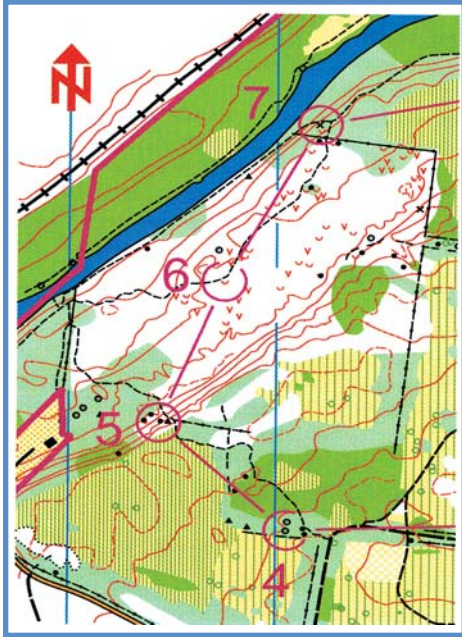


Explore Confidently

Below is a sample from a typical Orienteering map that is used at local meets. The map shows vegetation areas, trails, roads, contour lines, large boulders, fences, and the course controls.



What Do the Symbols Mean?

A legend is included on every map showing each symbol and its meaning: the type of vegetation (colored patterns), roads and trails (solid and dashed black lines), elevation contours (squiggly brown lines), distance (with a scale), etc.

What You Learn

You get to know, literally, the lay of the land and to feel comfortable navigating to previously unknown areas. Fresh air, like-minded friends, adventure, and exploration add a dimension to your life that you could not experience otherwise.

Educational Opportunities

Club members are often available to speak to groups interested in learning more about Orienteering. Due to the time commitment and cost of supplies, a fee or donation may be required.

Orienteering History

Orienteering began in Scandinavia in the nineteenth century, primarily as part of military training. In 1919, modern Orienteering was given birth in Sweden as a sport for all ages and abilities by Ernst Killander, the father of Orienteering. In the early thirties, the sport received a technical boost with a new, more precise and faster-to-use compass, invented by the Kjellstrom brothers, Bjorn and Alvan, and their friend, Brunnar Tillander. These three were among the best Swedish Orienteers of their time, with several individual championships among them. Bjorn Kjellstrom brought Orienteering to the US in 1946 where Orienteering Clubs coast-to-coast have flourished ever since.



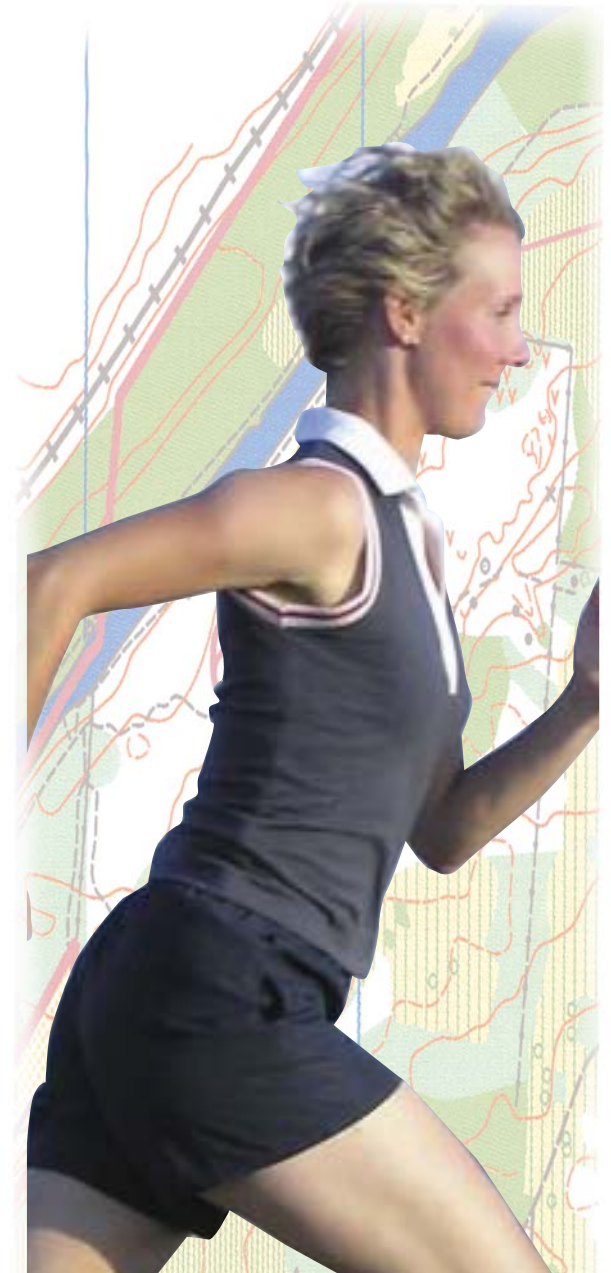
The Buffalo Orienteering Club

c/o Dave Cady
148 West Humboldt Pkwy
Buffalo, NY 14214

<http://www.buffalo-orienteering.org>



ORIENTEERING The Thinking Sport



A Lifetime Sport

What is Orienteering?



Orienteering is a land-based sport of navigation with map and compass. It teaches how to make your way through unfamiliar territory by learning the contour of the land and its many geological features. Easy to learn, yet ever challenging, Orienteering is a sport

enjoyed by all ages and ability levels from beginner to international competitor. If you love maps, exploring, and the great outdoors, Orienteering is for you. You'll be hooked for life!

Why the "Thinking Sport"?

Orienteering is often called the "thinking sport" because it involves map reading and decision-making in addition to a great workout. Custom "O" maps are designed specifically to represent the ever-changing



geography of the land, showing boulders, cliffs, ditches, fences, elevation, vegetation, and trails. They are exactly scaled maps that begin with aerial photographs that are digitized, hand-colored and notated by professionals experienced in Orienteering.

Who Can Participate?

Everyone, regardless of age or experience, can enjoy the sport. The competitive athlete can experience the exhilaration of running

through the woods at top speed, while the non-competitive orienteer can enjoy the forest at a more leisurely pace. Or, you can enjoy the forest on your own schedule by participating in the club's Map Hikes, permanent courses at several local parks.

The Event

A typical local meet will offer three courses designed for beginning, intermediate, and advanced participants. The object of the sport is to locate orange and white flag controls, in the order shown on the map, using "clues" indicating the nearby feature. Once the control is found, you punch your control card with the control punch, and proceed to the next control by your chosen route. All courses lead back to the finish line. If you are competitive, you try to get back to the finish in the shortest amount of time.

Lifetime Friendships

The Controls



Controls are the points that are marked on the course map with a red circle and visible in the real world with a unique punch hanging from an orange and white flag. The object is to punch your control sheet proving that you've been at the location. Each control is located near a distinctive geological feature, such as a stream junction, top of a knoll, or group of boulders.

What Kind of Gear is Needed?

You can wear whatever the weather suggests you would wear for a hike in the woods, including comfortable walking shoes. A compass of any kind is valuable for navigating between two controls not connected by trails. However, most beginner courses take place entirely on trails and do not require a compass. Club members provide instruction at all local meets and can show you the appropriate type of compass to purchase for future meets. Local and mail order sources sell specialized body gear for the avid competitive Orienteer including shin guards for protection from brush and studded shoes for climbing.

About the Buffalo Club

The Buffalo Orienteering Club holds 6 to 8 meets each year at local parks during the spring, summer and fall. The club maintains permanent courses, called



Map Hikes, which you and your family can explore at your leisure in Chestnut Ridge, Emery, and Sardinia Erie County Parks. Local clubs in Rochester, Syracuse, and southern Ontario also hold meets. Regional and national meets are held throughout the year under the auspices of the United States Orienteering Federation, <http://www.us.orienteering.org>.

- For a listing of places and times, visit our website: <http://www.buffalo-orienteering.org>
- Map Hikes, as well as general maps of Allegany State Park and Ellicottville/Rock City State Park, are available at the local Hyatt's art stores, at our club meets, and from our web site.



Open Your World
to a Rewarding Experience...
Orienteering,
the Sport of a Lifetime.

Lifetime Experience

How to Become a Member

Being a member of the Buffalo Orienteering Club opens the door to this great sport. Receive the club newsletters, meet fee discounts, e-mail meet reminders and results.

Membership Application

Name

Address

State/Zip

Phone No.

Email

Date

Circle One: New Member Renewal

Circle One: Single \$15 Family \$20

For Family Memberships:
Please List Additional Family Members

Make Check Payable To:
Buffalo Orienteering Club
Mail To:
Dave Cady, 148 West Humboldt Pkwy,
Buffalo, NY 14214

