



The Wild Times

March 2016

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

Find us on Facebook and on Meetup.com

The official newsletter of the Rochester (NY) Orienteering Club

Orienteering Clinic **April 9, Fleet Feet, Culver Road Armory Store**

Learn the basics of orienteering! For those who have been hoping for some formal instruction before heading out on the trail, ROC will present classroom instruction on how to read orienteering maps. Then everyone will go out into Cobb's Hill Park to do a short orienteering course. We will regroup to talk about what was learned out on the course. Experienced ROC members will be there to guide you and share their expertise. You will come away from this workshop ready to participate in ROC's many events held throughout the season.

The clinic will include the following topics:

- ◆ Classroom instruction on terminology and techniques
- ◆ Learn to read an orienteering map
- ◆ Practice navigating an orienteering course in Cobb's Hill Park
- ◆ Find out about Rochester area permanent orienteering courses and local meets

Come dressed for the weather with appropriate footwear for variable trail conditions. We will be working both in the classroom and outdoors. You are strongly encouraged to register on-line if you expect to attend, at: roc.us.orienteering.org/onlineregistration.shtml

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.

Volunteers Needed!

Also, consideration being given for pay for meet directors

Did you know that ROC is an all volunteer organization? We need your help! Our meets are the result of many hours of planning, mapping, equipment toting, and people working together to make it happen. If you would be willing to help, you can sign up at roc.us.orienteering.org and click on "volunteers". Your paid membership helps us to pay for park permits, equipment, maps, and more while keeping meet fees low.

Finally, one challenge for our club has been filling the essential role of meet director for each meet. There has been some discussion within the board about creating a paid position for a season-long meet director and/or equipment manager. This person would not have to be an orienteer but would be committed to transporting and setting up the meets and managing the events. We decided to share this problem with you and ask for input or interest. Please contact me at hunt.laurianne@gmail.com if you'd like to know more as this conversation evolves.

Looking ahead – Rochester Map Adventure **Saturday May 21, 2016**

Just an advance notice! The Rochester Map Adventure will be held this year on May 21, starting from the South Avenue Recreation Center. There may be a different name of the event! But the format will be the same as or quite similar to previous years. There will be a mass start at 11:00 a.m. Pre-registration strongly encouraged. More details on web site as meet date approaches.

2016 Club Officers and Committee Chairs

Board of Directors:

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Past President: Nancy Burgey
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O Education: Jim Russell,
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Course Consultant: Linda Kohn
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Tom Rycroft crazychemboy@hotmail.com

Tyler Borden tpb6816@gmail.com

General information on local meets

Courses

The club uses the OUSA "color" designations wherever applicable. A description of the courses is as follows:

Color	White	Yellow	Orange	Brown	Green	Red	Blue
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 October

Rochester Area

Saturday, April 9	Orienteering clinic at Fleet Feet, Armory location. 9:00 a.m. to 12 noon. See web site for details.
Sunday, April 24	Camp Eastman. Classic event. Rotary Lodge. Start from noon to 2:00 p.m.
Saturday, May 7	Webster Park. Classic event. Holt Lodge. Start from 10:00 a.m. to noon.
Saturday, May 21	Rochester Map Adventure. South Avenue Recreation Center. 3 and 5 hour categories. Mass start at 11:00 a.m. Pre-registration strongly encouraged. More details on web site as meet date approaches.
Sunday, June 5	Powder Mills Park. Classic event. Oak Tree Lodge. Start from noon to 2:00 p.m.
Saturday, June 11	ADK Workshop. Mendon Ponds Park, Beach Parking Lot. Beach area. 9:00 a.m. to 4:00 p.m.
Saturday, June 18	Canoe-O, Braddocks Bay East. State Marina, East Side. 10:00 a.m. mass start.
Wednesday, July 13	Highland Park. Score-O and White course. Pinetum Parking Area. Mass start at 6:30 p.m.
Wednesday, July 27	Irondequoit Bay West Park. Score-O and White course. Near Fish and Game Club. Mass start at 6:30 p.m.
Saturday, August 13	Genesee Valley Park. Score-O. Red Creek Shelter. Mass start at 10:00 a.m.
Saturday, August 20	Regaine/Mini Rogaine. Letchworth East. Nunda Rod and Gun Club. Hosted by CNYO.
Sunday, August 28	Seneca Park. Trail Challenge. Eagle Shelter. Mass start at 1:00 p.m.
Sunday, September 11	Genesee Country Village/Museum Nature Center. Classic event. Start from noon to 2:00 p.m.
Saturday, September 17	Durand Eastman Park. Conifer Shelter. National Orienteering Day. White, Yellow, Orange. Start from 10:00 a.m. to noon.
Saturday, October 8	Mendon Ponds Park, east side. Classic event. Calvary Lodge. Start from 10:00 a.m. to noon.
Sunday, October 23	Mendon Ponds Park, west side. Classic event. Hopkins Point Lodge. Start from noon to 2:00 p.m.

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.

Saturday, April 16	BFLO. Emery Park. Pot Luck Lunch, President's Awards, 2016 Map Hikes Available, Short Orienteering Event
Saturday, May 7	BFLO. Delaware Park.
Saturday, May 28	BFLO. Chestnut Ridge Park.
Saturday, June 11	BFLO. Emery Park.
Sunday, June 26	BFLO. Hunters Creek Park South.
July 7 - August 25	BFLO. Guided Map Hike every Thursday July 7 to August 25 at Chestnut Ridge Park.
Sat. - Sun, July 23-24	CNYO. 26th Annual ROGAINE, Virgil, NY
Sunday, August 6	BFLO. Sprague Brook Park, 3 hour score-O.
Saturday, August 27	BFLO. Holiday Valley. Mini-rogaïne. 3 and 6 hours.
Saturday, Sept. 24	BFLO. Sardinia County Forest. 3 hour score-O.
Sunday, October 9	BFLO. Schoellkopf Boy Scout Camp. 3 hour score-O.

Contact information

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

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

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

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

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

Don't Get Lost Adventure Running (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.

2015 Volunteer Report

(See list of volunteers on page 7 of this newsletter.)

These 110 volunteers (including 3 businesses and 1 Boy Scout Troop) are the people who have made Rochester Orienteering Club one of the most successful clubs in the country. Each * indicates having worked FIVE TIMES or more at meets or other activities and earned a FREE SCHEDULE T-SHIRT. Of the 106 we had 21 new persons, not including RIT interpreters for the International Deaf Orienteering event.

Tyler Borden is our star as he worked almost every single event either at Start, Finish or Results. He also kept us on our toes as far as volunteer needs and changes in schedule, as well as taking over some events as Meet Director or Course Setter. Thank you Tyler, as we couldn't have done it without you.

Thanks again for everyone's help in making this year one of the best!

Sandra Lomker & Tom Cornell, Volunteer Coordinators

Pick Up the Parks Day

Pick-Up the Parks day is officially scheduled for Saturday, April 23. If you are interested in helping, go to Monroe County Pick Up the Parks for more info and be sure to sign up under Organization ROC.



Daniel Burgey and Sandra Lomker after picking up garbage in 2013

ROC's first event of the season is scheduled for Sunday, April 24, at Camp Eastman, Rotary Lodge. While you are enjoying your course, you can collect garbage in the west side of Durand as part of the "Pick Up the Parks Day".

Hope to see you at one or more of these events.

Are you on roc-info?

The ROC info list is be used for notification of upcoming meets, meet results and other information

deemed pertinent for the entire club membership and other interested parties. If you're not on it and would like to subscribe, go to <http://roc.us.orienteing.org/maillist.shtml> to sign up.

Mendon Trail Race – Past and Future

For many years (several decades), ROC has organized and run the Mendon Trail race in November. It has always included 10K and 20K distances. A number of years ago, a 50K option was added, and more recently, a 30K option. This race has become quite popular in the local and regional running community, attracting entrants (especially in the 50K) from many states and from Canada. Many runners have given us very positive feedback over the year on the quality of the race and the course, and the relatively low entry fees.

In addition to the satisfaction of putting on an event which is so appreciated by the running community, this race has been an important fundraiser for the club. Expenses involved in producing our local orienteering meets have risen dramatically over the years, including increases in lodge and shelter rentals, expenses related to electronic punching, and the re-charter fee, which was 25 cents per start as recently as 2009, and has now risen to \$1.50 per start. The income from the trail race is important in being able to absorb these cost increases while keeping our local meet entry fees low.

Larry Zygo was the original meet director, with much assistance from his wife Marilyn. Larry and Marilyn left the area to move to the Lake Placid area a few years ago. Brian Thomas very generously agreed to take over the meet director duties, and has done a great job directing the meet for the past 3 years, including implementing the use of UltraSignup for registration, and switching to a different timing service which saved significant money.

Being meet director is a huge job which Brian is unable to continue doing. The board talked about various options, including "selling" the race to another organization. An offer was made, but the amount offered was relatively low compared to the income we realize from the race. It was decided that ROC would keep the race, at least for now.

Heidi Hall has graciously offered to be meet director. The expectation is that as many of the meet director duties as makes sense will be delegated to others (purchasing food, for example, which is a non-trivial task for a race such as this). It will be very important for other club members to step up to help out, both with delegated tasks from Heidi, and with the many other tasks needed to put on a race of this magnitude.

2017 Schedule

Monroe County has recently moved to a two year scheduling calendar for lodge and shelter rentals so ROC needs to develop our schedule to accommodate this change. Each year the scheduling committee meets to put together a schedule for the club. Current members include Tyler Borden, Dick Detwiler, Stina Bridgeman, Laurie Hunt and Rick Worner. The club tries to maintain a schedule of 20-24 events each year. We try to offer the type of events requested by the membership and that have the highest rates of attendance. The most popular events are classic events with interval starts and five or six different courses. In the summer when many members are on vacation we offer mass start random or score events that are easier to organize and shorter in duration. We have a few events that we offer every year like the November trail race, the ADK Expo, The Rochester Map Adventure and a night orienteering event. We generally schedule a couple of ski orienteering events in the winter and a beginner clinic in the spring. We also try to include a special event or two each year such as a canoe "O", adventure race or a bike "O".

We are now putting together the 2017 schedule. If you have any suggestions please contact Rick Worner at wornerkohn@gmail.com.

2017 "A" Meet

Every two years ROC tries to sponsor a national level "A" meet for orienteers from all over the U.S. and Canada. These help us raise funds to update our maps and provide our members with a chance to experience a high level meet without taking a long trip. The club will be hosting a meet at Letchworth on September 16 and 17, 2017. It will be a classic style event with times for each day added together to compute the final results. Day one will be on the East side of the park and day two will be on the West side. A discount will be offered to all members who volunteer at the meet. Please mark your calendars.

Fall 2016

This fall the U.S. Championships and the North American Championships will be held in New York and New Hampshire. The U.S. Champs will be in the Hudson Valley on September 17 & 18 and the North American Championships will be held at Dartmouth College in Hanover, New Hampshire on September 23, 24 & 25. Linda Kohn is designing the sprint courses at Dartmouth. Check the OUSA site for more information. <http://www.us.orienteering.org/>

AttackPoint

If you are interested in orienteering discussions and the latest in orienteering schedules from all over the world you might consider getting on the Attackpoint website. You can also set up a training log there to monitor your own workouts and to see what others are doing. Many ROC belong to AP. The site is maintained by orienteers and is free. If you become a regular user an annual donation is appreciated. <http://www.attackpoint.org>

Orienteering USA

If you want to support orienteering in the United States you can consider joining OUSA. You will receive the Orienteering North America magazine and a discount at meets in the United States and Canada. <http://www.us.orienteering.org/>

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! Rob Stevens

Hometown: Pittsford

Other family members: Katja (wife), Kayla and Mina (daughters), Ijssel (our yellow lab)

Occupation/Grade in School: Professor of Mechanical Engineering at RIT, teach and do energy related research

Other Hobbies: gardening, traveling, household projects, playing strategy board games

When did you start orienteering? I started in 1996 at Morrow Mountain State Park in North Carolina while I was a graduate student at NCSU.

Why did you start orienteering? My roommate invited me to attend a local meet. I ran the yellow course and loved it so much; I went back out on the orange course.

What level are you competing at? I typically run the red courses. I like the technical challenge and the distance is a nice workout.

What do you love about orienteering? What is there not to love? I grew up in the mountains of western North Carolina where I could go backpacking right from my backyard. So I love being outdoors. I have also always loved studying maps. My kids have accused me of inhaling maps every time we travel. I enjoy running and

thrive on problem solving and strategizing. I enjoy pushing myself and a little competition. Orienteering throws all these things together, so what is not to love? Hanging out with all generations of orienteers with these same passions also makes orienteering fun and rewarding.



Favorite park in Rochester to orienteer in... Mendon, because of its size and interesting land features. A close second is Letchworth, because of the many technical challenges it provides.

Farthest from Rochester that you've orienteered... I have orienteered at several of the parks in central North Carolina, including an A-meet in Umstead State Park.

Favorite orienteering experience... This is a hard one, because I enjoy most of our local meets. I definitely have enjoyed the few A-meets where I have gotten to compete with elite orienteers and in areas I am less familiar with, making navigation quite challenging.

Worst orienteering experience... Actually my first meet in North Carolina that got me hooked on the orienteering was probably one of my worst experiences, not because of the orienteering but because of the tribe of chiggers that burrowed into both of my ankles and required a doctor visit. The following year at another meet, I had a similar chigger incident at which point the doctor suggested I stay out of the woods. I didn't listen and definitely glad I now live in Rochester and not central North Carolina. I will take stinging nettles over chiggers any day.

Any future orienteering goal you may have... No big goals. I plan to participate or volunteer in most of the local meets and keep having fun. It would be fun to compete in a nearby A-meet.

Any advice for newer orienteers? First, have fun. After finishing a course regardless how great or poorly things went, compare your route choices with others. Work on navigating well before focusing on speed. Participate in the occasional training activities the club puts on. Do a course with a more experienced orienteer. Many experienced orienteers, including myself, would be happy to shadow or coach newer orienteers through a course.

New Permanent Course at Durand Available

Thanks to the efforts of Linda Kohn, we have new permanent courses on both the west side and the east side of Durand Eastman Park. Maps of these courses are available for purchase at any of our local events.



Photo by Laurie Hunt of the January Mendon meet which was intended to be a Ski-O!

Thank You

ROC Volunteers 2015

Anand Choudri
Anita Edgemon
Ann Schwartz**
Anna Turinsky
Barb Dominie
Beverly Dollinger (NOW)
Beth Turinsky
Bob Bundy*
Brian Thomas*
Carl Palmer*
Carmella Cochran (INT)
Carol Moran**
Chad Borden
Cheri Winslow*
Chris Joyce
Chris Patterson
Christine Bray
Daniel Burgey
Danielle Chiesi
Dave Cady
Dave Levine
Dayle Lavine*
Dick Detwiler**
Don Winslow**
Doug Hall*
Ed Deller*
Erin Rycroft
Eugene Vorsin
Faith Reh
Gayle Macias (Interp)
Gary Maslanka*
Georg Nadorff
George Turinsky
Greg Michels*
Heidi Hall**
J Albanese
J Hall

Jason Urckfitz
Jeanette Wahl
Jim Borden**
Jim Pamper
Jim Russell
Joe Quigley (Interp)
Joel Shore
Judy Moulton (Interp)
Karl Kolva
Kathy Bannister
Katy Kuczek
Kristen Kelly
Laurie Collinsworth
Laurie Hunt*
Leah Reh
Linda Burgey
Linda Kohn**
Lindsay Worner**
Lori Rayburn
Louise Cook
Lynn Rowoth (RIT)
Maggie Hall
Marcia Reed
Mark Dominie
Mark Wade
Martin Hoogenayk
Mary Kolva
Mike Alexander
Mike Burkett
Mike Lyons
Mike Meynadasy
Mike Weldon
Mitch Collinsworth
N.A.Brewery
Nancy Burgey**
Newcomb Deller
Olga Huber

Pam Follette
Patty Borden**
Paul Schwartz
Pete Dady
Quinn Bannister
Rafael Frutos
Randy McGarvey
Ravi Nareppa
Richard Burgey**
Rick Lavine*
Rick Worner**
Riesa Cassano
Rob Holmes
Rob Stevens*
Rianna Cofer
Rukhsana Cofer*
Sam Levitin
Sandra Lomker**
Sarah Turinsky
Sean Sims**
Sergey Dobretsov
Sheryl Zenzen
Stephanie Reh
Steve Tylock*
Stina Bridgeman**
Suburban Disposal
Tim Dobretsov
Tom McNelly
Tom Cornell
Tom Rycroft
BSTroop 19
Tyler Borden***
Vince Cassano
Zack Butler
Zak Borden**
Zarpentine Farms

Each asterisk indicates 5 or more meets volunteered at. (One * = 5-9 meets; Two **s =10-14 meets, etc.)

Pace counting, and relating pace count to map scales

by Dick Detwiler (re-printed from several years ago)

Distance judgment is very important in orienteering. I've been told that for some people, this comes naturally – they just *know* when they've gone far enough! For most of the rest of us, though, we might need something more concrete to help us. Pace counting is an effective way of judging distances.

Here are a couple of examples of situations where pace counting can be helpful:

1. You're traveling along a fairly straight trail, looking for an indistinct cross trail. An indistinct trail can be very easy to miss. If you pace count from some known location, you'll know when to expect to encounter the cross trail, so you can look for it in that area. And if you pass it without seeing it, you'll quickly know that as well.
2. You're looking for a control that is around 100 meters from the attack point. The feature that the control is on is a small knoll. The terrain is fairly featureless between the attack point and the control, and there are no catching features for quite some distance after the control. Pace counting will tell you when you should be approaching the control (so you don't panic about not finding it if you just haven't gone far enough), and it will tell you if you pass it without finding it. This will prevent you from walking potentially hundreds of meters off course.

First of all, it's important to understand what the map scale means. A scale of 1:10,000 means:

1 unit of length on the map = 10,000 of that same unit in the field

Example: 1 mm on map = 10,000 mm in the field
10,000 mm = 10 meters
Therefore: 10 mm on map = 100 meters in field

For a 1:15,000 scale:

1 mm on map = 15,000 mm in the field = 15 meters
Therefore: 10 mm on map = 150 meters in field and
6.7 mm on map = 100 meters in field

You need to determine what your pace count is. Most people count paces as double steps – meaning that every time your right foot hits the ground, that's one pace. If you have access to a running track (generally 440 yards, which is very close to 400 meters (402 meters to be more precise), per lap), you can establish a pace count there. Walk around the track once, counting your paces; divide by four, and that is your pace count per 100 meters. If you are going to be running while orienteering, do the same thing, but this time running instead of walking. Then you'll have two pace counts: paces per 100 meters while walking, and paces per 100 meters while running.

If you don't have access to a track, get out a local orienteering map, and using a mm scale, measure the distance between certain distinct points; between two prominent trail junctions, for example. Convert the mm distance into the distance in meters. Then determine your paces needed to cover the distance.

My pace counts turn out to be nice round numbers: Walking: 60 paces = 100 m. Running: 40 paces = 100 m. Yours will probably be different.

Once you know your pace count per 100 meters, then how do you relate it to the map? We'll use an example of a control where you might want to pace count. See the map at the right. The map scale is 1:10,000.

We're going from control 5 to control 6 (the map is shown upside down, so the "6" looks like a "9" in this picture). The feature for control 6 is a pit (very easy to miss). There are no really distinct attack points near it, so the previous control will be the attack point. Contours are subtle. It would be easy to miss this control and not know it.

How to relate the pace count to the map:

There are at least three options:

1. Utilize a millimeter (mm) scale on the compass; determine how many paces per mm for the specific map scale. For me, on a 1:10,000 scale, my pace count is 6 paces/mm walking, and 4 paces/mm running. (On a 1:15,000 map, it would be 9



paces/mm walking, and 6 paces/mm running.) In this example, the mm scale says that the distance between 5 and 6 is around 11 mm, which for me would be 66 paces (walking).

2. Have a scale on the compass that reads in 100 meter increments (note that you need a different scale for a 1:15,000 map or a 1:5,000 map than for a 1:10,000 map). The meter scale shows that the distance is a little over 100 meters. So for me, I would know that would be a little over 60 walking paces.



Option 1: mm scale.
Distance is about 11 mm.



Option 2: Meter scale. Distance is a little over 100 meters.



Option 3: Pace scale.
Reads between 50 and 75.

3. Devise a scale that reads in paces (as with option #2, you need a different scale for different map scales). This shows that the distance between 5 and 6 is about midway between the “50” and the “75” on the scale, so my pace count would be approximately 68 or so.

A couple of additional comments:

1. Pace counting can be very accurate on relatively level ground, in the absence of heavy vegetation.
2. On very steep uphill or downhill, the pace length is often much reduced. Some people compensate by counting three steps as a pace, instead of two steps, in such situations. Experiment and see what works for you.
3. Pay attention to the map scale! Most of our maps are 1:10,000 but not all. A Letchworth East meet was on a 1:15,000 map, for example. I realized that fact after about 5 controls had passed (and I was puzzled because I was undershooting everything!).

Local meets

Mendon Ponds January 17, 2016

Winterfest is an annual celebration sponsored by Monroe County Parks and Friends of Mendon Ponds Park. There were outdoor and indoor events to enjoy all over the Park. Every Lodge was warm and busy. There was spinning, weaving, and dulcimer playing in the Cobblestone House--kid's winter crafts, face painting and Hayrides from West Lodge--ski and snowshoe lessons around Stewart-- birding, astronomy, kite boarding, the zoo mobile, dog sled races and so much more--AND Ski orienteering courses from Hopkins Point Lodge.

Unfortunately, there was no snow for our scheduled ski-o, so Jim Russell and Mike Alexander planned a Scatter-

O, where participants were to get 5,10,15, or all 20 controls, in any order. Forty-one teams braved the cold weather, including several new to orienteering.

Two reporters from the D&C, the health and outdoor editors tried Orienteering for the first time and wrote a feature article on orienteering in Monday's paper! Hurrah, we want to get the word out about how much fun it is to orienteer.

Many volunteers pitched in to help make the meet a success. Mike Alexander, Greg Michael, and Rick and Dayle Lavine set out controls. Don Winslow served as greeter. Carol Moran, Heidi Hall, Patty Borden, and Linda Kohn did registration. Dayle Lavine provided food. Tyler Borden, Jim Borden, and Stina Bridgeman handled e-punch. Ed Deller, Gary Maslanka, Stina Bridgeman, Linda Kohn, and Rick Worner picked up controls.

Thank you volunteers and all who braved the cold to enjoy some fine winter orienteering.

Rick and Dayle Lavine, Meet Directors

White		1.6k		
Name	Class	Club	Time	
1 Simon Butler	Rec	ROC	14:41	
2 Sarah Turninsky, Beth DeBartolo	T2	ROC	17:20	
3 Anna & George Turninsky	T2	ROC	19:01	
4 Vitale/Reddington Group	T5		22:07	
5 Savannah Thompson	T2		22:58	
6 Karen, Dan, Amanda Sarosky	T3		23:00	
7 Littere Family	T3		24:50	
8 Patty Borden, Jeannette Wahl	T2	ROC	34:48	
9 Teague, Alex, William Ruder	T3	ROC	42:50	
10 Carol Moran	Rec	ROC	48:20	

Orange Scatter-O

1 Team Reddington	T3		26:56	
2 Heidi Hall	F40+	ROC	43:46	
3 Vitales	T3		52:49	
4 Bondar/Lineskais Group	T4		69:56	
5 Team D&C Patti and Victoria	Rec		77:59	
6 Louise Cook	F60+	ROC	90:27	
7 Tom, Zachary Koch	T2	ROC	104:10	
8 John Newton	M50+	ROC	134:24	
Tom, Mia Pagano	T2		DNF	

Brown Scatter-O

1 Ed Deller	M60+	ROC	56:44	
2 Rick Worner	M60+	ROC	58:25	
3 Andrew Hall	M-21+		65:19	
4 Jim Borden	M50+	ROC	65:37	
5 Cupcakes Cupcakes	T2	ROC	82:54	
6 Rukhsana Cofer, Eric Sertt	T2	ROC	86:14	
7 Casey Grann	M-21+		87:24	
8 Zack Butler Team	T4	ROC	97:34	
9 Sandi Willsey	F50+	ROC	98:16	
10 Laurie Hunt	F60+	ROC	129:44	
Michael Alexander	M40+	ROC	60:14	
N/C				

Green Scatter-O

1 Polina Zakharova	F-21+		61:03	
2 Tyler Borden	M-21+	ROC	77:03	
3 Doug Hall	M40+	ROC	81:38	
4 Richard Detwiler	M60+	ROC	90:09	
5 Don Winslow	M50+	ROC	92:12	
6 Joel Shore	M50+	ROC	110:14	

Red Scatter-O

1 Stina Bridgeman	F40+	ROC	94:52	
2 Lawrence Creatura	M50+	ROC	97:44	
3 Chad Borden	M-21+	ROC	105:39	
4 Jim Pamper	M50+	ROC	113:23	
5 gary maslanka	M60+	ROC	118:13	

Harriet Hollister Park Ski-O

February 21, 2016

Volunteers:

- Meet Director: Rick and Dayle Lavine, and Doug and Heidi Hall
- Course Setter: Stina Bridgeman
- Registration: Ed Deller
- Epunch: Tyler Borden, Stina Bridgeman
- Flag Pickup: Stina Bridgeman, Gary Maslanka

Short 2.8k

Name	Class	Club	Time	
1 Alyson Courain	F-21+		53:47	
2 Patty Borden	F50+	ROC	66:17	
Tyler Borden	M-21+	ROC	33:47	
N/C				
Louise Cook	F60+	ROC	DNF	
Heidi Hall	F40+	ROC	DNF	

Medium 4.7k

1 Jim Pamper	M50+	ROC	56:41	
2 Nathan Collinsworth	M-16	ROC	61:06	
3 Ed Deller	M60+	ROC	79:08	
4 Dayle Lavine	F70+	ROC	81:31	
5 Sandi Willsey	F50+	ROC	90:32	
6 Jim Borden	M50+	ROC	90:51	
7 Richard Lavine	M70+	ROC	105:36	
Zachary Borden	M-21+	ROC	DNF	

Long 5.8k

1 Matt Bellizzi	M40+		41:19	
2 Pavel Korniliev	M-21+	ROC	54:29	
3 Sergey Dobretsov	M-21+	ROC	55:36	
4 Mitch Collinsworth	M-21+	ROC	58:44	
5 John Courain	M-21+		63:34	
6 Arron Courain	M-21+		63:41	
7 Gary Maslanka	M60+		64:27	
8 Doug Hall	M40+	ROC	72:34	
9 Chad Borden	M-21+	ROC	96:26	
10 Burt August	M60+		99:08	
Rob Stevens	M40+	ROC	DNF	

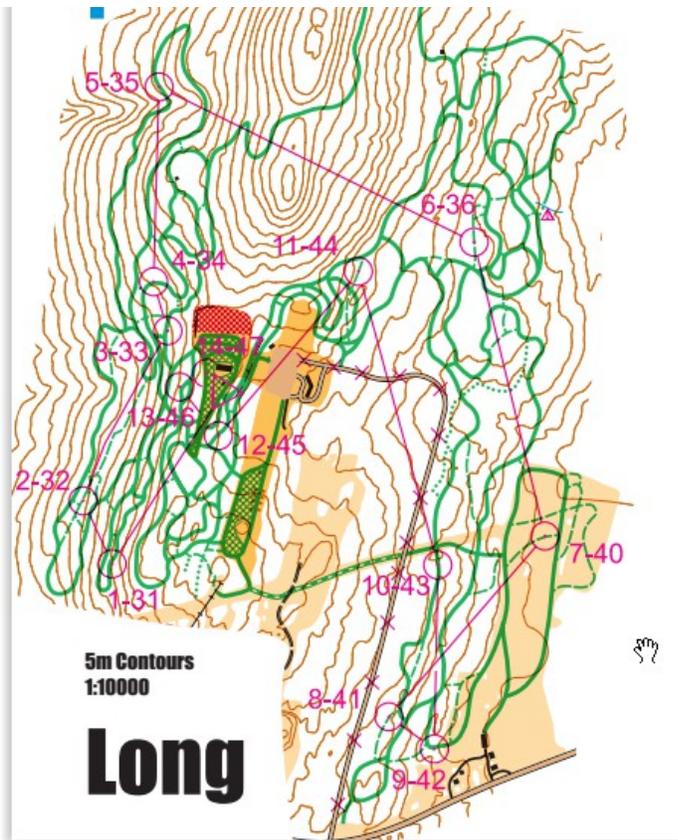


First Class

40 Erie Crescent
Fairport, NY 14450



Tom Cornell and Sandra Lomker were presented with a handmade ROC quilt in appreciation for their many years of service to the club. The quilt is composed of ROC schedule shirts that were designed by Tom, from 2005-2015. Thank you Tom and Sandra!



Long Red map from the North American Ski-O championships. ROC member Stina Bridgeman finished 3rd in the F21 category.