

The Wild Times

December 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

"Friends and Family Season"

At the end of the Thanksgiving Family weekend, we can join our Orienteering friends (no such thing as an Orienteering enemy!) at a FREE members-only event on **Sunday December 1 at Parkview Lodge at Webster Park.** The event starts with a 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. Past activities have included cell-phone O, memory-O, grid-O and others. 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 (listed below).... Unless you have a favorite you'd like to share with the world.

A-H – Appetizers and salads

I-P - Desserts

O-Z - Main dishes

The club will supply cold and hot drinks. Please bring your own cups, place settings (to minimize waste and clean-up) as well as serving utensils for the pot luck dishes.



Please pre-register on-line at the club website so we can plan for drinks and the orienteering activity. - note that you have to be logged in on the website to see this event listed and register. You can become a member at the event – or go on-line if you want to use credit - \$15 for one-year individual membership / \$20 for one-year full family membership / \$40 for three-year individual membership.

Memory-O Event:

At the start there will be a partial course map for each course. After you punch start you may study the map for as long as you like, but be polite to other runners who may also want to study the same map. When you are ready, leave the map behind and go to your first control. As you visit controls for your course you will find all the information required to continue along your course. Each partial map will guide you as far as you need to go to find more of your map. You may need to memorize multiple controls, depending on your chosen course. Maps will only be found at controls, but not every control will have a map for your course. Some controls will have multiple maps - make sure you study the right one for your course.

You will not carry a map at any time on any course. You may carry a compass. You may not make written notes. Courses will be fairly short, so it will be possible to do multiple courses in 90 minutes or so.

2019 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 reroteacher@rochester.rr.com Membership: Lindsay Worner lindsay.worner@gmail.com

Equipment: Rick & Dayle Lavine rdlavine@frontiernet.net

Mapping Chair: Linda Kohn Wornerkohn@gmail.com

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 Palmer 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
Lindsay Worner Lindsay.worner@gmail.com
Tom Rycroft crazychemboy@hotmail.com
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		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 <u>Beginner</u> 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 <u>Advanced Beginner</u> 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 <u>Intermediate</u> course requires more map-reading and courseplanning 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 <u>Short Advanced</u>, <u>Advanced</u>, and <u>Long Advanced</u> 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 – January onward (subject to change)

Rochester Area Sunday, Winterfest January 12 Intro Ski-O **Harriet Holister Park** Sunday, January 26 Ski O Starts: see website Saturday, **Cumming Nature Center** February 15 Ski O Starts: see website Saturday, Worner/Kohn Residence March 14 Course Setting Workshop Starts: see website **Beginner Clinic** Saturday, April 18 Fleet Feet Starts: See website Sunday, Webster Park April 25 Classic Event Starts: 10:00am - 11:30am Sunday, **Mendon Ponds West** May 3 Classic Event and Clinic Starts: 8:30am - 10am & 10am - 11:30am Saturday, **Letchworth East** May 30 Classic Event Starts: 12:00pm - 1:30pm Saturday, **Braddocks Bay Park** May 23 Canoe O Starts: see website Saturday, **Rochester Map Adventure** June 6 Starts: see website

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	Check website for details!
BFLO	Check website for details!

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: Jeremy Wachtman

Webster: Jeremy Wachtman and Linda Kellogg



Kolva Award Nominees

We are looking for nominees for the 2020 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

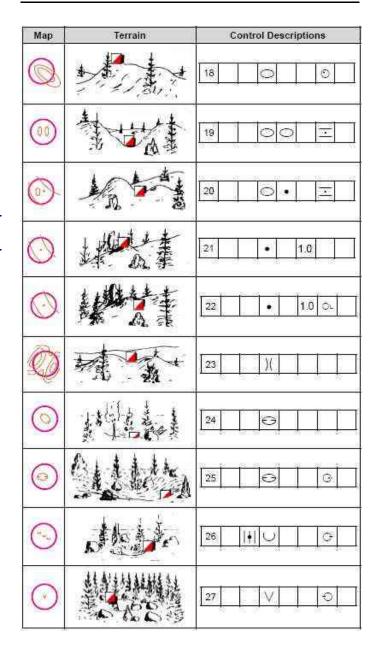
A Blast from the Past...

According to The Wild Times, May 1997, what decision was made that made orienteering at Mendon Ponds a new experience?

Answer on page 11

Quiz Time...

Can you name these control features?



"Backwoods Orienteering Klub." Answer on Page 11

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

Bob Bundy



Name – Bob Bundy

Hometown – Grew up in Homer, New York. Lived in

Rochester area since 1974.

Other family members – Wife Brenda orienteered with me in a Canoe-O. Somehow we came in first aided by a donation of chocolate chip cookies. My son Ben and daughter Betsy have orienteered with me in the past on or near Father's Day.

Occupation/Grade in School – Computer Programmer

Other Hobbies .. In the past I was big into long distance bicycling and bicycle racing. Now I buy, sell, and trade postcards. Before that I collected stamps of New Zealand, Korea, and the German Colony Karolinen. (I have sold most of the stamps on eBay.) (Why Karolinen? I was in the Peace Corps in Chuuk, Micronesia. The area was part of the former German Colony of Karolinen.)

Involvement with ROC: I'm a BOD member and I've been taking care of the Monroe County lodge and shelter reservations for 15 years or so. One summer when we only needed to reserve a shelter a few weeks ahead of time, Dayle Lavine asked me to handle that function while she was in Maine. I have been doing it ever since. My start also coincided with the County Parks starting their on-line reservation system.

When did you start orienteering? I started in about 1996 or 1997. I read the coming weekend activities in the D&C. I saw Orienteering at Pond View shelter in Mendon Ponds and decided to check it out. I ran through the White course easily. I then tried Yellow and did a lot of running back and forth. My problem was that I had no idea what a reentrant was. But I was hooked. In the following weeks I quickly moved up to Green.

Why did you start orienteering? .. I have liked maps since I was about 4 or 5 years old. I used to make maps of my home town. I had a couple of friends in the Rochester Bicycling Club that said Orienteering was better than bicycling. I didn't take them seriously. I did attend a "School Yard Demonstration" in Irondequoit but that sample didn't grab me. 2 or 3 years later when I attended a real event, I was hooked.

What level are you competing at? Brown

What do you love about orienteering? I think that it is basically a good excuse to get out in the woods....and you get to go where no trail goes.

Favorite park in Rochester to orienteer in... Does Letchworth count? That is my favorite local venue. Mendon Ponds would be a close second.

Farthest from Rochester that you've orienteered... An A-Meet in Central Michigan.

Favorite orienteering experience... Maybe my favorite result was a Biking, Canoeing, and Running event at Mendon. I think I came in second overall. I was still in

good biking shape and used it to great advantage.

Worst orienteering experience...It was at an A-Meet at Letchworth. Day 1 I got to the last control and could not find it. I relocated several times and could not find it. (I never figured out what went wrong.) So I finished with a known "DNF". Day 2 I finished the course feeling good about it until I checked the results. Another "DNF". It turns out that on both days I forgot my age! I took the 65+ map when I should have taken the 70+ map!

Ski O

The NY ski-o calendar is up at <u>skio.nyssranordic.org</u>. The first event that took place was on Saturday, November 23rd, at Mt Van Hoevenberg in Lake Placid.Updates will be posted on the NYSSRA Nordic site - always check therebefore traveling to an event.

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

Mendon Ponds August 10

51 Starts

We had a fabulous weather day for orienteering today at Mendon Ponds Park. Between the Score-o and beginner's course there were a total of 51 starts. We welcomed many new faces and families and hope to see them all back again very soon!

Picured: Carl Palmer chatting before the start

Thanks to Rob for designing and Mike for setting the great courses today. Thanks to Rukhsana and Ed for handling registration. Thanks to Tyler and Mike for

running timing. Thanks to Anne for setting up our feast of snacks including the yummy watermelon! Thanks to Gary, Pete, Ed, Bill and Doug for picking up controls. Thanks to Don for providing instruction to our many newcomers!

And thanks to everyone who helped out in some other unofficial way such as Chris with map handout, Carl with setting up our banner, Mitch taking down a banner and Doug setting out road signs! Being meet director is a breeze with such a great group of volunteers!

Heidi Hall, Meet Director

Ellison Park Training August 18

7 starts

We held a training day here at the park as we didn't have an official meet director. Participants either did the Beginner Course or the Score O from the night event we held in 2018. Tyler and Kaitlin partnered up and took turns using a Memory O type strategy on the longer course.



Don Winslow instructed some very enthusiastic beginners. He met, Ann Forbes, who said her son created the Powder Mills Park permanent orienteering course as part of his Eagle Scout project. She is a teacher in the Fairport district and wants to create an orienteering course at her school.

Thanks to our great volunteer crew: Mike Alexander who set out the controls, Don Winslow who did Instruction: and Tyler Borden, Kaitlin Dunn and Mike Alexander who did the flag pickup.

Genesee County Park September 14

50 Starts



Pictured: Laurie Hunt at the registration table

We had 50 starts and more than 70 participants for a classic event at Genesee County Park and Forest. We were glad to see good participation from the Buffalo O club and also a number of families trying out the sport on a beautiful day. Heidi Hall led a special instruction class for beginners.

Thanks go to the many volunteers who made the event smooth and successful: Mike Lyons- course setter, Zack Butler- control placement, Doug Hall-timing and flag pick up, Heidi Hall and Kathy Bannister- instruction, Ruhksana Palmer, Laurie Hunt and Patty Borden- Registration, Don Winslow-String-O, Lindsay Worner, Mark Salas and Jim Borden- flag pickup, Heidi Hall and Anne Schwartzfood, meet director-Ed Deller.

Powder Mills Park September 21

62 Starts



Pictured: Stina, Gary, Pete and Jeff at the results table

Our September 21 event at Powder Mills Park was well attended with 62 starts, including several groups and some families with energetic youngsters. It was great to see the Wilson Outdoor Club tackling multiple courses. Tom Cornell and Sandra Lomker's granddaughter, Ariel Fabry, with partner Chaplin Fabry came to try the course as well! The string-O saw lots of action as well, with some impromptu rock climbing part way along the course. The weather was historically warmer than typical for late September, with temperatures climbing into the 80's. And speaking of climbing, the available courses, with the exception of the beginner course, made use of the abundant contours in the park. Course setter Carl Palmer created five courses from Beginner through Long Advanced, plus a training course which he called a "Corridor Course" in which most of the

map was removed, leaving only narrow corridors of map between the controls.

Daniel Burgey made super quick work of the beginner course, as did Alexandra Dobretsova. There were no DNFs on the very challenging Short Advanced course, with everyone showing determination and persevering.

Good help, they say, is hard to find, but this is never true at our events where folks go above and beyond. Thanks go to Carl Palmer, Rukhsana Palmer, Rachael Tylock, Patty Borden, Tyler Borden, Stina Bridgeman, Rob Stevens, Jim Borden, Pete Dady, Nancy Burgey, Don Winslow and Anne Schwartz.

Doug Hall, meet director

National Ranking Event October 5

ALASA FARMS

On Saturday, October 5th orienteers from all over the northeast and Canada converged at Alasa Farms near Sodus for a OUSA National Ranking Event. Our newly upgraded map with it's many small re-entrants and indistinct trails was a technical test for all of the competitors. Course setter Doug Hall and OUSA Course Consultant Bob Putnam put together some interesting and challenging courses.

Good course setting takes many hours of planning and time in the woods to get all of the details correct for the meet.

A group of 21 cadets from the West Point showed up for both days. The group adds seven new members each fall after tryouts. This was the first chance for the new cadets to compete for the team. Most of the new members chose Orange courses while the veterans opted for Red and Blue. A group also showed up from the Buffalo Public Schools Maritime Magnet School.

A NRE events gives local people a chance to get a feel for a higher level meet with eight different courses and a formal start list. Courses need to be vetted by multiple people prior to the meet to make sure all the controls are in the correct spot.ROC used around 25 different

volunteers for the meet and because of their efforts the meet was a big success.



Pictured: Jen Manley

Many thanks to Alasa Farms manager Cheri Rolison and farm volunteer Randy Bond for helping with arrangements. The club was able to make a donation Cracker Box Animal Farm to help feeing and housing the 40 horses that currently live on the farm.

The the club now has a top quality map for future events.

Full results and complete volunteer list at. https://roc.us.orienteering.org/resources/results/2017/results2017-10-15.html

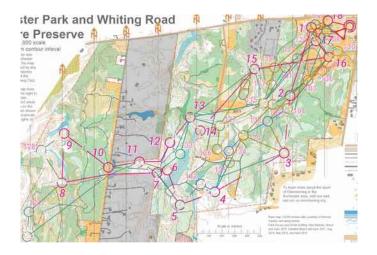
Rick Worner Meet Director

Webster Park MASTAR MASHUP October 6

The Rochester Orienteering Club recently held a first ever even we're calling the MASTAR MASHUP-MAss STARt MAss finiSH fUn interPlay. It included a full set of courses and advised participants to handicap themselves such that their expected time of finish would be 60-70 minutes. In this special event, course controls intertwined between the different levels; participants needed to negotiate the social interactions as well as the natural ones.

The event saw 69 starters running out in the same general direction with one of four first controls on their map. Before too long it became clear to those that were on a particular course who else was also going to the same controls, but all of the courses intermingled and encounters were frequent.

Here's a map with all the courses superimposed:



For reference - if you have previously heard of an event in the THOMASS format (See http://www.orienteering.ca/pdfs/officials/Level200.pdf), the MASTAR MASHUP is intended to provide a similar experience with individuated courses instead of the handicap boxes.

The hard part about organizing such an event is of course getting everyone together, apart and to the finish in similar time frames.

The site of the course, Webster Park, has a well defined trail network - at no point in the park can one be more than 200m from a trail, gravel or paved roadway. But instead of seeing these as a handicap, they were viewed as collecting pathways to bring competitors into contact with each other.

As a measure of success, the minimum, average, and maximum times on each course shows promise:



Ideally the averages would be closer - that would involve adjusting the lengths of the courses to add a few minutes to the quicker ones, and take some distance and time off the longer ones.

With the short window for all of the finishers, it was quite a bit more exciting to watch. Organizationally the meet took much less time to complete than a traditional event, and just a bit longer than an hour score-O. (It did require more course planning than a score-O, and a different set of tuning adjustments than a traditional event.)

We're surveying the participants to hear their views of the event.

Mendon Ponds Vampire O October 26

Starts

The Vampires were in fine form on Saturday, October 26th at Mendon Ponds. Although not as numerous as the deer, the Vampires and their red flashlights captured almost every individual or group. A few people managed to find the gallon jugs of "holy water" that protected them for two controls. Course setter and meet director Lindsay Worner set 35 controls in a small area so that there was a lot of action in a small space. A few people

managed to get into the "safe zone" on the porch shortly after the horn sounded at the 50 minute mark. In the last 10 minutes the Vampires lurked in the areas near the porch waiting to capture the people returning at the 60 minute deadline.

A number of people visited the moving "ghost control" that was sneaking around throughout the event. The ghost was actually Lindsay's dog Finn wearing a flashing red strobe light. Some of the controls had bags of candy attached to treat the runners.

When the action was over and the Vampires were identified and some weird and worthless prizes were distributed to the participants. Donuts and cider were served to all of the survivors even the Vampires were allowed to partake in the feast.

Thanks to Steve and Rachel Tylock for doing registration. Anne Schwartz for bringing refreshments and to Rachel Tylock and partner, Jeff Frisch, Rick Worner and another volunteer for picking up controls. Linda Kohn created and formatted the special maps.

Vampire-O Results/Points:

- 1. Rachael Tylock & Henry Davignom 27
- 2. Olga Huber 24
- 3. Jocelyn Svengsouk 23
- 4. Zak Borden 23
- 5. Stephen Cavilia 22

Mendon Ponds Trail Run November 2



The annual trail run was held Saturday Nov 2 at Mendon Ponds Park starting at Stewart Lodge. The route consists of a 10k loop and participants choose a 10k, 20k, 30k or 50k distance. While the weather in the days leading up to the event was stormy with high winds, the day of the event was dry and clear with temps in the 40s and the sun was out!

Turnout for the event was fantastic. We had 109 finishers in the 10k with the overall winner Abbie Sullivan finishing in 45:3. The top male finisher was Brock Dyer in 48:10. The 20k was part of Trails ROC's Trail Runner of the Year Series. We had 84 finishers with the top finishers being Erich Nieman in 1:29:14 and Sarah Keyes in 1:36:32. In the 30k there were 43 finishers. The overall male and female winners were Jack Broderick in 2:19:09 and Amelia Kaufman in 2:39:01. We had 62 finishers in the 50k. The top 2 finishers, Peter and Geoffrey Koch finished with identical times of 4:34:51 down to the second with the winner, Peter, being determined by milliseconds! The top female finisher was Katelyn Rhymestine with a time of 4:53:25.

From runner, Peter Koch...

"Hi there, I just wanted to start by saying thank you for putting on such a well-run, low-key race on truly beautiful trails! It was my brother's and my first-ever trail ultra, but I think we may be hooked!"

http://scorethis-

results.com/ResultFiles/20191102MNTRResults.pdf

Many thanks to all of the wonderful volunteers who came out in support of the event! We couldn't hold this event without all of you! Special thanks to Anne for all her work leading and organizing the aide stations and to Dick for his great work with registration!

Heidi Hall, Race Director

Looking ahead... Harriet Hollister

Rick Worner sent out a copy of the new HH map. The area is small, but contains some interesting terrain. The bike trails at the south end need to be finished. They are shown as three unconnected trails at the moment.

We have a Ski O and regular event there in 2020!

Memorial Bench

It was a long process, but the memorial bench for Carol and Sandra is in place at the Trail Run water stop south of Calvary Lodge!! Thanks to Laurie Hunt for working this out.





A Blast from the Past Answer

The ban was lifted on off-trail orienteering due to environmental issues. ROC held a meet on May 31, 1997 where advanced courses were allowed to visit the complex glacial terrain between the trails.

Quiz Answer

Мар	Terrain	Control Descriptions	Text Description
0		18 🔘 💿	Hill, north-west part
00	****	19 00 =	Between the hills
(i)	杨梦	20 0 • 🗵	Between hill and knoll
0	地位	21 • 1.0	Knoll, 1.0 m
0	機なま	22 • 1.0 OL	Knoll, 1.0 m, east foot
Ø	城 "	23)(Saddle
0		24 🕒	Depression
0	States.	25 🕒 🕒	Depression, east part
0	at the state of	26 + U G	Middle small depression, east edge
0	######################################	27 V O	Pit, west edge

First Class



4800 Eddy Ridge Road Marion, NY 14505



Location of our new memorial bench for Carol Moran and Sandra Lomker

In the next issue of the Wild Times...

* Please submit articles or ideas to Don Winslow by March 1, 2020... reroteacher@rochester.rr.com

O Humor...

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



Championships - 2090 is published in "Chemosing World" Na2/99 The author: Yuny MANNEY (RUS)