

BflOrienteer

Volume 28 Number 1

January 2007

What's Happening

- Jan 19 -- Annual Meeting.
- Jan 21 -- Ski-O at Mendon Ponds.
- Feb 10 -- Ski-O at Letchworth.
- Mar 15 -- Rochester "Ice Breaker" meet.

Inside this issue

From the President.....	2
Results.....	3
Membership form.....	3
Contacts.....	3

Annual meeting announced

The Buffalo Orienteering Club will hold its annual meeting on Friday, January 19th at 6:00 PM. The meeting will be held in the conference room at Hyatt's All Things Creative store at 910 Main Street in Buffalo.

The purpose of the meeting is to socialize, to elect officers for 2007, and to make plans for the club's activities for the next 12 months.

Pizza and pop will be provided. Attendees are invited to bring a dish to pass. (Salad or vegetables would be nice. Dessert would be nice.)

Members planning to attend are asked to RSVP to Linc Blaisdell at 479-9431 or by email at linc43@adelphia.net.

Time to renew

Club memberships run according to the calendar year and that means it is time to renew for the next year. The mailing label shows your membership expiration date

You are invited to use the form on page 3 of this issue of the newsletter to renew.

Sending in your dues now will make it unnecessary for us to send you a reminder in the mail in the coming weeks. That will save time, trouble, and mailing costs.

Kudos to our members

Many of our club's traditionally strong orienteers continued to be successful in this year's meets. David Levine, Greg Hyatt, Mike Lance, and Jackie Novkov often placed among the top finishers at our meets.

Some strong orienteers who are a little bit newer to the sport are Tom Wagar and Walt Lyons.

Anne Marcotte and Justin Strawther improved tremendously in their second season. And Doug Kennedy, Mike Kennedy, and

...continued on back page.

Ski-O news

...from the Rochester Orienteering Club newsletter. Written by Rick Lavine.

As you read this, the NY state Ski-O season has already begun, weather permitting of course! The first meet of the season was scheduled for December 16 in Saranac Lake.

Orienteers: Get out and ski! (cross country) We are lucky to live in a place where it snows (sometimes). It's a miracle: it drastically reduces the friction that normally slows us to a snail's pace. It's a shame not to take advantage of this.

While orienteering, you may have noticed some of us old codgers trudging along as you breeze by. Eventually, most of us develop problems with feet, ankles, knees, or hips that interfere with running. Cross country skiing is much easier on these body parts than running. Learn it now, so you can fall back on this form of exercise when running becomes difficult.

Orienteers who ski: If you already ski, why not ski-o? If you love skiing, you may be reluctant to pollute the pleasure of skiing with worries about competition, speed, keeping map contact, and travel to strange places. One could make the same comparison between a walk in the woods and foot orien-

...continued on back page.



From the President...

Happy New Year, fellow orienteers! We have concluded our excellent 2006 season and are looking forward to an equally successful year in 2007. Here are some of the highlights of 2006:

Six great meets: we held our usual complement of three spring meets, one each at Chestnut Ridge, Emery Park, and Sardinia. This year we added a summer evening score-O on July 11th which was directed by Patty Lyons, a new meet director for the club. We had two of our usual fall meets, one at Emery park and one at Schoellkopf, but our final fall meet at Chestnut Ridge had to be cancelled in the aftermath of the October storm.

National Orienteering Day: at times one of our fall meets has been scheduled to coincide with National Orienteering Day. This year we changed our practice somewhat by celebrating N.O.D. on September 16 as a special event to introduce orienteering to beginners. Fifty-three people who had never orienteered before showed up to participate in the event.

Non-club events: several members of the Buffalo Orienteering Club participated in orienteering events put on by other clubs. Dave Levine and Dave Cady often travel to other regions in the U.S and to Canada to orienteer. Many club

members either helped the Rochester Orienteering Club with aspects of the North American Championship Rogaine or actually participated in the rogaine.

Orienteering education: in order to attract people to the sport of orienteering, various club members have offered their time to run training sessions and workshops. Jackie Novkov expanded her training sessions at Chestnut Ridge from three in 2005 to four in 2006. She was helped by other members of the club, Dave Cady and Phil Wolfling, in particular. There was also a presentation to the Adirondack Mountain Club which Dave Cady followed up by running an orienteering event for them at their club picnic in Chestnut Ridge Park. Linc Blaisdell and Jackie Novkov also conducted a workshop at the Deer Lick Conservation area at the request of the Zoar Valley Nature Society.

Phil Wolfling was instrumental in 2006 in bringing Boy Scouts to orienteering. He made presentations to adult scout leaders to help them introduce map and compass skills to the scouts in such programs as the "University of Scouting". Phil also worked with the boys themselves, and, as a result, we had many boy scouts at this year's events.

In fact, all of these educational and training sessions resulted in new people participating in club events and even becoming members.

Improvements: Greg Hyatt led efforts which resulted in a new tri-fold brochure to explain to people just what orienteering is and to attract them to our events. You can see what this colorful and informative brochure looks like by clicking on "What's It All About" on the Buffalo O-Club Home Page (just above schedule). Even the club website itself has become a little more informative and easy to navigate because of Greg's efforts.

Incorporation: Phil Wolfling and Mike Gasiewicz did all the work

necessary to have our club given U.S.O.F. Chartered Club Non-profit Status.

Board meetings: there have been other organizational improvements as well. 2006 saw the first election of three officers and four board members guided by the new club bylaws. The board met several times during the year to deal with many issues involving the club, the chief ones being long-range planning and mapping.

Mapping update: the Board hired Dick Detwiler of the Rochester Orienteering Club to do field work leading to an updated map of Chestnut Ridge. This new map will be ready for the club's Chestnut Ridge events in 2007.

Jon Sundquist was instrumental in helping the board with mapping of seven new areas for club events by arranging for flyover photography. The photographs have been sent to a photogrammetry company (Stirling) in Scotland which is preparing the base maps. This year the board will decide which of the areas to follow up on with field checking to create completed maps which can be used for club events.

In spite of the good work done this year, we still have some areas to focus on which will expand the club, bring more participants to our events, and make the events themselves run more smoothly. To improve our publicizing of orienteering events, we are looking for a publicity chairperson. To improve and coordinate our various workshops and training sessions, we would like to establish an education committee, also with a chairperson. And finally, we still need to find ways to get more club members to volunteer to help out at meets.

In closing, I would ask all of you to try to attend the General Meeting and Election on January 19th. Details can be found in this newsletter. The meeting is a good way to keep in touch with your fellow orienteers off-season and to honor those people in the club who are receiving awards for all that they do to make our events possible.

---Linc

BUFFALO ORIENTEERING CLUB MEMBERSHIP APPLICATION / RENEWAL

Name _____

Address _____

Date _____

Phone _____

 New Member Family \$15

email _____

 Renewal Single \$10

For Family Memberships,
please list additional family members: _____

Make check payable to "Buffalo Orienteering Club"
and mail to David Cady, 148 W Humboldt Pkwy, Buffalo, NY 14214.

Results

Emery Park, 9/23/2006

Weather: partly drizzle, partly clear, sixties. Meet Director: Greg Hyatt & Mike Lance
SCORE-O, perfect score 500 points

<u>Competitor</u>	<u>Pts</u>	<u>Time</u>			
1 Dave Levine	500	85:00	18 Maloney Family	50	73:00
2 Walt Lyons	365	85:00	19 Roger Keeney	50	81:00
3 Jackie Novkov	340	90:00	20 Pirates of Caribbean	50	85:00
4 Brigid Maloney	305	85:00	21 Fred Gordon	45	72:00
5 Steve Lakomy	285	87:00	22 Scout Troop 431 Group B	45	77:00
6 Mark Wolfling	280	87:00	23 Super Troopers	5	85:00
7 Rod & Laura Cameron	245	84:00	24 Flaming Arrows	0	118:00
8 Marcotte-Strawther	235	85:00	25 Scout Troop 431 Group C	0	133:00
9 Mike Kennedy	220	87:00	26 Vipers	0	136:00
10 Howard Kraus	210	87:00			
11 Randy's Group	170	92:00			
12 Team Nike	165	82:00			
13 Scout Troop 431 Group A	105	84:00			
14 Mike Lisafeld	85	97:00			
15 Scout Troop 431 Group D	80	93:00			
16 Al Booth	70	85:00			
17 Yankees	65	83:00			

Results

Camp Schoellkopf, 10/16/2006

Weather: mostly sunny and cool. Meet Director:
Phil Wolfling

Advanced, 12 controls, 4.5 km

1 Mike Lyons	44:00
2 Rob Reeves	78:45
3 A.Marcotte & J.Strawther	83:20
4 Brigid Maloney	86:30
5 Team Nike	153:40

Medium, 9 controls, 2.2 km

1 Nate Lyons	16:46
2 Paul Aufschlager	37:15

Novice, 8 controls, 1.8 km

1 Brigid Maloney	36:26
2 Paul Aufschlager	38:18

Buffalo Orienteering Club Contacts

President: Lincoln Blaisdell 479-9431
Secretary: Phil Wolfling 832-9758
Treasurer: Mike Gasiewicz 896-8597
BfiOrienteer Editor: David Cady 837-3737

Next newsletter is due out in April. Submissions
from club members are always welcome.

BflOrienteer

c/o David Cady
148 W. Humboldt Parkway
Buffalo, NY 14214
USA

Ski-O...continued from page 1

teering. These stresses will end up enriching the skiing experience. As you challenge yourself, your abilities and confidence increase.

If you go...you will need a way to carry the map, since your hands are busy with poles. The simplest way is to carry the map in a zip-lock bag pinned to your jacket. This doesn't allow orientation of the map, a habit you should be addicted to.

The high-tech solution is a ski-o map holder, sold at a substantial price by mail order orienteering suppliers. It has a rotating map platform that folds against the chest if not being used, or in the event of a fall.

One could also attach a map bag by a string, and tuck it away somehow while moving.

On a well designed white course, the controls lead the orienteer down the right path at each intersection.

On a well designed advanced ski-o course the controls are placed to create challenges: Which of the paths I see is the one I'm looking for? Which route will be fastest for me, considering climb, possible confusion, trail quality?

ROC has two more ski-o's scheduled, at Mendon Ponds on January 21 and at Letchworth State Park on February 10. The Letchworth meet starts from the Trailside Lodge on the west side of the park. Both events allow starts from Noon to 1:30 PM.

For more information and to check on snow conditions at the last minute, call the ROC hotline at 585-377-5650.

Kudos...continued from page 1

Howard Kraus have made rapid progress in their first year of orienteering.

Orienteering is often a family affair. The Wightman family—Charlie, Tom, and Rebecca—are an institution in the Buffalo O-Club. And now we have the Lyons: Walt and Patty, Mike—a member of both the Buffalo and Rochester clubs, and a frequent top finisher in meets run by both—and now Brigid Maloney and family who are part of the Lyons clan. New members Rod and Laura Cameron have participated as a team of two in their introductory season.

These are just a few of the many enthusiastic participants in our glorious sport involving mind and body. I hope to mention the names of many other orienteers at the end of the 2007 season. Congratulations one and all! --Linc