cindy, Grandson: Daniel

**Occupation/Grade in School** - CEO of Freedom Flag Company

**Oth**



**er**

**Hobbies** - Geocaching, hiking, just being outdoors (in good weather)

**When did you start orienteering?** 2006

**Why did you start orienteering?** Found out about orienteering while we were Geocaching. The permanent courses are a Geocache!

**What level are you competing at?** Brown Male 70+

**What do you love about orienteering?** Outdoors, adventure, terrain, interacting with fellow orienteers. Completing the course without a DNF!!

**Favorite park in Rochester to orienteer in...** Mendon Ponds, for the varied terrain....Letchworth, for the variety.

**Farthest from Rochester that you've orienteered...** Highland Forest Park, Fabius, NY. I highly recommend their Turkey-O event.

**Favorite orienteering experience...** Getting the Gold medal in the Men's 65+ for the Club Series last year, as well as just being able to go out orienteering!

**Worst orienteering experience...** Getting drowned at Rotary Sunshine event in 2012, ... didn't know it could rain so hard. The leaves got shredded! ...Green leaf pieces along with the rain!!!!

**Any future orienteering goal you may have...** Compete in ROC's A meet in 2014. A stretch goal would be to do a Rogaine!

**Any advice for newer orienteers?** Keep at it...learn from your mistakes, Ask for help. Have some more experienced person review your route choices when you get back. Don't give up!! ENJOY the adventure.

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## Get to Know the ROC! Carol Moran

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**Hometown**- grew up in Irondequoit, have lived in Fairport since 1980

**Other family members**- Son Tom, 2 daughters, Kathleen and Karen and 5 grandchildren



**Occupation/Grade in School**- retired special ed teacher, now doing part-time special education tutoring

**Other Hobbies**- kayaking, swimming, biking, snowshoeing, cross country skiing, knitting, crosswords and reading

**When did you start orienteering?** about 1986

**Why did you start orienteering?** My son had tried ski orienteering, and my late husband, Tom, decided it sounded like a good sport, since he was a runner and an engineer. That summer he was going to an orienteering event on a lake up in Canada and I decided to go along to enjoy the lake. As we were driving up there, he told me he had signed me up to do the race. I had never orienteered before and I had no idea what I was doing. I got lost on a trail between 2 swamps and every time I stopped to read the map, the mosquitoes swarmed around me. It was not fun! However, a woman came along and got me headed in the right direction and I finished the course. Originally I told him I didn't want to be running around in the woods in all kinds of weather-and now here I am 25+ years later doing just that!

**What level are you competing at?** Usually yellow, but sometimes white.

**What do you love about orienteering?** I love it because it is mental and physical exercise, and you get to see parts of parks that you wouldn't normally get to see.

**Favorite park in Rochester to orienteer in** ...it would probably be Mendon Ponds

**Farthest from Rochester that you've orienteered**- Tom and I orienteered out near Lake Tahoe in California.

**Favorite orienteering experience...** Tom and I traveled to a lot of A meets, and I've had so many great experiences. It would be hard to pick one (and to remember!)

**Worst orienteering experience...** The above mentioned time



of being lost on a trail between 2 swamps, and more recently when Laurie Hunt and I had a challenging stream crossing experience at Powder Mills Park!

**Any future orienteering goal you may have...** To be like Karl Kolva and just keep going out there to get physical and mental exercise!

**Any advice for newer orienteers?** Learn from your mistakes but don't dwell on them, and just go out there and have fun at whatever level fits your style.

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## Get to Know the ROC!

### Linda Burgey

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**Name:** Linda Burgey

**Hometown:** Penfield, NY

**Other family members:**  
My son, Daniel, parents, Richard and Nancy, and sister, Cindy

**Occupation/Grade in School:** Currently unemployed, so a stay at home single mom

**Other Hobbies:** Cooking, reading, hiking, kayaking and biking.

**When did you start orienteering?** 2007

**Why did you start orienteering?** I helped setup and run a course for a class in college. My parents introduced me to the Rochester club.

**What level are you competing at?** I've been slowly working my way up to doing the Brown courses. When my son is able to join me, we do a white course together.

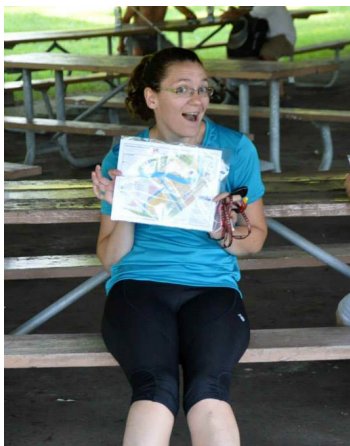
**What do you love about orienteering?** I love being able to run through the seldom seen parts of local parks. I enjoy that this sport pushes me mentally and physically. I started off walking all my courses and now, I'm able to run over half of them. I'm a work in progress! The members of the club are great, too!

**Favorite park in Rochester to orienteer in...** Mendon Ponds and Webster park. They both offer beautiful views and lovely trails to run.

**Farthest from Rochester that you've orienteered...** Buffalo's Ellicottville Adventure 6 hour run at Holiday Valley ski resort, twice!

**Favorite orienteering experience...** Placing 1st in my age group, the day after my 30th birthday on an Orange course. The first of many ribbons I earned myself!

**Worst orienteering experience...** There were two times: I twisted my ankle badly in a hole at Oatka Creek Park, I was out of commission for about 3 months. The other was getting completely lost and off my map at Rattlesnake Hill State Wildlife Management site. I did however find my way back on



to the map and finished the course.

**Any future orienteering goal you may have...** to compete in a national event and one of our Red courses!

**Any advice for newer orienteers?** Don't panic! Don't be intimidated by everything. Take your time and learn from your mistakes. Oh, and that log you think is solid... it's not. Jump over it!

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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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### Mendon Ponds Park Winterfest January 19, 2014

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66 starts. Thin snow cover made this a regular foot event instead of a Ski-O.

Thanks to our volunteers:

Meet Director: Rick & Dayle Lavine

Course Setter: Jim Russell

Greeter: Carol Moran, Rick Lavine

Registration: Laurie Hunt, Linda Kohn, Patty Borden, Sandra Lomker

Start/Finish/E-Punch: Tyler Borden, Jim & Zak Borden, Bob Bundy

Flag Pick-Up: Ed Deller, Gary Maslanka, Steve Tylock

Food: Barb Russell

Instruction: Don Winslow

Stewart Lodge Info: Sandra Lomker, Nancy Burgey

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### Durand Eastman Park February 1, 2014

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We certainly got lucky with the snow for the meet. Despite a few bare patches, the snow cover was great! Thanks to the grooming by the RCXSF much of the park was skateable and thanks to the cold temps of the last couple of weeks even the ponds were in play. Temperatures were in the 30s with no wind which made the event particularly pleasant. The 90 minute random format (find as many controls as you can in 90 minutes - 10 points each) was used to facilitate the use of the Clubhouse and worked out well with the weather i.e. the rain starting shortly after we finished. This is the first time we have used the Clubhouse and manager Bill Keller was very welcoming; we aren't used to such luxurious accommodations!

We were particularly impressed that we had such a prestigious field with 4 former US Ski-O Team members (Carl Fey, George Nadorf, Mitch Collinsworth, Laurie Collinsworth) and

2 former Russian Ski-O Team members (Natalia Fey and Sergey Dobretsov) as well. Sergey showed that he still had it in him by winning the event by a resounding 47 seconds over clubmate and fellow Russian countryman Pavel Korniliev. Congratulations!

Thanks to our volunteers:

Meet Director: Rick Worner

Course Setter: Linda Kohn with assistance from Richard

Burgey

Greeter: Greg Michels, Carol Moran

Registration: Heidi Hall, Ed Deller, Patty Borden

Start/Finish/E-Punch: Tyler and Jim Borden

Flag Pick-Up: Chris Joyce, Doug Hall, Gary Maslanka, Jim Pamper, Rick Worner

Food: Anne Schwartz, Rick Worner

## On the back cover – picture of orienteering terrain in Portugal!

Rick Worner and Linda Kohn recently spent two weeks orienteering in Portugal. They submitted a very nice write-up of their journey, but unfortunately there's no space in this issue for it; it will appear in the next issue.

They also sent me some pictures, one of which appears on the back cover of this issue. Some very impressive rock features!!!

### 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	e-punch
Director	Setter					Finish	Pickup	

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

## *First Class*



40 Erie Crescent  
Fairport, NY 14450



*Tim Dobretsov after winning gold in the M-16 division at the Empire State Games.*



*Linda being dwarfed by some of the very impressive rock features!*