



# The Wild Times

Summer 2004

ROC hotline: (585) 377-5650 <http://roc.us.orienteering.org>

## The official newsletter of the Rochester (NY) Orienteering Club

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County Park entrance on South side of the highway, just east of Froggy's restaurant, drive in to drop off boats, and then park as directed. Registration begins at 11:00 AM. The center has bathrooms. Maps will be handed out about 11:30. Boats can be rented at Bay Creek Paddling center (10 min. paddle to start) or Oak Orchard (20 min. paddle to start).

*Rick Lavine*

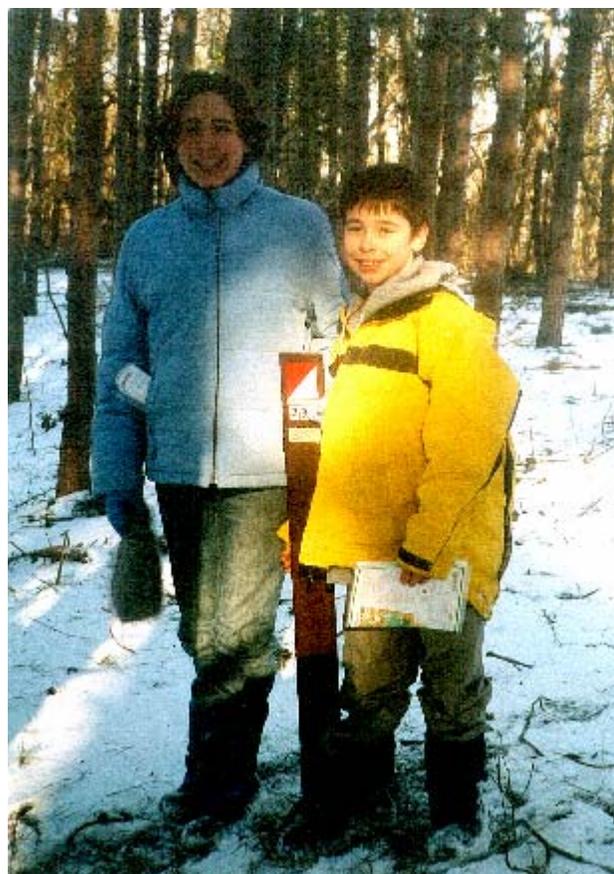
### Paddle and Foot Mini-Rogaine: Sunday, June 13

Irondequoit Creek and Bay are surrounded by steep hills and valleys, including five county parks. Your challenge is to visit them all in one afternoon via canoe and/or kayak and foot. This is an opportunity to get to know one of our region's most amazing resources, which is now becoming more accessible. I think you will be as surprised as I was to discover beautiful areas in our midst that you never knew existed. And you will receive the only accurate map of the area and its trail system.

The format is a score-o with mass start at noon, finish at 5:00 pm, (with heavy penalties for overtime.) Visiting all controls might involve navigating in a maze-like creek and across the bay, a 20 foot portage between the raceway and the creek in Ellison Park, getting in and out of the boat many times, and climbing steep hills. Choose footwear that can get wet and can climb hills. In order to get certain controls in Ellison Park, you may need to leave your boat in a heavily used area, so you might want to consider some kind of locking system. As usual, extra points will be awarded for garbage collected. There are mosquitoes in the woods. They especially like people who are standing still trying to concentrate on a map!

People who don't want to paddle can also participate; there are enough controls accessible by foot to keep you busy for hours.

Start will be at the beautiful Irondequoit Wetlands Center off Empire Boulevard (NY 404). Go in at the signed



**First Webster POC Finishers.** Ariel and Gray Hendershot became the first official finishers of the new permanent orienteering course at Webster Park. Working individually, they both completed the course on March 13, 2004

## Club Officers and Committee Chairs

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**GPS Coordinator:** Mike  
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**Web Site:** Sergey Dobretsov

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## General information on local meets

### Courses

The club this year will use the USOF "color" designations wherever applicable. A description of the courses is as follows:

Color	White	Yellow	Orange	Brown	Green	Red	Blue
<b>Approx. distance, km</b>	2-4	3-5	4-7	3-5	4-7	6-10	8-14
<b>Number of controls</b>	4-12	5-12	8-12	8-12	8-12	8-15	10-18
<b>Difficulty</b>	Easiest	Easy	Medium	Hard	Hard	Hard	Hard

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

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

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

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

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

### Fees

The entry fees to ROC meets are \$3.00 per map for ROC members and \$5.00 per map for non-members. If several people (a family group for example) enter as a group using the same map, the fee is still \$3.00 (members) or \$5.00 (non-members). A person or group can do a second course using the same map for no additional charge (if you complete the Short course and decide to try the Medium course, for example).

### 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.

# 2004 Summer Schedule

## ***Rochester Area***

June 12 Saturday	<b>Outdoor Expo. Mendon Ponds Park</b>
June 13 Sunday	<b>Ellison Park and area north or park. Regular-O and Canoe-O.</b> Registration at 11 a.m. with mass start at noon. Finish at 5 p.m. Call Hotline or check the website for details.
July 14 Wednesday	<b>Score-O/GPS event. Irondequoit Bay Park East.</b> Start at Bay-View YMCA. Mass start 6:30 p.m.
July 31 Saturday	<b>Score-O. Durand Eastman Park, east side.</b> Mass start 10:00 a.m.
August 11 Wednesday	<b>Score-O. Black Creek Park, Pathfinder Lodge.</b> Mass start 6:30 p.m.
September 19 Sunday	<b>National Orienteering Day/GPS event. Highland Park. Rec center.</b> Start from noon to 2:00 p.m
November 8 Saturday	<b>Mendon Ponds Park. 9th annual trail run. 5K, 10K, 20K, 50K. East Lodge. 9:30 a.m. (except 50K starts at 8:00 a.m.)</b>
December 7 Sunday	<b>Ellison Park. Annual meeting and Scrooge-O. 5:00 p.m</b>

**Attention!**

**Before traveling to any meet, please call the Hotline at (585) 377-5650. Meet locations, details, and schedules may change at any time - the Hotline will always have the latest info!**

## ***North East Region Events***

June 12 Saturday	<b>Empire State Senior Games (ESSG)</b> Hope Lake, Virgil, NY  <a href="http://www.empirestategames.org/senior">http://www.empirestategames.org/senior</a>  Pre-registration required.
June 20 Sunday	<b>CNYO Daddy-O,</b> Pratts Falls County Park, Pompey, NY
July 17-18 Saturday Sunday	<b>CNYO Rogaine XIV. Pharsalia State Forest, near Norwich, NY</b>
September 25-26 Saturday Sunday	<b>2004 U. S. Night and Relay Championship. New Gloucester ME</b>

## ***Major National Events***

June 26-27 Saturday Sunday	<b>Blue Ridge Classic</b>  Dupont State Forest, The Flatwoods; southeast of Brevard NC
July 3-4 Saturday Sunday	<b>2004 Georgia Navigator Cup</b>  Cleveland GA about 90 miles north of Atlanta GA
July 30 - August 8	<b>2004 Rocky Mountain 1000 Day, 5 Individual USOF A Meet days &amp; 5 days of other events</b>  Laramie, Wyoming  <a href="http://www.geocities.com/Colosseum/Stadium/7418/">http://www.geocities.com/Colosseum/Stadium/7418/</a>

**ROC Hotline:** (585) 377-5650 (directions to meet sites, any last-minute changes, etc.)  
<http://roc.us.orienteering.org>

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

**USOF web site:** <http://www.us.orienteering.org>

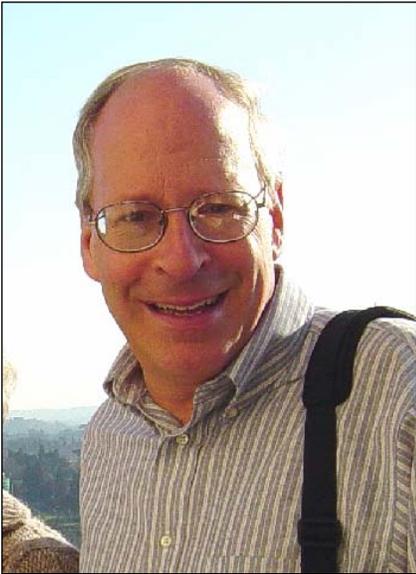
**Golden Horseshoe Orienteering (GHO)**  
(Niagara/Hamilton region) web site:  
<http://www.dontgetlost.ca/gho/gho.html>

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## Our Man in Florida

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*Dick Detwiler has recently jumped onto a new odyssey as a freelance orienteering mapmaker. The Wild Times is proud to publish his letter sent from Florida last March.*



I have a few minutes so I thought I'd give you all an update of how it's going in Florida.

As I believe many of you know but probably not everyone, I took an early retirement offer from work and am retired as of March 1. I'm in the middle right now of my first post-retirement job, which is working on

orienteering mapping for the Florida Orienteering club (FLO). Bob Putnam, who is the main moving force from FLO, posted a note on O-Net a few months ago saying that they were looking for mappers to map a new area and to do some updates of existing maps, in the January to March time frame (the best mapping season in Florida). Through e-mail, we set it up that I would come down in early March, soon after I retired, and spend 2 weeks doing map updates. He had found someone else to do the new map.

The pay is VERY low in case anyone is curious! We arranged it that they are paying all of my expenses plus a very small hourly pay. (Less than what I would make at the stereotypical retirement job of greeter at Walmarts!) But they were definitely taking a bit of a chance on me, as I don't have any "resume" under my belt of tons of places I've mapped for, like we see with some mappers seeking work. All he had was my statement that I had done some mapping at various local parks over the years.

I was a bit concerned when I saw who had done the original maps of the two areas that I was to do the updates on, because they were all well known; how could I possibly improve on these guys' work? The ones who did the originals were a combination of Joe Brautigam and Mark Adams for one of the areas, with JJ Cote doing the drafting, and Malcolm Adams (father of Mark Adams) for the other area. Plus the maps were not ALL that old; in one case the original map was done in 1997, in the other case 1993. Once I got

into it though, I saw that there were major changes that happened in the time since the maps had been made, so I had no worries that I was going to have trouble finding ways to contribute to a better map in each case.

I found that in Florida there are frequent changes to vegetation and to trails, since the areas where they have mapped are highly managed to keep vegetation in check. In one of the areas I'm doing, Split Oak Forest, they do controlled burns all the time; I talked to one of the park people who said that each area they like to do a burn around every 3 years or so. This obviously changes the vegetation. In fact, in one area the vegetation was being changed literally as I was mapping it! They were doing some major mechanical brush removal (with a bulldozer type piece of equipment) along a water channel between two ponds. One day I mapped a palmetto thicket near the waterway (which had been previously mapped, so I just confirmed that it was still there). The next day I was in the general area and saw that the palmetto bush had been torn out!

There were also new, major trails that didn't exist before, and trails that looked like they had been major in the previous map that now were very indistinct or in some cases had vanished without a trace. Then in a portion of one of the areas, which was a highly developed day use and camping park, they had put in a totally new camping loop, new roads and shower buildings, etc., in a portion of the park which had been less developed before. So there was no problem finding ways to contribute to making the new maps a lot better than the existing maps.

As you might expect, orienteering in Florida is quite different from most other places. For one thing, there is essentially a complete absence of contour features. One of the maps uses a contour interval of 1.5 meters, and there are hardly any contour lines on the maps! There are even some form lines used in a couple of places! Since a form line is typically about half of the contour interval, that would represent an elevation change of 0.75 meters in theory. There are some lovely open wooded areas, which unfortunately have very few features for the most part. Because there are so few features, they use what they can. One thing that is mapped very heavily here are individual palmetto bushes, if they are of sufficient size to

stand out. Ones that are mapped would typically be 2-3 meters tall or higher, and maybe 5 meters in diameter. They sometimes call these "Florida boulders". (Mapped as small green dots.) They also map rootstocks, in the Split Oak forest area in particular, but I was taken aback to see how small some of the rootstocks were that were mapped. In many cases, the root system was no more than waist high, something I wouldn't consider mapping on our maps.

I've been mapping every day since March 4, with the exception of one day (March 6) when I took the day off of mapping to participate in their local meet, to get more familiar with Florida terrain and mapping. I've been spending between 6 and 9 hours a day out in the field mapping. At first I definitely had trouble going at that clip, but I must be getting in better shape because even though I'm pretty wiped out at the end of the day, I feel fine by the next morning. I've been using my GPS odometer to determine how much distance I cover each day, and find that I generally cover between 15 and 24 km a day, per the GPS which probably slightly understates the distance because there are a few times (not too many) when it loses satellite reception and doesn't record some distance that I cover. The weather for the most part has been good, thankfully; the last 5-6 days have been around 50 in the morning with a high of around 70. The sun has been very hot though even when it's only 70 out.

At the place I'm mapping now (Rock Springs Run State Reserve, northwest of Orlando), there is some interesting wildlife although I haven't seen any yet. In this park are black bear (which I didn't know existed in FL), alligators, and wild pigs (actually feral pigs I believe). There are also attractive sand hill cranes which I have seen many of, as they are common and they don't seem to be bothered by having people close by. I came close to seeing an alligator a couple of days ago; I ran into a retiree who volunteers as a naturalist at this location and others, keeping an eye on vegetation and trying to prevent non-native plants from gaining a foothold. He said that he had just seen a small (4 foot) alligator in a nearby pond; he took me over to see if it was still there but it unfortunately wasn't.

It was interesting attending their local meet, to see how other clubs operate and how things work. Although FLO doesn't have ideal orienteering terrain by most standards, they are certainly doing something right because they draw a lot of people. Their AVERAGE meet attendance is 270 people, and according to the first host family I stayed with, they have had up to 400-500 attend. But the breakdown of attendees is a bit different from ours. Out of say 300 people attending, at least half would normally be JROTC people. Somehow FLO has gotten very entrenched in the JROTC system here. I was told that there can sometimes be 10 or so busloads of JROTC people that show up for a meet. Then there are

adventure racers. Adventure racing is very popular down here, and there are often 50-100 people who are mainly adventure racers who come to the local orienteering meets to work on their orienteering skills. Then, like with us, there are family groups showing up, people who might be trying it for the first time or who have tried it previously but only come to meets occasionally, like once or twice a year.

Then FINALLY there are maybe 30 people who we'd consider "serious orienteers"; people who come to most local meets, aren't with the JROTC program, and aren't doing it as a means to get better at adventure racing. Not that there is anything wrong with either JROTC people or adventure racers participating in local meets, but when it comes time to do the work needed to make the club "go", it's probably going to come mainly from the fairly small number of people who are the "serious orienteers" for lack of a better term. In fact, it seemed like they so have some trouble staffing their meets. They did get some help from JROTC; two JROTC cadets manned the white/yellow start finish, and two JROTC parents manned the orange through red start/finish. In fact, the JROTC parents apparently were doing major duty, because at one time in early afternoon Bob Putnam mentioned that they had been at the meet since 8:30 am (first start time was 10 am) helping in various ways, and that they needed to be relieved (I would say so!). And also, I was even pressed into service! Bob asked me if I would mind relieving the JROTC cadets at the white/yellow start finish so they could go out and do a course. I actually didn't mind at all, in fact I kind of enjoyed helping and seeing how their system worked and meet a few more of the people, but I think this says something about the level of staffing that they have at their meets.

The meet itself didn't go without a hitch either. The main glitch was that one of the controls on the red course (the one I did) was misplaced. It was supposed to be in a mapped pit, which I found and was certain that I was in the right place because it was in the exact place it should be relative to three nearby features (a very large sinkhole, a palm tree that was mapped, and a palmetto thicket; three things we wouldn't find in Rochester!). Other people were looking for it also, with no luck; I finally went on after determining it wasn't in a nearby mapped pit either. Some people did find it although it was misplaced. The course setter vehemently denied that it was wrong, when I and other people discussed it with him after the meet. Finally, he took a trip out to check it out himself, and came back acknowledging that it was incorrectly placed. Apparently it was in an unmapped pit that was in the general vicinity of the correct one. So I lost around 10 minutes on that before I was totally convinced it was misplaced; others lost even more I'm sure, and some people

depending on their line of attack stumbled right onto the incorrectly placed control and lost no time.

There was someone posting results from the white and yellow courses, but no one did that for the orange, brown, green, and red courses. Then in summarizing results later, there was an error in my time and I assume in the times of some other people; my time was 1:18 (hour and 18 minutes), or 78 minutes. My time was originally listed on the web site as 118 minutes. This was corrected fairly promptly once I brought it to their attention. I know that we've had confusion ourselves in calculating times, where some people figure the time in hours and minutes, and others in minutes; I'm not sure what the solution is other than always use one system, and to make everyone aware of what the system is. They have a system for tracking starters, who is still out on the course, and who has returned that involves a 2-part punch card. I took a couple of pictures of their setup. It is a little more work but not too much, and provides a very easy way of knowing who is still out on the course. They have a sign posted near the registration that lists the courses offered and the lengths of each. They also have a sign that among other things makes it clear what the time limits are and what time the courses close. I'm not sure we ever came to an agreement on what those times should be for ROC meets, or if we've made this clear to meet participants in a consistent manner. Their times are as follows: Start between 10 am and 1 pm. Time limit is 3 hours for anyone who starts before noon, and 2 hours for anyone starting after noon. The courses close and the markers are picked up at 3 pm. They also have a sign that spells out the cost of the meet (a dollar more than we charge; \$4 for members and \$6 for non-members) and the cost of membership. I believe their membership costs are even less than ours; I took a picture of all of their signs so I should be able to determine that for sure. They also have some nice FLO tee shirts available for sale at each meet; I picked one up as a souvenir of my visit here. I think our club should get a shirt designed and made that we can offer up in the same way.

So that's my long-winded report from Florida. I'm enjoying my stay (although I'll be happy to get home), and certainly improving my mapping skills from all of the hours I've put into mapping these two weeks. See you all later!

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## Summary of Board Meeting

*February 3*

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Due to severe weather the Annual Board Meeting was rescheduled to February 3, 2004 at Laurie Hunt's home. Past President Larry Zygo opened the meeting and an election of officers was held: President-Elect

Dick Detwiler, Treasurer Kathy Bannister, and Secretary Sandra Lomker.

Many mapping projects were discussed: Oatka, Durand and Ellison are being completed and/or updated. New areas, such as Rattlesnake Hill, Hi-Tor and Genesee County Park, are also being considered for mapping if they can be utilized for future meets and/or rogaines. Many questions were asked, are photos available, is photo quality suitable for orienteering use, is it too expensive, does land provide enough variety of features?

Karl Kolva was given a big thanks for his ongoing repair of ROC's equipment. Laurie Hunt is now storing all club equipment in her garage.

Tom Cornell reported that ROC now has 4 Permanent Courses available, Durand, Mendon, Letchworth, and our new one in Webster. This is a cooperative venture between ROC and Monroe County Parks and New York State Parks. Dick Detwiler is looking into better quality paper for permanent course maps and A-Meets and Jim Russell said ROC can adjust colors to standardize maps for the future.

USOF Charter renewal fees have been raised significantly due to higher insurance cost. Larry sent a check for \$1941.00 based on the number of current members, 72 individual, 69 families, and 16 life memberships. The BOD discussed raising membership fees and/or meet fees, but at this time there will be no changes made. Presently membership fees do not cover the cost of USOF fees and the four newsletters. The surplus from past A-Meets is covering additional expenses. A decision was made to send "reminder post cards" to members who have not renewed in the last two years. Also newsletters will be stamped reminding those whose memberships expired December 31, 2003 to renew.

Hal Carter, the club's attorney, brought up some minor changes in the By-Laws. These were reviewed and will be sent to the Board for approval before the next meeting. Also the club's official address will be changed from Hal's office to "Rochester, NY", a more general location.

The remainder of the meeting was spent discussing the 2004 schedule of events. The new schedule will be included in the upcoming newsletter mailing.

The next Board meeting will be held in April. Everyone is welcome to any meeting. Check the Hotline or Website for more information.

Respectfully submitted,

Sandra Lomker, Secretary

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## The Birth of an O-Course

By Laurie Hunt

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The call went up for course setters for the Annual Icebreaker meet, and Ravi Nareppa and I answered the call. I had the experience of setting a few Score-O's and beginner courses under my belt, and Ravi had decided to try setting his first course. We met with experienced course-setter, Karl Kolva over bagels and coffee, to discuss our courses. Then armed with maps, compasses, and pens, headed off to the park to walk the tentative White and Yellow courses that I had designed the night before.

The coming weeks held many trips to the park, email communications, and phone conversations for Ravi and me. We would work on our maps at home, discuss our course changes on the phone and on the computer, and meet at the park to walk our prospective routes. One day we would be slogging through the mud and rain, trying to keep our footing on the slippery slopes. A few days later we would be up to our ankles in snow. Field checking a course is a tedious job, and we spent a lot of time with our compasses determining if we were at the correct rootstock or if winter had "moved the trail". A wet and unpredictable Spring left us wondering if our routes would be passable on the day of the meet.

Ravi loaded OCAD on his computer and was able to fine-tune the map as we discovered changes that time and weather had made to the park. It really makes you feel good about your growing skills and confidence as an orienteer when you recognize that your map doesn't reflect the current status of the park. We put out a call for help to the experienced club members to test drive our courses and give us feedback. We made still more changes, and took turns at the park trying out the new routes. We realized that meet participants generally have no idea how much preparation goes into preparing for a meet.

The day of the meet dawned cold and snowy. Had I not been hanging the controls that morning I probably would have rolled over in bed and pulled the covers over my head. I dragged myself out of my cocoon, dressed in layers, and when I got to the park I was surprised to find how beautiful it was. The snow was falling in soft white flakes, but the sounds of the park were saying "It's Spring!!" The quality of the birdsong is different in Spring, and the frogs in the swamp were loudly croaking their mating call.

Ravi and I were pleased at the turnout despite the wintery weather. The course setter's greatest satisfaction is seeing the participants return from their walk or run in the woods, eager to share their enjoyment (or frustration) with the course. It's

exciting to hear about how the orienteers navigated through the courses, and what choices they made.

Best of all is the way that course setting can improve your own orienteering ability. By spending hours in the woods becoming engrossed in the details of the park and the map you learn to see things in a new, more discerning way. And you get lots of great exercise, too.

I'm grateful that I got the experience of the changing of the seasons at Powder Mills. I'm glad that I had the opportunity to work with a fellow orienteer that I had previously just said hello to on the trail. I learned a lot and enjoyed the challenge. I hope that you, too, will consider the possibility of setting a course at a future ROC meet.

*Are you wondering what it would be like to be a course setter? ROC holds course setting clinics each year. Or speak with a course setter for more information.*

As you may know, Laurie was seriously injured at the Mendon Ponds Park meet on May 8<sup>th</sup>. The whole ROC community wishes her a speedy recovery and is looking forward to see her back in the woods.

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## Congratulations, POC Finishers!

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### **Webster Park**

Ariel Hendershot	3/13/04, Webster, NY
Gray Hendershot	3/13/04, Webster, NY
Robert Bonadonna	4/27/04, Rochester, NY
Matthew & Michael Wilson	5/29/04 Honeoye Falls, NY

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## Thank you, ROC Volunteers!

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Thank you all again for volunteering to help at the first four meets of the 2004 season. It has been rewarding to find so many new members willing to assist at our meets.

To sign up to help, look for the Volunteer Poster at all meets or go online to ROC's Website and click on Volunteers to see where help is needed for future events. Click on Volunteer Coordinator (Sandra Lomker) to send her a message.

# Results from local events

## Ski-O, Webster Park

January 10, 2004

Course setter: Jim Russell

Meet helpers: Ron Salladin, Tom Cornell, Sandra Lomker, Eric Barbehenn, Kathy Easley, Rick and Dayle Lavine

WHITE: 3.1 KM.

Name	ESG class	Time
1 Tim Toal, Corinne Meaney, Jennie Doran		58:20
2 Cheryl Detwiler		59:30
3 Anne Schwartz		61:12
4 Sylvia Klassen		67:50
Kathy Easley		DNF

ORANGE: 5.6 KM

Name	ESG class	Time
1 Tim Russell	MS	64:25
2 Dick Detwiler		73:15
3 Dayle Lavine	FM	74:10
4 Marie Heerkens		98:40
Kelly Morgenfeld	FS	DNF
Emily Gaborski	FS	DNF

RED: 9.1 KM

Name	ESG class	Time
1 Sergey Dobretsov	MO	78:09
2 Pavel Korniliev	MO	78:51
3 Michael George	MS	97:40
4 Matt George	MO	104:35
5 Tom Lamme	MM	112:35
6 Larry Zygo	MM	115:45
7 Randall McGarvey	MO	116:00
8 Rick Lavine	MM	121:23
9 Erin Colquitt	FO	128:00
10 Stina Bridgeman	FO	134:45
11 Eric Barbehenn	MO	135:20
12 Victor & Nathan Klassen		142:41
13 Linda Kohn		146:00
14 Michael Finear	MM	180:00
Sam Rutkowski	MO	DNF
Sue Klassen		DNF

## Ski-O, Mendon Ponds Park

January 25, 2004

Course Setter: Rick Lavine

Meet Director: Dayle Lavine

Helpers: Linda Kohn, Rick Worner, Ron Salladin, Carol Moran, Dave Briden, Sandra Lomker, Tom Cornell, Sylvia Klassen, Jim Russell.

Blue 15 km

1 Randy McGarvey	74:56	MO
2 Sergey Dobretsov	77:34	MO
3 Charlie Leonard	93:32	MO
4 Matt George	101:34	MO
5 Eric Barbehenn	104:50	MO
6 Eric Smith	108:25	MO
7 Eric Phillips	108:48	MO

Red 12 km

1 Tom Lamme	83:45	MM
2 Jim Pamper	102:20	MM

3 Jim Russell	104:26	MM
4 Ann Leonard	106:32	FO
5 Rick Slattery	107:50	
6 Kim Phillips	116:12	FO
7 Tim Russell	117:10	MS
8 Erin Colquitt	117:40	FO
9 Mary Smith	122:05	FO
10 R. Victor Klassen	122:43	
11 Stina Bridgeman	136:10	
12 Theresa Meglino & Steve Henley	150:36	
13 Peter Rosenthal & Scott Kozlowski	152:55	
16 Shawn Forney	180:21	MM

Green 8 km

1 Dayle Lavine	65:45	FM
2 Pat Lyons	76:45	
3 Dick Detwiler	82:20	
4 Hal Carter	85:20	
5 Paul Schwartz	110:20	
5 Anne Schwartz	110:20	
7 Emily Gaborski	110:29	FS
7 Kelly Morgenfeld	110:29	FS
9 Marie Heerkens	116:25	
10 Sue Nickoley	134:30	FM
11 Sue Klassen	138:50	
Michael Lyons	DNF	

White 3.5 km

1 Olga, Mikhail, Lev & Sophia Roshal	57:00
2 Hugh Lambert	63:52
3 Sylvia Klassen	74:47
4 Elizabeth Howe	85:00
5 Louise Cook	120:47
6 Joanne Heimenway	120:48
7 Ginny Wilterdink & Helen Bingo	DNF

Snowshoe 1.25 km

1 Tim Teal	27:32
2 David Briden	41:00
3 University of Rochester Outing Club: Rosie Adams, Jacob Molin, Renata Schloss, John McVay, Alan Lehrer, Kate Burke	46:40
4 Amy Steed	58:39
5 Sandra Lomker	59:30
6 Bill & Elsa Ticen	60:30
7 Steven Russell	63:20
8 Renee Nichols	80:39
9 Regina Doran	DNF

## Powder Mills Park

April 4, 2004

Meet volunteers (alphabetically): Perette Barella, Linc Blaisdell, Stina Bridgeman, Tom Cornell, Andrew Elder, Elizabeth Hane, Laurie Hunt, Hugh Lambert, Tom Lamme, Sandra Lomker, Russell McNear, Carol Moran, Rabi Nareppa, Jim Russell, Ron Salladin

White

0 ? Timothy Dobretsov	
1 19:00 Kathleen George, GW, Michael, & Jacob VanderZwaag	
2 23:00 Brett, Daniel, & Andrew Austin	
3 24:00 Emily Farrar	
4 33:00 Georg & Elanor Nadorff & Ann Betz	
4 33:00 James, Jeanette, & Stefan Zavislan & Max Vallone	
6 50:00 Kelly, Brian, Conner, Shannon, & Ellen Walsh	

Yellow

1 31:50 Kuksenkova Ekaterina
------------------------------

1	31:50	Galina Kornilieva
3	37:00	Brett Austin Daniel, Andrew
4	40:00	Michael, Angela, & Brendon Gallagher
5	41:00	Carol Moran
6	48:10	Bob Williams Pat Cohen

Green

1	52:12	Sergey Dobretsov
2	56:17	Pavel Korniliev
3	67:58	Rick Worner
4	72:02	Linda Kohn
5	73:41	James Russell
6	79:03	Michael Lyons
7	79:35	Eric Barbehenn
8	84:34	Richard Slattery
9	96:15	Bob Bundy
10	96:35	Thomas Lamme
11	98:36	Perry Shepler
12	101:38	Stina Bridgeman
13	103:02	Larry Zygo
14	105:18	Eric Phillips
15	132:47	Mark Haydanek
16	163:10	James Lavine
-	DNF	Joel Shore
-	DNF	Russell McNear
-	DNF	Hugh Lambert

Orange

1	43:53	James Lee
2	51:19	Robert Holmes
3	57:09	Randy McGarvey
4	62:06	Perette Barella
5	70:26	Chris & Kate Herimberger
6	77:28	Lincoln Blaisdell
7	84:16	Tom Cornell
8	87:28	Leah Farrar
9	89:42	Patty Lyons
10	103:21	Kim Phillips, Mary Williams, & Peter Williams
11	129:34	Elizabeth Hane
-	DNF	Sandra Lomker
-	DNF	Lawrence, Camilla, Annie, & Jack Creatura

## Webster Park

*April 24, 2004*

The Weather was sunny and warm enough when running, but mighty cool when standing around at the end. While the sky was dry, the trails were often on the damp (muddy) side. At the start of the Orange and Green courses, the first route decision was through the stream or the long way over the bridge. Faced with the same route choice at the end, it was a no-brainer. -- Through the stream to wash off the mud.

Jim Lavine acted as the meet director, Eric Barbehenn set up the courses, Jim Russell gave a clinic for newcomers. Joe Seyfried manned the computer for e-punching on the Orange and Green courses. Other meet volunteers included Lincoln Blaisdell, Pat Borden, Tina Bray, Bob Bundy, Jeff Debarr, Cheryl Detwiler, Mike Gallagher, Jim and Jeff Hendrix, Dayle & Rick Lavine, Jackie Novkov, Marilyn Robak, Anne and Paul Schwartz, Joel Shore, Rick Slattery, and Larry Zygo.

White Course - 1.71 Km

1.	John and Linda Nusz	24:10
2.	Guynnne and Kathryn Goldfeder	31:20
3.	Dave & MaryAnn Albonesi, Stephen, Sarah, John, and Lydia	39:00
4.	Karen & Gary Condello, Eric Condello, Chris Condello, Jordan McGuire, Leah McGuire	39:30

5.	Tim Dobretsov	42:15
6.	Melissa Conklin	43:10
7.	Edie, Liam, and Blake Scherer	49:29
8.	Janet Nugent & Christopher Plail	50:35
9.	Grace, Natalie, and Chris Dolgos	53:40
10.	Jenny and Charlie Horn	56:52
11.	Meghan and Jean Sheehan, Ally and Sandra Neu	1:03:00
12.	Bryn, Tyler, and Kamvon Holms	1:24:56

Did not register start time and turned in two punch cards without a finishing time:

Jeff and Erin Schultz  
Scott, Scotty, Jessica Griswold  
Joanne and Lacy Waasdorp  
Evy and Sarah Lang  
Jade Thompson, Kathryn Walden  
Diana Guigino, Justine Smith

Yellow Course - 2.26 km

1.	Trevor and Todd Sheehan	23:40
2.	Marie Heerkens	28:00
3.	Kermabon Gaelle	31:30
4.	Andrew, Daniel, and Brett Austin	36:49
5.	Cheryl Detwiler	36:50
6.	John and Linda Nusz	40:36
7.	Jim and Kathy Curry	41:24
8.	Gary Hart and Kevin Patrick	44:50
9.	Ann Schwartz	48:00
10.	Jenny and Charlie Horn	48:00
11.	Christopher Simpson	48:00
12.	Pat Young	50:03
13.	Carol Moran	51:00
14.	Bridget & Sean McLaughlin, Fiona Derthich	53:50
15.	Hugh and Jake Lambert, Brooke Wolfe	57:00
16.	Tyler and Zak Borden	59:30
17.	Sylvia Klassell	1:01:00
18.	Jamie Lawrence & Ron Kindred	1:01:45
19.	Lois Camphausen, Fran Kessler, Dale Sloan, Pat Starke, Jack Starke, Linda Sloan	1:03:00
20.	Tammy and Mark Mancuso	1:03:00
21.	Michael Camp	1:04:20
22.	Bob Williams, Barb Marsh, Gloria Forgione, Patricia Cohen	1:06:20
23.	Patty and Jim Borden	1:10:44
24.	Troop 59 - Tom Magill, Max Appleby, Max Appleby, James Baker, Tom Magill, Gary Greer, Mike Greer, Jason Ozolung, Jason McCadden, Cody Green, Quelitin Grutzik, Jonathan Bratdke, Collin Darcy, Derek Hanson, Lucas Baker, Matt Laury	1:12:25
25.	Divya Bevenahalli	1:17:00
26.	Mark DeLaney	1:20:00
27.	Bill Ashley	1:41:00

Orange Course

1.	Rob Holmes	52:01
2.	Richard Detwiler	53:10
3.	Richard Slattery	59:53
4.	Paul Schwartz	1:18:01
5.	Lincoln Blaisdell	1:18:10
6.	Kate & Chris Heinberger	1:30:56
7.	Karl Kolva	1:31:33
8.	Jackie Novkov	1:37:31
9.	Kim Phillips, Mary Williams	1:38:29
10.	Shawn Forney	1:51:44
11.	Louise Cook	1:52:43
12.	Jeff DeBarr	1:56:37
13.	Joe, Sean, and Mike Gallagher	2:06:35
14.	Eric Phillips, Peter Williams	2:08:24
15.	Sue Klassen	2:08:53
16.	Laurie Hunt	2:12:35
17.	Ron Salladin	2:22:54
18.	Ekaterina kuksenkova	2:39:00
19.	Curtis, Trish, Matt & Nicole Hube	3:06:06
20.	Julie, Kristin, Angela, and Rochelle Gallagher	DNF
21.	Mike Yunker	DNF

Green Course 5.45 km

1.	Egils Robs	42:49
2.	Sergey Dobretsov	45:51

3.	Perry Shepler	52:54
4.	Pete Dady	58:34
5.	Rick Worner	1:01:54
6.	Linda Kohn	1:07:38
7.	Mike Lyons	1:09:56
8.	Jim Russell	1:13:48
9.	Bob Bundy	1:23:46
10.	Joel Shore	1:24:50
11.	Rick Lavine	1:27:03
12.	Victor Klassen	1:28:33
13.	Linda Grulich and Rick Fernandez	1:29:55
14.	Ravi Nareppa	1:30:34
15.	Dayle Lavine	1:35:32
16.	Jack Wallenhorst	1:56:15
17.	Ansis Robs	2:01:00
18.	Jim and Jeff Hendrix	3:21:00

11	104:00	Steven Russell, Brandon & Myranda Ogborn
12	127:23	Bill Ashley
13	143:00	Pat Young, Ron, Laurel, Heather
14	DNF	Mark DeLaney

#### Orange 3210 m

1	50:00	Gaelle Kermabon*
2	69:59	Tom Cornell
3	75:35	Ron Salladin
4	79:37	Eric Mayer
5	94:11	Gary Hart, Gary Patric
6	97:16	Mike Yunker
7	107:29	Ann Schwartz
8	115:33	John Nusz, Linda
9	135:16	Elizabeth Hane
10	157:04	Jeff Nunes
11	DNF	Sandra Lomker
12	DNF	Michael Camp, Marsha

#### Green 4400 m

1	65:23	Michael Lyons
2	77:07	Mike Allen
3	83:49	Stina Bridgeman
4	87:40	Paul Schwartz
5	88:51	Michael Finear, Liz Grandi
6	97:18	Joe Seyfried
7	130:18	Jim Lavine
8	MP	Frank Armstrong, Mark, Zack
9	DNF	Jack Finear
10	DNF	Laurie Hunt

#### Red 5950 m

1	56:00	Sergey Dobretsov
2	58:55	Gil Robs
3	85:34	Richard Slattery
4	88:29	James Russell
5	94:21	Rick Lavine
6	95:21	Eric Barbehenn
7	97:55	Ravi Nareppa
8	98:48	Dayle Lavine
9	103:30	Daniel Blakeley
10	112:38	John Ferrar
11	119:41	Bob Bundy
12	126:55	Tom Lamme
13	DNF	Gary Maslanka

## Mendon Ponds Park

*May 8, 2004*

Sixty nine teams, a total of 118 participants, ignored the on-again, off-again rain and took to the relatively open woods at Mendon Ponds Park. Great courses were set by Linda Kohn forcing the runners to make interesting route choices. In typical Mendon terrain, the climb always seems much greater than the decent (yet we finish where we started!). Many new volunteers made the event run smoothly. Several long-time members remarked "It's great to come to an event and just be able to go out on a course!"

Thanks to the following volunteers, many of whom wore several hats: Linda Kohn, Rick Worner, Elizabeth Hane, Bob Williams, Kathy Easley, Sandra Lomker, Stina Bridgeman, Jim Russell, Rick Slattery, Dayle Lavine, John Farrar, Jessie Summerville, Rick Lavine, Eric Barbehenn, and Tom Cornell.

#### White 2340 m

1	23:38	Elise Swackamer, Corey Lambert, Erica Williams
2	31:00	Nathaniel Lyons
3	39:00	Mercedes Miller, Mary
4	42:00	Lawrence Creatura Kate, Camilla, Anna, Jack, Tess
5	49:00	Paul Hill
6	49:00	David Khalil, Daniel Khalil
7	49:00	Evan Kachris, Ted Kachris
8	54:00	Tom Doeblin, Alize
9	56:07	Domitille Tregovet, Benedicte
10	61:00	Caylie Sulliva, Lizzy Staples
11	65:00	Philip Bryan, Peter Bryan
12	65:00	Roger Keeney
13	69:21	Allison Swackhamer, Erin Cole
14	70:00	Laurie Collinsworrrth, Mitch, Hannah, Nathan, Caryn, Troy
15	72:20	Eddie Sherer
16	73:00	Ashley Hastings, Hannah Kondolf
17	75:00	Ashley Mariana, Katlyn Rosenbauer
18	75:40	Jack Armstrong, Ryan, Emily
19	76:15	Joanne DeMarle, Dan, Margo, Tyler
20	86:15	Aurora Ramos, Carmelo
21	106:00	Kathleen Rhodes, Rachel & Sarah Rhodes, Aryn Rapp

#### Yellow 3100 m

1	51:00	Jim Blake, Lynette
2	57:00	Penny Wopper
3	60:30	Louise Cook
4	68:35	Bob Williams
5	70:00	Peggy Munro, James F, Kelly, James P, Rebecca
6	81:50	Bridget McLaughlin
7	83:47	Carol Moran
8	84:00	Kathy Easley
9	90:20	Curt Hube Trish, Jeff, Matt, Nocole & Mary Caldeine
10	103:30	Bert Byfield

## Letchworth State Park

*May 23, 2004*

***The O must go on!***

*by Rick and Dayle Lavine*

When we returned from the meet, our answering machine was full of messages asking whether the meet would be cancelled. Our answer is the following (imagine it sung in a loud annoying voice with a New York accent):

*There's no business like O business,  
There's no business I say,  
What if there is lightning when you're hanging  
Flags for the meet set for the next day?  
What if there's no Velcro to hold on numbers?  
Masking tape may make those numbers stay!*

*There's no people like O people,  
They smile when they're in a depression.  
What if it is pouring in the morning?  
Maybe it will stop before we run!  
What if Trailside's filled with Studebakers?  
We can set up tents and have more fun!*

*There's no meet like an O meet,*

*There's no meet I maintain,  
 What if there are no control descriptions printed?  
 We'll copy them, but what do those symbols  
 mean?  
 What if our feet are wet and muddy?  
 A stream crossing will make them wet and clean!*

*There's no people like O people,  
 There's no people I know.  
 If you can't beat Gil or Sergey,  
 You still can surely go  
 Faster than somebody  
 So let's go on with the O!*

## The Cast

Kathy Bannister: course setter, start/finish  
 Jim Russell: maps, tentmaster, instruction  
 Bob Williams, Donna Foster and Louise Cook:  
 registration  
 Carol Moran: greeter, cookies, registration  
 Mike, Joe, and Brendan Gallagher: string-o, pictures  
 Lincoln Blaisdell: start/finish  
 Perette Barella: results  
 Bob Bundy: flag pickup, results posting  
 Eric Barbehenn, Gil Robs: flag pickup  
 Chris Bannister and Jennifer Beck: setup  
 Rick and Dayle Lavine: meet directors  
 Sandra Lomker: casting

### Results

White (distance 3km climb 30m)

- 1) 42:34 Carol Moran
- 2) 50:40 John Kozik, Greg Clark, Patrick Cooke,  
Lynn Stromquist,  
& Melanie Krebs
- 3) 64:54 Kitty Jospe
- 4) 95:27 Clinton & Mark Hodnett; Don Thomas
- 5) 102:00 Jenifer & Owen Beck

Yellow (distance 3.46km climb 95m)

- 1) 35:32 Berit Nordskog
  - 2) 66:33 Sandra Lomker
  - 3) 74:39 Michael, Joe, & Brendan Gallagher
  - 4) 93:06 Elizabeth Hane
  - 5) 93:50 Bob Williams & Donna Foster
  - 6) 129:00 Bill & Anne Ashley
- DNF Eileen Flanagan; John, Kate, Amelia, &  
Patrick Cochrane

Orange (distance 5km climb 120m)

- 1) 48:28 Mike Lyons
  - 2) 57:00 Robert Holms
  - 3) 64:28 Chris Bannister
  - 4) 65:11 Perette Barella
  - 5) 75:01 Lincoln Blaisdell
  - 6) 77:21 Walt & Patty Lyons
  - 7) 77:52 Bob Bundy
  - 8) 84:07 Kim Phillips
  - 9) 100:35 Tom Cornell
  - 10) 133:48 Amy Jacoby
  - 11) 137:28 Louise Cook
  - 12) 146:50 Simon Cuadrado
- DNF Mary Miller  
DNF Lynette & Jim Blake

Red (distance 6.9km climb 295m)

- 1) 61:33 Gil Robs
- 2) 66:07 Sergey Dobretsov
- 3) 93:02 Gary Maslanka
- 4) 95:08 Ed Despard
- 5) 97:15 Alex Jospe
- 6) 106:09 Linda Kohn
- 7) 109:28 Ravi Nareppa

- 8) 113:10 Doug Brooks
  - 9) 116:31 Gaelle Kermabon
  - 10) 117:51 Rick chaelLavine
  - 11) 119:52 Eric Barbehenn
  - 12) 127:28 Jim Russell
  - 13) 132:50 Stina Bridgeman
  - 14) 137:18 Rick Slattery
  - 15) 137:57 Dayle Levine
- DNF Ansis Robs  
DNF Jackie Marchand, Dan Katz, & Mark Tierno



*Interesting flag location at the Letchworth meet  
 captured by Mike Gallagher*

## Special Message from Jim Tappon

I have recently made a major change in my life. I retired from Kodak after over 30 years there and as part of my "afterlife", I am working with Pack, Paddle and Ski to provide opportunities for corporate recreation or corporate teambuilding/leadership. Pack, Paddle and Ski has been doing this type of thing for over 20 years, but I am planning to add orienteering as a "medium" for the exercises. The program can be a simple day to get away from the office or we can develop an outdoor-based training program to incorporate the specific teambuilding and/or leadership desires of the corporation.

What I am asking of you is to let me know if you work in an organization that would like to hear more about the opportunities that we offer. Let me know who to contact and (if you desire) to be my local "ambassador" for your company.

Pack Paddle and Ski web site is [www.packpaddleski.com](http://www.packpaddleski.com) and I can be reached at email [jtapon@rochester.rr.com](mailto:jtapon@rochester.rr.com) or by phone at 255-0362 (cell). Thanks for your assistance – I think that together we can provide an orienteering experience that will make a positive impact on your workplace.



### ***GPS Update***

There will be a GPS events at the July 14 Score-O/GPS meet Irondequoit Bay Park East and at the September 19 National Orienteering Day/GPS meet - Highland Park.

As we go to press, Mike Gallagher, our GPS Coordinator, is working on recording the Webster Permanent Course controls. The course will be added to the ROC Web Site under the permanent courses links and will have a link to downloadable (or printable) coordinates for anyone who wants to go out and use their GPS to find the controls.

If you have a GPS, you can simply turn it on and take it with you on a regular O-Event. Make sure it is set to record your track. When you get back home, you can download your track to various mapping software to see how you did in choosing your routes. Some of the mapping software allows you to scan in your own maps! Then, using satellite images to locate three points on the map (or using known coordinates), you can calibrate the map and see the exact route superimposed over the O-Map! One software package is ExpertGPS at [www.expertgps.com](http://www.expertgps.com). It lets you download Topo Maps, Satellite Image Maps, and scan in your own maps.



c/o Hunt  
376 Westfield St.  
Rochester NY 14619

### **First Class**