



The Wild Times

October 2015

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

The official newsletter of the Rochester (NY) Orienteering Club

ROC's First Corn Maze Orienteering Event this Saturday, October 10

ROC is excited to be having our first-ever Corn Maze orienteering event! Corn Maze orienteering has gone over extremely well in a number of places across the country, including a somewhat serious event held annually in Massachusetts which features four different events, held in one day – sprint, classic, trail-O, and night-O.

We're starting out simpler than that, though, with a single event. Details:

- Mass start at 9:30am
- Location: Zarpentine Farms, 163 Burritt Rd. Hilton, NY 14468.
- Fees for this event: \$8 for everyone (member/non-member) and additional \$6 for each person in a group. (\$6 per person of this fee goes to Zarpentine Farms, so the club's income from this event is quite small.)
- Courses for 3 difficulty levels Beginner, Intermediate, Advanced. Everyone gets same map with checkpoints marked. Each difficulty level will have to find a set number of checkpoints and finish before the 1 hour time limit. Will be using e-punch.

The Market opens at 9:00 am with food to buy (donuts, pies chili etc.) and that will be available after the run. Event finishes by 10:45 am and The Maize is open to the public at 11:00am for those that may want to try the regular corn maze.

See the corn maze map (without the course!) in this issue.

Some pictures from the World Deaf Orienteering Championships. See article starting on Page 3.



Marina Rosink (Russia) and Judita Volungevičienė (Lithuania) at Mendon at the WDOC



Szu-Ying Wu (Chinese Taipei) at Mendon at the WDOC

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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 – October through March

Rochester Area

Saturday, October 10	Zarpentine Farms Corn Maze-O Event. See article on page 1 for details.
Sunday, October 18	Oatka Creek Park. Regular Event. Start any time between noon and 2:00 pm.
Saturday, November 7	Mendon Trail Run. Stewart Lodge. 10K, 20K, 30K, 50K. Start times: 8:00 a.m. 50K, 9:30 a.m. 10K, 20K, and 30K. Pre-registration is suggested as there is a limit on participants.
Saturday, November 14	Webster Park. Parkview Lodge. Night-O. See web site for details as meet date approaches.
Sunday, December 6	Annual meeting. Details to be announced later.
Sunday, January 17	Ski-O at Mendon Ponds Park Winterfest.
Saturday in February	Ski-O. Date and location TBD.

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!

Outside of Rochester Area

See web sites of the sponsoring club for details.

Sat. - Sun. Oct. 10-11	Up North Orienteers. Boulder Dash. Hancock, NH.
Sat. Oct. 17	BFLO. Sardinia 3-hour score-O.
Sun. Oct. 18	EMPO. Thacher State Park, Voorheesville Standard courses (beginner to advanced)
Sun. Oct. 18	Hudson Valley Orienteering. Hudson Highlander / Lowlander, Harriman State Park
Sun. Nov. 1	EMPO. Annual Scout O Challenge @ Tawasentha Town Park,
Sat. Nov. 7	EMPO. EMPO Club Championships @ Pineridge XC Ski Area, E. Poestenkill
Sat-Sun, Nov 7-8	CNYO. 22nd Annual Scout O, Fabius, NY — Highland Forest Park
Sunday, Nov 22	CNYO. 35th Annual Turkey O , Cortland, NY Lime Hollow Center for Environment & Culture
Sun. Jan. 24	BFLO. Bryncliff Ski Orienteering.

Contact information

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

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

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

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

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

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

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

Other clubs: See Orienteering USA web site.

World Deaf Orienteering Championships

by Rick Worner

Background

I remember seeing something on Clubnet that USA Deaf was looking for a club to host the Deaf World Orienteering Championships. We had just finished the US Championships so we really weren't looking for another event so soon. Linda had been teaching a course at Rochester Institute of Technology (RIT) in orienteering and her campus map included the campus of the National Technical Institute for the Deaf (NTID)



Vytautas Remeika (Lithuania) and Mihalyi Ferenc (Hungary) finishing at Mendon at the World Deaf Orienteering Championships.

which is adjacent to RIT. We have several club members on the faculty at RIT so I forwarded the Clubnet message to them thinking that the whole idea would probably end there for lack of interest. Well, they forwarded it to some staff members at NTID and soon thereafter we heard back that NTID would be very interested in having an event on their campus.

I suspected we were close to being committed at that point, especially after talking with Patti Mace at NAOC. Soon Glen Schorr was involved and we began negotiating with USA Deaf to host the event. Glen made a contact with the Monroe County Sports Commission (MCSC) and secured their financial and logistical support. We contacted RIT/NTID, Monroe County Parks and Letchworth State Park. Everyone was very excited and supportive of hosting the event.

Into action!

We then knew we were in real trouble. The ROC BOD was a little leery, but liked the idea of Rochester hosting an event for our large deaf community. Rochester is the home to over 40,000 deaf residents. After gaining club approval, Glen, Peter, Linda and I began negotiations with Patti Mace (Quantico OC) and USA Deaf. We remember one conference call with all the parties involved on the night of Samantha Saeger's and Ross Smith's wedding in Western Massachusetts and how we found a quiet room to start working out the details while the reception was in progress.

The next step was a site visit from Marek Mir-Mackiewicz from the International Committee for Sports of Deaf who lives in Denmark. Patti and Mark Mace also came to town to work with MCSC on a meet hotel and other local logistics. A heavy early snow storm made tramping around the various sites a bit of a challenge, but Marek and his local interpreter Joe Quigley were up to the task. This was our first time meeting everyone face to face and after seeing their enthusiasm and passion for the event we knew we were totally committed to helping them pull it off.

After the visit we began to realize the challenge of hosting six events in five days in three different locations in the summer time. Linda began to look for other course setters and contacted Ed Despard to make a new map of RIT and Mark Dominie to update the Mendon Ponds map. Lindsay Worner agreed to do the long event at Letchworth and Sergey Dobretsov agreed to do the middle at Mendon Ponds. This still left Linda with designing the Sprint, Sprint Relay, Relay and the Chase event in addition to formatting all of the maps.

Steve Tylock, our president at the time, and I formulated a budget. Glen helped by securing a grant from the MCSC. Patti Mace and USA Deaf agreed that ROC

would take care of the orienteering and that USA Deaf would handle the web site, registration and social logistics.

The invitations went out and preliminary registrations came back indicating we would have around 70 runners instead of the budgeted number of 100. This led to some quick revisions of the budget and we continued the planning process.

Communications were a bit more complicated between all of the organizations because Marek lived in Denmark and Patti lived in Virginia. Lots of e-mails were exchanged and few more conference calls were needed to keep the arrangements on track.

Throughout the spring and early summer Linda and the course setters worked on the courses. Lots of local ROC members test ran courses and provided feedback. It was a wet June in our area so the forest had lots of green stuff and mosquitoes to annoy the course setters and test runners.

Lindsay had course consulting help from Francis Hogle (QOC) and Linda had assistance from Jonas Kjall who is now back in Sweden. Marek also provided feedback on the courses. It was difficult to project winning times because we didn't know what to expect for the elite level competitors. The event had been held two other times with limited fields in different types of terrains. After much feedback and lots of revisions, the course were ready to go.

RIT was very supportive and helpful with the event, but big universities have LOTS of departments who have to sign off before the event can be held on campus. Linda and I went to a meeting on campus and thought we may have turned into the wrong room because there were so many people in attendance. Lynn Rowth, our university contact, helped us navigate all the requirements for parking, lists of participants and identification badges etc. Quite a few more e-mails and phone calls were passed back and forth. One constant worry with events on campus was the work of construction crews. It is a very large university and many of the construction projects are completed during the summer. We met with the facilities manager and were able to get the construction changes on the map.

The event! Day 1, the athletes arrive

As you could expect the last couple of weeks got quite hectic as we needed to make final arrangements for the opening ceremonies, a picnic and bus transportation to and from the events. Despite some last minute anxieties it all came together in time for the athletes to arrive on Tuesday night for registration and a social at the hotel.

On Wednesday, the model, opening ceremonies and picnic were held at Mendon Ponds. We finally got to meet all the athletes, coaches and officials. We were impressed that they all had team suits and looked very excited and serious about the event. This ratcheted up the anxiety a bit. The opening ceremonies had the usual public officials making speeches welcoming the competitors. The speeches were all interpreted by



Nver Surenian, Ukraine, at Mendon.

American Sign Language (ASL) and International Sign Language (ISL) interpreters. Richard and Nancy Burgey provided the eleven flags that represented the countries in attendance. The MCSC paid for the catered picnic that followed and everyone went home happy after day one. That night was the first of our daily technical meetings at the hotel with all the coaches, officials and interpreters. These were very interesting with questions and explanations taking a little longer than expected. The combination of two sign languages and many written languages other than English made communications a little more challenging. Each night got better as we learned to trust each other and to communicate more efficiently.

Day 2, sprint and sprint relay at RIT

Day two was on campus at RIT/NTID. It was an AM sprint for everyone and the PM sprint relay for the elite teams. We were probably most nervous about this event because of previously mentioned construction issues. As it turned out, Linda had to do a last second negotiation with a crew blocking a crucial pass-through, work that had just begun on the morning of the event. They were agreeable to allowing the passage to stay open and to delay their work after she assured them that the danger of anyone tripping on the partially broken steps was minimal.

Despite the last minutes construction issue the sprint went off as planned. The elite runners were a little faster than we anticipated and the master's runners were a little slower, but no mistakes or problems with courses. We

then had to quarantine the elite runners for afternoon event while the other competitors were free to roam the campus and get some lunch. The sprint relay turned out to be quite exciting as the teams from the Ukraine and Russia had a very close and spirited competition. The Russian team pulled away on the third leg and got the victory. This set up an atmosphere for high drama for the rest of the week. We were relieved that everything went as planned without any technical issues. The last event of the day was the award ceremony which turned out to be quite elaborate with lots of flag waving and pictures.

Day 3, Mendon middle distance

Day three was the middle event at Mendon Ponds. Sergey designed excellent courses, highlighting the most runnable and technical areas of the map. The elite times were just about on target and the masters times were a bit long for some of the older runners. It was a warm day and the cold watermelon proved to be the hit of the day. Four large watermelons went quickly and Richard and Nancy had to go melon shopping for the next day. The Fig Newtons, which we usually can't give them away at local meets, were the rage.

Day 4, the Long event at Letchworth East

Day four was the long at Letchworth East and all the competitors were excited about a chance to see the gorge and the waterfalls. We were most concerned about getting all the controls in right places and the bus to the start running on time. Lindsay designed great courses and the winning times were right on with no technical issues. Everyone got done in time to catch the bus to the west side of the park to view the falls from the Glen Iris Restaurant. We even managed to provide showers at the nearby campground. So far so good.

The last day; the Relay at Mendon

One more day. Could we do it? Getting pretty tired at this point with maybe the most challenging day last. The men's relay at 10, women's at 10:15 and the chase start for the masters at 10:30 plus a mass start for anyone else who wanted to run for fun. At the technical meeting on Saturday night we were informed that there would be two additional teams in the relay which led to some last minute scrambling to get additional maps ready. With a lot of help from Mark and Barb Dominie (CNYO) and Dave Cady (BFLO) we got everything set out for the next morning.

What could go wrong? As we were hustling to set up two different starts and a finish we realized neither one of us had remembered to bring the maps. We still had an hour and a half before the start and the maps were 30 minutes away. Chris Joyce (ROC) agreed to go for the maps and we started to sweat it out. After a few last minutes adjustments and explanations at the start we

were able to start the relays with only a 10 minute delay. After another close competition in the relay, the consumption of a few more watermelons and the final awards ceremony the buses pulled out of the parking lot. As other ROC members were picking up the controls we were finally able to sit down at a picnic table and enjoy a cold beverage and take a BIG sigh of relief.



Marya Makarova, Russia, finishing middle course at Mendon.

Time to celebrate!

We had done it! Six events in five days without any technical mistakes. Linda was for sure was the MVP of the event. Her many hours of late night preparation got it all right. The club members came through as they always do with lots of extra perks. Mark bought pizza for all the workers on Saturday, Kathy Bannister brought flowers from her garden for awards ceremonies, Tyler Borden got all results right and posted each day by the time we got home and the Burgey's were able to find enough watermelons to keep the crowd happy.

Sunday night banquet

The final event for Linda and I was the banquet on Sunday night at the hotel compliments of USA Deaf. We were pretty tired and thinking that we wouldn't stay too long but it turned out to be one of the highlights of week. Each team took a turn reflecting on how much the event meant to them and to how grateful they were to ROC and USA Deaf for giving them the opportunity to visit America. For most it was their first trip to the USA and many said that they would never have been able to come without the event. They showered us with praise and mementos from each of their countries. It was quite overwhelming and by the end of night we felt quite sad to see the week end.

So despite all the trials and tribulations we were quite glad that we had hosted the WDOC. It proved to be a highlight of many great experiences over the years in support of the sport of orienteering. As a club we think that ROC was strengthened by the experience and will remember the week for a long time. Thanks to new

friends, Patti and Mark Mace of USA Deaf and Quantico Orienteering, Marek Mir-Mackiewicz of ICSD and all the other participants at WDOC.

Complete results for the event can be found at <http://roc.us.orienteering.org>

Orienteering in Scotland

by Heidi Hall

A couple of years ago, Rick and Linda wrote an article about their orienteering vacation in New Zealand that really inspired us. I thought, Wow, what a fantastic idea to combine a vacation with the chance to orienteer in another country. We had been thinking about visiting Scotland and when we realized that we could participate in the Scottish Six Days and spectate at the World Orienteering Championships, it seemed like it was meant to be.

The WOC and Six Days events ran in parallel over a week at the beginning of August and shared sites centered around Inverness. After consulting the schedule of events and the map of the general area, we decided to enter 2 days of orienteering plus attend the O-Fest day. We found a bed and breakfast not too far from Inverness and settled in there for the week. We were brave and rented a car and managed better than I expected on the left side of the road even though some of the 2-way roads were barely more than a car wide so we were really driving on the left and the right at the same time.

O-Fest in Darnaway

Our first event was the O-Fest in Darnaway. Parking was in a large field and in order to protect the field from the vehicles of 5000+ participants, a temporary "boardwalk" surface was laid down. It was one-way in at the beginning of the day and one-way out at the end of the day. The finish arena for the WOC was next to the O-Fest event field with Darnaway castle as the backdrop.

The O-Fest featured orienteering gear vendors, food vendors and fun activities for kids. There was also a sample mountain bike orienteering course and a Trail-O.

Trail-O

We didn't have bikes but decided to give the Trail-O course a try. This is an accessible orienteering event. You never leave the trail. Along the trail are control view points. When you stand at a view point, you can see a number of control flags out in front of you. The number of control flags varied from 2-5 at different view points. The trick was to look at where the control was marked on the map and decide which, if any, of the control flags matched the control placement on the map. You could move up and down the trail to get a different view of the

flags but you couldn't leave the trail. Judging contours from a distance was challenging and with the added twist that possibly NONE of the flags matched the map, you really had to pay attention to judging distances as well. It was a great exercise in paying attention to details.



Some O-Fest food choices

WOC Event

The middle distance WOC event was being competed on the O-Fest day. Barriers were set up to cordon off the final 200m of the course and a television camera crew setup inside to broadcast live coverage of the event. There were TV crews from Great Britain and a few Scandinavian countries. A huge TV screen (maybe 15'x15'?) was setup in the spectator area as well. Live video following a few of the competitors out on course was streaming from some brave (and fast!) cameramen.

Some competitors were also wearing GPS and after they finished the course, the animated tracks of 3 different competitors were drawn simultaneously on the screen to show the different route choices that were made and what difference that made on the time to get to the control.

With all the different country flags and banners, small tents set up by various orienteering clubs and the live video of the competitors out on course, I felt like I was somewhere in the middle of Quidditch World Cup and Hunger Games! It was a very fun and exciting atmosphere.

First competition day for us

The next day, we were back to Darnaway to compete. I signed up for the orange color coded course. Finding the start was the first test. There were 38 unique courses offered each day between age classes and color coded recreational courses. These courses were divided into 4 different color coded start groups split between 2 or more different physical start locations. So once I figured out that my orange course was in the white start group, I

could follow the well marked route from the parking area to the white start.

Since I was in the recreational starts, I didn't have a specific start time and just had to find the correct line



The finish chute and final control for the Darnaway middle distance course

and wait for a start group. The course was great. I made lots of mistakes but that meant I got to spend extra time in the beautiful forest.

It seemed like the mapped vegetation white/light green/green areas were different from what we normally experience, with the Scottish version being a bit denser than around here. At one point, I could see the control I was navigating to but it took me a while to get across the rough ground. In the time it took me to reach the control, I saw about 6 or 7 other orienteers come from various directions, punch the control, check their maps and then head out in all different directions!

Our Second Day of Orienteering – Glen Affric (see map on Page 14)

Our second day of orienteering was 2 days later at Glen Affric. The finish arena included the largest collection of porta-potties that I've ever seen so even though the line was alarmingly long, the wait wasn't too bad. The climb was greater that day so I went with the yellow course. Yellow turned out to be quite easy but was still fun. My first two controls took me straight up and the remaining controls brought me gently back down. The notes for the day warned of a lot of wind blow making footing challenging and we heard at the end of the day that more than 40 people had to be treated by the red cross for injuries. Luckily we came out injury free.

We met lots of wonderful friendly people at the events. The volunteers were fantastic and all were eager to chat. It was an amazing experience and we look forward to a future opportunity to orienteer somewhere else in the world.

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! Joel Shore

Hometown: Silver Spring, Maryland

Other family members: My girlfriend Paige Sloan, who occasionally orienteers on white or yellow courses.



Occupation/Grade in School: I am currently a lecturer in Physics at RIT; Before that, I did computational modeling in the research and development labs at Kodak.

Other Hobbies: Ultimate Frisbee

When did you start orienteering? I think I started in the late 1990s, with my first orienteering event with the Southeastern New England club when I was visiting a friend there.

Why did you start orienteering? My friend thought that I would enjoy it...and I already like being in the woods, hiking, and finding my way on maps, so it seemed like a good fit. In fact, I lived two years in Vancouver, Canada and was hiking almost every weekend in the summer (which sometimes meant going through 2 feet of not-yet-melted snow in July). And, on some of those hikes, good navigation skills are really critical, as losing your way can get you into real trouble.

What level are you competing at? I usually do green or red courses...although I am one of the slower ones on those courses.

What do you love about orienteering? The thrill I feel when you successfully navigate to a difficult control. I also just love being in the woods, especially when the terrain is interesting, and I enjoy the fact that it is so focusing. I actually hate to just go out running because, if I am not sufficiently distracted, then I just can't stop thinking about how I am out of breath and want to stop. However, if I am sufficiently distracted by the challenge of the course and the interesting terrain then I really enjoy it. ("It" being whatever combination of running and walking I actually do.)

Favorite park to go orienteering... Mendon is definitely my favorite local park because of the great glacial terrain. Further afield, Letchworth is really great, especially the east side, where the orienteering can be quite challenging.

Farthest from Rochester that you've orienteered... I guess that would be my first orienteering event in southeastern New England, although I have used my orienteering skills, for example, when I have hiked in China. Even in a city sometimes, like Shanghai, I will pull out my compass to get oriented.

Favorite orienteering experience... Probably doing courses on the East Side of Letchworth.

Worst orienteering experience... Fortunately, I can't really think of any that stand out. I do imagine that some day I will take a bad fall and really hurt something, but so far that hasn't happened...Knock on wood!

Any future orienteering goal you may have... I would like to try orienteering in other places, such as going to the West Point Meet sometime.

Any advice for newer orienteers? Just have fun. The great thing about orienteering is it can be done at so many different levels, from a family out for a stroll to an elite athlete competing in international championships. Everybody can find the level at which they can enjoy it.

Get to Know the ROC! Rob Holmes

Hometown - Fairport

Other family members - Kameron, Tyler, Bryn

Occupation/Grade in School - Rob - Civil Engineer, Kameron - Teacher, Tyler - Grade 9, Bryn - Grade 7

Other Hobbies - Kameron and I love going to the kids' sporting events (baseball and softball, mostly), traveling and camping as a family

When did you start orienteering? 2003, Powder Mills

Why did you start orienteering? I was looking to get

more active and running through the woods off the trails looked like a lot of fun.

What level are you competing at? Red

What do you love about orienteering? That you can make it whatever you want – a competition, a way to get exercise, a social event, a family activity, a mental exercise – it has been all those things for us. I also love getting to areas of the parks around town that you don't normally see.



Favorite park in Rochester to orienteer in... - Letchworth, hands down, since there are such big areas of open woods. Although, Camp Rotary has been a nice recent addition to the list of regular events.

Farthest from Rochester that you've orienteered... Indiana

Favorite orienteering experience...Competing in the US Sprint and Relay championships in 2008. ROC had a really good relay team that year and I had a good finish in the sprint. Aside from competing, I have great memories of trips I have taken with other club members or my family to orienteering events around the country.

Worst orienteering experience...There was a Score-O event at Irondequoit Bay Park East where I got stuck in an area of thick vegetation and a heavy downpour completely fogged up my glasses. I couldn't see 5 feet in front of me and wound up getting something like 2 or 3 controls in an hour. I went out and got contacts the next week for the first time at age 35. Another time Bryn and I went to a meet in the Cincinnati area and I lost my car keys. It was an expensive and time consuming mistake but Bryn and I get a good laugh about that trip now.

Any future orienteering goal you may have...only to keep active in the sport and the club.

Any advice for newer orienteers? Ask questions. The club has a lot of great members and they are always willing to help out. Also, try out an event in another part of the state – Buffalo or Syracuse – there are some great parks to see.

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.

Black Creek Park April 18

- Meet Directors: Rick Worner & Linda Kohn
 - Course Setters: Sean Sims & Dick Detwiler
 - Greeter: Laurie Hunt, Carol Moran
 - Registration: Nancy Burgey, Anne Schwartz, Jim & Patty Borden
 - Start/Finish/E-Punch: Tyler Borden, Sean Sims
 - Flag Pick-Up: Stina Bridgeman, Lindsay Worner, Rafael Frutos, Tom & Erin Rycroft, Gary Maslanka
 - String-O: Don Winslow, Dayle Lavine, Turinsky Family
 - Instruction: Don Winslow, Rick Worner, Linda Kohn
 - Food: Sandra Lomker
-

Genesee Valley Park April 26

There were just three courses, a white and two sprints, orange and red, adapted by Mike Lyons from his sprints for our recent A meet. The park is mostly open land. If someone had called our cell phone saying "I am lost in the woods," we would have known exactly where they were! The challenge in a sprint course is not so much to find the controls, but to get through them as quickly as possible, and not be distracted by controls not on your course that you will surely see along the way.

The weather was not bad compared to previous days, and we had a good turnout. In fact there were more starts than printed maps. Many people generously recycled their maps so that nobody was denied the chance to run.

Volunteers:

- Meet Directors: Rick & Dayle Lavine
- Course Setter: Mike Lyons
- Greeter: Don Winslow
- Registration: Patty Borden, Heidi & Doug Hall, Christine Bray (12:45-2)

- Start/Finish: Tyler Borden, Stina Bridgeman, Rick Worner
- Flag Pick-Up: Carl Palmer, Sean Sims, Marsha Reed, Jim Borden
- Food: Rukhsana Cofer, Dayle Lavine, Zak Borden
- Instruction: Laurie Hunt, Sean Sims

Powder Mills Park May 17

- Meet Directors: Rick & Dayle Lavine
- Flag Setter: Greg Michels
- Course Setter: Linda Kohn
- Greeter: Anand Chondri
- Registration: Heidi Hall, Rukhsana Cofer, Carl Palmer, Christina Bray
- Start/Finish/E-Punch: Doug Hall, Tyler Borden, Nancy Burgey
- Flag Pick-Up: Ed Deller, Jason Ureckfitz, Stina Bridgeman, Tim Dobretsov, Rob Stevens, Vince Cassano, Gary Maslanka
- Food: Anne Schwartz
- Instruction: Don Winslow
- String-O: Turinsky Family
- Training: Rick Worner, Linda Kohn

Rochester Map Adventure May 30

With nearly 150 people braving the forecast of possible thunderstorms the weather was as promised hot and muggy but there was only a brief rain shower. There were 100 checkpoints each worth 2 points for a total possible score of 200 points split over 2 sides of the map with a question sheet exchange when you had gotten as many as you wanted on the first side back at event HQ by our wonderful host Fleet Feet Sports.

It was decided post event it would have been better to give all those on foot a single sided map with all the checkpoints and questions. Those who took the option of the double sided question sheet are listed in the Double categories. With multiple choice we were able to get the scores up by the end even though it was still time consuming reading the small print needed to fit all the checkpoints for each side of the map.

Thank you for your patience and we hope you enjoyed the Rochester Map Adventure 2015!

- Meet Directors: Rick & Dayle Lavine
- Course Setters: Rick Lavine, Tyler Borden
- Mapper and Registrar: Dick Detwiler
- Publicity: Rick Worner
- Greeters & Registration plus Instruction:

- Dick Detwiler, Anne Schwartz, Rick Worner, Linda Kohn, Patty, Jim, & Zak Borden,
- Sandra Lomker, Nancy Burgey, Jannett Wahl
- Start/Finish/E-Punch: Tyler Borden, Rick & Dayle
- Scorers: Rick Worner, Linda Kohn, Nancy Burgey, Dayle and Rick Lavine, Doug and Heidi Hall
- Flag Pickup: Stina Bridgeman
- Food: Dayle Lavine, Anne Schwartz, Robert Buraczynski

Rotary Sunshine Campus June 7

- Meet Director: Nancy Burgey
- Course Setter: Stina Bridgeman
- Greeter: Carol Moran
- Registration: Patty Borden, Tina Bray, Kathy Bannister, Tom McNelly
- Start/Finish/EPunch: Tyler Borden, Stina Bridgeman
- Flag Pick-Up: Sean Sims, Bob Bundy, Vince Cassano, Stina Bridgeman, Gary Maslanka
- Food: Dayle Lavine
- String-O: Rick & Dayle Lavine
- Clinic: Linda Kohn
- Instruction: Don Winslow, Rick Lavine

Webster Park Trail Challenge June 24



Zack Butler, Tyler Borden, and Doug Hall at control #3 at the Trail Challenge.

What a grand evening it was at Webster Park for Dick Detwiler's artfully designed trail challenge courses.

We had 31 starts, many with interesting tales to tell upon their return.

Thanks to all the volunteers:

- Dick Detwiler, course setter
- Carol Moran, greeter
- Laurie Hunt, instruction
- Start/Finish/E-punch: Tyler Borden, Sean Sims, Doug Hall
- Registration :Mike Alexander, Heidi Hall, Sandra Lomker, Tom McNelly
- Flag pick-up: Sean Sims, Mike Alexander, Paul Schwartz, Zach Lyons

Mary Kolva graciously supplied her home-made goodies for hungry finishers!



Olga Huber at the Webster Trail Challenge.

Our oldest member, Karl Kolva, was there to oversee proceedings.

Sandra Lomker is invaluable to the club for always finding enough volunteers to make events go smoothly.

A special thanks to Doug and Heidi Hall for helping out on their 21st wedding anniversary and also to Sandra Lomker, Sean Sims and Paul Schwartz for staying to the bitter end to make clean-up a breeze for the meet director.

Respectfully submitted,

Anne Schwartz, meet director

Mendon Ponds Park July 12



It was a hot but beautiful day for orienteering at Mendon Ponds Park. We were treated to 3 great courses: white, sprint and score-o with an additional last minute string-o challenge so excellently set up even the big kids wanted to give it a try at the end of the event. I think everyone was happy to have a rain free day and as a result we had a great turnout with 64 starts and a bunch of new faces.

Thanks to all the wonderful volunteers that make it so easy to be a meet director!

- Course Designer: Dick Detwiler, with Paul and Anne Schwartz helping with course setting
- Meet Directors: Sandra Lomker and Heidi Hall
- Greeters: Jim Borden and Carol Moran
- Registration: Doug Hall, Carl Palmer and Patty Borden
- Start/Finish/E-Punch: Tyler Borden and Rukhsana Cofer
- Flag Pick-Up: Ed Deller, Mike Alexander, Tom McNelly, Maggie Hall and Doug Hall
- Food: Mary Kolva and Sandra Lomker
- Instruction: Jim Borden



A special thanks to all who went out to pick up controls on such a hot day. And thanks as always to Sandra for organizing us all!

Heidi Hall



Highland Park July 25

We had a good meet at Highland Park on Saturday, despite the early showers. When we got the parking lot it looked like it had rained. Rob Stevens said that he was almost done setting the course and there was a quick shower when he got just got started. We got the pop-up and registration was open for business. A couple of other short showers came through. We made a call to have someone bring the tarps and the sun came out for the rest of the day.

Volunteers:

- Course setter – Rob Stevens
- Meet Directors – Nancy and Richard Burgey
- Greeter – Carol Moran
- Registration: Marsha Reed, Laurie Hunt, Patty Borden
- Start/Finish/E-Punch: Tyler Borden, Rukhsana Cofer
- Instruction – Jim Borden
- Food – Patty Borden, Richard Burgey
- Flag Pick-up - Ed Deller, Don Winslow, Zak Borden, Carl Palmer, Mike Alexander
- String-O - Stephanie, Faith Reh

Rob set courses for a great event, there was a White, Sprint and a Score-O. We had a few new folks, family visiting from out of town, a Girl Scout group all who came out even in the rain. We had 50 starts with many completing either the sprint or white and the score-o.

Mendon Ponds Park August 30

Today we ran a slight variation on courses used for the World Deaf Orienteering Championship earlier this summer. The courses were great fun and we had 47 starts. Many returned tired and damp due to the high humidity and large number of hills! It was also difficult at times to stop and take a bearing quickly enough to keep the mosquitoes at bay but overall it was a beautiful day.

Thanks to all our great volunteers, many of whom helped out in multiple capacities.

- Meet Directors: Jim Pamper & Heidi Hall
- Course Setter: Tyler and Zak Borden
- Vetter: Lindsay Worner
- Greeter: Carol Moran
- Registration: Tom McNelly, Ed Deller, Sandra Lomker, Heidi Hall
- Start/Finish/EPunch: Tyler Borden, Stina Bridgeman
- Flag Pick-Up: Rob Stevens, Joel Shore, Doug Hall, Zak Borden
- Food: Jim Pamper, Richard & Nancy Burgey
- Instruction: Gary Maslanka
- String-O: Nancy Burgey

Letchworth State Park East September 12

- Meet Director: Lindsay Worner
- Course Setters: Tom Rycroft, Rob Holmes, Kathy Bannister
- Greeter: Don Winslow
- Registration: Carol Moran, Laurie and Hannah Collinworth, Patty Borden
- Start/Finish/E-Punch: Tyler and Jim Borden, Stina Bridgeman
- Flag Pick-Up: Zak, Chad and Jim Borden, Tom McNelly, Joel Shore, Tom Rycroft
- Food: Lindsay Worner
- Instruction: Jim Borden, Kathy Bannister

Cobb's Hill Park September 19

ROC represented the Orienteering community well by putting on a great late summer meet at Cobbs Hill Park for National Orienteering Week that luckily finished before the rains came. Sean Sims deserves a lot of credit for designing the courses, as well as setting every control out early Saturday - and finishing with time to spare before the first start. The courses were very well received, and several took 'full advantage' of the park's namesake hill.



Linda, Rick and many other ROC members gave instructions to new orienteers who were trying it out for the first time. Many of the new orienteers liked it so much that they decided to try a second course.



Thanks goes to Boy Scout Troup 19 and Beverly Dollinger for reserving and hosting us at the Tay house, and for their help with set-up and clean-up. The troop had quite a large contingent that tried their hand at the sport.

Another group came from Roberts Wesleyan as part of an Orienteering class they were taking. And Olga Huber shepherded a large group of youngsters as part of a birthday party activity.



Several people came to the meet after seeing it on meetup.com. There was a little confusion about signing up - signing up on meetup is not the same as pre-registering through the website. We'll try to clarify the meetup in the future.

- Meet Director: Carl Palmer
- Course Setter: Sean Sims
- Greeter: Carol Moran, Rick Worner
- Registration: Heidi Hall, Anne Schwartz, Patty Borden, Sandra Lomker
- Start/Finish/E-Punch: Tyler Borden, Rukhsana Cofer, Doug Hall
- Flag Pick-Up: Ed Deller, Zak & Chad Borden, Martin Hoogendyk
- Food: Beth Turinsky & Family, Sandra Lomker
- Instruction: Don Winslow, Linda Kohn
- String-O: Sandra Lomker and Troop 19

AFFRIC SOUTH

SCALE 1:10,000
CONTOUR INTERVAL 5m



Please use Crossing Point shown to reach DOWNLOAD after your run.

magnetic north 2015



DAY 5 C27

Highland 2015 : Day 5
M45S, W50L

	C27	5.5 km	180m
1	190	mm	3.0
2	123	o	h
3	129	o	Q
4	180	Λ	
5	183	⊖	
6	159	⊙	
7	201	⊙	↗
8	158	↓	o
9	124	Λ	
10	192	Λ	
11	126	Λ	
12	170	///	///

○---125 m---○
Courses close 16:30

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Doug Hall's map from the Scottish 6-day O-fest. See article by Heidi Hall.

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

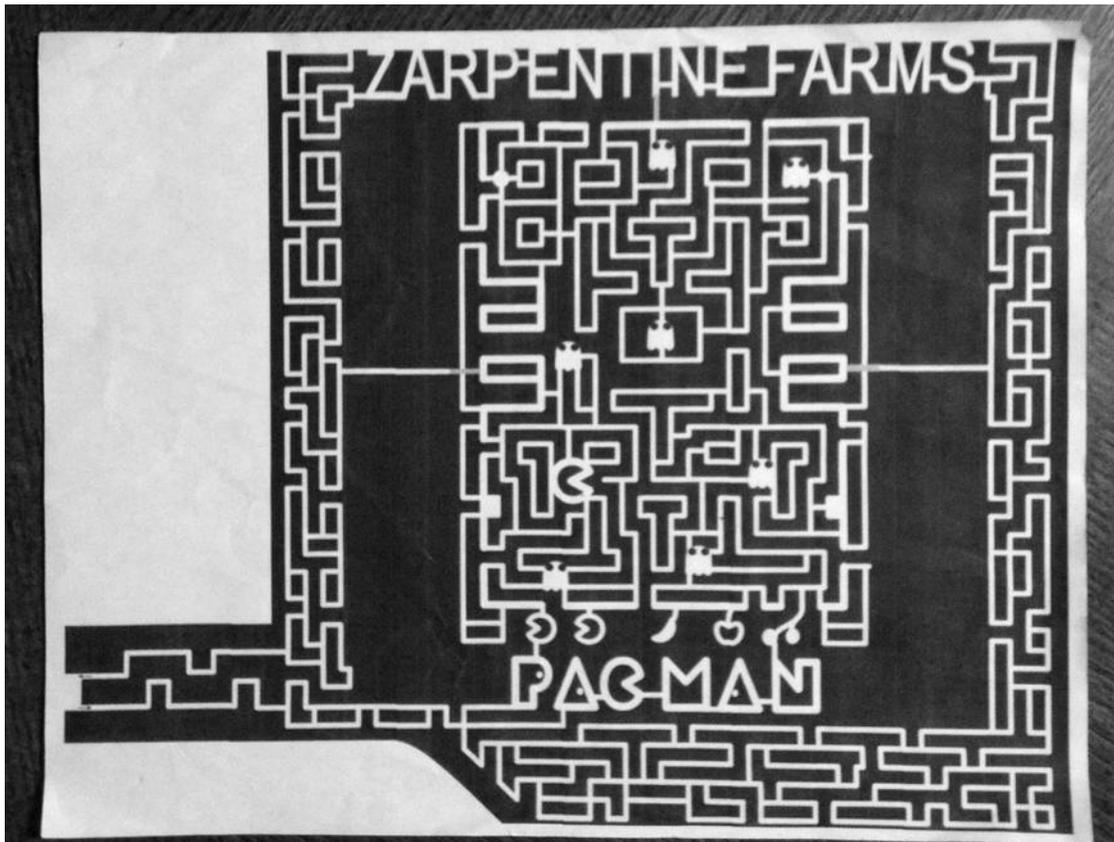
	First name _____	Last name _____	Birthdate _____
Self:	_____	_____	_____
Spouse:	_____	_____	_____
Children:	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

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



Map of the Corn Maze, which will be used for the Corn Maze orienteering event this Saturday, October 10 (see article on page 1)

First Class



40 Erie Crescent
Fairport, NY 14450



*Anita Edgemon (on Orange course)
and Fred Detwiler (on White
course) planning their routes.*



Vladimir Grinin from Russia heads to the finish at the Middle competition at Mendon, at the World Deaf Orienteering Championships. See story inside.