



The Wild Times

September 2003

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

The official newsletter of the Rochester (NY) Orienteering Club

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Teachers Workshop

The annual orienteering workshop for teachers sponsored by the Rochester Orienteering Club will take place between 10 am and 5 pm on Saturday, September 13 at Powder Mills Park, Wadhams Lodge.

The workshop is designed for teachers who are interested in using orienteering to teach skills in science, social studies, physical education, and math. Separate groups will focus on activities appropriate to grade level to meet the specific needs of workshop participants.

This is a "hands-on" workshop that will prepare teachers to use orienteering in their classes. Each participant will come away with:

1. A short video about orienteering;
2. The book Map Activities for the Classroom by Meg Garrett;
3. Experience participating in sample orienteering events and samples of maps;
4. Experience setting up activities for their class;
5. Complimentary membership in the ROC for one year;
6. School discount at ROC events;

7. Assistance in preparing a schoolyard map of their school and assistance preparing and holding events for their classes.

State-of-the-art presentations will be given by the most experienced club members: Linda Kohn, Kathy Bannister, Jim Russell and Jim Tappon.

For more information about this event contact Linda Kohn (581-2979) or Jim Tappon (482-0993), or visit the ROC web site.

Final Deadline for A-Meet Volunteers

by Rick Worner, Meet Director

The orienteering world will soon be visiting us for the Western New York Championships on October 18 & 19 at Letchworth and Mendon Ponds. Like the PGA Championships at Oak Hill we will need lots of ROC members to help out if we are going host a successful meet. Please be reminded that we are offering to waive the entry fees for anyone who volunteers. This can save you more than \$40. You don't need to have any orienteering experience to help out. The deadline for this benefit is September 15th.

If you want to help you need to take the following steps:

1. Notify me by e-mail at wornerkohn@aol.com. I will assign you to an area and send you a response.
2. Send your entry on a USOF entry form to Dick Detwiler, 422 Woodland Lane, Webster, N.Y., 14580. If you want to come to the dinner or rent an E-Punch stick please enclose a check to cover the fees. Checks made payable to Rochester Orienteering Club. We will make every effort to allow you to compete as well as volunteer. you don't need to fear the courses. They will not be any more difficult than what we offer at local meets.

It will be a great meet and everyone will feel a sense of pride from helping out. Please volunteer as soon as possible so we can build our teams.

Club Officers and Committee Chairs

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

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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 Fall Schedule

Rochester Area

September 13 Saturday	Powder Mills Park. Regular meet & teachers workshop. Wadhams shelter. Regular meet starts from noon to 2:00 p.m.
September 20 Saturday	Highland Park. Recreational Center. National Orienteering Day. Start from noon to 2:00 p.m.
October 5 Sunday	This meet has been relocated from Camp Pinewood. New location is to be announced. Please call the hotline.
October 18 Saturday	A-Meet and recreational courses. Letchworth State Park West, Trailside Shelter. Registration required for A-Meet.
October 19 Sunday	A-Meet and recreational courses. Mendon Ponds Park. Registration required for A-Meet
November 1 Saturday	Mendon Ponds Park. Night-O. Mass start at 5:30 p.m.
November 8 Saturday	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.)
December 7 Sunday	Ellison Park. Annual meeting and Scrooge-O. 5:00 p.m

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

October 25-26 Saturday Sunday	WCOC 2003: 2-Day Individual USOF A Kent, CT, in the northwest section of Connecticut, about 20 miles north of Danbury, CT and close to the New York state line. http://www.faculty.fairfield.edu/rdewitt/wcoc/
November 1-2 Saturday Sunday	Return to the Water Gap: 2-Day Individual USOF A Delaware Water Gap National Recreation Area, site of 2000 US Champs. 70 Miles N of Philadelphia, Pa. http://www.dvoa.us.orienteeing.org/sites/ameet/index.php

Major National Events

September 13-14 Saturday Sunday	2003 Tahoe Two Day & 2003 US Individual Championships & WRE 2-Day Individual USOF A Fallen Leaf Lake area, just northwest of South Lake Tahoe, California http://www.baoc.org/
October 11-12	Lewis & Clark Cup Rogaine & 2003 US Rogaine Championships Clark State Forest, 25 miles north of Louisville KY. http://www.bluegrasscomm.com/olou/

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

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

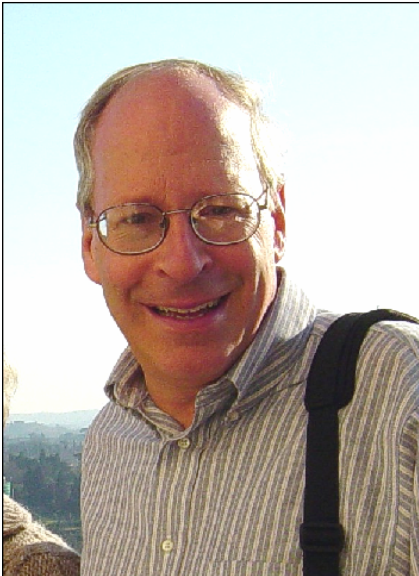
USOF web site: <http://www.us.orienteeing.org>

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

Dick Detwiler: Just a Die-Hard Orienteer

*Remember the story in the previous issue of **The Wild Times** about an orienteering trip to Rocky Mountains? Now find out more about the person behind the legend.*

By Laurie Hunt.



If you think that orienteering is going to the dogs, just ask Dick Detwiler, a 24-year veteran orienteer, seen frequently at ROC meets with his dogs Hazel and Homer. Hazel, a seven year old Border Collie mix is, in Dick's words, the best orienteering dog in Rochester. Hazel loves running, stays close by Dick, and

ignores other people and dogs while in the woods. In contrast, Dick spends more time looking for Homer than he does looking for the controls.

Dick, 54, was born in Waukegan, Illinois, north of Chicago. He earned a BS in Applied Physics from Michigan Tech University, and moved to Rochester to take a job with Kodak. Dick is currently employed by Ortho Clinical Diagnostics as a product support engineer.

Dick's first orienteering event took place in 1979 at Durand Eastman Park, when he attended a beginners' clinic put on by Linda Kohn. Rick Worner was the Meet Director. He knew there was no question that he would enjoy the sport because it involved running and maps and being in the woods. The rest is history. Dick's list of contributions to ROC is extensive. He originally set up and maintained the website, has published the newsletter and written countless articles, taught classes and workshops, and taken charge of keeping maps of the area up to date. He has done extensive field checking, map revision, course setting, and acted as director for numerous meets. He says he seems to be talked into being the registrar at every A-meet or rogaine that ROC has done in recent times.

While Dick feels he hasn't traveled as extensively as many orienteers, he says that the sport has taken him places he would have never seen otherwise. Dick says that some of the best and most challenging orienteering to be found is in the Hudson Valley/West

Point area. He has also orienteered in Massachusetts, Ohio, Michigan, Colorado, and Wyoming (see June 2003 issue).

Dick's wife Cheryl can also be found on the trail. She usually does a few courses each year, mostly Yellow or an occasional Orange. Their children, Andrea, 21, and Greg, 19, have done some orienteering, but not in the past few years. Five years ago Greg had the opportunity to orienteer in Finland and Sweden with other ROC members and teens from around the country.

Despite many years of orienteering, Dick says he still doesn't feel particularly competent at it. His strengths include the ability to size up and make a reasonable, if not perfect, route choice, and his running ability. He says that he still has trouble quickly visualizing the 3D aspect of an area by briefly studying the map and is not particularly good at making navigation decisions on the run.

Dick's worst O-experience in recent memory took place last summer at the Powder Mill Score-O. It had been a very warm, dry summer and he decided it would be a safe route choice to cross a swamp that was mapped as crossable. Unfortunately, his navigation was a bit off and he ended up totally mired in muck, taking ten minutes to extricate himself in a one-hour Score-O. He didn't have a map bag and his map became completely unreadable in spots, which didn't help. Dick also had a muddy experience at a Letchworth A-meet when he totally lost his shoe in a small wet area and had to hobble back to the Start.

Dick's advice to new orienteers is not to be in too much of a hurry to move up to more difficult courses. "Try to develop a reasonable level of confidence on one course before trying the next level. Learn to do a course efficiently and well, meaning you're not spending a huge amount of time standing still studying the map and you don't make many errors. Also learn the fundamental skills of map reading, pace counting, attack points, and using the compass".

When Dick's not out in the woods you may find him playing electric bass in a rock band, skiing, snowboarding, playing squash, or out running with the dogs.

Orienteering: What They DON'T Tell You at the Beginner Clinic

A precautionary guide for new orienteers by a three-year "veteran"

By Laurie Hunt

You've attended the beginner clinic and headed out on the White course. You had a great time finding the controls, which were all hanging clearly in view on the trail, beckoning you to come punch your control card. "This is GREAT," you say to yourself, "I'm really good at this orienteering thing!" You pat yourself on the back, thinking that you really didn't even need the compass, all you had to do was match the map to the landscape.

So, you confidently decide it's time to move up the ranks and try a Yellow, or maybe even get really brave and try the Orange course. How could you suspect, as you pursue the more advanced courses, that there is a devious course-setter behind the scenes, looking for ways to challenge your ability to navigate in the woods? As you work your way through the rainbow of O-courses you will soon learn that the distances between the controls gets farther apart, and the controls are farther off the trail, sometimes in the most unique places. Here's an unofficial survival guide to help you as you challenge yourself in the woods.

Map scale: Have you ever noticed that some maps seem to look very detailed and the contour lines are really close together? Maybe you needed both your bifocals and a magnifying glass to read the map.

**Scale 1:15000
5 m contour interval**

Other maps might show just a small portion of the park, enlarged greatly and it's very easy to see every detail. It's essential before you start the course to find out what the scale of the map is. This information will hopefully be printed somewhere on the map. Many of the O maps are printed in a 1:10,000 scale. But some are printed in 1:15,000 or perhaps 1:5,000. This is going to make a big difference in how far apart the controls are in real life! In order for the map scale to be helpful, you will want to learn how to...

Pace count: How many footsteps could have been saved by orienteers if they used pace counting? How often have you set out for a feature, say the next hilltop, only to learn later that you bypassed it and went half a mile too far? Perhaps you even spent countless minutes searching for a control on the wrong hilltop? Pace counting allows you to count your footsteps as you walk to determine how much distance you've traveled. To determine your pace count, you'll have to measure out a 100 meter length,

or go to a track that's marked accordingly, and walk the distance while counting the number of times your left or right leg strikes the ground. You will then know how many paces it takes you to travel 100 meters. Most compasses have rulers on them that allow you to measure the distances on the map in millimeters. This will give you the opportunity to do some math (and you thought it would never



come in handy!) and compute how many paces it should take you to get to that hilltop. (See our next issue for a more

information on pace counting.) Pace counting will also help prevent you from making...

Parallel errors: Can you believe that course setters would intentionally try to confuse you by selecting sites for controls that can be

mistaken for a similar nearby feature? For example, you see on your map that the control is placed in a reentrant. Before you go charging ahead, study your map a bit. Often reentrants, like teenagers, hang out in groups, and they can all look alike. A course setter would take great pleasure in seeing an unsuspecting orienteer climbing up and down a reentrant searching for a control, when the reentrant actually has an evil twin running right alongside it, with an orange and white bag hanging in it.

This is only a small sampling of the ways you can go wrong in the woods. The harsh reality is that the White course was designed for the beginning orienteer to be successful. Once the bug has bitten you and you enthusiastically pursue more difficult courses you will have many adventures in learning from your mistakes. I am qualified to write this article, or perhaps, a whole journal, based on the fact that I think I've made them all. I look forward to finding out that there are still many orienteering mistakes I have yet to experience.

Results from local events

Bike-O and Score-O at Mendon Ponds Park

June 15, 2003

Bike-O & Score-O

Name	Score-O	Bike-O	Total time
Randy McGarvey	0:40:25	1:21:27	2:01:42
Sergey Dobretsov	0:40:29	1:23:59	2:04:20
Pavel Korniliev	0:51:20	1:31:30	2:22:50
Larry Zygo	1:13:20	1:27:00	2:40:20
Eric Barbehenn	1:03:00	1:40:00	2:43:00
Bob Bundy	1:12:20	1:27:00	2:45:20
Perette Barella	1:18:32	2:05:00	3:23:32

Bike-O Only

Name	Time
Ron Mercel	1:23:00
Lauri Barone	1:29:00
John, Johnny, Leah Farrar	1:36:00
Joe & Scott Seyfried	1:42:00
Bob Williams	2:15:00
Kathy Curry & Patty Borden	2:44:00
Roger Keeney	2:00:00(13 Controls)
David Briden	0:47:00(5 Controls)

Score-O Only

Name	Time
Dick Detwiler	0:46:06
Tom Lamme	0:46:07
Ed Despard	0:49:04
Michael Lyons	0:49:04
Alexandra Jospe	0:49:04
Paul Metzler	0:49:19
Harry Delahunta	1:02:40
Jim Russell	1:03:40
Stina Bridgeman	1:05:38
Mitchel Hansinger	1:10:58
Chad & Tyler Borden	1:16:45
Matt George	1:17:35
Erin Colquitt	1:17:35
Eric Phillips	1:20:41
Jim Lavine	1:26:56
Robert, Nick & Zack Kane	1:27:11
Jack Wallenhorst	1:31:36
Darrell, Hanni & Elsa Haynes	1:33:20
Ekaterina Kuksenkova	1:36:15
Kay Sheehan	1:36:42
Laurie & Ron Salladin	1:37:00
Mike & Jim Curry	1:37:00
Larry Colquitt	1:38:00
Jenna Colquitt	1:39:50
Jim & Zack Borden	1:43:00
Glen Anderson, Anis Robs & Dace Roba	1:48:40
Carol Moran	1:49:30
Maureen, Angela, Joe, Brendan Gallagher	1:51:00
Mike, Julie & Sarah Gallagher	1:51:00
Ben Bundy	1:58:27
Kim Phillips & Mary Hudson	2:00:45

Jay & Colin Endsley	2:03:30
Mike Yunker	2:04:30
Elizabeth Hane	2:10:45
Jen & Brianne Endsley	2:12:50
Doug Brooks, Karen Dunn	2:17:26
Chris Baynard & Mark Frey	2:20:30
Barb & Devin Erdle	2:20:30
Tassone Family	2:24:30
Jeff, Lisa, Jocelyn, Madeline, Sam Svengsouk	2:42:00
Howard Silvers, Penny Rinaldi Sillers, Laurie Cooper	2:43:15
Herbert & Jeanette Sohn, Jim, Kathy, Kayla, Mike Cherrington	3:31:03
Ray, Janelle, Jacqueline, Jennifer, Jared, Clark & Lynn Widden	1:59:16(5 Controls)
Ron Salladin	1:54:00(11 Controls)
Karl Kolva	1:15:00(6 Controls)
Kathy Banister	DNF

Black Creek Park

July 12, 2003

This meet was a bit of an experiment, to see how well summer weekend Score-O meets would be received (for years, the only meets in the summer have been week-night Score-O's). A total of 89 people turned out for the meet, a bit more than we typically get for week-night Score-O's, so the experiment certainly wasn't a failure.

Plus, the meet was at Black Creek, a park which some club members have sworn off or sworn at! This is due to a high portion of the park being either swamp or dense vegetation! But head course-setter Larry Zygo used the park very effectively. He recognized the negatives about the park, which make any off-trail travel over significant distances either impossible or extremely unpleasant, and made good use of the positive features of the park, which are that it is very large, and that it has an extensive trail system. Due to the size of the park, the time limit for the Score-O was 90 minutes instead of the more common 60 minutes. He thoughtfully set controls either on trails, or off of trails but accessible through open woods. In fact, it was possible to do every control in shorts without getting your legs scraped up!

In addition to the Score-O, two White courses were offered: a short White (1 km) which made use of the fields near the starting location, and a much longer White (3.5 km) which was all on trails but made a loop around a large swamp that was to the east of the start. The long White was intended mainly for runners, who might be interested in a good workout but had little orienteering experience, but most of the runners who showed up opted for the Score-O.

The Score-O was won by Sergey Dobretsov, who got all 25 controls with 5 minutes to spare. The second official finisher was Pavel Korniliev, with 22 controls (670 points), and third was Hugh Lambert with 570

points. Dick Detwiler had 680 points (23 controls) but was an unofficial participant because he set out a few of the controls plus had seen the map in advance.

The short White course was won by Steven Russell in a fast 20:45 time, with the Long White being won by the team of Tyler and Zak Borden, in 47 minutes.

Thanks to the meet helpers:

Laurie Salladin, meet director, registrar
 Jim Russell, clinic, start/finish, results
 Sandra Lomker, registrar
 Carol Moran, registrar
 Larry Zygo, course setter for score-O
 Dick Detwiler, course setter for short and long White
 Mitchel Hansinger, control hanging for short White

20	Jeff BeBarr	97:54	380
21	Bill & Seth Morris	92:50	370
22	Ben Bundy	87:27	350
23	Steve Givas	77:38	330
24	Gabriel Horowitz	86:30	290
25	Mark Frey	99:30	270
26	Andrew & Meghan Elder	72:52	270
27	Kathy Curry & Patty Borden	87:55	150
28	Laurie Salladin	127:10	60

* D. Detwiler was an unofficial participant as he saw the map in advance and set out several controls.

Basil A. Marella Park Score-O

July 23, 2003

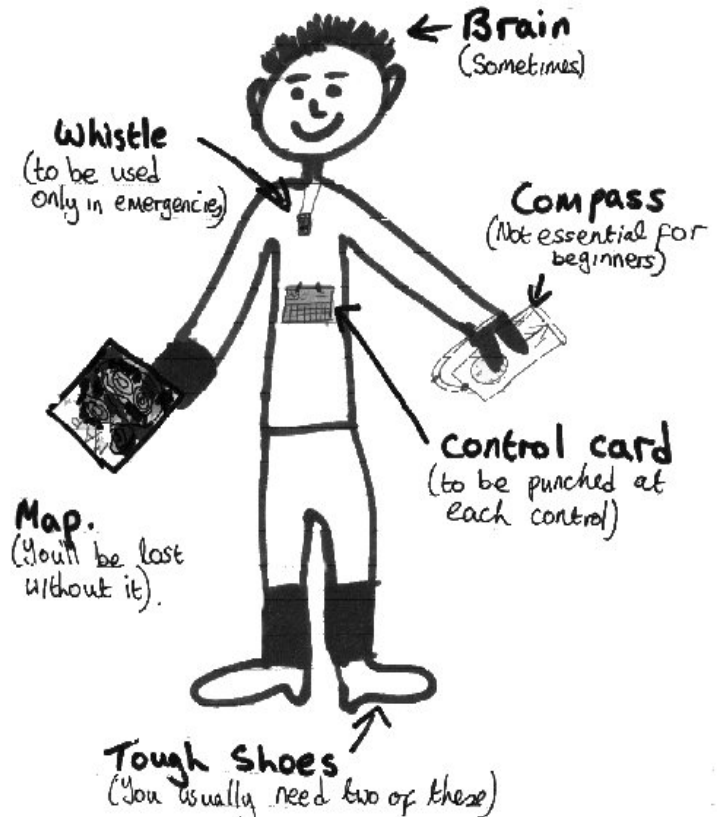
Well... We don't know where the results from this meet are. As a substitution, we publish this piece of orienteering art, presumably authored by Rowan Lyons from Dublin University, Ireland.

COURSE	TIME	POINTS
Short White - 1.0 km		
1	Russell, Steven	20:45
2	Robert, Debra, Alyssa & Brianna Hill	31:00
3	Ellen, Lowell, Nick, Erinn & Micaela Ferguson	33:08
4	Gerry & Linda Vanderstarre	33:08
5	Laura, Steven & William Lawson	31:00
6	Tina & Riley Blasiak	no time
Long White - 3.5 km		
1	Tyler & Zak Borden	46:59
2	Daniel Burge	77:00
3	Carol Moran	78:03
4	Judi, Jaycee, Joey, Courtney and Kelly Oliveri	105:00
5	Cindy, Matt, Josh & Joe Sokolowski	106:25
6	Jim & Dan Hahn, Eric & Kyle Stevens	132:12
7	Laura, Steven & William Lawson	135:27
8	Debbie & Eliot Schwartz	142:00
	Clare Lagiewski	DNF
	Janice & Emma Daitz	DNF
	Shane & Paula Pye	DNF
	Jared & David Cooper	DNF

90-minute Score - 0

1	Sergey Dobretsov	85:36	750
*	Dick Detwiler*	85:12	680
2	Pavel Korniliev	87:25	670
3	Hugh Lambert	91:48	570
4	Jackie Novkov	91:31	560
5	Erin Colquitt & Matt George	86:50	540
6	Chad Borden & Jeff Eggleston	86:40	510
7	Lincoln Blaisdell	88:10	500
8	Eric Barbehenn	85:01	480
9	Bob Bundy	88:04	480
10	Victor & Nathan Klassen	88:30	470
11	Emily & Rick Cira	87:10	460
12	Mike, Joe, Angela & Brendan Gallagher	88:50	460
13	Sandra Lomker	90:20	450
14	Howard Silvers & Penny Rinaldi-Silvers	91:02	450
15	Jim & Mike Curry	91:55	450
16	Jacob Roeland	84:30	440
17	Edward Edington	86:48	430
18	Jack Wallenhorst	95:58	410
19	Bob Williams & Barbara Erdle	87:45	380

The Orienteer



Orienteering Glossary

By Orienteering Unlimited, Inc.

Concluded from the June 2003 issue

Master Map - a map displayed near the start from which competitors copy their courses onto their blank map. More experienced orienteers will copy the course onto their map while the clock is running. Novices should be allowed to do this before being given a start time. In bigger events, the courses are pre-printed on the maps.

Pace Counting/ Pacing - a system of counting double-paces (every time the left or right foot hits the ground) to measure distance covered. An orienteer would measure the distance between two points using the scale on the compass and then count his/her paces until the distance was covered. Pacing allows an orienteer to know when he or she has perhaps gone too far and missed the feature they were looking for.

Point Feature - a feature in the terrain that only occupies a small area. Frequently mapped examples are boulders, pits and mounds, stumps, and root mounds. They are not suitable as control sites for novice courses unless they are on a handrail.

Precision Bearing - some compasses can be used to take a precise bearing (direction clockwise from north) which can then be followed in the terrain

Punching - the act of marking the control card with the punch.

Reentrant - a small valley running down a hillside. A stream cut into a hillside would create a reentrant-type feature. On a map, the contour lines which describe a reentrant point uphill.

Safety Bearing - a compass bearing which, if followed, will bring a lost orienteer to a road or other major, recognizable feature. It may be added to the control description list as a safety measure.

Safety Whistle - a whistle which can be used if a participant is injured or lost. The International Distress Signal is six (6) short blasts repeated at one (1) minute intervals.

Score Event - participants visit as many controls as possible within a fixed time, e.g., 30 minutes. More distant or difficult controls are often allotted a higher point value. Points are deducted for each amount of time the orienteer arrives after the allotted time is up, say 5 points for every minute. The person with the most points wins.

Spur - a small ridge.

Star Event - an event in which participants must return to the start between each control. This can be used for relay events or for keeping close contact with novices.

Start Symbol - a triangle used to locate the start on the map. It should be centered exactly over the starting point, and one apex should point toward the first control.

String Course - a course marked with a continuous string line. These courses are often used with very young children to give them familiarity with the forest.

Thumbing - a technique for holding the map, using your thumb to indicate your present location. To do this properly, it is often necessary to fold the map.



c/o Hunt
376 Westfield St.
Rochester NY 14619

First Class