



# *The Wild Times*

July 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

## **Next meet – Trail Challenge at Durand Eastman Tuesday, July 22**

The next ROC event is a Trail Challenge at Acorn Shelter, Durand Eastman Park. Acorn Shelter is on Log Cabin Road, off of Lake Road. Acorn is the first shelter, on the right side of the road, approximately 0.2 miles from Lake Road.

A Trail Challenge is a mass start cross-country race over tracks and trails with a difference. The course is not marked out by marshals and streamers but is instead defined by checkpoints that are marked on a specially made map. The Trail Challenge arises from choosing the fastest route between one checkpoint to the next.

These mass start races require navigation to visit a series of checkpoints along the way. Feel free to follow other runners or enter with a friend and work together. Basic navigation instruction is available during registration and check in.

Two distances are offered, 4 km and 8 km. And you don't even need to decide in advance which one you want to do, as the first 4 km loop is the same for both distances!

The event will start at 6:30 p.m. (everyone starts at the same time). Registration/check-in opens at 5:50 p.m.

Unlike regular orienteering meets, as soon as you check in, you receive your map! So to have the maximum time to get familiar with the map and plan your route, arrive early!

For more details, see the ROC web site.



*The gorgeous start location for the Rochester Map Adventure! (Martin Luther King, Jr. Park (formerly called Manhattan Square Park.) See article and more pictures in this issue.*

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

Membership: Mike Meynadasy,  
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Mapping Chair: Dick Detwiler Rlshadow@aol.com

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Volunteer Coordinators: Sandra Lomker/Tom  
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Publicity: Steve Tylock stylock@gmail.com

Retail Map Sales: Vacant

Permanent O: Tom Cornell,  
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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

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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 \$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 – July through December

## Rochester Area

Tuesday, July 22	<b>Durand Eastman Park.</b> Acorn Shelter. Trail Challenge. Mass start at 6:30 p.m.
Thursday, Aug. 7	<b>Durand Eastman Park.</b> Magnolia Shelter. Sprint, White, and Score-O. Sprint and White start between 6 pm and 7:15 pm. Score-O mass start at 7 pm.
Saturday, Aug. 16	<b>Highland Park Trail Challenge.</b> Shelter TBD. Mass start at 10:00am.
Saturday, September 7	<b>Mendon Ponds Park.</b> Devil's Bathtub Shelter. Regular Meet. Start from 10:00am to 12 noon.
Sunday, September 21	<b>Cobbs Hill Park.</b> Tay House Lodge. National Orienteering Week Meet. Sprint, White, and Score-O. Start from 12 noon to 2:00pm.
Friday through Sunday, Oct. 3-5	<b>2014 US Orienteering Nationals</b> Genesee Valley Park and Letchworth State Park (East). Recreational courses available Sat and Sun only. A-meet courses advanced registration required.
Saturday, October 18	<b>Camp Eastman.</b> Vampire-O. Mass start at 7:00pm.
Saturday, November 1	<b>Mendon Trail Run</b> Stewart Lodge. 10K, 20K, 30K, 50K. Start times: 8:00am for 50K, 9:30am 10K, 20K, 30K. Pre-register on-line.
Saturday, November 15	<b>Powder Mills Park.</b> Wadhams Lodge. Night-O. Mass start at 7:00pm.
Sunday, December 7	<b>Camp Piperwood.</b> Annual meeting and Potluck . Members only O event. See web site for more details as the date approaches.

## Outside of Rochester Area

See web sites of the sponsoring club for details.

July 19-20	<b>CNYO.</b> 24th Annual ROGAINE. Edwards, NY.
Sun. Aug. 3	<b>BFLO.</b> Score-O series. Three Score-O events this summer and fall. We will award prizes to the top five males, females and groups, as computed by total points achieved.
Sat. Sept. 6	<b>BFLO.</b> Score-O series. Sprague Brook.
Sat. Sept. 27	<b>BFLO.</b> Ellicottville Adventure Run & Hike
Sat. Oct. 18	<b>BFLO.</b> Score-O series. Sardinia
Sat.-Sun., Nov. 8-9	<b>CNYO.</b> 21st Annual Scout O, Highland Forest.
Sun. Nov. 23	<b>CNYO.</b> 34 <sup>th</sup> annual Turkey-O, Highland Forest.

## 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!

## ROC spring 2015 draft schedule

A small group is working on the Spring 2015 ROC schedule. Some dates remain to be finalized because we always try to avoid conflicting with popular out-of-town meets and also with meets hosted by CNYO and BFLO; at this point, many other clubs have not set their schedules.

Current *draft* schedule:

- Sunday, January 18: Ski-O, Mendon
- Saturday, January 31: Ski-O, Webster
- Saturday, March 21: Beginner and intermediate clinics
- Saturday, April 18: Black Creek
- Sunday, April 26: RIT, one-person relay
- Sunday, May 17: Camp Cutler
- Saturday, May 30: Rochester Map Adventure
- Saturday, June 13: ADK Expo, Mendon
- Saturday, June 20: Rattlesnake Hill, mini rogaine

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## ROC Volunteer Opportunities

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### Permanent Orienteering Course coordinator

For many years, Tom Cornell and Sandra Lomker have done a stellar job of coordinating ROC's permanent orienteering courses. They have decided that it's time for them to step down from this responsibility. Thus, the club needs to find a replacement or replacements for Tom and Sandra. Tom and Sandra are in the process of writing up what is involved in this job.

If you are interested in taking on all or part of this important contribution to ROC, please let Tom or Sandra or anyone on the board of directors know.

### Marketing consultant

In terms of publicity, we've always done a good job of getting events listed in various newspaper-type publications, and more recently, we have utilized Facebook and Meetup as other ways of publicizing our events. We would like to expand our outreach into other areas – the problem is, we don't really know much about the pros and cons of other ways of reaching people. We are not ruling out types of marketing that involves some cost.

If anyone has any background in marketing, or is willing to take the time to learn about various options and their respective costs and potential benefits, please let Dick Detwiler or anyone on the board know.

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## Junior Orienteer Award

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The Rochester Orienteering Club gives one or more awards to deserving Juniors between the ages of 14 and 20 years. This award(s) is presented at the Annual Membership Meeting in early December.

Each nomination must be written by a ROC member and given or mailed to one of the committee members (Karl or Mary Kolva, Carol Moran, Rick Worner, Linda Kohn, or Sandra Lomker) before October 31, 2014.

The criteria for the Junior Recognition Award are:

1. Attendance and participation in age-related orienteering events
2. Service to the Rochester Orienteering Club
3. Showing interest in improving his/her orienteering skills
4. Demonstrating good citizenship and sportsmanship in all activities

**Please consider nominating a Junior who you feel is deserving of this award.**

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## Scholarships Available

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The Rochester Orienteering Club has a Scholarship Fund for members in need of financial assistance for A-Meets and/or for participation on a USOF team.

ROC will reimburse Junior Club members (20 years and younger) for A-Meet entry fees, maximum \$100.00 per year, if the Junior requests reimbursement by writing a letter to the Treasurer.

Any ROC member (Junior or Senior) may request financial help up to \$500.00 per year to participate on a USOF team. Each competitor needs to request financial help by writing a letter to the Club President and stating why he/she needs help and how he/she will give back to the Club. At the Board's discretion all requests will be taken into consideration.

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## Volunteer Name Tags

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If anyone who volunteers at our local meets, doesn't have a name tag badge yet, contact Don Winslow at [reroteacher@rochester.rr.com](mailto:reroteacher@rochester.rr.com) to have one made for you. Thank you for volunteering!

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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! Vince Cassano

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**Hometown** - Pittsford

**Other family members** - wife - Roz, daughter - Riesa, son - Cole

**Occupation/Grade in School** - I'm a consulting actuary with the Burke Group.

**Other Hobbies** - Road cycling, mountain biking, hiking - anything that gets me outside. I played striker & midfield with the Pittsford United soccer club for a few years but have gotten away from competitive soccer, and now I just play pickup on the weekends with some old teammates. I'm also an amateur musician, and play principal clarinet for the Brighton Symphony.

**When did you start orienteering?** I took the kids to a May 2006 meet at Durand Eastman. I think we did yellow.

**Why did you start orienteering?** I played soccer since high school and college, but blew out my knee at an indoor tournament in 2000 and had a long year of rehab after ACL reconstruction in 2001, and never really got back to where I was pre-injury. With the brace and the constant pounding on the ankles and knees on a week-to-week basis, I figured out that I needed to start thinking about retiring from the sport. Riesa and I had been doing our weekend hikes in Mendon in Winter & Spring of 2006 and kept noticing these funny ROC posts on various trails. After some research, I picked up the Mendon permanent course map. I think we finished it in three weekends. I was hooked at that point.



**What level are you competing at?** Green mostly, maybe Red if I feel energetic!

**What do you love about orienteering?** It's easier on the body than soccer and I don't have to tackle anyone. I also like the idea that you don't have to follow someone else's trail, and it's like a treasure hunt when you find that elusive control.

**Favorite park in Rochester to orienteer in...** Mendon, easily...

**Farthest from Rochester that you've orienteered...** I ran a QOC meet in Patapsco McKeldin in Maryland in January 2012. They have meets all through the winter and it's not too bad of a drive.

**Favorite orienteering experience...** Probably the 2006 night-O at Powder Mills, because I just like any kind of night orienteering

**Worst orienteering experience...** Easy one - Black Creek 2011. Sprained my knee going through the (marginally) crossable swamp, followed up by running headfirst into a wasps nest, then ended up over time anyway.

**Any future orienteering goal you may have...** I'd love to run a meet at Anza Borrego in Southern California, near the Salton Sea one of these days

**Any advice for newer orienteers?** First off, don't jump to the advanced courses too quickly. Take time and master the beginner and intermediate skills before tackling the advanced skills. Second, use Attackpoint.com to see how other orienteers are training and what seems to help.

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## Get to Know the ROC! Anne Schwartz

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**Hometown:** Henrietta, NY

**Other family members:** My husband Paul and our grown kids, KT (lives locally) and Tom (teaches English in Turkey). Sadly,

Paul doesn't do much orienteering anymore due to a pair of bum knees.

**Occupation/Grade in School:** I'm a BOCES #1 employee working at Brighton HS as a notetaker for a mainstreamed hearing impaired student

**Other Hobbies:** I enjoy downhill skiing, running (on trails mostly), pickleball, watching movies and gardening

**When did you start orienteering?** It was probably around 1999

**Why did you start orienteering?** My husband and I were gently nudged by Dick Detwiler. Paul's favorite orienteering was as a trio of fathers and sons going to Wyoming for Laramie Daze orienteering. Dick and Larry Zygo were the other dads involved.

**What level are you competing at?** Well, I wouldn't exactly call it 'competing', but I usually do the Brown course

**What do you love about orienteering?** It's a great way to exercise both brain and body

**Favorite park in Rochester to orienteer in...** Everyone seems to pick Mendon Ponds for its diverse terrain and I agree. Plus, I can sometimes visit my brother at the Monroe County Sheriff horse barn after finishing a course!



**Farthest from Rochester that you've orienteered...** Well, my main reason for being there wasn't to orienteer, but I did the recreational event at the US Champs in Woodland Park, CO in 2007

**Favorite orienteering experience...** tagging along with Stina Bridgeman on 24 hour Rogaines. She did all the navigation; I went along as it's not allowed to do those events solo. Nowadays, Stina finds fitter, more 'navvy' savvy females to pair up with.

**Worst orienteering experience...** I've had many embarrassing blunders, but my worst experience was not actually orienteering, but being the meet director. Actually, being meet director was not the problem; it was having to be interviewed when Time Warner Cable news channel showed up at the event unexpectedly. Even though there were orienteers there with more knowledge, they pinned it on me just because I was the meet director!

**Any future orienteering goal you may have...** I would love to partake in the Laramie Daze week that Mikel Platt puts on pretty much single-handedly.

**Any advice for newer orienteers?** Ask to follow someone, who knows what they're doing, while they complete a course. Or have someone follow you. Go to a training session that is conducted by ROC usually in late March or early April. And, most of all, know that being lost isn't such a terrible thing as long as you don't lose your sense of humor.

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## Get to Know the ROC! April Miller

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**Hometown:** Wayland, NY

**Occupation/Grade in School:** IT – primarily software testing, but looking to move into positions that use more applied statistics.

**Other Hobbies:**  
Martial arts, hiking, camping, canoeing, gardening and canning, and remodeling.

**When did you start orienteering?** 2008

**Why did you start orienteering?** I had one of those major life events where you can sit on the couch, watch bad TV, and cry into your beer, or you can go out and find something to do with yourself. I'm really not that fond of beer, but I do like being in the woods.

**What level are you competing at?** I moved up to the orange level courses this year. This has given me a chance to practice some intermediate orienteering skills, like off trail travel. This, in turn, has given me the chance to practice relocating.

**What do you love about orienteering?** Orienteering encourages me to get out in the woods when it's often easier to sit and think about going for a hike. I really like the permanent and semi-permanent courses since they usually take me to out of the way places in the park and I have more time to sightsee along the way.

**Farthest from Rochester that you've orienteered...** Sargent Center in New Hampshire at the Women Outdoors Annual Gathering. I lived in Buffalo for a couple years and I enjoyed doing their map hikes, which they change each year, and also attended some of their meets. ROC is more active, but the Buffalo group is nice, too. If you have a chance to go to one of their meets or do one of their map hikes I think you'll enjoy it.

**Favorite orienteering experience...** My first one!

**Any future orienteering goal you may have...** To continue orienteering long enough to be in the classes where most of the other people my age are also walking and my times won't be so slow by comparison.

**Any advice for newer orienteers?** Solid green does not mean grassy fields!



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## The Worner/Kohn duo travels to Portugal!

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By Rick Worner

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(Editor's note: Rick submitted this back in March, but due to space limitations, it couldn't be included in the March issue of the Wild Times. Here it is now!

Linda and I just returned from two weeks of orienteering in Portugal. In the past few years Portugal has been offering meets in March that allow winter weary people (like us) an opportunity to do some quality orienteering. We were able to get in seven days of competition and a couple of days of training during our two week trip.

We flew into Lisbon and rented a small car. The roads in Portugal are generally quite good and outside of Lisbon the traffic was very light. Gas, on the other hand, was quite expensive at around \$7 per gallon and the tolls on the expressways averaged about \$14 per hundred miles. Maybe these were the main reasons that the traffic was so light.

Food and other items seemed fairly inexpensive until you added the 23% value added taxes. Portugal is sort of a "second world" country. Everyone has health care, electricity and enough to eat, but the economy is very weak with very little in the way of industry. Olives, cork and wine seem to be the biggest income producers. It was an easy place to travel and cheaper than most of the other European countries.



*City of Porto.*

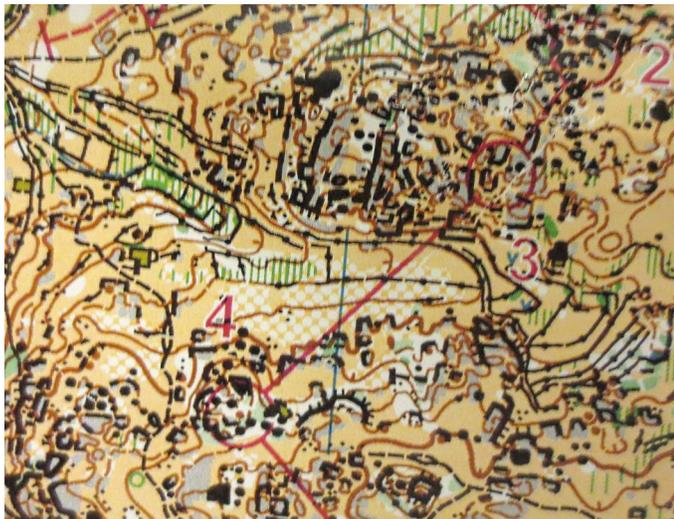
As we often do, we opted to rent a small "holiday" house that was situated near a little village and part of a small farm. This allowed us to prepare our own meals and have a place to spread out a little. We had hoped to prune some of the grape vines while we were there, but the farmer opted to wait for warmer weather. The owner was German and his wife was Portuguese. The weather was very changeable with intermittent sun, clouds and showers. The temperatures were generally in the low to mid 50s. Much of the rain came at night so we seldom had to run in any rain.

The first weekend was the Mediterranean Championships

([http://www.attackpoint.org/eventdetail.jsp/event\\_17703](http://www.attackpoint.org/eventdetail.jsp/event_17703)) near the towns of Satao and Aguiar da Beira. This part of Portugal is very rocky with huge boulders and numerous cliffs. The vegetation was fairly diffuse with only a few thorny vines to slow us down. Even at a 1:10000 scale the detailed rock areas were a challenge to decipher. There were often numerous boulders and cliffs inside the circle and the flag placements were often between two cliffs or in groups of boulders. I had quite a few mistakes inside the circles and finished in the bottom third of the M65 class. Linda fared better and managed to capture second place in the W60 group. We also got to run in a "night" sprint in Aguiar da Beira. Portugal has many old stone villages filled with alleys, stairways and walls. It took a while to get used to reading the map and running with a light. It was challenging and fun with hundreds of people running around in a dark small space.

In the days between the events we did a lot of hiking around the hills and valleys near our village of Mantaca. We could walk everywhere and the few farmers and shepherds we encountered didn't seem to mind sharing the land. Many of these villages date back to the Middle Ages and anything less than 200 years old is considered "new" construction. Sadly, most of the young people have left the villages for the big cities and other countries where work is easier to find.

We took a day trip to the seaside city of Porto. This is a UNESCO World Heritage site and is a maze of cobblestone roads and alleyways. Along the river there is a vibrant cafe area where we were able to sit in the sun while having a great meal of Salt Cod and Octopus and observing the local culture.



*Very small portion of Rick's "long" course map. Lots of detail!*

On the second weekend we headed south from our holiday house to Arcozelo da Serra for the Portugal Orienteering Meeting, ([http://www.attackpoint.org/eventdetail.jsp/event\\_17702](http://www.attackpoint.org/eventdetail.jsp/event_17702)). This area featured huge rock features with lots of open ground in between the rock clusters. In some areas summer fires had burned most of the vegetation (except the thorns). The first three maps were 1:7500 for us oldsters, which really helped in the detailed rock areas. The last three days were cleverly designed to finish in a small soccer stadium in the middle of town. On the last day we were bussed out of town to a very rocky area and the last third of our course brought us

into the old section of town with lots of small alleys, paths and small fine map features. It was a real change of pace that surprised us. This was a four day cumulative time event. Unfortunately, we each had one day that we missed a control so we couldn't get a place in the final results. Overall Linda was finishing in the top ten in W60 and I was about in the middle of the M65s. M65 was the largest class with almost 90 runners, mostly from Finland, Norway, Sweden and Switzerland. It was tough competition even when I had a decent run.

On Sunday night we went to the official event banquet at a mountain top restaurant that featured an array of Portuguese foods. It included numerous appetizers (blood sausage, tripe, sheep cheese, liver and few things we couldn't identify), soup, three entrees (lamb chops, salt cod, and beef), all served by waiters in formal attire. Needless to say, we were properly stuffed by the time the entertainment started. We were treated to a demonstration of folk dance by a local group of singers, dancers and musicians. The evening was topped off with a dessert buffet that we shared with orienteers from Sweden and The Czech Republic.

All in all it was a very interesting week with the picturesque countryside and the technically challenging orienteering terrains. Participating in orienteering events in different parts of the world is a fun way to travel. We got to see a lot of interesting places and meet people with similar interests from all over the world. Check Attackpoint for a listing of events from all over the United States, Canada the rest of the world.

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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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## Genesee Country Village April 6, 2014

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87 starts

Thanks to our volunteers:

- Meet Director: Nancy Burgey
- Course Setter: Richard Burgey
- Vetter: Linda Kohn
- Greeter: Rick Worner
- Registration: Greg Michels, Patty Borden, Robin Warner, Sean Sims, Sandra Lomker, Chad Borden
- Start/Finish/Epunch: Tyler Borden, Stina Bridgeman
- Flag Pick-Up: Vince and Riesa Cassano, Olga Huber, Don Winslow, Rob Stevens F
- ood: Dayle Lavine
- Instruction: Laurie Hunt, Rick Lavine
- String-O: Rick and Dayle Lavine, Linda Burgey

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## Webster Park April 19, 2014

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We had a great day of orienteering at Webster Park. With 75 starts we saw many new families along with many regular faces.

The courses were wet and muddy as promised but the sun was out making it a fun day to be out in the park. Our youngest orienteers also enjoyed a special string-o with egg surprises.

Thanks to all those who participated in Earth Month Clean Up by bringing back bags of trash found out in the parks!

- Meet Director: Heidi Hall
- Course Setter: Doug Hall
- Course Consultant: Linda Kohn
- Greeter: Laurie Hunt
- T-Shirts: Tom Cornell, Carol Moran
- Registration: Patty Borden, Greg Michels, Nancy Burgey, Rukhsana Cofer
- Start/Finish/EPunch: Tyler Borden, Stina Bridgeman,
- Flag Pick-Up: Joel Shore, Jim, Tyler, Zak Borden, Anne Schwartz, Doug Hall
- Instruction: Laurie Hunt
- Food: Mary Kolva, Sandra Lomker
- String-O: Linda & Daniel Burgey
- Earth Month Clean Up: Sandra Lomker
- Earth Month Clean Up Participants:
  - Anne Schwartz, Laurie Hunt, Richard Burgey, Louise Cook, Katie Rothhaar, Stacey Steward, Kurtz Family, Patty Borden, Ken Steward, Dryden Butler, Burgey Reid, Ranney Family, Zwickl Family, Mundschau

(Sorry to anyone we missed)

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## Oatka Creek Park May 10, 2014

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82 Starts

- Meet Directors: Rick & Dayle Lavine
- Course Setter: Rob Stevens
- Greeter: Carol Moran
- Registration: Laurie Hunt, Nancy Burgey, Heidi Hall, Anne Schwartz
- Start/Finish/EPunch: Tyler Borden, Doug Hall, Greg Michels
- Flag Pick-Up: Jim Pamper, Jim, Zak, Patty Borden, Greg Michels.
- Food: Kim McGann, Mark Wade
- String-O: Richard Burgey, Rukhsana Cofer
- Instruction: Rick Lavine

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## Rochester Map Adventure 2014 May 31, 2014

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There were 58 starts, with 108 people participating, in this year's Rochester Map Adventure, held at Martin Luther King, Jr. Park (formerly Manhattan Square Park).



Volunteers included Rick Lavine and Dick Detwiler (course setters), Rick and Dayle Lavine (meet directors; food), Linda Kohn, Anne Schwartz, Don Winslow, and Dick Detwiler (registration), and Jim Pamper (assistance with cleaning up and packing out after the meet).

We were honored to have people attending from many locations outside of the Rochester area, including:

- Newark, DE
- Ottawa Hills, OH
- Toledo, OH
- Sunderland, MA
- Toronto, Ontario, Canada
- Clinton, NY



The out of town people included two people who are the top orienteers in their age groups in the US (Peter Gagarin and Alison Crocker).



*Alison Crocker, Toledo, OH, planning out her (obviously very successful!) route.*

Here are the winners of each of the categories:

- 5-hour foot: Chad Borden, 84 points
- 5-hour bike: Sergey Dobretsov, 135 points
- 3-hour foot: Alison Crocker, 84 points
- 3-hour bike: Benjamin and Jeremy Osborne, 55 points

Special congratulations go to Alison Crocker from Toledo, Ohio, who scored an amazing 84 points on foot in the 3-hour category. This was more than double that of the 2nd place foot finisher, and also far ahead of anyone who did the 3-hour on a bike. For those who may not know, Alison is the top US woman orienteer (both on foot, and on XC skis).

Also, congratulations to the people on bikes who got to all of the controls, or nearly all of the controls, something I really hadn't thought would happen. I figured that covering the distance to get to all of the controls might not be a real major challenge, but when factoring in the time needed to read the question, find the answer, and write it down, for 125 controls, that was very unlikely to happen in 5 hours. Sergey Dobretsov got to all of the controls (with only 2 wrong answers); Peter Gagarin got to all except for five, and the team of multi-sport ultra athletes and adventure racers Jason Urkfitz and Rich Furstoss got to all except for four.




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## Dryer Road Park June 8, 2014

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54 Starts

- Meet Directors & Course Setters: Lindsay Worner, Rick Worner, Linda Kohn and Chris Joyce
- Greeter: Rick Worner
- Registration: Steve Tylock, Heidi and Maggie Hall, Sandra Lomker, Anne schwartz
- Start/Finish/E-Punch: Tyler and Zak Borden, Lindsay Worner
- Flag Pick-Up: Don Winslow, Rafael Frutos, Rob Stevens
- Food: Rick & Linda, Sandra
- String-O: Melissa Tylock, Clay Manley
- Instruction: Linda Kohn

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## Mendon Ponds Park June 22, 2014

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80 starts

- Meet Director: Nancy Burgey
- Course Setter: Stina Bridgeman
- Greeter: Rick Worner
- Registration: Rukhsana Cofer, Sean Sims, Carol Moran,

Anne Schwartz

- Start/Finish/E-Punch: Stina Bridgeman, Tyler Borden, Lindsay Worner
- Flag Pick-Up: Jim Pamper, Gary Maslanka, Steve Tylock, Linda Burgey
- String-O: Stephanie, Faith & Leah Reh, Linda Burgey
- Instruction: Linda Kohn

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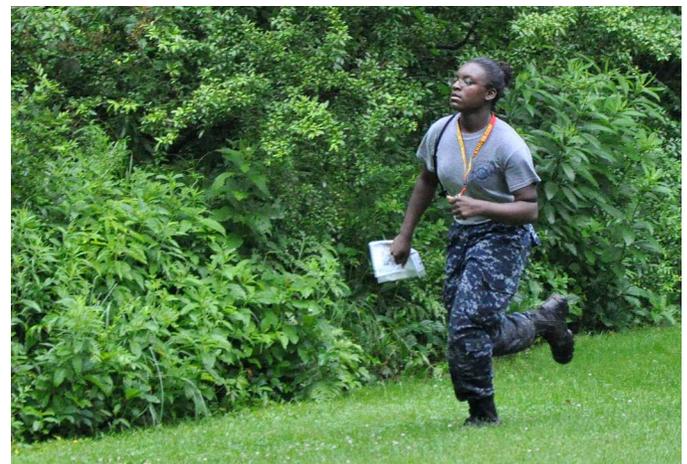
## Powder Mills Park July 13, 2014

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80 starts

- Meet Director: Nancy Burgey with family, Richard and Linda
- Course Setter: Riesa Cassano, Helpers Vince Cassano and Rob Stevens
- Greeter: Laurie Hunt
- Registration: Ed Deller, Patty Borden, Louise Cook
- E-Punch, Start/Finish: Tyler Borden, Brian Thomas
- Flag Pick-Up: Gary Maslanka, Jim, Patty & Zak Borden0
- Food: Nancy Burgey, Patty Borden

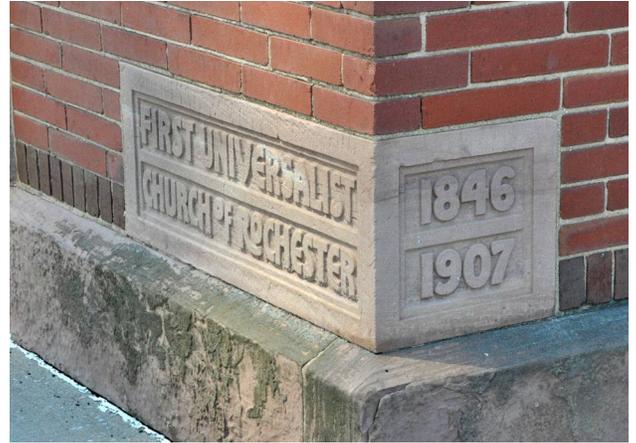
Some pictures from the rainy day at Powder Mills:



Some more pictures from the Rochester Map Adventure:



*Carol Moran and Sandra Lomker planning their strategy.*



*Control #3: "What are the two years on the cornerstone of the church?"*



*Control #20: "When was our sister city in Italy founded?"*



*Laurie Hunt, past-president of ROC.*



*The "Flick Chicks" team planning their route.*

# 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 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



*The start of the Rochester Map Adventure.*

*First Class*



40 Erie Crescent  
Fairport, NY 14450



*Jim Pamper and Sandi  
Willsey at the Rochester  
Map Adventure*

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**Some students from the Western NY Maritime Charter School  
(Buffalo) finishing the Powder Mills meet on a soggy day!**

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