



The Wild Times

August 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

“Cure for the Hiccups”

When I first started orienteering at ROC meets, from novice white through beginner then intermediate courses, I didn't grasp how much effort went into making an event run. Having come from more of a running background, where everything about signing up for and participating in a race is so rigid, the relaxed atmosphere of the event was surprising to me. Little did I know that underneath the relaxed demeanor of an orienteer is a strong confidence and inherent competence.

Over the spring, we had a couple of ‘hiccups’ at events, but the ROC team still provided a great user experience for those that participated. How did we make it work? We made it work through our team all jumping in and using the skills we learn as orienteers – hustle, adaptability, and tapping on our experience to think of a new, fast path around the obstacles.



As a competitor - What have been your worst hiccups during a meet? Mine usually come from turning my brain off.

- Too much excitement on the first control – trying to go too fast before getting ‘into’ the map.
- Not realizing I was using the map South as North
- “I’ll recognize it when I get there” Without planning how to get there
- Wiping my glasses with a bug-spray covered shirt, which took away my ability to see the details on the map.
- Confusing up and down contours (Mendon East is especially hard)
- Dropping a ... dibbler / compass / map
- Poor estimation of distance
- Wrong reentrant, wrong hill - seeing a feature, but knowing that it isn't in the spot where I should be looking
- Following someone, or seeing someone at a control (that happens to be the wrong one).
- Trying to make up time by running faster

And that's the beauty of orienteering that makes it a great lifelong sport – our well-earned wiliness gives us a boost. The hiccups become fewer and no longer cost 10 or 20 minutes. How many of us never went ‘off trail’ before orienteering? And now with the confidence we've gained, we not only take the road less travelled, but can bypass the road all together – and that makes all the difference. (My apologies to Robert Frost).

See you in the woods - May you spike your next control!

2019 Club Officers and Committee Chairs

Board of Directors:

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bones.lyons@gmail.com

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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 – August to January (subject to change)

Rochester Area

Saturday, August 10	Mendon Ponds Park Classic Event, Starts, 10:00 a.m.
Sunday, August 18	Ellison Park Score O Starts, Noon
Saturday, September 14	Genesee County Park Classic Event Starts, 10:00 a.m. - 11:00a.m. .
Saturday, September 21	Powder Mills Park Classic Event, Starts, 10:00 a.m. - 11:00a.m.
Saturday, October 5	National Ranking Event Alasa Farms, Sodus, NY
Sunday, October 6	Special Event! Webster Park
Saturday, October 26	Mendon Ponds Park Vampire O
Saturday, November 2	Mendon Trail Run Mendon Ponds Park 10K, 20K, 30K, 50K
Sunday, December 1	Annual Meeting Webster Park
Sunday, January 12	Winterfest Intro Ski-O

BFLO	August 24 th - Ellicottville Adventure Run September 28 th - Knox Farm
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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!

Webster and Durand Eastside: Dean Clayton



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	August 6 - Sprint Location: Thornden Park Starts, 6:10 p.m.
	November 10, Turkey – O Highland Forest

Kolva Award Nominees

We are looking for nominees for the 2019 Karl Kolva Award.

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.

Please send any nominees to any member of the board.

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>

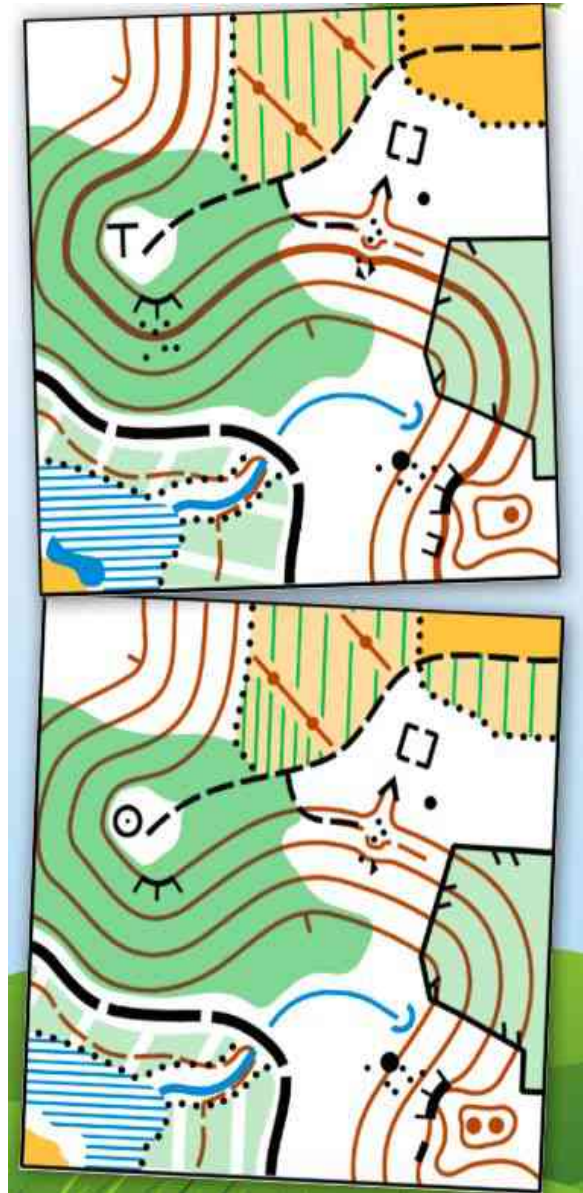
A Blast from the Past...

According to the Wild Times, Winter 1995-96, how many runners participated in the Trail Run on November 11, 1995?

Answer on page 11

Quiz Time...

How many differences can you see in the two maps?



“British Orienteering / Ozone magazine Spring 2010.”

Answer on Page 11

O Tip for Beginners...

from OUSA's website

New to O ? – Go to <https://orienteingusa.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

Jim Borden



Name: Jim Borden

Hometown: Endwell, NY

Other family members: Wife - Patty, and sons Chad, Tyler, and Zak.

Occupation/Grade in School: Accounting Manager at American Packaging

Other Hobbies - Jogging, Woodworking, Geocaching

When did you start orienteering? over 10 years ago

Why did you start orienteering? Neighbors invited us along and the boys seemed to take to it, so it became a regular family outing.

What level are you competing at? Brown. I like when the course is 60-90 min

What do you love about orienteering? For me it is just an excuse to go out and work up a sweat. It is great that people can participate at any level from recreational walkers to world competition.

Favorite park in Rochester to orienteer in...Mendon, you can get lost, but find a way back. And it is always beautiful.

Farthest from Rochester that you've orienteered... Buffalo/Ellicottville Adventure Run. 6 hour score-O, it was ridiculous! Really lost some weight on that one.

Favorite orienteering experience...Really just seeing our whole family come out together.

Worst orienteering experience...Nothing disastrous, but once I thought I was taking a shortcut across what turned out to be like quick sand....almost lost my shoes! Looks can be deceiving...

Any future orienteering goal you may have...It is great to have goals, but I like to take orienteering as it comes. If I feel like pushing hard I'll go for it, but if I want to just enjoy a walk, that is ok too.

Any advice for newer orienteers? Don't be intimidated. Feel free to ask questions about anything that you don't understand. Everybody in the club likes to help out!!!

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

Fleet Feet Clinic April 13

Some people say that seeing a robin is the first sign of spring, but for a number of us in ROC it's participating in our annual beginner clinic. This was the seventh year we offered this session, and probably the first time that we've had really perfect weather.

In the past our beginner clinic was held at the Cooperative Extension on Highland Avenue; the perfect facility with well-outfitted classrooms and Highland Park right outside the door. We were able to offer beginner and intermediate training simultaneously, with new and experienced orienteers getting a chance to get acquainted during a break. One year it snowed so hard the day before the clinic that all trails were obliterated... not a fun way to introduce orienteering to beginners! We were sad when that building was demolished and we were forced to find a new home.



Pictured: Heidi Hall

Fleet Feet has generously been our host since the extension was razed. This April more than fifty new orienteers came out to learn about orienteering in their Community Room and then headed over to Cobb's Hill for some practice under blue skies with mild temperatures. Heidi Hall presented a slideshow teaching the basics of orienteering, symbols, map reading, and information on attending a meet. Attendees practiced orienting a map with a compass before practicing on four short courses. Permanent map kits were offered for sale, and many experienced members were on hand to answer questions and give assistance at the park. This event was coordinated by Laurie Hunt, with the help of a team of ROC volunteers.

We hope we will see all our clinic attendees at future events. Please be sure to let our registration staff know if

you attended the class, and tell us how it helped or how we can improve in the future.

Icebreaker: Mendon Ponds

May 4

62 Starts

We held our first regular foot-o event of the season at Mendon Ponds Park. We started at East Lodge with some great courses set by Lindsay W. The weather was good for running but much of the park was wet. We had 62 starts as many orienteers came out to kick off the season. We were happy to welcome a few of our beginner's clinic participants to the event.

Thanks to our great volunteer crew: Greeter and Instruction: Linda and Laurie, Registration: Kathy, Rukhsana, Patty and Jim, Timing: Tyler and Stina, Flag Pickup: Zack, Stina, and Nathan Food: Richard, Vetter: Rick!

Cumming Nature Center

May 19

43 Starts



Pictured: Laurie Hunt instructing

Our second regular orienteering event at Cummings Nature Center in Naples, NY was a great success! If you haven't been yet this is a great venue with a beautiful nature center as our start location. It was a warm and comfy day so we set up our start area out in one of the pavilions just outside the main building. With a full set of regular courses and a fun string-O course there was

lots of quality orienteering. Heidi and Laurie also set up a pace counting activity where people could test out there pace counts over a marked 100 meter distance. The thunder threatened but held off for a great day! The orienteering terrain consists mainly of a swampy flat land areas with a great network of trails and old growth forest which leads into a long hillside cut with water ditches and some overgrown trails. The hillside certainly presented the most challenging controls because of the lack of features, compassing and pace counting was very helpful (thanks Laurie and Heidi for the refresher). As usual this meet was only possible because of all the great volunteers. Linda Kohn was the course setter and map maker. Looking forward to our next event at Cummings in the winter, hope to see you there!

Rotary Sunshine Camp

June 1

43 Starts



The classic meet at the Rotary Sunshine Camp in Rush on June 1 was quite memorable. Zack Butler laid out a fine set of five courses with 37 flags. There was also a String-O that looked a bit like the nearby maple sap collection line. 43 came ready to run but unfortunately we discovered we had no maps! Springing into action, with help from Zach's wife and the Rush Public Library, we got them printed and managed to start only a half hour late. But unfortunately then a second disaster struck, Louise Cook had a very bad fall, dislocating her knee cap and injuring several tendons. An ambulance was called and many from the club instantly pitched in. Lindsay Warner used her first aid training, others provided comfort, got help from the Rotary Camp's ATV and directed the ambulance as

close as it could manage. Louise had fallen at the bottom of a slope but fortunately near a flag and not too far from a trail. The medics stretched up the hill, down the trail and off to Strong Memorial Hospital where she spent a week and had surgery to repair her knee cap and tendons, follow by rehabilitation at the Highlands in Pittsford.

Thanks to all those who helped her. Fortunately, it wasn't true that "bad things come in threes". The race itself was fine, avoiding the 40% chance of rain.

Volunteers

Course Setter: Zack Butler

Meet Director: Tom McNelly

Greeter: Linda Kohn

Registration: Greg Michels, Patty Borden, Rukhsana Palmer, Buffy Turinsky

Timing: Tyler Borden

Flag Pickup: Heidi Hall, Lindsay Warner, Peter Dady

Food and String-O: Dayle Lavine

Instruction: Don Winslow

Winners

Beginner: Sarah Anne Turinsky

Adv. Beginner: Kimberly Goerlich

Intermediate: Bill Welch

Short Advanced: Alex Nazarenko

Long Advanced: Sergey Dobretsov

ADK Clinic

June 1

From Donna Dinse, ADK Representative:

Thank you to Carl and Rukhsana Palmer who led the Orienteering Hike! We appreciate Rochester Orienteering Clubs participation. I saw about 5 different groups going by throughout the day with maps in hand having a good time.

We couldn't have an Expo without your support and we would appreciate any feedback.

Sincerely,

Donna Dinse

One of ROC newest members, too!

Map Adventure

June 15

Our 7th Rochester Map Adventure had a new home base this year! Abundance Co-op on South Ave graciously hosted our event for no charge (except for food). Being closer to downtown than any of our other venues gave the 3 hour participants more of an opportunity to explore and learn about the center of the city.



Pictured: Dick Detwiler giving last minute instruction

A total of 47 groups/ individuals signed up in one of 8 categories (3/5 hour, bike /foot, team/individual) and ventured out as far south as Mt Hope Cemetery, as far west as Corn Hill, as far east as Winton Rd and as far north as the Inner Loop near High Falls. Special

congratulation to two 5-hour bike teams who not only visited all controls, but got all of the answers correct (Sergey/Tim Dobretsov, and Mark Salas/Jeffrey White). Across all entrants, 1,528 questions were answered with 97% of the answers correct!

Here are the 1st place winners in each category:

-3 Hour team bike: David and Brady Ferguson

-3 Hour foot individ: Chad Borden

-3 Hour foot team: Kathryn Bowering and Jodie Spiers

(No finishers for 3 hour bike individ)

-5 Hour bike individ: Stina Bridgeman

-5 Hour team bike: Sergey and Tim Dobretsov

-5 Hour individ foot: Todd Sheehan

-5 Hour team foot: Heidi and Doug Hall

Volunteers include:

- Course setting: Dick Detwiler, Rick Lavine, Dayle Lavine, Anne Schwartz,
- Vetting: Rick Lavine, Dayle Lavine, Anne Schwartz, Dick Detwiler, Jim Tappan
- Food: Anne Schwartz, Abundance Co-op
- Publicity: Laurie Hunt
- Registration: Dick Detwiler
- Dayof Meet Registration: Cheryl Detwiler, Rukhsan a Palmer, Carl Palmer, Heidi Hall
- Scoring and results: Tyler Borden, Dick Detwiler, Paul Schwartz
- Timing: Rick and Dayle Lavine
- Greeters: Laurie Hunt, Paul Schwartz
- Publicity/Organizing: Laurie Hunt
- Event Director: Anne Schwartz

Dick Detwiler gets the award for spending the most time and effort on this event!!!

Highland Park

July 9

24 Starts

Our first Score-O of the season was held at the new, creative playground right on Highland Dr.

We were fortunate to set up under one of the three available shelters for a bit of shade. 23 individuals/groups started precisely at 6:30 and most returned under the required 45 minute time allotment. CNYO's Pete Dady did not win the prize for coming the farthest distance for this event. That prize goes to Itiel Telem who is from Israel (visiting family in Ithaca).

We fielded lots of questions from parents of playground users so hopefully they will take a look at our schedule and the club will see them in the future!

Thanks to all our wonderful volunteers who make events run so smoothly:

Richard Detwiler (course setter), Don Winslow (greeter), Tom McNelly and Steve Tylock (registration), Rukhsana Palmer (instruction), Tyler Borden (timing), Anne Schwartz (food), Heidi and Doug Hall, Stina Bridgeman, Gary Maslanka (flag pick-up)

Anne Schwartz (meet director)

RIT
July 23

We had a beautiful evening and lots of folks joined us to try to not get lost amongst the brick maze that is the RIT campus. Rob Stevens set us three sprint courses from one end of campus to the other, and people did one, two, or all three (an impressive number did all three!). A number of RIT staff and students joined us for their first orienteering experience, and we hope to see them at more events in the future! Thanks to all the volunteers who helped the event run so smoothly.

I'll bet that you are wondering who was the lady that blew away the field on all 3 sprint races at RIT??? She's Ali Crocker, a member of the USA National team, and was looking for a training opportunity while visiting her in-laws in Rochester. Ali is working to maintain her training for the World Championships that will be held in Norway August 11-17. She currently works as an Assistant Professor of Physics at Reed College in Portland, Oregon. You can check out her training logs and even compare your sprint routes with hers: https://www.attackpoint.org/log.jsp/user_2942



Pictured: Ali Crocker

A: 50-50 2.200k

Name	Class	Club	Time
1 Alison Crocker	F-21+	CROC	13:27
2 John Sawyko	M-21+	ROC	16:09
3 Christopher Joyce	M-21+	ROC	16:24

B: Maze 2.100k

Name	Class	Club	Time
1 Alison Crocker	F-21+	CROC	11:43
2 Lucas Lyons	M-20	ROC	12:47
3 Christopher Joyce	M-21+	ROC	13:57

C: Scrambler 2.100k

Name	Class	Club	Time
1 Alison Crocker	F-21+	CROC	11:17
2 Christopher Joyce	M-21+	ROC	13:34
3 John Sawyko	M-21+	ROC	13:50

Event director: Zack Butler

Course setter: Rob Stevens

Registration: Beth DeBartolo, Nancy Burgey

Timing: Tyler Borden

Flag Pickup: Richard Burgey, Ed Deller, Stina Bridgeman, Steve & Rachael Tylock

Food & Drink: Anne Schwartz

Looking ahead...

Alasa Farm & Webster Park

The members of the Rochester Orienteering Club, the staff of Cracker Box Palace and the animals of Alasa Farms welcome you to a NRE event on Saturday, October 5, 2019. See website for details!

For Sunday October 6th we will be having a fun social event - a MASTAR Mashup. This involves a Mass Start and a mass Mass Finish. A full set of courses offered with the advice that participants will handicap themselves such that the expected time to finish is 60-70 minutes. In this special event, course controls will intertwine between the different levels; participants will also need to negotiate the social interactions.

Webster, Parkview Lodge. Starting time - 10:00 noon.

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 willing to help!

A good reminder...

Tick Protection

Permethrin-based repellents applied to clothing can provide a personal barrier to deer ticks.

<<http://www.tickdiseases.org/wp-content/uploads/2018/12/Kirby-Stafford-Tick-Mgt-Handbook.pdf>>

So that's the first barrier. Then, in addition, you can do things to protect yourself individually. The number one thing we tell people that you can do to keep ticks off your person is to treat your clothing with permethrin, which is a synthetic derivative of a plant compound that's very, very deadly to ticks and very, very safe to humans. And the reason you treat your clothing is that it just adheres particularly well to fabric and it will remain on the fabric through multiple washes. The way it works is that the ticks crawl on your clothing, they absorb this through their feet, and it kills the ticks within a few minutes. It keeps ticks from biting you because it kills them.

Rick Worner



First Class

4800 Eddy Ridge Road
Marion, NY 14505



*Don Winslow with Itiel Telem,
from Israel, who came to our
Highland Meet*



(left) Dayle Lavine and Patty Borden at the treat table! ... Rotary Sunshine
(right) Students at Lyons Central School who participated in World Orienteering Day 2019!