



# The Wild Times

December 2018

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

Find us on Facebook and on Meetup.com

The official newsletter of the Rochester (NY) Orienteering Club

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## ROC President's Corner... by Doug Hall

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Membership has its benefits! Our December 2 event at Powder Mills Park is a special event just for our members. We will have a pot-luck meal and a special orienteering event. Additionally, this will be our club's annual meeting. We will start with our board of directors meeting at 2pm. Everyone is welcome to attend the board meeting. Following board meeting we'll enjoy a special orienteering activity beginning at 3pm. Details will be forthcoming. Our pot-luck meal will start at around 4:30pm and we will conduct our club's annual meeting at that time.

For our pot-luck, bring a dish to share according to your last name. The club will provide drinks. Bring your own plates and silverware to minimize waste and clean-up. Bring a dish based on your last name (listed below).

**A-H - Main dishes**

**I-P - Appetizers and salads**

**Q-Z - Desserts**



The club will supply cold and hot drinks. Please bring your own cups, place settings and serving utensils for the pot luck dishes. As usual, this event will be FREE for all club members. Please pre-register so we can plan for drinks and the orienteering activity. People can become a member at the event!

\$15 for one-year individual membership

\$20 for one-year full family membership

\$40 for three-year individual membership

\$55 for three-year family membership

See you there!

Doug

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## Be a ROC Volunteer!

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Where do you head to become a volunteer? The club website has a "Volunteer" page at <http://roc.us.orienteering.org/volunteer>. You can start there, sign up to help at an event, and when you get to the event just let folks know you're there to help. If you need a little guidance for the task for which you've volunteered, just ask. You're not alone. There are plenty of other people who are waiting for you.

## 2018 Club Officers and Committee Chairs

### Board of Directors:

President: Doug Hall

doughall@rochester.rr.com

President-Elect: Carl Pamler

carl.palmer.phd@gmail.com

Past President: Dick Detwiler

RLDetwiler@frontiernet.net

Treasurer: Lindsay Worner

lindsay.worner@gmail.com

Secretary: Don Winslow

reroteacher@rochester.rr.com

Membership: Lindsay Worner

Equipment: Rick & Dayle Lavine

rdlavine@frontiernet.net

Mapping Chair: Dick Detwiler

RLDetwiler@frontiernet.net

Volunteer Coord.: Steve Tylock

stylock@gmail.com

Newsletter: Don Winslow

reroteacher@rochester.rr.com

Publicity Chair: Steve Tylock

stylock@gmail.com

Course Setting: Linda Kohn

Wornerkohn@gmail.com

Permanent Os: Richard Burgey

Nburgey@gmail.com

Permanent Os: Nancy Burgey

Nburgey@gmail.com

Website: Tyler Borden tpb6816@gmail.com

### Board of Directors:

Mike Alexander outsidepasser@gmail.com

Tyler Borden tpb6816@gmail.com

Stina Bridgeman stina.bridgeman@gmail.com

Stephen Brooks skorpdogg@hotmail.com

Bob Bundy rbundy1@rochester.rr.com

Rukhsana Cofer rukhsana.cofer@gmail.com

Ed Deller eddeller4@gmail.com

Heidi Hall hhall@rochester.rr.com

Gary Maslanka gmm650b@gmail.com

Rick Lavine rdlavine@frontiernet.net

Carl Palmer carl.palmer.phd@gmail.com

Lindsay Worner Lindsay.worner@gmail.com

Mike Meynadasy mikemey1@yahoo.com

Tom Rycroft crazychemboy@hotmail.com

Anne Schwartz anneschwz@yahoo.com

Steve Tylock stylock@gmail.com

## 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
<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), 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 – December to August (subject to change)

## Rochester Area

Sunday, December 2	<b>Annual Meeting</b> <b>Powder Mills Park</b> , Wadhams Lodge Starts TBD
Sunday, January 13	<b>Mendon Ponds Park</b> , Winterfest Stewart Lodge, Beginner/Intermediate Ski-O Event, Starts TBA
Saturday January 26	<b>Mendon Ponds Park</b> , Ski-O Event, Starts TBA
February 2019	<b>Cumming Nature Center</b> Ski-O Event Starts TBA
Saturday, March 23	Mapping Clinic
Saturday, April 13	<b>Beginner's Clinic</b> Fleet Feet Time: TBD
Saturday, May 4	<b>Mendon Ponds Park</b> Classic Event, Starts, 10:00 a.m. - Noon
Sunday, May 19	<b>Cumming Nature Center</b> Classic Event Starts, Noon – 2:00 p.m.
Sunday, June 2	<b>Rochester Map Adventure</b> Start Location: TBD Start Time: TBD
Saturday, June 15	<b>Cumming Nature Center</b> Classic Event, Starts, 10:00 a.m. - Noon
Tuesday, July 9	<b>Highland Park</b> Score O Starts, 7:00 p.m.
Tuesday, July 23	<b>RIT</b> Score O Starts, 7:00 p.m.
Saturday, August 10	<b>Mendon Ponds Park</b> 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.

CNYO	<a href="http://cnyo.us.orienteering.org/cnyo/schedule.html#schedule">http://cnyo.us.orienteering.org/cnyo/schedule.html#schedule</a>
BFLO	<a href="http://buffalo-orienteering.org/">http://buffalo-orienteering.org/</a>

## 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://empo.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!

**Letchworth: Janet Holliday**



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# Orienteering in Iceland

by Kathy Bannister

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So what is an orienteer from ROC to do in early July when the temps are approaching 100 degrees and the humidity is way too high for comfort? Head to Iceland for a week of low 50s and overcast skies! Sue Hawks Teeter and I joined a group of mostly Canadians, for a week of orienteering and sightseeing near Reykjavik and along the south shore. Anna Fichman, from Montreal, organizer extraordinaire, with assistance from Francis Falardeau for course setting, designed a trip filled with orienteering mornings and afternoons with breaks to sightsee along the way and swim in volcanic heated pools and streams to sooth the tired muscles.



We had our own very distinctively green bus that picked us up each morning for the days adventure. Our driver shared his considerable knowledge of his home country. The O maps were varied, more recent volcanic areas were sharp, jagged, and had only small plants and lichen for flora. Others were fully forested areas with lots of green near streams. The common denominator rock, was always present, and lots of it. It's one of the many things I love about "O", the variety of terrains and the challenge of interpreting the maps. The chance to visit other parts of the country or world, the people, varied food and customs made the adventure complete.

Food is pricey. A nice but basic dinner out ran in the \$40+ range. Our group stayed in homes we arranged through Air B&B and made most meals at home. Sue and I were over an ice cream shop so dessert was too close. Even at \$5 for a small we made multiple visits.

The scenery is spectacular, with lots of waterfalls, especially along the south coast. Puffins and basalt pebble beaches complete the experience. Geology interests me, so I was thrilled to visit one of the 3 rifts

(where continents are moving apart) that can be seen. Most are under oceans. Francis shared some of his extensive knowledge on development of the Earth's crust, as one of his degrees is geology. I'm also a plant lover and was treated to mountainsides, roadsides, and fields filled with deep blue lupines in full bloom. I had to wade through them waist deep on my first course.



One of our training sessions was in Galgahraun lava field where a type of gull was nesting among the rock and the chicks had recently hatched. The eggs and chick's camouflage made them difficult to spot. Parent gulls were distressed and were dive-bombing from every direction while squawking wildly. It was a scene right out of Alfred Hitchcock's "the Birds". Hard to read ones map while holding it over your head to deflect the onslaught.



While visiting a museum, I was surprised to discover the amount of influence the US has had in Iceland. Due to the WWII threat, the airport at Keflavik was built so US planes could land, then many products were introduced and became desired by the population and trade with the outside world began to increase. Food items like Jello, boxed cereals like Wheaties and canned goods became popular in the 50's. Sue and I noticed a fire hydrant on a local street made in Elmira, NY!



So if you want to expand your "O" experiences, try Iceland. Anna is organizing for August 2019 limited to 30 participants. The trip will go to the eastern and northern parts of the island. Fjords, glaciers, whale watching and of course orienteering are in the plans. Start dreaming!

## O for Kids

ROC does participate in the Little Troll program. Kids can do the String-O course or the White Course, either while being shadowed or by themselves at many of our meets. Once they collect 5 signatures for participating, they can send their postcard in to our national group to receive a patch.



- Little Troll = Complete the String O course
- Chipmunk = Complete White Course with adult help
- Rabbit = Complete White Course with some help

Roadrunner= Complete White course alone or shadowed

For more information, see:

<http://www.us.orienteering.org/content/little-troll-program>

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## A Blast from the Past... ...trivia from "The Wild Times" Date: ????

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The first official finishers of the Webster Park permanent orienteering course were Ariel and Gray Hendershot. When did they complete the course?

Answer on page 11

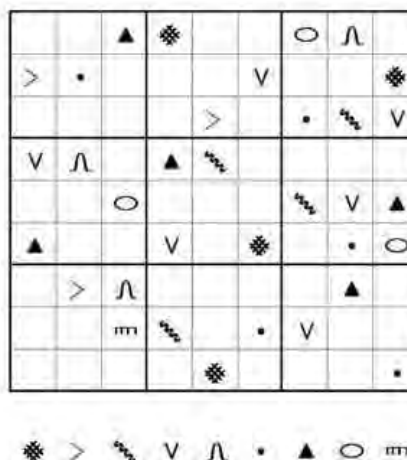
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## Quiz Time...

**O-Puzzle**  
By Jean O'Connor

SUDOKU-O

Help the event director set courses for this event. She needs nine courses using the same nine features for each map. The nine maps are outlined in the grid below and some of the controls are already in place. Your task is to map the rest of the controls so that there is only one of each feature in each row, each column, and each map.



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## O Tip for Beginners...

from OUSA's website

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**New to O** – Go to <https://orienteeringusa.org/> and check out the information that is there for newer orienteers. There are videos to watch on many, many different skills that orienteers can use. You will find information on the language of orienteering as well as supplies and equipment you may want to purchase as you progress. There's even a FAQ section that covers so much. **If you want more help with anything, ask someone at the next meet! We are here to help!**

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## 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](mailto:reroteacher@rochester.rr.com)

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### Katie Dunn

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**Name:** Katie Dunn

**Hometown:** Penfield, NY

**Occupation/Grade in School:** 2<sup>nd</sup> year Ph.D. student in

optics (so, that makes me in 18<sup>th</sup> grade!)

**Other Hobbies:** Nordic skiing, backpacking/hiking, mountain biking, trail running, reading books

**When did you start orienteering?** June 2018 at the Oatka meet.

**Why did you start orienteering?** I read an article about ski-orienteering races held in Craftsbury (Vermont) last year, and thought it looked like a lot of fun. I was surprised when a quick Google search showed such an active orienteering community in Rochester that I had no idea existed!

**What level are you competing at?** Brown

**What do you love about orienteering?** That it combines strategy and map reading skills with athletic ability and competition. I love racing, endurance sports, and spending time outside!

**Favorite park in Rochester to orienteer in...** So far, Mendon Ponds.

**Farthest from Rochester that you've orienteered...** Genesee County Park

**Favorite orienteering experience...** I had a lot of fun at the meet at Genesee County Park because I was able to complete an advanced course successfully for the first time. I felt more confident navigating off trail despite getting a bit lost once.

**Worst orienteering experience...** Definitely Alasa Farms – I tried the green course and got pretty lost and discouraged, and didn't complete the course. But I found my way back to the start without panicking, so I figure that's a good enough learning experience.

**Any future orienteering goal you may have...** I definitely want to improve my off trail navigation skills, and I want to be competitive at ski-orienteering. I love Nordic skiing so I am excited to combine my all time favorite sport with orienteering this winter – fingers crossed for a good snow year!

**Any advice for newer orienteers?** Don't be intimidated by the off-trail controls – it's not too bad if you work your way up the course levels from beginner to advanced to gain more confidence in navigating.

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## Volunteers

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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!

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## Local Meets

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### Basil Marella Park August 9

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37 Starts

Tyler Borden did double duty at this meet, acting as MD and CS. He designed a 4K course with two forked loops. Groups of eight orienteers started together but quickly separated and were following their own maps.

Congratualtions to our top three finishers:

	<b>Name</b>	<b>Class</b>	<b>Club</b>	<b>Time</b>
1	Zachary Lyons	M-21+	ROC	22:19
2	Sergey Dobretsov	M40+	ROC	26:38
3	Lucas Lyons	M-20	ROC	27:22

Thanks to the following volunteers who made the day go smoothly:

Event Director – Tyler Borden

Course setting - Tyler Borden

Greeter: Don Winslow

Registration – Tom McNelly, Laurie Hunt, Steve Tylock

Timing - Tyler Borden

Flag Pick-up – Stina Bridgeman, Pete Dady, Ed Deller, Heidi Hall

Food – Jim and Patty Borden

Instruction – Don Winslow

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## Seneca Park

### August 23, 2018

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21 Starts

A re-do of a Trail Challenge we did in 2016.

It was a beautiful summer evening at Seneca Park for the fourth event in our summer series. This park is a long, narrow property with a trail system well suited to

traveling the park lengthwise, so our event was a slightly modified version of an old trail challenge. Lindsay Worner updated the park map, which was needed due to the expansion of Seneca Park Zoo. A control location from our last event in the park is now located inside the new giraffe exhibit (what's the clue symbol for that!?). Hence, the need to modify the course. An enthusiastic crowd included a few newcomers, most of whom opted for the shorter cutoff that reduced the run to about half of the longer 6k route. It was a mass start format, with following allowed, but it can be hard to follow faster runners and when gaps open up you may lose sight of those in front. To avoid getting lost you must still maintain contact with the map. This is part of the fun and challenge of these events! A big thank-you to all who helped out, some on very short notice, including Anne, Dick, Don, Jim, Tom, Tyler, Mike, Zach, Steve, Ed, Stina, and Nancy.

Doug Hall, Meet Director

Event Director – Doug Hall

Course setting – Doug Hall

Registration – Tom McNelly, Jim Borden

Timing - Tyler Borden

Flag Pick-up – Stina Bridgeman, Mike Lyons, Ed Deller,

Food – Anne Schwartz

Instruction – Don Winslow



Some scouts from Irondequoit who came to orienteer at Seneca Park!

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## Genesee County Park September 15, 2018

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53 Starts

We were bothered neither by Hurricane Florence churning to the south or spirits from the adjoining supposedly haunted Rolling Hills Asylum. There was a well attended beginners clinic, string-O and our full rainbow of 5 races from white to red. It was quite a popular event with 92 running in 53 starts. In arrangement with the park, we paid nothing for use of facilities and no entry fee was charged. Shannon Lyaski, the park's Program Coordinator was very pleased and wants us back. In the meantime she'll hand out the permanent course maps we made to visitors.

92 People with total of 53 Starts

White 2.1k Jackie Alexander F-12 ROC 32:27

Yellow 2.8k 70m Richard/Daniel Burgey T2 ROC 59:16

Brown 3.7k 75m Alex Nazarenko M60+ ROC 50:48

Green 4.7k 120m Carl Palmer M50+ ROC 59:57

Red 6.0k 200m Stephen brooks M-21+ ROC 63:14

Event Director – Tom McNelly

Course setting – Linda Kohn

Flag Placement – Mike Lyons

Greeter: Carl Palmer

Registration – Ed Deller, Jim Borden, Patty Borden

Timing - Tyler Borden, Stina Bridgeman

Flag Pick-up – Stina Bridgeman, Don Winslow, Gary Maslanka, Heidi Hall

Food – Anne Schwartz

Instruction – Doug Hall

String O – Anne Schwartz



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## Mendon Ponds Park September 29, 2018

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73 Starts

Event Director – Carl Palmer

Course setting – Zack Butler

Greeter: Don Winslow

Registration – Rukhsana Palmer, Ed Deller, Heidi Hall

Timing - Tyler Borden, Lindsay Worner

Flag Pick-up – Richard Burgey, Doug Hall, Gary Maslanka, Jim Borden

Food – Anne Schwartz

Instruction – Laurie Hunt

String O – Anne Schwartz

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## Family Sports Festival October 14, 2018

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Although ROC was not able to participate in person due to the Alasa Farms meet, we had a table set up with brochures at the Penfield Rec Center. They had an event that featured non-traditional sports that families and youths might like. We told Sabrina Renner to keep us in mind for next year. She seemed enthusiastic and sounded like they might try to make this an annual event, so we ought to plan to have a presence next year and maybe have a map ready for people to try orienteering.



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## Alasa Farms

### October 14

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53 Starts

Alasa Farms served as the location for our event on October 14. This is one of our new maps and includes an area of roughly 500 acres of contiguous forest, in addition to the very interesting farmstead, which is home to rescued animals. The terrain is subtle in some places and elsewhere includes steep erosion features, making for both technical challenges as well as physical challenges. Our White and Yellow courses provided a fun entry level challenge in beautiful old growth forest, while the intermediate and advanced courses approached A-meet difficulty. The Red and Green courses both crossed Third Creek and explored forested state land adjacent to the farm property. Although there were a few DNFs on the advanced courses, nobody complained about spending time in such beautiful woods. An interesting note: Ladies were fastest on every course except Green, which was won by the oldest competitor on that course. Special thanks to Dick Detwiler and Linda Kohn for vetting courses. Event volunteers included Heidi Hall, Rick Worner, Dick Detwiler, Patty and Jim Borden, Rukhsana Palmer, Tyler Borden, Tom McNelly, Stina Bridgeman, Richard Burgey, Ed Deller and Gary Maslanka. LOST AND FOUND: We found a tan ladies' jacket while cleaning up. Let us know if it's yours so we can get it back to you!

-Doug Hall (course setter)

Event Director – Heidi Hall

Course setting – Doug Hall

Greeter: Rick Worner

Registration – Dick Detwiler, Rukhsana Palmer, Jim and Patty Borden

Timing - Tyler Borden, Stina Bridgeman

Flag Pick-up – Richard Burgey, Ed Deller, Gary Maslanka, Stina Bridgeman

Food – Dick Detwiler

Instruction – Tom McNelly



Nancy Burgey and Linda Kohn at headquarters!

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## Genesee Country Village Museum

### October 28, 2018

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50 Starts



Bob Bundy and Richard Burgey at the finish!

Lindsay created the following courses and invited us to come play in the woods.

Beginner - 1.8 km

Intermediate - 3.0 km

Advanced Short - 4.1 km

Advanced Long - 6.5 km

She said, "The woods are wide open in most places with some interesting rock and water features. The map is relatively flat with a few small hills. This is a great

family friendly location because we are starting at the Nature Center so there is nice and warm indoor space with bathrooms. There are also lots of trails for the beginner course. The map scale is 1:5,000 with 2.5 meter contours.

The advanced courses will enjoy the open forest with some intricate rock features and minor contour detail. The Advanced Long will have a map exchange. SIAC users AIR+ mode will be active.”

Event Directors – Chris Joyce, Rick Worner

Course setting – Lindsay Worner

Greeter: Patty Borden

Registration – Laurie Hunt, Rachael Tylock, Anne Schwartz, Nancy Burgey

Timing - Tyler Borden, Stina Bridgeman

Flag Pick-up – Richard Burgey, Doug Hall, Heidi Hall, Stina Bridgeman

Instruction – Don Winslow

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## Mendon Trail Run

### November 3, 2018

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230 Starts

We held another successful Trail Run at Mendon Ponds Park on November 3. While the weather was wet and cold, the runners generally seemed upbeat. We even had a few moments of sunshine just before we had couple of minutes of hail! The park was beautiful with the leaves in full color and I think that beauty helped many runners push through the miles.

In the end, we had 80 finishers in the 10k, 72 finishers in the 20k, 31 finishers in the 30k and 47 finishers in the 50k. The 20k event was included in the TrailsRoc Trail Runner of the Year series. While the majority of participants come from the greater Rochester area, we also had runners from Arizona, Colorado, North Carolina, New Jersey, Oregon, Texas and Vermont.

As in past years, we received many positive comments and thanks from runners who enjoyed the event, appreciated our great volunteers and look forward to coming back year after year!

Many thanks to our sponsors Medved Running & Walking Outfitters and Tailwind Nutrition.

Thanks to all our fantastic volunteers and a special thanks to Dick Detwiler and Anne Schwartz for the huge amount of time and care they put into the event!

Heidi Hall, Event Director



50K winner, Xavier Salvador, #348,  
from the Albany area

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## Ellison Park Night-O

### November 10, 2018

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32 Starts



The Ellison Night-O was a lot of fun. It was cold, windy, dark and really wet in most places. There were 29 controls on the Score-O map and 1 other control that you needed to remember its location from a map found on a feature on the course. The problem was it was not on the feature it was supposed to be on. So it did not work the way it was meant to.

Thanks to all who ventured out and had fun. We had 13 WNY Maritime Charter School Cadets from the Buffalo area, The total starts was 32 starts.

Volunteers:

Event Director – Nancy Burgey

Course setting – Richard Burgey

Greeter: Jeff McBeth

Registration – Zach Butler, Katie Dunn, Don Winslow

Timing - Tyler Borden

Flag Pick-up – Jim Pamper, Gary Maslanks, Mike Lyons, Stina Bridgeman

Food: Steve Tylock

Soup: Linda Kohn

Clean-Up Chris, Lindsay, Linda, Rick. and many others.

Nancy Burgey

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## A Blast from the Past Answer

The Hendershots completed the

Webster POC on March 13, 2004

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## O Humor...

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## In the next issue of the Wild Times...

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- Learn about one ROC member's run across Panama!
  - Please submit articles or ideas to Don Winslow by March 1, 2019...[reroteacher@rochester.rr.com](mailto:reroteacher@rochester.rr.com)
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## First Class

4800 Eddy Ridge Road  
Marion, NY 14505



*Orienteering in Iceland! Read  
Kathy Bannister's article inside!*

*Left: Doug Hall teaching a clinic before the Genesee County Meet, September 15*

*Right: ROC represents at the Ontario Orienteering Championships near Ottawa, October 2018  
(courtesy of Elizabeth Hane)*

