



The Wild Times

April 2018

ROC helpline: (585) 310-4ROC (4762) Web site: roc.us.orienteering.org

Find us on Facebook and on Meetup.com

The official newsletter of the Rochester (NY) Orienteering Club

Orienteering Clinic at Fleet Feet, Culver Road Armory Store Saturday, April 14, 10:00 a.m to noon (registration at 9:30)

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

There is no charge! The clinic will include the following topics:

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

Come dressed for the weather with appropriate footwear for variable trail conditions. We will be working both in the classroom and outdoors.

Please bring some friends! We want to share our love of orienteering with everyone...

People are strongly encouraged to register on-line if they expect to attend, at:

<http://roc.us.orienteering.org/event-2782713>

ROC President's Corner... by Doug Hall

There are twenty-two events on our calendar for 2018. That's a lot! The plurality of our events are classic style events with color-coded courses from which to choose. We will have a variety of other events this year, too. Here's the rundown on the "other" events that everyone should definitely put on their calendars right now. Seriously. Go get your calendar. I'll wait.

Of course, in addition to quantity, we strive to produce quality events, and I'd say we do a good job at it. The May 5 National Ranking Event will be proof of that. This event at Letchworth will provide A-Meet quality competition. Entry fees will be lower than a typical A-Meet, and we hope to draw some serious competitors from other clubs and regions.

Returning this year is the Rochester Map Adventure on June 2nd. Join in a day of exploring the city of Rochester, orienteering style. The map will be marked with controls, but rather than punching the electronic SI box, participants will answer a question about each location to prove they visited the site. It's a very fun and unique event that has attracted competitors from far and wide in the past. This is one of the most interesting and unique orienteering events anywhere in the entire country.

In July and August we will have a 4-event Summer Score-O Series. These events will be mid-week evening events. Come run one event, or do the whole series. The overall series winner will be determined using Calvinball rules and will (probably) receive some sort of endorsement deal and big stacks of prize money. Maybe? No? I have to check on this. No matter what your reason for entering, we guarantee a fun time. A beginner course will also be offered at each of these events, so if you prefer a simple walk in the park, we'll have that ready for you.



Our annual Mendon Trail Run in November is our main fundraiser and is part of the TrailsROC "Trail Runner of the Year" series. This event has a great reputation among the trail running and ultra running community. Challenge yourself! You can start training now, so I'm not accepting excuses... unless you just want to help out at this event. We need lots of volunteers for this one, but it's loads of fun to work and in the past our volunteers have received exceptionally positive feedback!

It's great that we can put on so many high quality events and also include a wide variety of orienteering experiences. Be sure to enjoy this amazing variety!

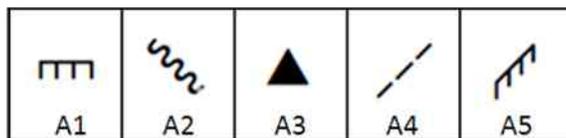
A Blast from the Past... ...trivia from "The Wild Times" Winter 1995/6

Do you know which current ROC board member won the M-18 at the US O Champs in Michigan?

Answer on page 14

Quiz Time...

If you saw these on your clue sheet, would you know what they are?



Answers on page 14

O Tip for Beginners... from QOC's website

Pace Counting - another method of knowing whether you've gone too far or not far enough is to count paces. The normal technique is to count every second pace, i.e every time your right foot hits the ground, or every time your left foot does so. One must, of course, determine in advance how many such paces you take to cover a certain distance by pacing a known distance while running or walking at about the speed you travel while orienteering. Some orienteers know their pace counts for many different gaits and terrain types, uphill, on the flat and downhill. Since it is difficult to be precise while running at high speed, most simply know their approximate pace count while walking and at a typical running speed in open forest terrain and make slight adjustments to the number in more difficult circumstances.

On average you can expect to walk 65 paces for 100m, so on a map with a scale of 1:10,000, 1 cm on the map means 65 paces! If you want more help with this technique, ask someone at the next meet!

2018 Club Officers and Committee Chairs

Board of Directors:

President: Doug Hall

doughall@rochester.rr.com

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RLDetwiler@frontiernet.net

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General information on local meets

Courses

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

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

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

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

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

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

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

Entry fees

The entry fees to ROC meets are \$6 per map for ROC members and \$10 per map for non-members. If several people enter as a group using the same map, the fee is still \$6 (members) or \$10 (non-members). There is a \$1 discount if you use Online Registration (see below). The White and Yellow courses are \$5 per map. A person or group can do a second course for \$2 additional charge.

Beginner instruction

Beginners are always welcome; there is an informal beginners' clinic approximately 15 minutes after the beginning of the event, and all meets offer a course suitable for beginning orienteers.

Schedule – April through September

Rochester Area

Saturday, April 14	Fleet Feet Armory - Orienteering Clinic , for beginners. from 10:00 to noon. NO CHARGE!
Sunday, April 22	Mendon Ponds Park , West Lodge. Classic Event, Starts from Noon to 2:00 p.m..
Saturday, May 5	Letchworth State Park . Trailside Lodge, Classic Event, See website for details...
Sunday, May 20	Webster Park , Parkview Lodge, Classic Event, Starts Noon to 2:00 p.m.
Saturday, June 2	Rochester Map Adventure , Special Event. See website for details...
Saturday, June 9	Mendon Ponds Park .. ADK Workshop, Beach Parking Lot. 9:30 a.m. To 3:30 p.m.
Saturday, June 16	Oatka Creek Park , Classic event, Starts 10:00 a.m. - Noon
Wednesday, July 11	“Summer Score-O Series #1” Powder Mills Park , Mass Start at 6:30 p.m., White course 6:00 – 6:45 p.m.
Wednesday, July 25	“Summer Score-O Series #2” Genesee Valley Park , Mass Start at 6:30 p.m., White course 6:00 – 6:45 p.m.
Thursday, August 9	“Summer Score-O Series #3” Basil Marella Park , Mass Start at 6:30 p.m., White course 6:00 – 6:45 p.m.
Thursday, August 23	“Summer Score-O Series #4” Seneca Park , Mass Start at 6:30 p.m., White course 6:00 – 6:30 p.m.
Saturday, September 15	Genesee County Park Classic Event, Starts 10:00 a.m. - Noon
Saturday, September 29	Mendon Ponds Park , Stewart Lodge, Classic Event, Starts 10:00 a.m. - Noon

Before traveling to any ROC meet, please call the Helpline at (585) 310-4762 or visit our web site.

Meet locations, details, and schedules may change at any time – the Hotline and web site will always have the latest info!

Outside of Rochester Area

See web sites of the sponsoring club for details.

Sat. & Sun., April 21 & 22	39th West Point National Meet . Saturday at Lake Frederick, Florence Mountain, Blackcap Mountain , Sunday at Lake Welch and Rockhouse Mountain
June TBD	CNYO Lime Hollow Center in Cortland. Daddy O Event
Sat. & Sun., July 21 & 22	CNYO Rogaine in Newfield,NY. Connecticut Hill Wildlife Management

Contact information

ROC Helpline: (585) 310-4ROC (4762) (directions to meet sites, any last-minute changes, etc.)

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

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

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

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

Don't Get Lost Adventure Running (Niagara/Hamilton region) web site: <http://www.dontgetlost.ca/gho/>

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

Other clubs: See Orienteering USA web site.

Permanent Course Finishers

Congratulations to the following for completing the permanent orienteering courses since the last issue of the Wild Times!

Durand East: Richardson family

Letchworth: Matthew Glowny, Nancy Buck

Mendon: Will and Sue Smith, The McBeth Family, James Whorton and Family, and Justin Woods



Get to Know the ROC!

If you know a ROC member you'd like to see mentioned in this series, contact Don Winslow, reroteacher@rochester.rr.com

Pete Dady



Name - Peter Dady

Hometown - Homer, NY

Other family members – son, Thomas

Occupation/Grade in School - sales rep in the college bookstore industry

Other Hobbies - skiing, trail running, canoeing

When did you start orienteering? ~ 1985

Why did you start orienteering? I was doing biathlon and Mark Dominic (CNYO) suggested I try ski-orienteering. I tried one at Saratoga and was hooked. I started foot-o later that year.

What level are you competing at? My national age group is brown but at local meets I do red and/or green courses.

What do you love about orienteering? The mental challenge along with the physical running thru the woods...

Favorite park in Rochester to orienteer in... Powder Mills – interesting terrain

Farthest from Rochester that you've orienteered... Spokane, WA for the US Champs and then onto Kimberly, BC for the North American Champs

Favorite orienteering experience... Probably the week long 1000 Day events in Colorado and Wyoming plus winning the open class ski-o at the Empire State Games.

Worst orienteering experience... going off the map at Pawtuckaway, NH!

Any future orienteering goal you may have... get back into ski-o's and regaines.

Any advice for newer orienteers? Learn how to read contours and don't be afraid to ask for advice/instructions.

Mike Alexander



Name: Michael Alexander

Hometown: Penfield

Other family members: wife Christina, daughter Jackie, son Shaun

Occupation/Grade in School: Software development manager/architect at Xerox

Other Hobbies: Chess, Math

When did you start orienteering? Fall 2014

Why did you start orienteering? A co-worker set up an orienteering event as a team builder. It really was the maps that hooked me. I almost immediately bought all the permanent course maps, and went to the next local meet - Winterfest in Mendon Ponds Park.

What level are you competing at? I have been competing up to Red, but I need to make sure I have enough time because I'm still pretty slow.

What do you love about orienteering? I love the feeling when you navigate correctly to a control that isn't visible until you are right on top of it.

Favorite park in Rochester to orienteer in... Mendon Ponds

Farthest from Rochester that you've orienteered... I went to a meet in the Pine Barrens of New Jersey earlier this year. The difference in terrain was really interesting!

Favorite orienteering experience... Buffalo had a series of 3 Score-Os in 2015, and kept track of the total points from all three meets. I ended up with the highest total points! Although quite frankly it was mostly because I was one of the very few (maybe only) person who actually participated in all three meets...

Worst orienteering experience... While doing the Mendon Ponds permanent course during the winter, the sole came off my boot while I was 2 miles from my car. I had to walk with no sole all the way back.

Any future orienteering goal you may have... Attend the West Point meet in the next couple years.

Any advice for newer orienteers? Volunteer for flag pickup! It's a great way to get practice navigating to controls that are more difficult than those on the courses that newer orienteers normally do.

Jackie Alexander

Name: Jackie Alexander

Hometown: Penfield, NY

Other family members: Dad: Mike; Brother, Shaun

Occupation/Grade in School: 6th grade

Other Hobbies TaeKwonDo (Black belt!)

When did you start orienteering? 2015

Why did you start orienteering? I started doing the permanent courses with my Dad and brother and really enjoyed it!

What level are you competing at? White/Yellow

What do you love about orienteering? Running through the woods. Finding controls. All of it!

Favorite park in Rochester to orienteer in... Mendon Ponds

Farthest from Rochester that you've orienteered... Nothing outside the Rochester area

Favorite orienteering experience... Too many to count!

Any future orienteering goal you may have... To become a little bit faster and more confident with the maps.

Any advice for newer orienteers? Don't forget your compass!

Randy McGarvey



Randy and Denise McGarvey are moving to Haiti to provide leadership to an orphanage outside the city of

Jacmel. They are working with the Hands and Feet Project, and will be overseeing a campus that houses 70 orphaned and abandoned children, and employs 45 Haitian staff. They don't receive a salary for this work, but instead rely on donations from others for their living expenses. This video provides an example of the conditions that orphans often face and the impact that the organization is having: www.vimeo.com/hafproject/joel.

Facebook:

<http://www.facebook.com/McGarveyHaitianAdventures>

To Support: <https://hafp.kindful.com/?campaign=256437>

Name - Randy McGarvey

Hometown - Fairport, NY (soon to be Jacmel, Haiti)

Other family members - Wife: Denise, Kids: Emily & Forrest

Occupation/Grade in School - Software Engineer / Software Validation (soon to be a Child and Family Advocate at an orphanage in Jacmel, Haiti)

Other Hobbies - Bible Studies, Humanitarian Aid, Bookkeeping, Web Site Design, Bicycling, Cross Country Skiing and Volleyball to name a few.

When did you start orienteering? Somewhere around 1990 Eric Barbehenn and I were cross-country skiing quite a bit and decided to try ski orienteering. We both liked the challenge of mixing skiing and navigation, and we enjoyed being with the people we met at events.

Why did you start orienteering? I was mediocre at cross-country ski racing, and found that the mixture of skiing and navigation was a more enjoyable and more successful combination.

What level are you competing at? At my last meet at Powder Mill Park, I thought about checking the box that said I'm a first time orienteer! It's been a while since I've been orienteering on a regular basis. From about 2006 to 2009 I was competing for a place on the U.S. Ski Orienteering Team and was able to represent the U.S. at the World Ski-Orienteering Championships near Moscow, Russia. I was in decent shape and was still on

the U.S. team for the World Championships in Japan in 2009, but sadly I was unable to attend the event. Since then, I dropped out of orienteering almost entirely in order to pursue humanitarian opportunities that impact children in impoverished nations

What do you love about orienteering? First of all, I love being out in nature. Orienteering takes me to places I would never see otherwise. I also love the competition. I'm not in mental or physical shape to turn in a winning time or even win my age group any more, so sometimes I'm able to set aside my competitive nature and just focus on what's in my control: competing "internally" by trying to read the map and navigate successfully without making mistakes as I plod along in my own world.

Favorite park in Rochester to orienteer in... Mendon Ponds Park – there's so much variety there for summer and winter orienteering. If there's snow, the courses typically take advantage of the groomed cross-country ski trails. In the summer, it's common to have the course go through areas that are off the beaten path.

Farthest from Rochester that you've orienteered... Moscow, Russia in the 2007 World Ski-O Championships... What an amazing time to compete with the best in the world with the best from the U.S.!

Favorite orienteering experience... Sierra Ski-O Championships - a week of ski-o races in the Lake Tahoe and Bear Valley areas with fantastic ski conditions and an awesome time with ski-o family. I was able to squeeze in a detour to Yosemite to see El Capitan and the Half Dome on one of those trips! What great memories I have of the people, the venues and the ski conditions.

Worst orienteering experience... 1993 US Ski-O Championships in Craftsbury, Vermont. If I remember correctly, it got down to -35 degrees F overnight, and the start times were delayed until it got up to -25 degrees F or something like that. It's only one of 2 events that I can remember abandoning, but it was so cold I couldn't get my hands warmed up. It was slightly warmer the next day and I won an age-group award mug that I still have! (The other time I abandoned a race was at Webster Park where I returned to the pavilion with a piece of wood sticking out of my leg.)

Any future orienteering goal you may have...

Learning enough Haitian Creole to teach the orphaned and abandoned kids on our campus in Haiti how to orienteer! Are there any volunteers to come over and map our campus for me?

Any advice for newer orienteers? Don't be afraid to ask questions. Orienteers are very friendly people! Whether there's a symbol on the clue sheet you don't understand, have questions about a route choice, or even have questions about a flag location, don't be afraid to ask a fellow orienteer. It's the fastest way to learn!

Steve and Antje Brooks



Name

Stephen Brooks

Antje Brooks

Hometown

Steve - Honeoye Falls - Lima, NY

Antje - Rochester, NY

Other family members

Steve - Antje, Doug, Pege Ann, Kimberly, Jennifer, Daniel D, Daniel B, Erich, and Katja Brooks

Antje - Stephen, Daniel, Erich, and Katja Brooks

Occupation/Grade in school

Steve - Police Officer, Wayne County Sheriffs Office

Antje - 4th Grade Teacher, Rochester City School District

Other hobbies

Steve - Camping, hiking, being outside, playing with my kids

Antje - Reading, coloring & baking with my kids

When did you start orienteering?

Steve - I was around the age of 9, maybe younger, when I started orienteering with ROC

Antje - I did a Rogaine in June of 2010, but really started orienteering in 2015

Why did you start orienteering?

Steve - I got into orienteering because my family had become involved with it. I believe my older sisters got into ski-orienteering first, and then they got my parents involved with that. When summer came around, we started doing regular orienteering

Antje - My husband did it when he was growing up and is getting back into it. I think it's a great opportunity to share with the kids.

What level are you competing at?

Steve - Red, M35+

Antje - Yellow/Orange

What do you love about orienteering?

Steve - I love the skill level that is involved with this sport. The winner is not always the best runner, or the smartest, it's a combination of both. Each course, each leg is always different. I also love being outside. Each course brings you through different places, different environments, and seeing different things.

Antje - Being outside and that it is something the whole family can enjoy

Favorite park in Rochester that you've orienteered...

Steve - Mendon Ponds. I grew up down the street from that park and spent a lot of time there.

Antje - Mendon Ponds

Farthest from Rochester that you've orienteered...

Steve - Sweden and Finland. I think I was around 13 years old when I made a trip out there with Rick Worner and Linda Kohn. What a great experience that was! I have also traveled around the Northeastern US extensively and out west a few times.

Antje - North American Championships in 2016, New

Favorite orienteering experience...

Steve - Doing Rogaines with my father. Just the two of us walking around, exploring while we talked and had a good time. We would sign up for the 12 hour but would usually finish in 10. It wasn't about competing for us, it was about exploring the area and just having a good time together.

Antje - In September of 2017 I ran an orienteering course with my oldest son, who was 4 years old at the time. It was his first time going out with just one other person, usually we go out as family. We did lots of running and really had a great time.

Worst orienteering experience...

Steve - When I was younger and I would get lost. Just standing in the woods looking at my map, trying to figure out where I was ,while lots of people ran by me. That made for some bad days.

Antje - North American Championships Day #2. I had a hard time finding the first few controls, and then sprained my ankle really bad on the second to last control.

Any future orienteering goal you may have...

Steve - Getting in better shape and being a little more competitive. More importantly I want to get my kids more involved. I really want to teach them how to orienteer and have fun while doing it.

Antje - I would like to get better at reading map symbols. I would also like to work on contouring.

Any advice for newer orienteers?

Steve - Just get out there and do it. Don't worry about what course or how fast you go, just get out there and enjoy the experience.

Antje - Try to relax and have fun. Enjoy the outdoors and your surroundings!

Volunteers

If you are a volunteer and are in need of a name tag, please contact Don Winslow. Many thanks to all our volunteers which make our meets run smoothly! Please visit the website to sign up as a volunteer! Volunteer 5 times and receive a FREE schedule shirt!

Local Meets

Cumming Nature Center May 21, 2017



Pictured: Anita Edgemon, Richard Burgey, Dan Hurley
37 Starts

The Cumming's NC Adventure Run was on Sunday 5/21/2017. The course was finalized and the volunteers signed up. We had a new map to use for an adventure run!

To create a new map takes lots of time and lots for field work. Tom Rycroft ran lots of miles GPS ing the trails. The base map was also done by Tom Rycroft. Field work and drafting by Greg Michels, Tom and Erin Rycroft, Linda Kohn and Rick Worner. Greg Michels was the course setter for this event. He had assistance from Tom, Erin, Linda and Rick Worner choosing control points and vetting the course.

As we drove to the Cumming Nature Center it was looking like it was going to be a beautiful day. The volunteers arrived and registration was opened. The maps were handed out and runners planned their routes and which controls they were planning to get. As it got closer to the start time the skies got dark and the rain started. However after the race meeting and the runners went to the start area, the sky cleared and everyone split in different directions. The weather was nice for the rest of the event.

The runners started to come back and talked about their adventure. Some were wetter than others and most had some mud. Some of the comments were: the locations of most of the controls were very picturesque

especially by the stream junction. The view here is amazing. The skidder trails were confusing and some were hard to navigate through. Can't wait for another event here and a more mature map!

Jason Urtfitz cleared the course in 2 hours 9.53 minutes...
Great job.

The volunteers that helped out were as follows:

Course setter: Greg Michels and the mapping crew.

Meet directors: Nancy and Richard Burgey

Greeter: Laure Hunt

Registration: Patty and Jim Borden, Doug Hall

Start / Finish: Tyler and Zak Borden and Doug Hall

Food: Christine Duross and the Burgeys

Flag pick up: Jason Urkfitz, Joel Shore, Greg Michels
and Stina Bridgeman

Mendon Ponds NOW

September 9, 2017

61 Starts

ROC's National Orienteering Day event was held at Cavalry Lodge in Mendon Ponds on a Saturday of perfect weather. It was great to see some new faces!

Tyler Borden, created a very interesting set of courses that were shorter than normal, allowing the time for participants to finish one and then go out again on another. Thanks to Tyler for also keeping track of electronic timing and results.

Lots of volunteers were on hand to make for a wonderful event; Bob Bundy arrived early which really helped me out with meet set-up. Laurie Hunt assisted on many fronts. Registration was manned by Rukhsana Cofer, Heidi and Doug Hall, Zach Butler, Bob Bundy and Jackie Alexander. Zach B also helped Tyler set out controls and vet locations beforehand. Carl Palmer greeted people and answered questions. Nancy Burgey took over as meet director and food organizer so I could have some fun in the woods. Don Winslow set up a very popular string-O course for the youngest, and also was on hand for instruction. And lastly, flag pick-up was done by Steve Brooks, Ed Deller, Tom McNelly and Stina Bridgeman.

Thanks to all the participants who made the day a success.

Anne Schwartz,

Meet Director

Genesee County Park

September 30



Pictured: Heidi Hall (center) and Laurie Hunt (right)

63 Starts

After many years of thinking about a map for the park we were finally able to hire Dave Cady from the Buffalo club to make an orienteering map. After Dave did the drawing Linda Kohn added the legend and other graphics. The park superintendent and naturalist were both very interested in having a map and in starting an orienteering program. The park hosts many school and scout groups during the year who are interested in new outdoor programs.

We had a good turnout for the first event as many ROC members were excited about having a new map. We also had a large school group from Wilson High School in the City of Rochester that were given instructions by Linda Kohn, Don Winslow, Laurie Hunt, and Doug & Heidi Hall.

We also presented a clinic for the general public the hour before the event that was attended by a number of local people. After the event Linda and I set up and map hike for the park that they can use with visitors throughout the year.

Thanks also to Richard Burgey, Gary Maslanka and Tom McNelly for picking up and Rukhsana Cofer, Carl Palmer and Nancy Burgey for doing registration. Tyler Borden did his usual great job with results and Bob Bundy sent the results to the Democrat and Chronicle.

Rick Worner, Meet Director

Alasa Farms, Sodus October 15, 2017

77 Starts

What a perfect day to go out on courses exploring new territory! Brand new maps of Alasa Farms and the adjoining DEC lands were created by Doug Hall, Dick Detwiler, and Linda Kohn who fittingly were also the course setters. Some found the new terrain a challenge, but everyone came back with an appreciation for the beauty of the area. We had 77 individual/group starts.

Thanks to all who helped:

Registration- Rukhsana Cofer, Nancy Burgey, Laurie Hunt, Tom McNelly

Greeter- Carl Palmer

Timing- Lindsay Worner, Tyler Borden

String-O - Don Winslow

Flag Pickup- Pete Dady, Anita Edgemon, Rob Stevens, Lindsay Worner, Richard Burgey

Instruction- Tom Holahan (Boy Scout Troop leader)

Map handout- Dick Detwiler, Doug Hall, Carl Palmer, Anne Schwartz

Meet Director and Food- Anne Schwartz

Lastly, a big thank-you to the non-profit organization who hosted us so graciously...

Cracker Box Palace is an animal rescue (not dogs/cats) sanctuary that loves to have people visit and enjoy their property that was once a Shaker community. You can check out their website for more info <http://www.crackerboxpalace.org/>

Cracker Box Palace Farm Animal Rescue and Sanctuary providing a fun and educational atmosphere dedicated to rescue, rehabilitation, carefully chosen adoptions and sanctuary for farm animals in need.



Mendon Trail Run November 5, 2017

2017 Mendon Trail Run

We had a great day for the 2017 Trail Run with chilly but dry weather. The 50k runners headed out at 8am with the rest of the runners heading out at 9:30. We had an eventful time between the 2 starts as we realized that someone had sabotaged the course markers that had been set out the afternoon before. Luckily, Rick W, Gary M and Doug H were quick to react and headed out to reset the markers before the second start. We had slightly fewer runners than last year but saw 52 finishers in the 50k, 33 finishers in the 30k, 67 finishers in the 20k and 65 finishers in the 10k (217 total finishers). The overall winners were:

50k: Jason West [3:59:35!!], Tanya Wharton [4:44:41]

30k: Erich Nieman [2:13:51], Mary Lawrence [2:29:29]

20k: Nick Weith [1:35:45], Linda Grossman [1:45:40]

10k: Seth Price [48:37], Kirsten Nagel [52:14]

We debuted our new club banner at the finish line, and we were visited by one of the local news stations which featured a short story about our event on the evening news.

Medved Running and Walking Outfitters sponsored us with gift certificates for the age group winners in the 50k. Tailwind Nutrition also donated their endurance fuel for our aid stations. Many thanks to our sponsors!



As always, our trail run is dependent on volunteers and would not be a success without the time and energy of the many members and friends of the club who help both before and during the event. I'd especially like to thank Anne Schwartz for heading up the aid stations and Dick Detwiler for taking on registration during the months leading up to the event. Thanks to: Gary M, Mike M,

Rick and Linda, Mike A, Don W, Stephen B, Lindsay W, Zack B, Jeff and Elnora M and family, Jim M, Paul S, Ed D, Nancy B, Laura H, Koen K, Bob B, Natalie J, Rob S, Olga H, Michelle C, and Doug H. I hope I didn't miss anyone but I'm sure there were more people who pitched in during the day. Thanks again to everyone and I'm looking forward to another great event Saturday, November 3, 2018! year! See you out there!

Heidi Hall, meet director

Camp Eastman Night-O November 11, 2017

35 Starts

Camp Eastman Night O- November 11, 2017

ROC's annual night O took place on a very cold evening. It was a 90 minute Score O format prepared by Linda Kohn and Rick Worner. Linda was out of town orienteering, so 3 of us volunteered to hang the flags. It took us almost 6 hours total to place the flags and it took Jason Urkfitz 61:20 to find all the controls in the dark. Rob Stevens was a very close second with 62:05 and then Zachary Lyons with 62:55.

Seven individuals found all the controls, Jason U., Rob S., Zach L., Doug Hall, Stina Bridgeman, Chad Borden, and Gary Maslanka.

They dealt with quite a challenge, steep slopes, deadfall, faint trails, and unavoidable muck. And, there was an uncrossable fence to maneuver around.

As meet directors, we had a heart-stopping moment when we thought we were short of maps. We had quite a good turnout for this event and everybody got back safely.

We want to thank Richard Burgey who helped us put out the controls, Tyler Borden whose computer program calculated each entry time, the controls punched and the points accumulated, and the registration crew who dealt with a crush of last minute registrants with a smile.

Course setters: Linda Kohn & Rick Worner
Event Directors: Rick and Dayle Lavine
Registration: Heidi & Doug Hall, Patty & Jim Borden
Timing: Tyler Borden
Flag pickup: Stina Bridgeman, Peter Dady, Jason Urkfitz, and Rob Stevens
Food: Ann Schwartz

Mendon Ponds Park - AGM December 3, 2017

11 Starts

Thanks to Linda Kohn for setting up the Cell Phone O exercise after the AGM. Several members paired up and navigated to their partner who was punching in at the controls. Pairs switched roles after getting up to 10 controls. It was a great day to be out in the park.



Cell Phone O - Total 60 Points

45:02 (60) Stina Bridgeman & Gary Maslanka
46:22 (60) Don Winslow & Rob Stevens
56:01 (60) Steve Brooks & Mike Alexander
67:57 (60) Doug and Heidi Hall
73:01 (60) Steve Tylock, Rachael Tylock & Sean Trimby
75:00 (60) Lindsay Worner & Chris Joyce & Finnegan
69:55 (55) Anne Schwartz & Dick Detwiler
58:09 (45) Zach, Simon, & Nathaniel Butler & Christy Dryden
61:39 (40) Kim & Deb Abel
69:12 (27) Rick & Dayle Lavine
70 + (44) Richard and Nancy Burgey

Mendon Ponds Park Winterfest January 14, 2018

20 Starts

Winterfest is an annual celebration of winter in Mendon Ponds Park and ROC was invited to be a participant. Our hope was to have a Ski Orienteering event, and Mother Nature thankfully cooperated.

The week before Winterfest was a "cliffhanger"- the normal Ski O nightmare for the course setter. We had temps above freezing, a melt down, and then below freezing- then, SNOW, the last minute winter miracle.

Stina was the hero in this winter O drama. She volunteered with a plan.

She devised 3 choices:

- 1) New to Orienteering for foot, snowshoe or Skis
- 2) Orienteered before? Want something longer?
- 3) Feeling more adventurous?

Cumming Nature Center February 18, 2018

The temperature on the morning of Winterfest was single digits. Stina put out almost 30 controls before 11 am-BRRR....

It was too bad that the turnout was so small after so much work.

We want to share one moment. The granddaughter of Tom Cornell saw the O signs and came to Hopkins Point for some orienteering which she had done with Tom when she was a child. For you “newbies”, Tom managed our permanent O courses for many years-placing posts, maintaining the maps and sending out certificates to those who sent in their completed score card.

Rick and Dayle : meet directors

Course Setter: Stina

Greeter: Rukhsana

Registration: Patty and Heidi

Timing: Stina

Flag pickup: Ed, Gary and Dayle

Sherpas: Carl and Doug

Food: Dayle

23 Starts

We had a great event at Cumming Nature Center today!



Linda Kohn and Zack Butler inside at the Cumming Nature Center.

Just like last year, it was too warm for a Ski-O, it was a great day to be out on a sunny day in February. Hopefully we'll get to try the trails for ski-o next winter. The crew at the Nature Center were very welcoming and the ski patrol served up yummy chili and cornbread for their annual fund raiser.

Mendon Ponds Training February 27, 2018



Linda Kohn giving instruction at the Mendon training.

Not enough snow for a Ski-O, but Linda Kohn challenged the participants to do some memorization and pace counting. Others partnered up and took turns getting to the control points.

Thanks to Linda for mapping the Nature Center and designing the Score-O and for setting the course. Many thanks to our wonderful crew of volunteers:

- Greeter: Don Winslow
- Course Setter: Linda Kohn
- Registration: Heidi Hall, Zack Butler
- Start/Finish: Zack Butler, Tyler Borden
- Instruction: Rick Worner
- Flag Pickup: Olga Huber, Doug Hall and Ed Deller

Rick Worner, Meet Director

A Blast from the Past Answer

Steve Brooks... make sure you read his interview on page 8!!

Quiz Time Answers...

A1 = Cliff

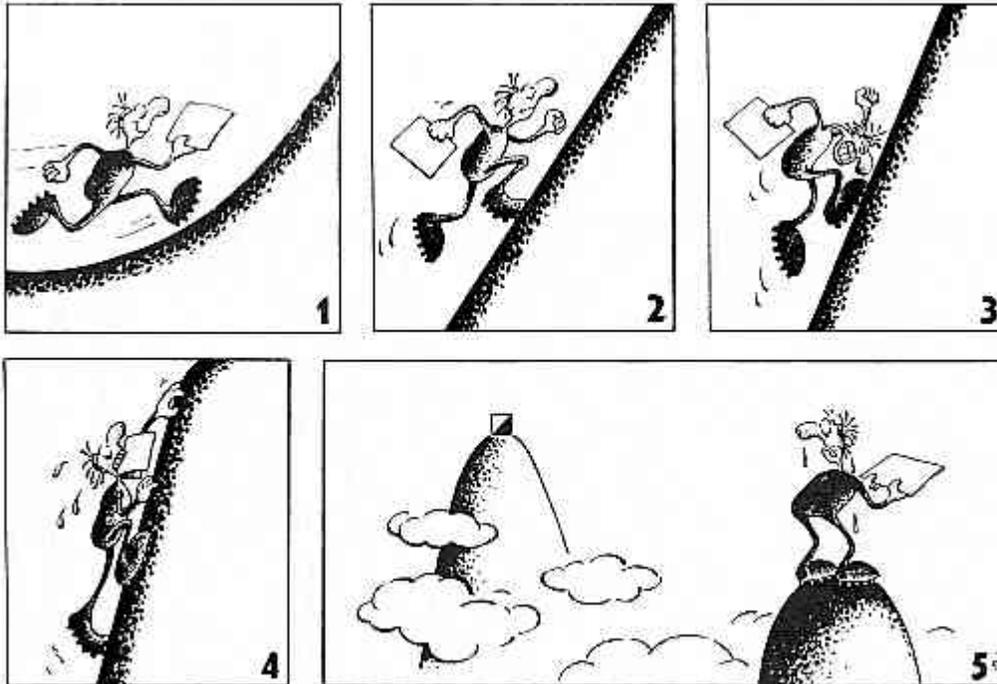
A2 = Watercourse

A3 = Boulder

A4 = Path

A5 = Fence

O Humor...



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The author: Yuriy MANAEV (RUS)

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In the next issue of the Wild Times...

- Learn about Doug and Heidi Hall's trip to Edinburgh, Scotland, orienteering in the Big Weekend in January 2018
 - Please submit articles and/or ideas to Don Winslow by July 1, 2018...reroteacher@rochester.rr.com
-

Rochester Orienteering Club membership application form

- \$10 for one-year student membership (high school or younger)
- \$15 for one-year individual membership
- \$20 for one-year full family membership
- \$25 for one-year organization membership (example: Scout group)
- \$40 for three-year individual membership
- \$55 for three-year family membership
- \$200 for life membership

	First name	Last name	Birthdate
Self:	_____	_____	_____
Spouse:	_____	_____	_____
Children:	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

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 e-punch
 Director Setter Finish Pickup

Please enclose a check payable to the Rochester Orienteering Club and mail to:
 Rochester Orienteering Club, 422 Woodland Lane, Webster, NY 14580



Rick Worner and Gary Maslanka at the finish at Cumming Nature center.

First Class



4800 Eddy Ridge Road
Marion, NY 14505



*Mike Alexander, with children
Shaun and Jackie... See the Meet
the ROC articles to learn more
about them!*



At the Genesee County Park inaugural meet, Oct. 23.