



The Wild Times

April 2019

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

ROC President's Corner... by Carl Palmer

“ROC – Steady”

“In the Spring a livelier iris changes on the burnish'd dove;
In the Spring a young man's fancy lightly turns to thoughts of love”.
Orienteering.” ... my apologies to Alfred, Lord Tennyson.

Another long winter is dwindling to its end, and that means one very important thing – Orienteering season will be starting soon. Of course, almost every season is orienteering season – I did manage to get to a couple of this year's ski-O's (which I did on foot). I love how you approach an orienteering course has to change with the seasons – in winter, footing is an issue; in spring, you can see far distances as the leaves are not all out, in summer, your site lines diminish and the 'green' areas on the maps become dense, but the trails are more visible; whereas in the fall, leaves may blur trails, so you need to rely on navigation with other features.



“Ask not what your *club country* can do for you” My apologies now go out to JFK.

While there are constant changes in the woods, one rock-steady (ROC – steady!) aspect of orienteering is the people of orienteering. The orienteers around you would love to answer questions, assist in interpreting a map, share the stories of their experiences, and give advice on how to select the best routes. They also know the importance of chipping in – while it takes a lot of volunteers to make an orienteering meet happen, it does not take much to volunteer – and to make it easier, the club will be implementing some changes in 2019 to reduce the length of meets, and thus the time commitment on any given day. The website gives a listing of all the volunteering needs, from the straight forward (registration, flag pick-up) to the more complex (course design). Many volunteer positions also provide more opportunities to improve orienteering skills – from more practice in route planning (control pick-up) to really understanding features and the map (course setting). As a thank you, when you volunteer, you get to participate in the meet free of charge. And if you volunteer in enough events over the year, you can earn a fabulous tee shirt.

Orienteering is an amazing sport that can challenge the mind, the body (and occasionally the spirit, but we won't talk about that). Go out, enjoy the woods, be keen in your navigation, and celebrate when you 'spike' a control, be it your first time out and just discovering how all those symbols and colors on the map relate to your surroundings, or if you are in your retirement years, knowing that you can use keen navigational skills to continually strive for that perfect course.

2018 Club Officers and Committee Chairs

Board of Directors:

President: Carl Palmer

carl.palmer.phd@gmail.com

President-Elect: Mike Lyons

bones.lyons@gmail.com

Past President: Doug Hall

doughall@rochester.rr.com

Treasurer: Lindsay Worner

lindsay.worner@gmail.com

Secretary: Don Winslow

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rdlavine@frontiernet.net

Mapping Chair: Linda Kohn

Wornerkohn@gmail.com

Volunteer Coord.: Steve Tylock

stylock@gmail.com

Newsletter: Don Winslow

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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

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Anne Schwartz anneschwz@yahoo.com

Steve Tylock stylock@gmail.com

General information on local meets

Courses

The club will no longer be using the OUSA "color" designations, but rather names based on difficulty. A description of the courses is as follows:

Name	Beginner	Advanced Beginner	Intermediate	Short Advanced	Advanced	Long Advanced
Approx. distance	2-4 km	3-5 km	4-7 km	3-5 km	4-7 km	6-10 km
# of controls	4-12	5-12	8-12	8-12	8-12	8-15
Difficulty	Easiest	Easy	Medium	Hard	Hard	Hard

The Beginner 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 Advanced Beginner course is slightly more difficult than the beginner 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 Intermediate course requires more map-reading and course-planning skills than the advanced beginner course. Controls will generally have a good attack point, but the attack point may be more subtle than on the advanced beginner 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 advanced beginner course.

The Short Advanced, Advanced, and Long Advanced 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.

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 roc.us.orienteering.org). The beginner and advanced beginner 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 during the start window, and all meets offer a course suitable for beginning orienteers.

Schedule – April to August (subject to change)

Rochester Area

Saturday, April 13	Beginner's Clinic Fleet Feet Time: 10:00 a.m. - Noon
Saturday, May 4	Mendon Ponds Park Classic Event, Starts, 10:00 a.m. - 11:00a.m.
Sunday, May 19	Cumming Nature Center Classic Event Starts, Noon – 1:00 p.m.
Saturday, June 1	Camp Rotary Sunshine Classic Event, Starts, 10:00 a.m. - 11:00a.m.
Saturday, June 8	ADK EXPO Community Outreach Mendon Ponds Beach Area Starts, 9:30 a.m. - 3:00 p.m.
Saturday, June 15	Rochester Map Adventure Start Location: TBD Start Time: TBD
Tuesday, July 9	Highland Park Score O Starts, 6:00 p.m.
Tuesday, July 23	RIT Score O Starts, 6:00 p.m.
Saturday, August 10	Mendon Ponds Park Classic Event, Starts, 10:00 a.m.
Sunday, August 18	Ellison Park Score O Starts, Noon

If you ever have questions about the club, please call the Helpline at (585) 310 - 4762 or visit our web site.

Outside of Rochester Area

See web sites of the sponsoring club for details.

CNYO	June 9 th – Daddy O Location: TBD
	July 13-14 th – ROGAINE Charles E. Baker Forest

BFLO	May 18 th 10:30 – 11:45 a.m. - Chestnut Ridge
	June 23 rd 10:30 – 11:45 a.m. - Sprague Brook

Contact information

ROC Helpline: (585) 310-4ROC (4762) (questions about the club)

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!

Mendon: Brett Bowden



Kolva Award Winner

by Doug Hall

The 2018 Karl Kolva winner is Nathan Collinworth.

In 2009, ROC established this award for ROC members, between the ages of 14 to 20, that meet the following criteria and are nominated for this award by another ROC member. The criteria are as follows:

1. Attendance and participation in age related orienteering events.
2. Service to the Rochester Orienteering Club.
3. Showing interest in improving his or her orienteering skills.
4. Demonstrating good citizenship and sportsmanship in other activities.

Nathan is one of the most active youth in ROC. He participates in local meets and travels to meets outside our region and he is competitive in his class. He has done flag pickup and helped with results at our A-meet in 2018. He has been improving his orienteering skills and fitness and shows interest in national level competition. Also, he has been showing growth in good citizenship and sportsmanship. He was selected to be a member of the National Junior Development Team (JDT). Congratulations, Nathan!



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>

A Blast from the Past...

Do you know who this ROC member is and when and where this took place?



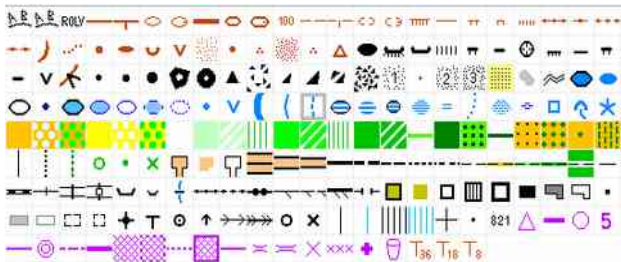
Answer on page 10

Carl and Rukhsana Palmer

Quiz Time...

Test your knowledge of the orienteering map symbols. It's based on the International Specification for Orienteering Maps. (ISOM 2000)

<http://www.richtig-orientieren.de/icd/mst/>



O Tip for Beginners...

from OUSA's website

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!**

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



Names: Carl and Rukhsana Palmer... A Rochester Orienteering Club Marriage! We met formally for the first time at the Genesee Valley Park Sprint in 2015 – Carl decided to join Rukhsana and Richard Burgey for the last few controls of the red course. Our first date as a couple was at the 2017 Winterfest Foot-O. As Rukhsana says, “Orienteering together is a good test to see whether you are compatible”

Hometown: We live in Pittsford – close enough to Powder Mills that we can call it our “Home Course.” Carl is originally from the Philadelphia area, with stops in Tonga, California, Wisconsin, California again and Ohio. Rukhsana is from England, but grew up primarily in California.

Occupations: Rukhsana works as an Elementary school teacher, and Carl works as an engineer in the aerospace and power industries.

Other family members: Carl: My son Reid often orienteered with me until he left for college in 2010 –

now he utilizes his orienteering skills as part of a WWII historical reenacting group. (Picture: Reid is in the back row with the big smile)



Rukhsana's 4 children have all orienteered at least once each. One of Rukhsana's special memories is orienteering with her 3 year old daughter, and looking at a log straddling a creek, pondering about how to cross over with her daughter, and then hearing a little voice say "Don't even think about it".

Other Hobbies: Carl: I once said "my favorite sport is orienteering" on Attackpoint; Steve Tylock responded with "I thought your favorite sport was running," to which I said "No, favorite is orienteering, I'm just more competitive at running." I'm a Cleveland Indians fan – I go for the underdogs. Rukhsana: I love learning and outdoor activities, including reading, hiking, camping, and trail running

When did you start orienteering? Carl: I orienteered once in the 80's with a couple other Swarthmore College cross country runners at Ridley Creek State Park (DVOA) in Pennsylvania. I remember 1 map, 3 people, punch card, much standing at intersecting paths scratching our heads: orienteering has very little to do with running well. I really came to orienteering at the "Icebreaker" at Mendon in 2006. Reid and I won the yellow, and we were hooked. Unfortunately, I had a medical hiatus for a couple years since then that prevented me from coming to meets. Ironically, that was about the time – 2009 - that Rukhsana started orienteering, so our paths kept missing.

Why did you start orienteering? Rukhsana: I liked to hike, but did not know the parks well – I thought orienteering could help me learn the parks better. Orienteering makes me a better hiker as it has taught me to recognize features and various approaches to navigation. Orienteering has also helped me learn about

the communities and terrain of Western New York as the club has events all over the region. Carl: the curse of orienteering is that when I hike now, I can't stop thinking 'look, a spur'

What level are you competing at? We are Green-ish. Carl: Orienteering has provided me the confidence to just wander any trails and off-trails in our county parks without a map – I know I will eventually make my way back.

What do you love about orienteering? Rukhsana: Everything! The people in the Rochester club and beyond; having to actively think while doing something physical; being outdoors; exploring new areas. Carl: The challenge to do something well. Each time is different, but there is always something to be learned. I also love seeing things deep in the woods that I wouldn't see on a hike – ruined stone walls, hidden pits, springs, flora, fauna... and the bizarreness of a tree covered with wooly aphids.

Favorite park in Rochester to orienteer in... Rukhsana: Any new park. Carl: I'll have to say Letchworth (Castile side), and any park with a large variation in the terrain and woods, such as Mendon.

Farthest from Rochester that you've orienteered... Rukhsana: West Point. Carl: Ridley Creek in eastern PA, although I did one meet* outside of Pittsburgh - I did not compete well, but I learned a valuable lesson to look up as well as down – that I can use overhead power lines as handrails and catching features.

Favorite orienteering experience... Everything – but there is something really satisfying about "spiking" controls – like finding treasure exactly where you thought it would be.

Worst orienteering experience...

Carl: I had a medical issue in the middle of the meet that caused me to get completely confused and had no idea where I was – once I came to my senses, I managed to re-orient based on the map.

Another 'worst' - but fun - was losing my shoe deep in mud "schlurp!" Rukhsana: Having to take a "did not finish / missed control" at West Point. Such tough terrain and needing to interpret how all those boulders should appear on the map.

Any future orienteering goal you may have... We would love to do some meets in Europe. We love the look of the inner city "sprint" maps.

Any advice for newer orienteers?

Rukhsana: If you get frustrated, don't give up.

Carl: 1) Always keep your thumb where you think you are. 2) The map is usually right – every one of us has accidentally held it with South as North at least once. 3) Learn about handrails / attackpoints / catching features. 4) Check your eyes - I started getting progressively worse over the course of a couple years – missing obvious features I should have taken. It turns out that I really needed glasses! A corollary to that is to not wipe your glasses off with a shirt that has bug spray on it. 5) I highly recommend signing up on ‘attackpoint.com’ – it’s a great way to communicate with others in ROC (not just about orienteering, but about dogs and snow and life) and beyond, and to learn how other orienteers approached their courses.

does no one ever pick Durand Eastman? Varied terrain, lots of lakes, hills and a beach.

Farthest from Rochester that you’ve orienteered... Austin, Texas (where I live most of the year and run with the AOC, my other club)

Favorite orienteering experience... Being meet director at the Genesee County Park O. Really, it’s a complicated, challenging task that gave me a feeling of accomplishment.

Worst orienteering experience... Tripping and driving a branch deeply into my hand. But three weeks later, healed, no harm done.

Any future orienteering goal you may have... Complete a blue event. As slow as I am these days, it will take forever but worth it to complete the rainbow of races.

Any advice for newer orienteers? Learn to count steps.

Tom McNelly



Name: Tom McNelly

Hometown: Irondequoit (I guess. I've lived in 7 states, plus Switzerland)

Occupations: Ph.D. Physicist

Other family members: Brother Dan & nephew Nick have O'ed once each

Other Hobbies: State high pointing, mushrooming

When did you start orienteering? 2013

Why did you start orienteering? High school classmate, Carol Moran recommended it

What level are you competing at? Have done all colors except blue but should stick to brown!

What do you love about orienteering? What's not to like? Outdoors, exercise, maps, nature, exploring new parks, interesting people, competition and great snacks

Favorite park in Rochester to orienteer in... Why

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

AGM December 2

27 Starts

On December 2, 2018 we had our members-only event along with our club's annual meeting. Our board of directors had a brief meeting to wrap up club business for the year.

This was followed by our orienteering activities. If you missed it, you really missed out! There were three O-activities thanks to Lindsay and Tyler. Lindsay designed multiple courses on a single map by making certain controls optional between a few mandatory controls. Participants had the choice of visiting all controls in order, choosing only some of the optional controls, or only visiting the mandatory controls, thus creating three levels of difficulty. Tyler set up a Grid-O and provided multiple maps. This was a big hit and was really fun to

watch and/or run when several people were on the grid at the same time.

misplaced by the course setter (Dayle)- Stina corrected the placement and “saved the day.”



Pictured: Sam and Jeff Svengsouk with ribbons won on the Grid O courses

In addition to this there was the Finnegan Photo-O. Finnegan the dog posed and had his picture taken at several locations on the map. A printed clue sheet was provided and folks had to figure out where the control was located. Easier said than done! Although this task could theoretically be accomplished while sitting in the lodge, it was probably the most challenging game of the day. Massive kudos to all who attempted it!

We all enjoyed an early pot-luck dinner and our annual meeting. Highlights of the year were presented, a slate of candidates for the board of directors was unanimously approved by the quorum present, and the Kolva Award was awarded in absentia to Nathan Collinsworth.

Next year's annual meeting and event is tentatively scheduled for 12/1/19 in Webster Park. Mark your calendar now for another great event.

Winterfest

January 13

29 Starts

Winterfest is the annual Monroe County celebration held in Mendon Ponds Park. The day was sunny but mighty cold. The Hopkins Point Esker trails had snow cover, just enough for Chad Borden and Illy Elden to ski the 2km beginner styled course. 27 walked the course of 8 controls, sort of a “retro”course because we used manual punches on the controls. It was very fortunate that Stina went out early to check out the course. One control was



Pictured: Dayle Lavine speaking with some new orienteers

This is the Club’s first year without an official Ski O event. I think it was a good decision. It was really nice to focus on Newcomers to the sport, greet them, give them instruction and encouragement, and enjoy their enthusiasm when they completed the course. A few ROCers did run the course just for fun .

Noteworthy was Jim Tappan and his 6 year old granddaughter Gretta. Jim was one of the founding members of ROC, and served as President sometime in the 1980’s. He was an awesome Ski Orienteer, too.

Ken Hahn stopped by to chat. Ken came up with the idea of Winterfest almost 30 years ago. He managed it for 27 years, retired and the County took over the management. It amazes me that ROC has been a part of Winterfest for almost 30 years! In the early years, it was an official Ski O qualifying event for the Winter Empire State Games held annually in Lake Placid. Going to the ESG was a big deal. It was sad to learn that Ski O is no longer an ESG official sport. The “powers that be” made the decision “out of the blue” without notifying the Ski O community this year. The question, now, is why.

We had a super crew that made our participation in the Winterfest activities a success.

Rachael Tylock helped me to set up the S/F in the early AM bitter cold and then did registration

Heidi Hall brought the maps that Dick D printed, then took over registration

Heidi, Stina & Rick L gave instruction

Ed Deller helped me pick up the controls

Dayle L made chili and Brownies, was course setter and Meet Director

Mendon Ponds Ski-O

January 26

43 Starts



Pictured: Ed Deller

Hurrah! There was snow and groomed and tracked trails on the day of this event. 34 individuals completed the courses. Stina designed 3 courses that maximized the skiing opportunity on that day:

beginner- 2.5km, 8 controls

intermediate- 4.9km, 10 controls

advanced- 7.0km, 15 controls-- (the map was double sided and had to be flipped after control #8)

Preparing Ski O courses has a unique challenge, in that the conditions are not always known until a few days before the event. Stina had to deal with this uncertainty. She knew there was enough snow cover but could not count on the South Fields being groomed, so she focused

on the North Fields. Starting from Cavalry, the Rugby Field across the street, she used the beautifully groomed trail to Stewart, then on to the North Fields. The North Fields has lots of route choice, sort of a mini maze, and Stina took advantage of the complexity. Greg Michels finished first on the advanced with an awesome ski, but it must be said that all who skied the advanced course were awesome. Zack Butler aced the intermediate and Beth DeBartolo was queen on the beginner course.

There was sunshine! It was a perfect day for Ski Orienteering fun. We lucked out!

We had a great team which made for a smooth, enjoyable event.

Stina Bridgeman- our Course Setter

Heidi Hall was greeter (and also brought the Maps that Dick Detwiler printed.)

Ed Deller, Patty and Jim Borden handled Registration

Tyler Borden, Stina and Zack Borden took care of timing (SI Air was available)

Doug Hall, Steve Tylock, Stina and Rob Holmes picked up the controls

Dayle made bean soup and brownies

Meet Directors-

Rick and Dayle Lavine

Cumming Nature Center

February 17

26 Starts

Changing weather and ski trail conditions made it difficult to know what to expect on the day of the event. Linda and I put out all the controls the day before the event and then updated the maps on Saturday night. A tiny bit of snow fell, but the conditions were still very icy and fast on the hard packed trails. On the morning of the event, the Nordic Ski Patrol decided just before the start of the event to close the blue dashed trail and the red trail because the conditions. We did our best to caution people about the difficult skiing and the closed trails before they started the competition. A few people opted to go out on foot rather than skiing. Linda designed three regular Ski O courses and two for people on foot or snowshoes. The weather conditions were cold and cloudy with a few peaks of sun. The Nordic Ski Patrol was selling chili, corn bread and cookies as a

fundraiser in the room downstairs and they appreciated the donations from the Ski Orienteers. We were also able to donate \$120 to the Nature Center.

Many thanks to Stina, Bridgeman, Doug Hall, and Ed Deller for picking up controls at the end and to Rukhsana Cofer, Patty Borden and Carl Palmer for doing registration. Jim Borden handled instruction and Tyler Borden and Stina handled results.

Linda & Rick, Course Setter and Meet Director

Permanent Course News

TRY ORIENTEERING at Letchworth State Park!!!

Thanks to Rick Worner, we now have a blurb on the Letchworth State Park website giving newbies a glimpse into our sport.



From the website: Orienteering is an activity that tests your mind and improves your health. Anyone of any age can do it. Below is a snippet from the Rochester Orienteering Club Permanent Orienteering Course in Letchworth State Park. You can print it out on your printer or load it on your phone. If you enjoy the experience and want the rest of the map or want more information on the sport of orienteering you can go to our website: roc.us.orienteering.org

Complete maps are also available in the gift shop or at the Humphrey Nature Center. They can also be ordered through the Rochester Orienteering Club website or purchased at the Map Shop in Pittsford, NY. The start is at the Nature Center.

Be a ROC Volunteer!

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.

A look ahead...

ADK EXPO

ROC is looking for volunteers to help share our sport with the folks who come to Mendon Ponds Park at the annual ADK EXPO on June 8th. ROC will have a tent set up and offer a beginner course as well as a workshop hiking a portion of the permanent course.

A Blast from the Past Answer

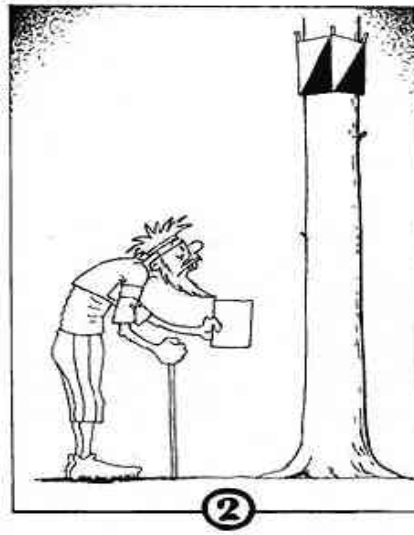
It's our very own, Dayle Lavine!

from the Democrat & Chronicle in January 1993.

Dayle Ladine approaches control flag No. 7 on the ski orienteering course at Letchworth State Park last weekend. Ski orienteering adds the element of traversing terrain on skis to an already demanding sport, where finding your way to pre-established checkpoints is just as important as speed between those points.

O Humor...

Reprinted with permission <http://iofun.narod.ru/>



Is published in "MAPA Y BRUJULA" (ESP) N17 (99)
The author : Yuriy MANAEV (RUS)

In the next issue of the Wild Times...

- * Read about some ROC members' recent orienteering trip to Portugal
- * Learn about our National Ranking Weekend in October at Alasa Farms - Sodus (Sat) & Webster Park (Sun)
- * Please submit articles or ideas to Don Winslow by July 1, 2019... reroteacher@rochester.rr.com



Map Courtesy of Rick Worner



First Class

4800 Eddy Ridge Road
Marion, NY 14505



*Don Winslow checking out the
Webster Park Permanent Course*

Patty Borden, Jim, Borden, Rukhsana Palmer and Tyler Borden at the Ski O at Cumming NC, February, 2019

