



The Wild Times

June 2003

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

The official newsletter of the Rochester (NY) Orienteering Club

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A-Meet Update

by Rick Worner

Plans are well underway for our "A" meet on October 18th & 19th. The meet will be at Letchworth West on Saturday and Mendon Ponds on Sunday. An eight course Chinese meal will be offered at the Shanghai Restaurant on Saturday night. An "A" meet brings orienteers from all over the Northeast and Canada. Eight different courses will be offered each day and winners are determined by a two-day total time. Newcomers to orienteering will find their favorite White and Yellow courses that are similar to what is offered at our local meets. "A" meets are more expensive because of USOF sanctioning fees, awards and higher organizational costs. In the "A" meet you must compete as an individual. Groups are not allowed on competitive courses. If you want to go out with your friends or family members you may choose a "Recreational Course". These will be the same White, Yellow and Orange courses started at a little later time and costing only \$5 each day.

We expect around 300 "A" meet participants and around 50 people on the recreational courses each

day. Day care is offered while you are competing for a small charge. Details for the meet are available at local meets or on our web site. Come out and enjoy the fun.

Volunteering for the A-Meet

by Rick Worner

A complete listing of all the helpers needed was listed in the March issue. Please remember that if you work you can compete for free. This can save you more than \$30. If you are willing to work please contact me at 581-2979 or by e-mail at wornerkohn@aol.com. We will need almost everyone in the club who is planning to attend to volunteer in some way if we want to have a successful meet.

CNYO Rogaine XIII

Central New York Orienteering welcomes the brave, the strong, and the daring to their 2003 edition of orienteering's fastest growing variation: the ROGAINE. An acronym for Rugged Outdoor Group Activity Involving Navigation and Endurance (and not some miracle hair tonic), this form of long distance orienteering team event originated in Australia during the mid 80's and has rapidly begun to spread the world over.

The event will take place on July 26-27 at the Nordic Ski Center and surrounding state lands of Virgil NY which is less than a two hour drive from Rochester. For more information visit the CNYO web site: <http://cnyo.us.orienteering.org/2003/rogaine/2003rogaine.html>

Register by July 5 to avoid late fees.

Registration Forms Available

In addition to the updated ROC membership form this issue of *The Wild Times* includes the US Orienteering Federation standard meet entry form which can be used for the upcoming A-Meet registration. The form can also be downloaded from the USOF web site: <http://www.us.orienteering.org>.

Club Officers and Committee Chairs

President: Larry Zygo, 227-7618, Lzygo@aol.com

Past President: Jim Tappon, 482-0993, Jim.Tappon@kodak.com

President-Elect: ???

Treasurer: Kathy Bannister, 493-2219, Bannister26@earthlink.net

Secretary: Sandra Lomker, 426-6773

Membership: Doug Brooks, 624-4980, Brooksroc@aol.com

Equipment (East Side) Sept-June: Dayle Lavine, 442-6358, Lavine@math.rochester.edu

Equipment (West Side): Larry Zygo, 227-7618, Lzygo@aol.com

Equipment (East Side) June-Aug.: Jim Lavine, 442-1162, Jclavine@frontiernet.net

Mapping Chair: Dick Detwiler, 671-2437, RLshadow@aol.com

Local Events Chair: TBD

Hotline: Carol Moran, 377-8144, Pwtmoran@aol.com

Newsletter: Laurie Salladin, bacewoman@aol.com

Publicity Chair: Rick Worner, 581-2979, Wornerkohn@aol.com

Retail Map Sales: Louise Cook, 293-3465, LMC@hlms.com

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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
Approx. distance, km	2-4	3-5	4-7	3-5	4-7	6-10	8-14
Number 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), 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.

2003 Summer Schedule

Rochester Area

July 12 Saturday	Black Creek Park. Summer Score-o series. Mass start at 10 a.m. Beginner course start from 10 to 10:30 a.m. <i>NY I-490 west to exit 4, turn on Rt 259 south and then on Rt 33A east. Follow Rt 33A for about 2 miles, then turn left on Bettridge Rd and left again on Green Rd.</i>
July 23 Wednesday	Basil A. Marella Park (former English Road Park). Summer Score-O series. Mass start at 6:30 p.m. <i>Take NY 390 north to exit 25, turn on Vintage Rd west, at the next intersection turn right on Fetzner Rd. Follow O-signs to the meet location.</i>
September 13 Saturday	Powder Mills Park. Regular meet & teachers workshop. Wadhams shelter. Regular meet starts from noon to 2:00 p.m. Call Hotline for details about teachers workshop. <i>NY 490 east to Bushnell's Basin (exit 27), turn left on Rt. 96 east, after about 0.5 mile turn right on Park Rd.</i>
September 20 Saturday	Highland Park. Recreational Center. National Orienteering Day. Start from noon to 2:00 p.m. <i>From downtown Rochester go south on South Ave, look for O-signs when you reach the Highland Park area.</i>

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 A Meets

August 9-11 Saturday-Monday	Boulder Dash and 2003 US Night-O championships at 2003 USOF Convention 2 Day classic & 1 Day Night 'O' Individual USOF A meet at Burnt Mountain and Oak Hill, Hanover NH, and Sargent Center, Hancock NH
August 15 Friday	TGIF (Thank GO It's Friday) 1 Day Classic Individual USOF A meet. Baldwin Hill, Ashburnham MA (High Ridge Wildlife Management Area); 55 miles from Logan Airport, Boston

Major National Events

June 21-29	Pacific Orienteering (including the US Relay Championships)	Northwest Festival
	Washington/Idaho	
July 2-6	Colorado Five Day "Ash Fest" 2003	
	Lake George, etc., CO.	
September 13-14	2003 US Classic Championships	
	Lake Tahoe, CA	

2003 World Championships

August 4-10	2003 World Orienteering Championships
	Rapperswil/Jona, Switzerland

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>

Trip to Rocky Mountain 1000-Day Laramie, Wyoming, July 2002

by Cheryl and Dick Detwiler

One of the great things about the sport of orienteering is that it gives an opportunity and a reason to see parts of the country where one otherwise probably would never see, and orienteering being what it is, you get a much closer tie with the land, geography, and plant life of a region than you would just from driving through, looking at the scenery.

Every two years, the Rocky Mountain Orienteering Club (RMOC) holds an event called the "1000-day", presumably named because there are a LOT of days of orienteering offered (not quite 1000, but a lot nevertheless). In 1999, a group of six from Rochester (myself, Paul Schwartz, Larry Zygo, and our sons) went there and had some very enjoyable orienteering.

Last summer, the constellations aligned to give Cheryl and me the opportunity to head out there to participate in the 2002 1000-day event (both of our kids were out of town at the exact time as the 1000-day). With a little persuasion, I was able to somehow convince Cheryl that spending most of a week tromping around in the plains and hills of the mountains outside of Laramie, Wyoming would be just a great vacation for the two of us. There was a compromise that we wouldn't spend quite the entire week orienteering, but that we would take around 4 days to head down to Colorado after 5 days or so of

orienteering.

Cheryl likes to orienteer but isn't quite as enthusiastic about it as I am; a Yellow course is generally about right for her optimum enjoyment. The terrain in Wyoming is quite different from anything around here, as you might expect. It is much more open for one thing; for advanced courses, that generally makes the orienteering easier, but for people used to White and Yellow eastern courses, it actually presents a bit of a challenge because there aren't as many trails, so it is often necessary to use less obvious features to navigate with, such as fences, stream, indistinct boundaries between fields and wooded areas, and the like.

The trip out there was uneventful; unlike in 1999, when we drove out (something like 30 hours straight through!), this time we flew into Denver, rented a car, and had a pleasant drive from Denver to Laramie, getting there Thursday evening. Friday was the first event of the week, a mass start "Stampede", with everyone doing the same course, on a map called Plains of Despair. It was low-key, it didn't count for anything at all, and it was a chance to get used to the altitude (8500 feet!) and the terrain. (Example of the low-key nature of it: The meet organizers showed up with the maps barely 5 minutes before the announced start time!)

Cheryl and I decided to do the course together, to help give her a feel for the maps and the terrain. The temperature was very warm that day, the start time was around 1 pm, and the sun was a definite factor. The course consisted of three loops, the first two fairly short and the last one quite a bit longer. After two loops, the heat was getting to Cheryl and she decided she had pretty much had enough! I went on and did the last loop on my own.



The next event was the Night-O on Saturday night. That gave us most of the day to travel to Cheyenne to check out their Frontier Days, which is a major week-long festival, attracting people from many different states. We got to see their parade in the morning; outstanding; I don't think we've ever seen so many horses in one spot! I'm not a big parade person, but this was one of the best I've ever seen.

For the Night-O, I had to do some arm twisting to get Cheryl to try it at all ... the thought of being out at night in an unfamiliar type of terrain wasn't real appealing it seems. And the weather turned out to be a factor for the night-O, but in the opposite extreme as the hot weather for the Stampede: a front came through and it got very cold and windy, probably 40 degrees with a 20-30 mph wind. She had some difficulty with the night course, starting out by making a 180 degree error right out of the start! Also, there were several legs that were supposed to be streamered, but the streamers were next to invisible in the darkness, some of them even having been blown away. She wound up taking a DNF on the night-O. For myself, I started out a bit shaky ... it definitely took me a control or two to get into the map, and get used to reading the map with a flashlight. I missed figuring out that there was a very easy route choice to the first control, taking a more challenging one instead. But after the 2nd control, I felt pretty good and probably had my best run of the week (which isn't a good thing considering that was only the second day!), averaging not much more than 10 minutes/km and finishing in the top half (15th out of 45) of the Green participants.

The next day (Sunday) was a "sprint plus chase" event - two courses, on two different maps, one in the morning (4 km), the other (8 km) in the afternoon, with the start times for the afternoon determined by the finish times in the morning event. It was another "everyone does the same course" set-up, so we decided it probably was going to be Green type difficulty (morning was more like Orange, afternoon was more Green-Red) and therefore not a good idea for Cheryl to try it. I did OK - finishing in an exact tie with Sharon Crawford, which I was very pleased to do. The terrain was much more technical than the Plains of Despair, with some significant challenges especially in the afternoon event. It was a tiring day, with a total of 12 km of orienteering.

The next two days were "regular" meet days, with the typical selection of courses. Cheryl did respectably on Yellow, generally finishing around the middle of the pack for those on that course (and the first finisher of the F-open Yellow participants). I chose to do Red for those two days and for the Long-O on Wednesday; my very twisted reasoning was that I was spending all that time and all that money to come out for this meet, so I should really get my money's worth and do the longer Red course rather than my normal Green! (Fortunately, my logic didn't extend as far as deciding to do the Blue, to REALLY get my money's worth!) I

did OK but not great, finishing well down in the bottom half of the participants on Red both days; but my time per km was around 12.5 minutes both days, not really bad for me.

The last day of orienteering that we did was on Wednesday, the US Long-O Championships. Cheryl again did well on Yellow (which wasn't really a "long" Yellow, more like the normal length), finishing again around the middle of the pack of the Yellow participants. I, on the other hand, struggled big-time with the 14 km Red course, at 8500 feet altitude, on a very warm, sunny day. I did OK for about the first two-thirds of the course, but then I had a major brain freeze (which I'll blame on being out in the hot sun for too long), made a parallel error, and took 45 minutes on a control that should have taken around 15 minutes. I wound up finishing in just over three hours, finishing 31 out of 35 people on Red. Still, my time per km was around 13 minutes, pretty much what I had done on the regular-length courses, so if I only hadn't had that major mistake, I would have been pretty happy with the run.

We said good-bye to the orienteers and headed down to Colorado, spending some time in and around Rocky Mountain National Park; a gorgeous place, we highly recommend it. We also liked the town of Estes Park, on the eastern side of the park. Then it was back home to Rochester, after a great trip, both the orienteering and the non-orienteering parts of it or 7 hour rogaine.



Relay for Life

Two "Relay for Life" teams, one in Spencerport and one in Honeoye Falls, were formed to honor ROC members who have battled cancer. The Spencerport team was the "Rochester Orienteering Club" and the Honeoye Falls team was "Memorial Madness & Pege's Pride." Contributions were made by many ROC members, co-workers, and community and church friends to keep hope alive for those affected by cancer. A Survivors' Lap and a Luminaria Ceremony were held at both sites. Each light, laid out alongside the track and burning through the night, commemorated a treasured relationship. ROC members who participated at one or both sites included Carol Moran, Jean & Tom Witzel, Larry Zygo, Rick Worner, Kathy Bannister, Kay Sheehan, Jim Tappan, Tom Lamme, and Sandra Lomker. Everyone thought the Relay for Life was a terrific, touching and awesome experience and cannot wait for next year's event.

The Spencerport event had 44 teams with 950 participants and 84 survivors. In their 5th year they accumulated more than \$70,000. The Honeoye Falls event had 24 teams with more than 300 participants and 34 survivors. In their 2nd year they more than doubled their contributions with a total of more than \$20,000. If anyone wishes to make a contribution towards either the Spencerport or Honeoye Falls events, please make out a check and send to the American Cancer Society, 1400 N. Winton Rd., Rochester 14609. You can specify event and team name if you wish. THANKS again for everyone's support.

Board of Directors Meeting Minutes

Submitted by Sandra Lomker, Secretary

The last ROC Board of Directors' meeting was held on May 15, 2003 at President Larry Zygo's. The previous minutes from January 12 were approved as written. The need for volunteers at local meets was stressed. There are several upcoming meets that lack volunteer support including meet directors, registration, start & finish, greeters, food, and control pickup. Sign up on the ROC website under "Meet Volunteers" or call the Hot Line. All volunteers may participate in that meet free of charge.

Dick Detwiler made a motion, seconded by Jim Tappan, and approved to leave meet fees the same and that this fee would include the use of dibbles, \$3 for members and \$5 for others. For more advanced courses with electronic punching, dibblers will be mandatory.

Mapping is progressing and Dick has worked with Sterling in Scotland on mapping Oatka at an approximate cost of \$500.00 to cover the photos and base map. Jim Russell is updating Powder Mill. Dick also reported that local meets would only use the East

Side of Durand, as it is too difficult to cross from west to east with the golf course restrictions.

Since the annual membership meeting in December, Treasurer Kathy Bannister reported income of \$2394.67 that included map sales, meet fees, membership and interest etc. Expenses were \$6927.46, which included advertising, meetings, park fees, phone, postage, printing, supplies, USOF fees, e-punching equipment, porta-john, NYSSRA, and VHS tapes. As of May 18, ROC's balance is \$5143.61.

Rick Worner reported on the upcoming A-Meet, Oct. 18 & 19, in Letchworth and Mendon Ponds. Flyers have been distributed at several A-Meets and an article was included in the ONA. Dick is investigating on-line registration.

Other business included:

1. Randy McGarvey is compiling a distribution list.
2. Tim Lagerhausen has resigned from the board.
3. The BOD approved re-registering as a group in "Friends of Letchworth" at a cost of \$25.00.

Meeting was adjourned and no date was set for the next meeting.

Permanent Course Finishers

Mendon

Penni Orlando, Kell, Colla, Liam, Ruairi - 4/27/03
Seneca Falls, NY
Robert and Mindy Grant - 4/28/03 Retsof, NY

Letchworth

Mark Frey - 5/21/03 Rochester, NY

Durand

Mark and Cort Frey - 4/29/03 Rochester, NY
Michael Gallagher Family 6/10/03 Fairport NY



WeMoCo Career and Technical Center Precision Machining students drilled the stands for our e-punch boxes. ROC thanks all the students that worked on the project. Jim Player (left) and Joe Katona (right) are both Seniors from Spencerport High School

US Orienteering Federation Standard Entry Form

INSTRUCTIONS: Consult the meet announcement to see with items below are applicable for this event. USE ONE FORM FOR EACH ENTRANT. The minimum essential information on each form is 2, 4, 5, 13, and the waiver signature. Mail the completed form and payment to the registrar.

1. Name of event _____ Date of event _____
2. Name of entrant _____ Year of birth _____ Sex _____ Club _____
3. Address: Street _____ Phone () _____ E-card # _____
 City/State/Zip _____ Email _____
4. Members of USOF, COF, or any IOF member federation are eligible for a \$3 per day discount (\$1.50 if under age 19).
 If you are eligible, write federation name _____ and your ID number _____
5. Main event course _____ Category _____ 6. Secondary Events: _____
7. Eligible for Championship? _____ 8. Comments/Requests _____
9. Babysitting needed? No _____ Yes _____ Number and ages of children _____
10. Number of dinners: _____ 11. Number and sizes if T-shirts: _____
12. Order for preview/training maps: check here and enclose self addressed stamped envelope _____

Courses and Classes. Courses have color name designations. Competitors are divided into classes by gender (M for male, F for female) and age as of December 31 of the current year. M or F class followed by course are competitive non-age specific.

WHITE	YELLOW	ORANGE	BROWN	GREEN	RED	BLUE
F-10	F-14	F-16	F-18	F-20	F-21+	M-21+
F-12	M-14	M-16	F-50+	F-35+	M-20	
M-10	Gr-Yellow	Gr-Orange	F-55+	F-40+	M-35+	
M-12	F-Yellow	F-Orange	F-60+	F-45+	M-40+	
Gr-White	M-Yellow	M-Orange	F-65+	M-18	M-45+	
M/F-White			F-70+	M-50+	M-Red	
			M-65+	M-55+		
			M-70+	M-60+		
			F-Brown	F-Green		
			M-Brown	M-Green		

Fees

13. Entry fees total for main event _____
14. less USOF/COF/IOF discount _____
15. Entry fee(s) for secondary event _____
16. Late fee _____
17. Dinners qty _____
18. T-shirts sizes _____
19. Preview maps qty _____
20. E-card rental fee _____
21. Other _____
- TOTAL** _____

WAIVER OF RESPONSIBILITY

IF YOU DO NOT FULLY ACCEPT THE FOLLOWING CONDITIONS AND DO NOT SIGN THIS WAIVER, YOU WILL NOT BE PERMITTED TO PARTICIPATE IN THIS EVENT

I, the undersigned, know that Orienteering, as an outdoor action sport, creates a significant risk of personal injury. I know that there are natural and man made hazards, environment conditions, and risks, which, in combination with my actions, can cause me serious, or possibly even fatal, injuries. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions and hazards. I also agree that I, and not the organizers and officials of this event, the US Orienteering Federation, the land owners or managers, or any sponsors, am responsible for my safety while I participate in this event.

Name (please print) _____ Signature _____

Parent or guardian must sign if entrant is under 18 _____ Date _____

Results from local events

Power Mills Park

April 27, 2003

It seemed that mother nature was trying to make up for the ice storm that forced cancellation of the planned Ice Breaker a couple weeks ago, and provided an absolutely gorgeous day for orienteering! Clear skies and very comfortable temperatures were the order of the day. The park seemed to (mostly) survive the ice storm (only a few scrambles required) and for the most part the park was remarkably clear of mud.

This was our second attempt to incorporate e-punching into an ROC meet, and for the most part things went reasonably well. The major problem turned out to be trying to also handle the reporting of the non-e-punching results using the computer! The other operational problems (confusion on getting start times and a lack of posting of intermediate results) should be resolved by the next meet.

Meet Director: Jim Tappon

Course setters: Jim Russell, Joe Seyfried

White	1.36 km	
1	20:03	Patrick George, Amber, Jacob
2	20:53	Norm Welch
3	21:47	Vicki Vetere
4	23:54	Amber George, Gina God
5	26:40	Katie Dubois, Nicholas
6	27:15	Chuck Friden, Narine, Elizabeth, Andrew,
Emily		
7	28:00	Jeffery Nardoci, Barbara, Michael,
Matthew		
8	28:11	Guylaine DiSalvo, Alexandra
9	29:10	Todd Sheehan, Meghan Sheehan
10	32:24	Margaret Kaminsky, Alan, Karen & Laura
11	34:54	Darlene Daum (Pack 54) Peter Daum, Travis
Faber, James Daum, Steven Miller		
12	35:24	Kelly Lane
13	35:48	Leah Farrar, Emily & Jessie
14	36:30	Debbie Bailey, Michael & Lauren
15	37:48	BSA Troop 341
16	38:20	Lisa Alexander
17	41:06	Rebecca Lomker, Sandra
18	41:55	Angela Lomker, Madison
19	42:07	Peter Sykes, Rory, Emma, Waddy & Kevin
20	43:30	Karen Rode, Susanna & Rachelle Rode,
Stephanie, Sarah, Ruby & Christine Lockhart		
21	44:50	Daniel Burge, Daria
22	46:47	Todd Cook, Todd, Laura, Andrew, Katie &
Daniel		
23	48:53	God Group: Warren, Jane, Bridgette &
Emily		
24	53:30	Ron Rockwell, Holly, Erin, Chris & Noah
25	55:20	James Strong, Andrew Strong, Terese
Ricker, Jarret Riker, Sara Riker		
26	58:23	Stefan Bachmann, Rei Bachmann
27	72:20	Jean Sheehan, Trevor Sheehan
28	75:44	Mary Jo McMannis

Yellow	1.89 km	
1	42:18	Troop 341:Powell Wright,Dan Thompson,
Reid Soule		
2	49:30	Troop 341:Vicki & James Vetese,
Christopher & Larry Alati, Jesse & Norm Welch		

3	57:00	Lisa Alexander, Caroll Wilcox
4	77:40	Michael Wilson
5	82:27	Larry De Kock
6	85:23	Elaine Berner, Don Berner
7	89:26	Leanna Rabarsky, Rachael Burdick
8	91:40	Susan Hodesm Kevin Fredricks
9	93:20	Gallagher group: Michael, Joe, Angela &
Brendan		
10	101:06	Rob Bilhorn, Tracy, Terra & Ellyce
11	121:38	Michaeljon Blue, Lee Doohan

Orange	3.37 km	
1	47:23	Dick Detweiler
2	57:29	Paul Schwartz
3	66:04	Anne Schwartz
4	67:09	Karl Kolva
5	69:01	Michael Finear, Liz Grandi
6	75:08	Erika Mudrak
7	75:50	Rosie Adams
8	78:42	Penny Wapperer
9	90:05	Larry Barone, Kathy
10	90:32	Leah Farrar
11	92:15	Sue Klassen, Sylvia
12	93:57	Jack Finear, Hazel Finear
13	113:32	Linda Witte, Mike, Toby & Nathan Horn
14	116:41	Louise Cook
15	116:46	Joanne Hemenway
16	120:00	Ekatrina Kuksenkova
17	128:15	Divya Bevenahalli, Archana Hedge, Uma S
18	129:00	Deb Nelson
19	129:00	Stacy Leyland
20	131:00	Theresa Meglino, Igor Bosnjak
21	140:28	Curtis Hube Niclolle, Matthew, Jeffrey &
Patricia		
22	148:08	Mark Frey
23	152:10	David Foos, Julie Koehler
24	999:00	Lisa Roberts, Laura Love

Green	4.91 km	
1	79:49	Ravi Nareppa
2	103:10	Bob Bundy
3	107:17	Victor Klassen, Ben Price, Nathan Klassen
4	119:28	Larry Colquitt
5	126:57	Michael Yunker
6	138:25	Jim Lavine
7	140:54	Tom Cornell
8	174:34	Kiran Hedge
9	182:31	Laurie Salladin
DNF		Sri Ramaswamy

Red	6.05 km	
1	66:27	Sergey Dobretsov
2	66:52	Pavel Korniliev
3	87:21	Doug Brooks
4	88:56	Mark Gunkel
5	102:24	Tom Lamme
6	116:00	Rick Slattery
7	134:10	Jack Wallenhorst, Tom Wallenhorst
8	196:09	Mark Haydanek
MP		Randall McGarvey
MP		Larry Zygo
MP		Gary Maslanka
MP		Penni Orlando

Webster Park

May 10, 2003

Meet Director: Rick Worner

Course setters: Jim Lavine, Tom Cornell and Sanda Lomker

White (1.8k)	Place	Time
1	Kevin Bloechi	0:20:00
2	Terry & Erin Skelly, Monica Brower	0:22:40
3	Coty & Kathrena	0:23:00
4	Darrell & Harri Haynes	0:27:45
5	PJ & Julie	0:28:48

6	Tyler & Zak Borden	0:29:10
7	Kara & Kristen	0:29:50
8	John & Linda Nusz	0:32:15
9	Jeff, Kelly and Katelyn DeBarr	0:33:35
10	Kathy Curry, Patty Borden	0:36:00
11	Jen & Hope	0:38:40
12	Janel & Jennifer	0:38:50
13	Troy & Kyle	0:40:10
14	Joe & Amanda Wainwright, Paula Skelly	0:41:20
15	Doug Brooks, Karen Dunn, Christopher Baynard	0:41:52
16	VanGeel Group	0:47:40
17	Chuck Rogers, Sue Schicker	0:53:50
18	Bill Rogers	0:54:00
19	Pack 107	0:58:55
20	Chris & Eric Mascadri, Colin & Wayne Shaffer	0:58:29
21	Marge & Kristen Roberts, Kristin & Deanna Skelly, Theresa Cappon	0:59:40
22	Feldman & Miller Families	1:07:55

Yellow (2.5k)

Place		Time
1	Anne & Katie Schwartz	0:31:15
2	Carol Moran	0:33:52
3	Kevin Bloechi	0:34:09
4	Tassone Family	0:37:12
5	Jim & Mike Curry	0:37:45
6	Mike & Alyssa Allen, Oria Watkins	0:38:23
7	Dudley McConnell	0:39:19
8	Laurie Salladin	0:44:18
9	Gallagher Family	0:46:25
10	Terri Sepfried & Dan Thayer	0:47:25
11	Danica & Ben Eskind, Nathan Briggs	0:48:12
12	Susan Danstl	0:49:37
13	Gary & Lisa Slater	0:52:00
14	Charles Russell, Bruce & Michael Watkins, Chris hopper, Brian Allen	0:54:35
15	Mike Wilson	0:59:20
16	Mike & Daniel McCullough, Keith Greer, Joshua Green, Brian Page	0:59:20
17	Frey Family	1:03:40
18	Sylvia Klassen	1:06:11
19	Troop 60	1:24:04
20	Bilhorn Family	1:25:50
21	Mary Jo McMannis	1:33:00
22	Holahan Family	1:46:00
23	Fred Gordon	1:52:00

Orange (3.4k)

Place		Time
1	Parette Barella	0:46:25
2	Paul Schwartz	0:55:54
3	Chris & Kate Hamberger	1:16:41
4	Ron Salladin	1:20:15
5	Sue Klassen	1:22:34
6	Cheryl Detwiler	1:25:33
7	Hube Family & Mary Caldine	1:25:57
8	Susan Davis & Amanda Yilmaz	1:27:00
9	Mike Finear & Liz Grandi	1:27:22
10	John & Linda Nusz	1:46:00
11	Armstrong Family	1:57:55
12	Mike Yunker	2:00:20
13	Jack Finear & Group	2:00:42
14	Obbie & Ball	2:08:00
15	Lisa Roberts & Jeff Staples	2:19:14
16	Williams, Erdle, Marsh, Cohen	2:30:05

Brown (3.2k)

Place		Time
1	Linda Kohn	0:35:00
2	Louise Cook	1:15:39
3	Laurie Salladin	1:25:22
4	Victor Klassen	1:49:00
5	Penni Orlando	DNF

Green (6.6k)

Place		Time
1	Sergey Dobretsov	0:52:28
2	Peter Dady	1:13:13
3	Dick Detwiler	1:16:22
4	Ravi Nareppa	1:34:59
5	Gary Maslanka	1:41:04
6	Mike Lyons	1:52:16

7	Joel Shore	1:58:11
8	Bob Bundy	1:59:45
9	Tom Lamme	2:02:26
10	Dan Burgo	3:21:20

Letchworth State Park

May 31, 2003

What a day! Rain, Rain and more Rain -- coupled with some challenging, technical courses ... and of course this IS Letchworth ... and that means hills and climb. Well the good news is the new club shelters were well broken in!

Tina Bray set her first courses with the White and Yellow courses - and the reports from the finishers were all positive -- Carol Moran even came into to the finish all smiles, beaming ear to ear!

Sergey Dobretsov set the Orange, Green and Red courses and provided a real challenge. My first inkling of what was to come was Sergey saying in passing "maybe everyone should run down one course" and then "you know the vegetation has really leafed out since I was here two weeks ago ..." -- uh oh!

Some hours later, as I circled the spot I was SURE held the control, I thought back on that and wondered if I SHOULD have run the Orange course! I'm sure many others felt the same. But on this day, and with this course, completing every leg was an accomplishment.

In the end everyone made it back, and all seemed to have a good time!

I want to give thanks to those who helped at the meet including Kay Sheehan (the muffins were great) and Kathy Bannister kept registration moving along. Ravi Nareppa and Dave Levine handled the epunching registration and results. Special thanks go to Tina and Sergey for taking on the course setting with very short notice, and to Dave Levine and Bob Bundy for staying quite late and helping to get the shelters down and packed up.

Jim Russell
Meet Director

White 1600m 50m climb

1	46:00	Andrea LeFeber, Deb Swink
2	62:00	Doug Brooks, Karen Dunn, Christopher Baynard

Yellow 2100m 90m climb

1	61:00	Patty & Zak Borden
2	61:05	Tyler & Chad Borden
3	61:15	Hanni Haynes Darell Haynes
4	74:30	Dudley McConnell
5	89:22	Carol Moran
6	122:20	Jeord Clark, Sam Trapp, Jacqueline Clark, Ray Clark, Lynn Widden
7	130:30	Divya Bevenahalli

Orange 3900m 150m climb

1	83:35	Tom Blasiak
2	105:17	Tom Cornell
3	131:09	Karl Kolva
4	132:27	Chris & Kate Haimberger
5	152:14	Chris Babcock, Julie Bohn
6	DNF	Alex Sorokine, C C Feng

7 DNF Mike Yunker
 8 DNF Mark Frey, Cort Frey
 9 DNF Bob Williams, Barbara Erdle, Barbara Marsh
 10 DNF Brian Tomaszewski, Michelle Eichelberger

11 DNF Frank W. Armstron Zack & Mark
 12 DNF Susan Davis
 13 DNF Louise Cook

Green 4900m 155m climb
 1 109:34 Richard Slattery
 2 129:46 Ravi Nareppa
 3 130:52 James Russell
 4 139:19 Larry Colquitt
 5 146:37 Jackie Novkov
 6 174:13 Joel Shore
 7 210:12 Yarko Pryjmak
 8 212:26 Joe Seyfried Scott Seyfried
 9 DNF Mike Lyons
 10 DNF Bob Bundy

Red 6600m 255m climb
 1 96:36 Linda Kohn
 2 101:54 David Levine
 3 107:47 Richard Worner
 4 115:40 Ed Despard
 5 168:09 Tom Lamme
 6 172:49 Alex Jospe
 7 DNF Richard Detwiler
 8 DNF Gary Maslanka

Kathy Bannister Corner

Kathy Bannister, one of the most notorious club members, shares some of her orienteering related experiences.

Losing Oneself in Scotland

As I was going through customs on my way to the Scottish Six-Day, a very pleasant customs official asked a question that orienteers often hear, "Aren't you afraid you are going to get lost?" This kind fellow didn't know I was an orienteer. He saw a middle-aged female, a few pounds overweight, traveling by herself. I probably did not fit the standard profile; I should be visiting grandchildren under these circumstances. How could the official know that beneath the outside appearance was a desire for adventure and a confidence honed by years of orienteering success and failure?. My response to his question was, "No, I'm an orienteer." I might also have said, "No, I'm a woman and I will ask for directions." (Not in a competition, of course, but as I travel around Scotland).

I must admit that I'm frequently annoyed that much of the world views women as helpless; unable to make decisions or do things by themselves. This misconception is reinforced by the fact that women sometimes feign needing more assistance than they really do. In any case, the question "Aren't you afraid you will get lost?" led me to ponder why people are so concerned about getting lost. I suspect in this fast-paced world one reason is the time constraint. People feel they can not afford to lose time to do something not on their schedule. It is an inconvenience and may make us late for another commitment. I had arrived three days before the event so I could travel, being late was not a reason for concern. Also I had left those days completely open with no set agenda. I could wander the countryside making decisions as I progressed. I was free to change direction at will. On further consideration, the only real concerns about getting lost would be extreme weather conditions, too little or too much moisture, no food for an extended time, or an attack by a predator, human or otherwise. Being in Scotland in the summer I thought it unlikely

that any of these posed a serious threat, although it did rain frequently.

So as I see it, getting lost is an opportunity to see something unexpected and that can be a nice surprise and a pleasant way to meet other people. So it you have a little adventure in your soul, lost is not such a bad state.

A New Meaning for Parallel Error

A Case of Mistaken Identity

I experienced a rude awakening early on a very chilly morning of the second day of the "Pumpkin Hunt" about three years ago. Strolling along in my solitary reverie, head bowed, hood up, hands stuffed in the front pouch pocket of my gray Adidas sweatshirt, I was heading toward the Start area. Then, without warning, something slammed down hard on both my shoulders and someone was on my back. I yelled, "Ahhh! Who is that?!" and turned to see my attacker. You can imagine my surprise to discover an unknown teenage boy dismounting from his would-be piggyback ride. My shocked expression was nothing compared to the look on his face, however, when he realized I was not one of his buddies, but rather a 5'2" member of F 50+. I said "Wrong person, right?" In a speechless mode he managed to confirm my inquiry. This incident had me giggling out loud for days.

While reflectioning on this faux pas; I decided it is not all that bad to be mistaken for someone 35 years younger. It is also reassuring to know I didn't lose my balance and crumple under his unexpected weight on my back. My high school math students, who often find me intimidating, especially enjoyed this story.

Just one more reason to love orienteering... there are always surprises and challenges to be encountered.

Rochester Orienteering Club Membership Application

Regular members receive *The Wild Times* and \$2 discounts at local meets. Memberships expire at the end of the calendar year. New memberships begun after 6/30 last until the end of the following year. Please indicate your membership category below, enclose a check payable to the Rochester Orienteering Club, and mail to

Doug Brooks
74 Stoney Lonesome Rd.
Honeoye Falls NY 14472

Questions? See <http://roc.us.orienteering.org>

- | | |
|--|-------------|
| ___ \$5 for one-year student membership (high school or younger) | New ___ |
| ___ \$10 for one-year individual membership | Renewal ___ |
| ___ \$15 for one-year full family membership | |
| ___ \$25 for three-year individual membership | |
| ___ \$40 for three-year family membership | |
| ___ \$150 for life membership | |
| ___ \$15 for one-year organization membership (example: scout or school group) | |
| ___ \$5 for one-year newsletter only (no discount at meets) | |

Names:	First	Last	Birth date
Self :	_____	_____	___/___/___
Spouse:	_____	_____	___/___/___
Children:	_____	_____	___/___/___
	_____	_____	___/___/___
	_____	_____	___/___/___

Address: _____ Phone: _____ Date ___/___/___

_____ Email _____

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Our meets require a lot of help to run smoothly. Volunteers at a meet may participate in that meet free of charge. The various tasks are described on our web site under "Meet volunteers." Please indicate one or more areas in which you would be willing to volunteer occasionally. Training will be provided if necessary.

Meet Director ___ Course Setter ___ Food ___ Greeter ___ Registration ___

String-O ___ Start ___ Finish ___ Control Pickup ___ Results typing ___

How should we contact you? (Give phone or email) _____

Orienteering Glossary

By Orienteering Unlimited, Inc.

Continued from the March 2003 issue

Control Punch - a small plastic clipper with different designs of pins. Used to verify each control feature has been visited.

Course - a sequence of control points marked on the map which are to be visited by the orienteer.

Cross Country Course - the classic course used for all major competitions. Control features must be visited in the prescribed order.

Dog-Leg - positioning of a control which favors approaching and leaving a control by the same route, thereby leading other competitors to the control. Course design which results in a dog-leg should be avoided.

Fine Orienteering - precision navigation in detailed terrain usually demanding careful use of map, compass and pace counting, and usually involving short course legs.

Folding the Map - orienteers fold their maps to aid concentration on the leg being run, and to facilitate thumbing their position.

Handrail - A linear feature which closely parallels your route and acts as a handrail to the next control.

Knoll - a small hill.

Leg - a section of a course between two control points.

Legend or Key - a list of the symbols represented on the map..

Linear Feature - a feature that extends in one direction for some distance e.g., paths, fences, stonewalls, and streams. Used as handrails.

Line Event - event where maps are marked with a line indicating the exact route to be followed. Participants mark the precise location of each of the controls they find along the route.

Orienteering the Map - matching the orientation of the map to the features on the ground. This is one of the fundamental skills in orienteering, and leads to successful navigation. The map can be oriented either by comparing the map directly with the terrain or by using a compass to orient to north.

To be concluded...



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Rochester, NY 14619

First Class