

**ROCHESTER**  
**ORIENTEERING**  
**C L U B**



# The Wild Times

March 2008

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

The official newsletter of the Rochester (NY) Orienteering Club

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## Empire State Games Ski-Orienteering

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*Empire State Games, Female scholastic: Sylvia Klassen (ROC) - Gold (right), Katie Christoffel - Silver (left) (all photos by Elizabeth Hane) Results and more photos inside.*

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## ROC news highlights

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ROC is preparing to host the **US Middle Distance Championships** and Sprints at Letchworth State Park on Saturday, April 19 and the **US Relay Championships** at Mendon Ponds Park on Sunday, April 20. Recreational courses will also be available both days. Everyone is welcome to come and participate.

Other activities include: The **US 24 hour Rogaining Championship** plus 6 and 12 hour events will be hosted by the Rochester and Buffalo Orienteering Clubs on June 15 and 16 in Allegany State Park. Also a Genesee Valley Scout Orienteering Event will be held in Mendon Ponds Park on Saturday and Sunday, May 10 and 11. All youth groups are encouraged to participate.

In the fall ROC is planning a Teacher's Workshop at SUNY Brockport on Saturday, September 21.

The **Annual Icebreaker** will kick off the Spring 2008 season on Saturday, March 29, in Powder Mills Park. There will be 3-4 (beginner to advanced) courses offered as well as a String-O for "little folks". You do not have to be a member to participate, EVERYONE is welcome. Entry fees are \$6.00 non-members and \$3.00 members which includes a map and refreshments. A Beginner's Clinic is available for newcomers to orienteering. ROC Schedule t-shirt will be available for \$7.00 at this meet.

In addition to the major meets, ROC will hold 19 local events, including an Adventure Run, Annual Trail Run, Score-Os, Ski-Os and a Night-O.

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## Membership Renewal Time!

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Don't forget to **renew your membership**. Check the expiration date on the mailing label of this newsletter – if the date is in the past, then your membership needs to be renewed! Visit the web site for how to renew, or mail in the application in this newsletter..

## 2008 Club Officers and Committee Chairs

**President:** Eric Barbehenn 585-383-4413  
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**Past President:** Sergey Dobretsov 585-388-0683  
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**President-Elect:** Mike Lyons 585-787-0088  
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### Board of Directors:

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## General information on local meets

### Courses

The club uses 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</b>	2-4 km	3-5 km	4-7 km	3-5 km	4-7 km	6-10 km	8-14 km
<b># 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 that uses these formats.

### Entry fees

The entry fees to ROC meets are \$3.00 per individual or group for ROC members and \$6.00 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 \$6.00 (non-members). Additional maps are available for \$1.00 each. A person or group can do a second course using the same map for no additional charge (if you complete the White course and decide to try the Yellow 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.

# Spring & Summer 2008 Schedule

## Rochester Area

Saturday, March 29	<b>Annual Ice Breaker. Powder Mills Park, Rand Lodge.</b> Start from 12:00 noon to 2:00 p.m.
Saturday, April 19	<b>A-Meet. US Middle Distance Championships, Plus Sprint. Letchworth West, Trailside Lodge.</b> Recreational courses also available. Pre-registration required for A-Meet. See web site for details.
Sunday, April 20	<b>A-Meet. US Relay Championships. Mendon Ponds Park, Stewart Lodge.</b> Recreational courses also available. See web site for details.
Sunday, April 27	<b>Oatka Creek Park.</b> Regular plus sprint. Start from 12:00 noon to 2:00 p.m.
Saturday, May 10	<b>Genesee Valley Scout-O. Mendon Ponds Park.</b> Hopkins Point. See web site for details.
Sunday, May 11	<b>Scout-O plus regular meet. Mendon Ponds Park.</b> Hopkins Point. Regular meet starts from 12:00 noon to 2:00 p.m.
Sunday, May 18	<b>Irondequoit Bay Park West.</b> Regular meet. Start from 12:00 noon to 2:00 p.m.
Saturday, May 31	<b>Durand Eastman Park, Conifer Shelter.</b> Regular meet. Start from 12:00 noon to 2:00 p.m.
Saturday, June 14	<b>US Rogaining Championships. Allegany State Park.</b> 6, 12, 24 hour categories. Start at 11:00 a.m. Pre-registration required. See web site for details.
Sunday, June 29	<b>Ellison Park, Roadside Shelter. Adventure Run and Score-O.</b> See web site for details.
Sunday, July 6	<b>Black Creek Park, Pathfinder Shelter.</b> Score-O plus White course. Score-O mass start 1:00 p.m., White course starts from 1:05 to 2:00 p.m.
Wednesday, July 23	<b>Webster Park, Valley View Shelter.</b> Score-O, plus Sprint and White courses. Score-O mass start at 6:00 p.m. White course starts from 6:05 p.m. to 6:30 p.m. Sprint starts after the Score-O finishes.
Saturday, August 2	<b>Genesee Valley Park, Red Creek Shelter.</b> Score-O, plus Sprint and White courses. Score-O mass start 10:00 a.m., White course starts from 10:05 to 11:00 a.m., sprint starts after Score-O finishes.
Saturday, August 23	<b>Camp Eastman. Sprint, followed by Night-O.</b> Sprint starts from 6:00 p.m. to 7:30 p.m. Night-O starts at 8:25 p.m.

### Attention!

**Before traveling to any ROC 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!**

## Outside of Rochester Area

*See web sites of the sponsoring club for details.*

Saturday, April 12	<b>EMPO.</b> Moreau Lake State Park
Thursday, April 17	<b>BFLO.</b> Chestnut Ridge Park
Saturday, April 26	<b>CNYO.</b> Cornell Plantations, Ithaca
Saturday, April 26	<b>EMPO.</b> Delmar, NY
Thursday, May 1	<b>BFLO.</b> Chestnut Ridge Park
Sunday, May 4	<b>BFLO.</b> Chestnut Ridge Park
Saturday, May 10	<b>CNYO.</b> REGAINE IV. Finger Lakes National Forest, Hector
Saturday, May 17	<b>BFLO.</b> Sprague Brook Park
Sunday, May 18	<b>EMPO.</b> Clifton Park, NY
Saturday, June 7	<b>BFLO.</b> Ellicottville. Score-O lasting your choice of a 90 minutes, 3 hrs, or 5 hrs
Saturday, June 7	<b>EMPO.</b> Guilderland, NY
Saturday, July 12	<b>CNYO.</b> ROGAINE XVIII. Pharsalia State Forest, Norwich

## Contact information

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

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

**USOF web site:** [www.us.orienteering.org/](http://www.us.orienteering.org/)

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

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

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

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

**Adirondack Orienteering Klub (AOK)** web site: <http://web.northnet.org/aok/>

**Other clubs:** See USOF web site.

## Recent Permanent Course Finishers - CONGRATULATIONS!

### Mendon

Mr. & Mrs. James Borden	1/9/08	Rochester NY
Jonathan E. Dickinson	1/9/08	Pittsford NY

### Letchworth

Richard, Nancy, & Linda Burgey	1/29/08	Rochester NY
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## Empire State Games Ski-O Results February 23, 2008, at Lake Placid

ROC members are shown in bold. A total of 13 skiers from ROC took part in this major event! Congratulations to everyone who participated. ROC members winning medals were:

- Sylvia Klassen, Gold, Female Scholastic
- Stina Bridgeman, Silver, Female Open
- Maria Tikhomirova, Bronze, Female Open
- Sue Klassen, Bronze, Female Masters

### Male Scholastic                      7.1 km, 9 C

1	William Frielinghaus	NYSSRA	01:03:37
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### Male Open                              12.5 km, 12 C

1	Scott Pleban	USOF	01:30:32
2	Adrian Owens	USOF	01:33:21
3	Steve Halasz	AOK	01:41:56
4	<b>Pavel Korniliev</b>	<b>ROC</b>	<b>01:45:24</b>
5	<b>Randall McGarvey</b>	<b>ROC</b>	<b>01:53:52</b>
6	<b>Mitch Collinsworth</b>	<b>ROC</b>	<b>02:01:35</b>
7	<b>George Nadorf</b>	<b>ROC</b>	<b>02:09:14</b>
8	<b>Sergei Dobretsov</b>	<b>ROC</b>	<b>02:33:10</b>
9	Dmitri Soloviev	EMPO	03:15:16

### Male Masters                        7.9 km, 9 C

1	David Hunter	AOK	01:17:58
2	Chris Frielinghaus	NYSSRA	01:18:02
3	Aims Coney	USOF	01:28:49
4	Doug Swank	EMPO	01:36:02
5	<b>Jim Pamper</b>	<b>ROC</b>	<b>01:36:50</b>
6	<b>Steve Tylock</b>	<b>ROC</b>	<b>01:39:04</b>
7	<b>Victor Klassen</b>	<b>ROC</b>	<b>01:54:18</b>
8	Phil Grant	HVO	02:07:27
9	Mitch Hansen	CNYO	02:15:45
10	Ed Kobos	CNYO	02:30:43
11	Shawn Forney	CNYO	03:29:13

### Male Grand Masters              7.1 km, 9 C

1	Pete Dady	CNYO	01:36:30
2	Eric Hamilton	EMPO	01:49:34
3	Thayer Raines	EMPO	02:01:52
4	<b>Jim Russell</b>	<b>ROC</b>	<b>02:20:09</b>



*Sylvia Klassen starts her gold medal winning run.*

### Female Scholastic                      4.6 km, 7 C

1	<b>Sylvia Klassen</b>	<b>ROC</b>	<b>00:59:53</b>
2	Katie Christoffel	EMPO	01:00:29

### Female Open                              7.9 km, 9 C

1	Alex Jospe	USOF	01:10:59
2	<b>Stina Bridgeman</b>	<b>ROC</b>	<b>01:55:04</b>
3	<b>Maria Tikhomirova</b>	<b>ROC</b>	<b>02:24:38</b>
4	Megan Donnelly-Heg	EMPO	02:53:15

### Female Masters                        7.1 km, 9 C

1	Janet Findlay	NYSSRA	01:26:25
2	Elinor George	EMPO	02:03:35
3	<b>Sue Klassen</b>	<b>ROC</b>	<b>02:36:54</b>
	Beth Gurzler	EMPO	mp

### Female Grand Masters              4.6 km, 7 C

1	Susan Hawkes-Teeter	EMPO	01:02:38
2	Nadya Popova	HVO	01:03:12
3	Terry Myers	USOF	01:06:37
4	Candice Raines	EMPO	01:25:49
5	Betsy Hawes	HVO	01:48:48
6	Verna Engstrom-Heg	CNYO	03:52:30

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# Local Meet results

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## Ski-O Harriet Hollister Spencer Park January 5, 2008

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### White: 3.34km

1. Chris & Gail Clark	56:55
2. Carol Moran	60:25

### Green: 4.5km

1. Sylvia Klassen FS	59:20
2. Dayle Lavine FG	62:30
3. Sandi Willsey-Lemen FM	73:30
4. Sue Klassen FM	74:25
5. Laurie Collinsworth	156:06

### Red: 6.6km (1 map change)

1. Michelle Weiler FO	70:40
2. Jason Urkfitz	70:40
3. Jim Pamper MM	72:00
4. Steve Tylock MM	72:18
5. Peter Dady MG	72:35
6. Stina Bridgeman FO	80:54
7. Victor Klassen MM	83:33
8. Tom Lamme MG	85:20
9. Rob Howell MG	96:00
10. Joel Shore MM	107:55
11. Mike Lyons MM	109:42
12. Maria Tikhomirova FO	116:10
13. Ron Newman MG	126:00
14. Paul & Anne Schwartz	129:47
Shawn Forney MM	DNF

### Blue 10.67km (2 map changes)

1. Randy McGarvey MO	86:42
2. Pavel Korniliev MO	89:00
3. Georg Nadorff MO	90:48
4. Mitch Collinsworth MO	100:42
5. Sergey Dobretsov MO	107:26
6. Eric Barbehenn MO	125:20
7. Nate Lyons MO (MS)	127:38
8. Mike George MO	130:47
9. Dave Ferguson MO	166:20
Rob Holmes MO	DNF
Pierre Tetrault MO	DNF*
Dmitry Sizov MO	DNF

\*received wrong map at map exchange

## Mendon Ponds Park January 20, 2008

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Jim Russell planned a ski-o course, but in spite of a very wintry temperature there was no snow, so he put out a score-o instead. Our event was part of the annual Winterfest, which attracts a lot of people to the park. We even heard the word "orienteering" as part of an announcement of the event on the radio as we drove into the park. We also set out a beginner course, printed 6 maps, and had 6 newcomers try it. The orienteering was easy, but the icy wind made it an adventure. Rick Worner observed control #2 on top of the ridge "hanging" horizontally instead of vertically.

About 40 people and several large friendly dogs enjoyed the fire and Linda's chili and other goodies in the lodge. Most of these actually did venture out and came back warmer than before. The day was beautifully sunny and the woods were wide open. Maybe we shouldn't give up on foot-o in the winter months.

We also had a presence at the Winterfest headquarters at Stewart Lodge. Jim Tappon and Tom Cornell introduced orienteering to newcomers, and 20 groups tried the short course set up there.

Jim Russell was Course Setter, Steve Tylock and Carol Moran did registration, Sandra Lomker, Linda Kohn, and Dayle Lavine provided refreshments, Rick Worner and Rob Holmes handled the start/finish, and Jim Pamper, Dayle and Rick Lavine, and Jim Russell picked up controls.

Rick and Dayle Lavine, meet directors

### Beginner Course 1.5 km., 7 controls

1. Andy and Lorna Snow	15:46
2. Carol Derkits	26:50
3. Nancy Burgey & DeeRoss	Christine 29:00
4. David, Davin & Cal Reddington	34:00
Diana, Kathy, Kelsie, David & Daniel Schindler	no time recorded
Don MacDuffie	no time recorded

### Score-o 20 controls, 90 min time limit

Name	Controls	Time
1. Gil Robs	20	39:40
2. Rob Holmes	20	41:00
3. Randy McGarvey	20	42:50
4. Rob Stevens	20	43:40
5. Steve Tylock	20	44:09
6. Jim Pamper	20	55:05
7. Mike Lyons	20	55:20
8. Gary Maslanka	20	56:20
9. Vince Cassano	20	57:20



10. Stina Bridgeman	20	59:08	21. Sandi Willsey-Lemen	13	59:40
11. Linda Kohn	20	61:12	22. Richard Burgey	13	69:30
12. Patty Lyons	20	63:32	23. Donald MacDuffie	13	72:30
13. Walt Lyons	20	63:32	24. Scott Heiligenthaler	11	58:10
14. Eric Barbehenn	20	69:50	25. Sandra Lomker	11	75:30
15. Mike Meynadasy	20	71:32	25. Donna Burke & Karen Bealby	11	81:00
16. Bob Bundy	20	74:22	26. Carol Moran	11	85:28
17. Rick Lavine	20	83:34	27. Rick, Cody & Eammon Brown	9	85:00
18. Jon Fleig	20	85:39	28. Mike Hirsch	5	35:00
19. Ken Vail	20	95:11			
20. Laurie Hunt & Lawrence Sugarman	15	84:02			

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## More Empire State Games Ski-O photos

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*Male Grand Masters: Pete Dady - G (center), Eric Hamilton - S (right), Thayer Raines - B (left)*



*Female Masters: Janet Findlay - G (center), Ellie George - S (right), Sue Klassen - B (left)*



*Pete Dady off to a start on his winning run.*





*Alex Jospe (left) and Sylvia Klassen (right) at the start.*



*Stina Bridgeman gets her map.*



*Randy McGarvey starts his race.*



*Female Open medalists: Alex Jospe - G (center), Stina Bridgeman - S (left), Maria Tikhomirova - B (right)*

# Rochester Orienteering Club membership application form

- \$10 for one-year student membership (high school or younger)
- \$20 for one-year individual membership
- \$25 for one-year full family membership
- \$25 for one-year organization membership (example: Scout group)
- \$50 for three-year individual membership
- \$65 for three-year family membership
- \$200 for life membership

	First name	Last name	Birthdate
<b>Self:</b>	_____	_____	_____
<b>Spouse:</b>	_____	_____	_____
<b>Children:</b>	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_  
**Phone:** (\_\_\_\_) \_\_\_\_\_ **e-mail:** \_\_\_\_\_  
**Indicate if:** New membership  or Renewal  **Date of application:** \_\_\_\_\_

Please circle one or more areas below in which you would be willing to volunteer occasionally. Training will be provided if needed.

- |          |        |      |         |              |          |        |         |         |
|----------|--------|------|---------|--------------|----------|--------|---------|---------|
| Meet     | Course | Food | Greeter | Registration | String-O | Start  | Control | Results |
| Director | Setter |      |         |              |          | Finish | Pickup  | Typing  |

**Please enclose a check payable to the Rochester Orienteering Club and mail to:**  
**Rochester Orienteering Club, 40 Erie Crescent, Fairport, NY 14450**

## First Class



40 Erie Crescent  
 Fairport, NY 14450



*Jim Russell prepares to start in Empire State Games Ski-O..*