



The Wild Times

April 2015

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

The official newsletter of the Rochester (NY) Orienteering Club

First meet of the Spring season Saturday April 18 at Black Creek Park

The first meet of the spring will be Saturday, April 18 at Black Creek Park, Pathfinder Shelter. Pathfinder is accessed from the main park entrance on Union Street (Rt. 259), about 0.9 miles south of I-490.

The format will be a Score-O course with a mass start at 11:00 a.m., with a 90-minute time limit. There will also be White and Yellow courses available; people choosing the White or Yellow courses can start any time between 11:00 and noon, with courses closing at 1:00 p.m.

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.



US Ski-O Team: Back row - Anna Vogeles, Ari Ofsevit, Greg Walker, Kestrel Owens; front row - Stina Bridgeman, Alex Jospe, Melanie Serguiev, Michael Laraia, Adrian Owens. (photo - Melissa Trout) See article by Stina on Page 4.

2015 Club Officers and Committee Chairs

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 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
Approx. distance	2-4 km	3-5 km	4-7 km	3-5 km	4-7 km	6-10 km	8-14 km
# of controls	4-12	5-12	8-12	8-12	8-12	8-15	10-18
Difficulty	Easiest	Easy	Medium	Hard	Hard	Hard	Hard

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

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

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

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

Sometimes other courses may be offered, such as a Motala (a course which involves one or more map exchanges), a Trail Challenge (long course with easy control placement), a Line-O or Score-O. These courses will be explained in the meet instructions at any meet that uses these formats.

Entry fees

The entry fees to ROC meets are \$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 – April through August

Rochester Area

Saturday, April 18	Black Creek Park. Pathfinder Shelter. Score-O and White and Yellow courses. Score-O mass start at 11:00 a.m. White and Yellow start from 11:00 a.m. to 12 noon.
Sunday, April 26	Genesee Valley Park. Roundhouse Shelter. Sprint, White. Start from 12 noon to 2:00 p.m.
Sunday, May 17	Powder Mills Park. East Area Shelter. Regular meet and intermediate clinic. Clinic at 11:00 a.m. Meet starts from 12 noon to 2:00 p.m.
Saturday, May 30	Rochester Map Adventure. Start at Fleet Feet Armory store. Three and five hour categories. Mass start at 11:00 a.m. Pre-registration strongly encouraged.
Sunday, June 7	Rotary Sunshine Camp. Memorial Recreation Center. Regular meet. Start from 12 noon to 2:00 p.m.
Saturday, June 13	ADK Expo at Mendon Ponds Park, Beach area.
Wednesday, June 24	Webster Park. Orchard Hill Shelter. Trail Challenge. See web site for details as date approaches.
Sunday, July 12	Mendon Ponds Park. Pond View Shelter. Sprint, White, and Score-O. Start from 12 noon to 2:00 p.m. Score-O mass start at 1:00 p.m.
Saturday, July 25	Highland Park. Sprint, White, and Score-O. Start from 10:00 a.m. to 12 noon. Score-O mass start at 11:00 a.m.
August 5-9	World Deaf Orienteering Champion-ships. See web site for details as date approaches.
Saturday, August 29	Rattlesnake Hill. Rogaine. See web site for details as date approaches.

Outside of Rochester Area

See web sites of the sponsoring club for details.

Sat. April 18	BFLO. Embury Park.
Sat. May 9	BFLO. Delaware Park. "Get started and get out there" series.
Sat. May 23	BFLO. Chestnut Ridge. "Get started and get out there" series.
Sat. June 6	BFLO. Hunters Creek. "Get started and get out there" series.
Sat. June 6	CNYO. Daddy O, Cortland, NY
Th. June 11	BFLO. Sprague Brook Park. 10K Trail Run
Sun. June 28	BFLO. Hunters Creek. "Get Started and Get Out There Series"
Th. July 16	BFLO. Chestnut Ridge Park. 5.1 Mile Trail Run
July 11-12	CNYO. Rogaine. Hector, NY
Aug. 1-2	CNYO. Regaine. Fabius, NY
Sun. Aug 2	BFLO. Sprague Brook Park. 3-Hour Score-O
Sat. Aug. 29	BFLO. Schoellkopf Boy Scout Camp. 3-Hour Score-O

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

Meet locations, details, and schedules may change at any time – the Hotline and web site will always have the latest info!

Contact information

ROC Hotline: 585-377-5650 (directions to meet sites, any last-minute changes, etc.)

ROC web site: <http://roc.us.orienteering.org>

Orienteering USA web site: <http://orienteeringusa.org/>

Buffalo Orienteering Club (BFLO) web site:
<http://www.buffalo-orienteering.bfn.org/>

Central New York Orienteering (CNYO) web site:
<http://cnyo.us.orienteering.org/cnyo/>

Golden Horseshoe Orienteering (GHO) (Niagara/Hamilton region) web site: <http://www.dontgetlost.ca/gho/>

Empire Orienteering Club (EMPO) (Albany area) web site:
<http://empopo.us.orienteering.org>

Other clubs: See Orienteering USA web site.

Recent Permanent Course Finishers, Congratulations!

Mendon

Dr. S. Buhrman-Deever	1/18/14	Pittsford
Zwickl	11/28/14	Rochester

Webster

Michael Alexander	12/4/14	Penfield
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Letchworth

Marsha Reed	12/9/14	Rochester
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Volunteers Needed!

VOLUNTEERS NEEDED FOR ALL MEETS, please contact Volunteer Coordinator Sandra Lomker at slomker@frontiernet.net or check the website under Volunteers.

2015 World Ski Orienteering Championships, Budor, Norway

by Stina Bridgeman

European ski-o is not the same as North American ski-o!

One glance at a map (see map on back cover) quickly reveals one reason why: Mazes. Everywhere. They were dense – a 250m leg on the sprint course, for example, could involve going through 10 junctions. (That's a junction every 10-15 seconds!) And they were extensive – 70-85% of the courses were in mazes. All of that makes navigation extremely challenging! I found that techniques I usually try to practice – like reading ahead – went out the window quickly because I didn't have the attention to spare. Instead I usually ended up pausing at the next junction after each control in order to figure out that leg. I also found that I needed to maintain complete contact with the map – if I tried to just ski along a marsh or head in a particular direction, I'd have no idea where I was after a couple of junctions.

And if navigation in the mazes isn't enough of a challenge, there's the skiing itself. The dashed lines making up the mazes denote “narrow trails” – 1m wide “scooter tracks” made by snowmobile. These 1m tracks aren't really wide enough for skating – instead, a sort of half-skate and double-poling are the main forms of propulsion. Uphill is challenging; taking off your skis and running up is an option. (I did that a few times.) Downhill is also challenging because there isn't really enough room for a proper snowplow, and it doesn't take much of a slope to get going rather faster than you might want on a narrow trail with twists and trees. Taking off your skis and running down is an option. (I did that a few times, too.)

But even with all the challenges, it was super fun! The snow conditions couldn't have been better, and there's nothing more fun than fast-paced ski-o when you're skiing and navigating well. (Which I managed on occasion – I definitely felt like I improved over the course of the week, and would love to be able to train and race on those kinds of trails more often.)

Some highlights of the trip:

Feb 8. Arrived in Oslo, met up with several others and picked up a couple of rental cars, found our accommodations in Hamar after a bit of an adventure (take note of the directional signs before entering a roundabout – the exits aren't labeled), and then drove

about half an hour to Gåsbu for what turned out to be a picture-perfect ski – deep snow, perfectly groomed ski trails, and a gorgeous lingering sunset that turned the western sky brilliant orange, the ridges to the east golden, and the snow pinkish. There was even a red rainbow.

Feb 9. The model, my first experience with Norwegian-style narrow trails (!!! was my initial impression, though I started to get a little more comfortable with them after an hour of skiing around) and with the Emit touch-free punching system that we'd be using. Touch-free punching is awesome for ski-o – just hold out your wrist as you go by the flag and check for the flash, no need to stop. Two other lessons learned: make sure you know where you are going before starting down a hill, and count the junctions you're hurtling by so that you still know where you are when you are finally able to stop.

Feb 11. The sprint – 2.8km, 14 controls. My goals: don't wipe out on the first turn (before the start triangle), survive the downhill after the spectator control, and don't finish last. The first half of the race went fairly well (I didn't wipe out on the first turn! I found controls!), but I made a big mistake on #8 and fell coming in to the spectator control and then it was pretty much all over – my skiing confidence was gone and it seemed like I couldn't stay on my feet. But I finished, didn't break myself or my equipment, and wasn't last!

Feb 12. The long – 14.1km, 18 controls, two maps. This was a much better race – the trails seemed more skiable (though the 9-contour narrow-trail descent was pretty exciting!), falling happened but didn't shake my confidence, and I navigated well with only a couple of bobbles. Not last again! (54% behind the leader – my best relative finish, and close to my stretch goal of 50% back.)

Feb 13. Rest day, so several of us drove an hour north to ski the lovely – and very foggy – marshes at Sjusjøen. (There are apparently good views, but we could only see as far as the next tree.) Afterward we had waffles (a Norwegian tradition), visited the ski jump (where a couple of guys were jumping) and the Olympic torch in Lillehammer, and, on a whim, stopped at the Madshus factory in Biri, where we exploited Alex's sponsored-by-Madshus connections to get a tour. The tour was pretty neat – I learned a lot about how skis are made!

Feb 14. The middle – 8.1km, 31 controls, three maps, mass start. A fast, fun race. I was happy to be seeded far enough back so that no one was lined up behind me at the start – no pressure to get out fast, and I could stay behind the chaos up the first hill. My biggest mistake was on the second map, where a longish leg through a

maze turned into a disaster when I tried to just ski along a marsh instead of keeping close track of every junction. Then a better route choice (or maybe a different forking) near the end meant I passed a woman from Kazakhstan, setting up a race for the finish. (Success!) I finished 34th of 43 – my best margin from the end – and also managed to avoid falling (a first). After the race, several of us took advantage of the gorgeous blue-sky day and headed up to the long terrain on top of the mountain. It was fantastic – views in every direction, perfectly groomed big trails, and mazes to play in.

Feb 15. The relay – third leg, 5.5km, 17 controls. Being the third skier meant I got to wear a GPS – no pressure! I wasn't fast (lots of stops to read the map) and made two mistakes, but otherwise things went pretty well and I once again managed to stay on my feet. Unfortunately Anna missed a control on the second leg, so the official result is DSQ.

What else to say? WSOC was a fantastic experience! Focusing specifically on skiing and ski-o training for five months means I improved a lot this year, and I had a great time in Norway and came away with greater insight into what to target for next year's training. Thanks for ROC for helping to support my trip, and also for providing support for the team as a whole.

Want to see more from WSOC?

Maps and GPS tracks are available at h (GPS tracks are under "Live").

For ski-o in New York and New England, visit

<http://skio.nyssranordic.org> (New York) and

<http://www.neskio.com> (New England).

Get to Know the ROC! Series by Don Winslow

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

Get to Know the ROC! Rafael J. Frutos Fernandez

Name: Rafael J. Frutos Fernandez

Hometown: Leon, Spain

Occupation: I'm an electromechanical engineer

Other Hobbies: Mountaineering, board games, and origami (paper folding), just to mention some

When did you start orienteering? The first time something organized like an orienteering race as we know currently, I reckon was in 1995, but to participate in events on a regular basis was in March 2012, so, pretty recently!



Why did you start orienteering? Mostly because it is something I had always liked (even without knowing it, or without having done it), because I like to learn new things; even more, I love the learning process. I enjoy putting myself in an uncomfortable zone where there is uncertainty and you need to start from scratch, and see how step by step I'm learning every time a bit. I'm realizing that I am a beginner, a plain rookie, and step by step with a bit of time and patience, I'm doing it a bit better. Just running is too easy!!

What level are you competing at? I am running Green and Red.

What do you love about orienteering? Lots of things still to learn. I feel it is a lifetime activity. I know it sounds cliché, but I really feel it is. I have learned it is more important not to make mistakes than to run faster, and that every time I finish a course, I tell myself I'm not fit enough. I need to run more! (LOL)

Favorite park in Rochester to orienteer in... I don't really know, I like many of them. I should say all! I think the one I find the more challenging is Mendon Ponds Park, but I also like Durand-Eastman Park. The one I like the most to run, although it's a small one for orienteering, is Webster Park and the Whiting Nature Preserve next to it.

Farthest from Rochester that you've orienteered... I would say Alicante, Spain.

Favorite orienteering experience... The whole learning experience... the way one has to be so concentrated in what one's doing, the course, what comes ahead, the trail and your body's fitness level. But the best of all, it is of course the people from the ROC that are making me to go every event with such a big excitement!

Worst orienteering experience... I can't say I have had a bad experience orienteering. Sometimes I've been disappointed, because I didn't get the results I wanted, like when I was doing great and all the sudden I find difficulties with one point, just one single point. It takes me three times longer than it should and ruins my run.

Any future orienteering goal you may have... do a red or blue course without any big mistake in any point, regardless the total time.

Any advice for newer orienteers? Take it easy and carry on. It's a long way to run. Review what you have done and learn a little bit with each mistake, and have fun out there!!

Get to Know the ROC! Brian Thomas

Name - Brian Thomas

Hometown - Scranton, Pennsylvania

Other family members - I'm an only child and my parents still live in my hometown of Scranton.

Occupation/Grade in School - Actuarial Consultant at Arthur J. Gallagher & Co.

Other Hobbies - Trail running, ultrarunning, snowshoeing, golf. I'm also an avid Buffalo Bills and NASCAR racing fan.

When did you start orienteering? - I started in the Summer of 2009. My first event was a Score course at Ellison Park.

Why did you start orienteering? - I was working with Vince Cassano at the time, and he encouraged me to come to a meet.



What level are you competing at? - I generally prefer longer multi-hour events and mass start events. At regular meets I run the red or blue courses.

What do you love about orienteering? - I enjoy combining athletics and problem solving. One of my favorite things to do is compare splits and routes with other competitors after runs. I'm not extremely competitive, but it's enjoyable to see how other people attacked the course and whether or not their strategies worked out for them. Even though we're a map and compass sport, which may sound antiquated to some, we have done a good job of embracing technology with GPS watches and e-punch systems.

Favorite park in Rochester to orienteer in... - We are very fortunate to have so many nice parks in Rochester, but my favorite is Mendon Ponds.

Farthest from Rochester that you've orienteered... Racoogaine 6 hour Adventure Run west of Pittsburgh, PA

Favorite orienteering experience... As mentioned above, I do quite a bit of trail and ultra running. When I'm at the starting line of an ultra, I have a strategy for the race that I want to execute, but most of the preparation and training has already been done and all that's left is to execute the race plan. In our sport, however, there are so many decisions that need to be made during the race. There have been times when I've finished near the middle of the pack but lost very little or no time due to errors. These have been the most satisfying experiences for me. I wasn't the most physically fit runner on my course, but I made the most of my fitness level on the given day.

Worst orienteering experience... As a young adult, it can be difficult to break into the sport. The color coded system is great for kids starting the sport, but it doesn't work very well for adults who are already physically fit but lack navigational skills. The way A-meets and relays are currently structured cater to elites and younger/older athletes. It's frustrating to me that a group of my college friends and I can run a Tough Mudder or trail marathon relay together, but we would not be allowed to field a competitive team at OUSA Relay Championships.

Any future orienteering goal you may have... I consider myself a "weekend warrior" type, so my goal is just to continue to have fun!

Any advice for newer orienteers? Besides our ROC meets, there are lots of other places to practice your skills. Permanent courses are a great way to practice; you can "re-use" the permanent controls by attacking them from different directions. Flag pickup can also serve as additional training. The Buffalo Orienteering Club has meets that are not very far away from Rochester; some of their maps are even closer to the city than our Letchworth map.

Local meets

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.

Mendon Ski-O, January 18

A week before the Winterfest meet the ground was bare, with no substantial snowfall predicted. It looked as though it would have to be a foot-o, but then a little snow started falling each day. With the uncertain future, we decided on a score-o that could be done on foot or skis depending on conditions (or snowshoes, as had been advertised.) We were excluded from most of the groomed ski trails because of dogsled, snowshoe, and cross country ski races. Controls were set around both ponds either on or not far from trails or open fields, though some bushwhacking could save considerable distance.

On the day of the event the temperature rose, as predicted, and there was a little rain later in the afternoon. The bushwhacks to controls and ungroomed trails seemed to favor going on foot. The fastest times, led by the three Borden brothers, were on foot. Several people managed to get all 20 controls well within the 90 minute time limit. Twenty groups, including a number of newcomers, did the white course on the esker north of the lodge.

One group lost a finger stick, and were charged \$40 for replacement. By some miracle, it was found by skiers who ran into Gary Maslanka with his ski-o map holder. They asked him about it, and it was returned. It's surprising that we haven't lost these more often.

-Rick and Dayle Lavine

53 starts

- Meet Directors & Course Setters: Rick & Dayle Lavine
- Greeter: Carol Moran
- Registration: Don Winslow, Patty Borden
- Start/Finish/E-Punch: Tyler Borden, Stina Bridgeman
- Food: Dayle Lavine
- Flag Pick-Up: Gary Maslanka, Zak Borden, Olga Huber, Mark Wade
- Instruction: Rick Lavine, Jim Borden
- Stewart Lodge: Nancy Burgey, Sandra Lomker

Webster Park Ski-O, February 22

We had a great sun filled day at the Webster Ski-O/Snowshoe-O/PostHole-O, no shortage of snow and a minimum of broken ski equipment. Stina had impressive stories of her WOC trip to Norway and had the maps to prove it!

Nice job Stina, we are all proud of you! Tyler had some very entertaining ski-O and foot-O head cam video and Rick and Linda would have made any Eagle Scout proud in getting a fire started.

A big thank you to all who came out and helped out.

27 starts

- Course Setter: Stina Bridgeman
- Meet Directors: Anne Schwartz and Greg Michels
- Instruction Jim Borden
- Food: Dayle and Rick Lavine
- Registration: Sean Sims, Patty Borden, Carol Moran, Ed Deller
- Greeter: Carol Moran
- Flag Pickup: Gary Maslanka, Olga Huber, Stina Bridgeman, Greg Michels
- Results: Tyler Borden, Stina Bridgeman
- Setup Help: Rick Wornor and Linda Kohn
- Equipment Transport: Rick and Dayle 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>
Self:	_____	_____	_____
Spouse:	_____	_____	_____
Children:	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

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

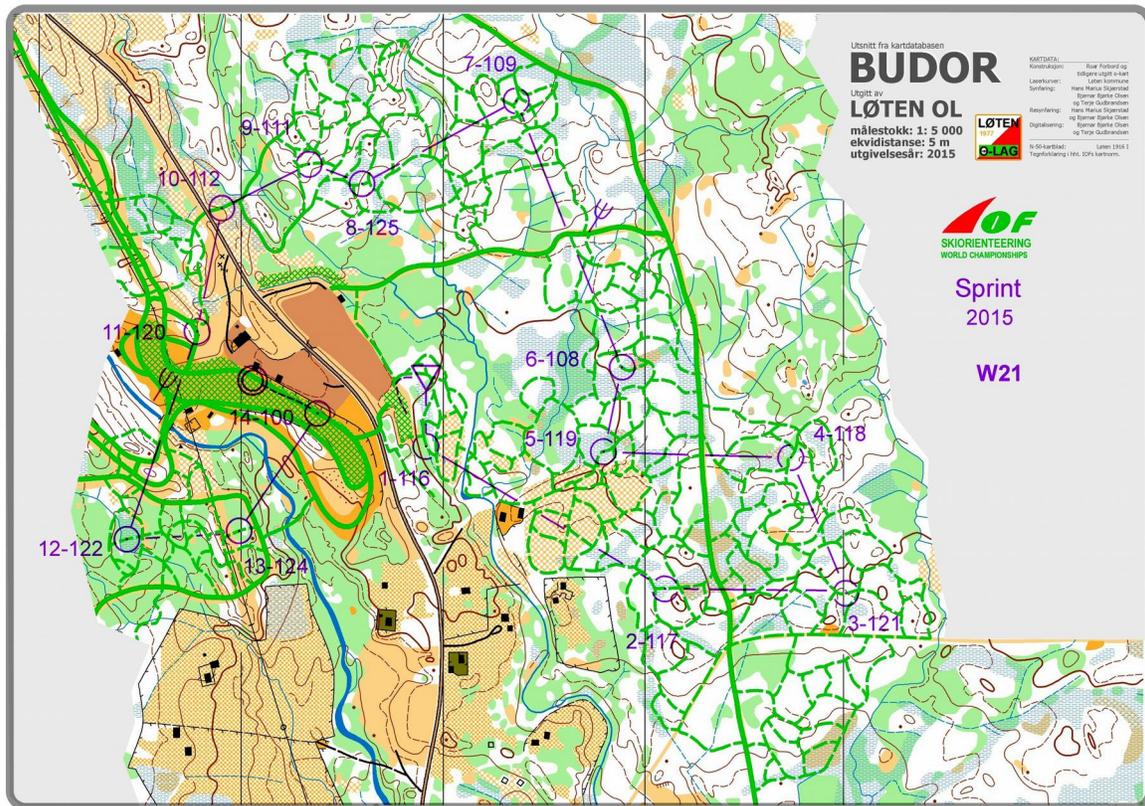
Please enclose a check payable to the Rochester Orienteering Club and mail to:

Rochester Orienteering Club, 40 Erie Crescent, Fairport, NY 14450

First Class



40 Erie Crescent
Fairport, NY 14450



World Ski-O Championships map, W21 Sprint. See article on page 4 by Stina Bridgeman on her experiences at the world championships.