

# BFL Orienteer

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The Newsletter of the Buffalo Orienteering Club

[www.buffalo-orienteeing.org](http://www.buffalo-orienteeing.org)



## Buffalo Orienteering Festival Update

by David Cady

The planning group for our United States Orienteering Federation (USOF) sanctioned A-Meet will continue to meet throughout the winter. The members of the group include the officers and board members of the club. The event will be held on May 16 & 17, 2009. An outline of the schedule is as follows:

Participants will gather at Emery Park on the morning of May 16. Parking and the event headquarters will be located at the Ski Lodge. Competitors will be bused over to Hunter's Creek Park for the middle distance race (approximately 30 minute winning time). Back at Emery, there will be a sprint race in the afternoon (approximately 15 minute winning time). Following the sprint, there will be a chicken barbecue, awards ceremony, and a live bluegrass concert. On Sunday morning, everyone will gather at Sprague Brook Park for the long distance race (approximately 60 minute winning time). We are hoping for more than 150 participants to attend from throughout the north-eastern U.S. and southern Ontario.

Needless to say, we will need many volunteers to stage such a large event. Everyone in the club will be asked to help out. Linc Blaisdell is heading up the volunteer recruitment effort. You can contact him to volunteer. If you don't call him, he will call you.

Another focus at this time is ensuring the accuracy and quality of the courses. The middle and long events each require nine courses to accommodate the variety of skill levels present. Each control on every course has to be in exactly the right location.

As I see it, my goal as meet director is to ensure that we meet the expectations of the USOF and those of the competitors. I also want to make sure that all of our club members have fun putting on the event. It is an opportunity to work together to accomplish something great.

## Annual Meeting to be Held at Emery Park

February 28, 2009

Start off the 2009 orienteering year at beautiful Judge Stohrer Lodge in Emery Park. All members are invited to attend the Buffalo Orienteering Club annual general membership meeting. Guests are welcome. Scheduled events include:

- Catered lunch
- President's awards
- Map Hike participant recognition
- Details on the Buffalo Orienteering Festival and the 2009 schedule
- A special orienteering activity

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## **A Rather Extreme Form of O**

*by David Cady*

When Dave Levine proposed that we should team up to do the Salomon RAID the Hammer event in Hamilton, Ontario, I said I would think about it. After all, a 25 km event consisting of orienteering, trail running, and road running is not your average recreational pursuit for 63 year old gentlemen. Eventually, I figured whatever shape I was in was not going to be significantly improved next year. Plus, you cannot predict success or failure in advance for something you have never done before. So why not? We quickly added Patty Lyons to the team and the "Buffalo Wing Nuts" were born.

The event was overwhelming in terms of its scope and execution. First, all of the competitors were bused to the location of the mass start. There were four maps involved and several types of orienteering employed. Map 1 was a 35 year old "vintage" HKF map. Of course, it had not been updated since 1973—but that was part of the challenge. At the gun, half of the teams went north and half went south. In each sector, there were four controls placed—you had to get any three of the four. Then, you switched and went to the other sector. This served to break up the pack before proceeding to control number one and the rest of the course. The big thrill here was that the mandatory way to get to the southern sector was through a tunnel under a railroad bed. It was a big tunnel but it wasn't designed for people. It was designed to carry a stream under the tracks. So, the first challenge was a wet, slippery, dark, passage with ninety other competitors. That set the tone.

Controls one and two were on the same map, then we left the map as we climbed up the escarpment (and up stairs!) to the Bruce Trail. A run along the Bruce Trail took us through the woods, down a suburban street and onto map 2 which took us back into the woods to punch at a pretty waterfall, and then off the Bruce Trail through the village of Ancaster. Cleverly, the next control was in front of the retail store of one of the sponsors (The Adventure Attic).

On the other side of town, we plunged back into the woods on map 3 (which was the 1:15,000 main map of the event). It was on an 11 x 17 inch sheet—we went from the upper right corner to the lower left corner. Orienteering challenges on this map included a matrix where the team could split up to punch controls (otherwise you had to stay together), alternate controls where you could pick one of two, and even a micro-O control. If you got the micro-O control wrong, you had to run a penalty loop around two baseball fields before being handed map 4 which was a line-O. After the line-O, the final test was a 3.9 km green course.

In addition to the orienteering challenges, the main physical challenge was provided by the hills—which were steep and numerous. Overall, the total cumulative climb was 1200 meters. (As a comparison, the climb up Mt. Marcy from the Adirondack Loj parking lot is 989 meters. Our team was reduced to a walking pace after about 2 hours. (Although it must be noted that Dave Levine has a very aggressive walking pace.) Fitter and younger participants did a lot more running, especially on the flatter sections and downhill.

The organizers, Golden Horseshoe Orienteering Club (GHO), deserve a lot of credit for a well thought-out event. Control 14 was near the finish. If you did not get to it before a cut-off time you were not allowed to continue. You could also elect to skip the line-O and take a one hour

*See Extreme O on page 6*

## 2009 Ski-O Schedule

Date	Location	Start Times	Club
Saturday January 3rd	Letchworth State Park <i>Trailside Lodge</i>	12:00pm - 1:30pm	ROC <i>roc.us.orienteeing.org</i>
Sunday January 11th	Hunter's Creek Park	11:00am - 12:00pm	BFLO
Sunday January 18th	Mendon Ponds Park	12:00pm - 1:30pm	ROC
Saturday January 24th	Mansfield Outdoor Center, Ontario	8:30am - 10:30am	STARS <i>stars.kw.net</i>
Sunday February 8th	Webster Park	12:00pm - 1:30pm	ROC

### O is Now a Year-Round Sport

*by David Cady*

Originally a spring and fall sport, orienteering has blossomed into the summer and is now making serious inroads into winter. And not just with ski-O's. In addition to the ski-O events listed above, with short trips to southern Ontario, you can run in the THOMASS series or snowshoe at the Salomon Snowshoe RAID.

The THOMASS series started out as a way for orienteers to keep in shape over the winter, and as a way to cope with snowfall too thin to ski on. It has now established its own identity. Most events feature a handicap system and mass starts. Everyone arrives together, starts together, and (more or less) finishes together. Often, SportIdent (SI) punching is used and combined with an honor system inside the infamous "THOMASS Box." The THOMASS event at Bronte Creek on December 7 will feature two stages. The first is a 2 km sprint which will set the start order for the 5 km chasing stage that takes place an hour later. More information can be found at <http://dontgetlost.ca/gho/thechase.htm>. Another THOMASS event is scheduled for January 4, 2009. Visit [www.toronto-orienteering.com](http://www.toronto-orienteering.com) for more information.

Finally, there is the Salomon Snowshoe RAID in Horseshoe Valley (north of Barrie, ON) on February 21, 2009. Although brought to you by the fine folks who organize the Salomon RAID the Hammer, this promises to be a more civilized affair. After all, it is held at a fancy resort, it is only 3 hours in duration, and there is a category for families (one of the family members must be under the age of 13). It is organized as a score-O, so you can return to the chalet at any time for more hot chocolate. Find details at [www.dontgetlost.ca/raid/snow.htm](http://www.dontgetlost.ca/raid/snow.htm).

## Meet Results

Location: **Hunter's Creek Park** Date: **September 21, 2008** Meet Directors: **Mike Lance & Robert Reeves**

### Advanced: 3.7 km, 10 controls

Place	Competitor	Time
1	Nate Lyons	41:30
2	Mike Lyons	42:05
3	David Levine	44:30
4	Patty Lyons	45:55
5	Greg Hyatt	51:35
6	Walt Lyons	54:05
7	Jackie Novkov	61:05
8	Gary Maslanka	66:35
9	Mark Wolfling	67:05
10	Brigid Maloney	71:35
11	Jennifer Malarchik	74:00
12	Andy Grupp	75:00
13	Becky Wightman	76:55
14	Tom Wightman	80:55
15	Rod & Laura Cameron	89:45
16	Anne Marcotte & Justin Strawther	94:50
17	Henry Davis & Steve Lakomy	129:55
18	Charles Wightman & Judith Geer	140:00

### Intermediate: 2.7 km, 8 controls

Place	Competitor	Time
1	Phil Wolfling	55:10
2	Howard Kraus	56:20
3	Fehringer Family	68:10
4	Ken & Adam Belote	76:05
5	Armstrong Family	90:36
6	Boy Scout Troop 156 Patrol A	91:05
7	Team Hart	112:28
8	Katy Carrier	112:28
9	Team Wieczorek	123:45
10	Boy Scout Troop 156 Patrol B	127:25
11	Team Maul	146:00
	Team Smith	DNF
	Robert & Jared Geist	DNF
	Bonnie Bove & Fred Gordon	OT
	Team Constantino	Rec

### Novice: 1.9 km, 8 controls

Place	Competitor	Time
1	Marcia & Matthew Binda	44:20
2	Jeff & Thomas Holmes, Thomas Couse	52:55
3	Karen Caffiero & Norma Defilippis	59:10
4	Ann Grupp & Chica	60:00
5	Borowicz Family	60:10

Volunteers: **Dave Cady, Greg Hyatt, Linc Blaisdell, Patty & Walt Lyons**

## Meet Results

Location: **Emery Park**

Date: **October 4, 2008**

Meet Directors: **Charles Wightman & Judi Geer**

### 90-Minute Score-O

Place	Competitor	Time	Points
1	Andy Grupp	88:00	410
2	Jackie Novkov	88:05	370
3	Brigid Maloney	88:50	370
4	Howard Kraus	81:35	350
5	Laura & Rod Cameron	83:30	240
6	Anne Grupp (NET)	92:55	140
7	Colleen Hart	85:25	130
8	April Miller	85:20	120
9	Lenore & Becky	81:25	100

### Yellow: 2.9 km, 9 controls

Place	Competitor	Time
1	Andy Grupp	37:42
2	Rod & Laura Cameron	56:22
3	Maritime Charter School Alpha	59:02
4	Maritime Charter School Bravo	81:36
5	Venture Crew 2001 Chillin' Hobos	82:08
6	Maritime Charter School Tango	88:10
7	Venture Crew 2001 Robin's Raiders	88:28
8	April Miller	95:20
9	Troop 156	189:08
10	James Askey & Steve Garland	220:00

Volunteers: **Mark & Luke Wolfling, Linc Blaisdell, Rob Reeves, Greg Hyatt**

Location: **Camp Schoellkopf**

Date: **October 18, 2008**

Meet Director: **Phillip Wolfling**

### Red: 5.6 km, 14 controls

Place	Competitor	Time
1	Greg Hyatt	80:45
2	Gary Maslanka	127:00
3	Anne Marcotte & Justin Strawther	132:00
4	Walt Lyons	132:40
5	Kay Sheehan	148:40
6	Lincoln Blaisdell	150:00
7	Kathy Bannister	150:40
8	Luke Wolfling	175:00
9	Charlie Wightman & Judith Geer	194:05
	Robert Reeves	DNF
	Rebecca Wightman	DNF
	Tom Wightman	DNF
	Brigid Maloney	DNF

### White: 1.8 km, 9 controls

Place	Competitor	Time
1	Team Binta/Szabo-Buck	48:00
2	David Stroud	50:10
3	Jungle Boys	54:36
4	Anne Grupp & Chica	58:20
5	Troop 505	66:25
6	Troop 948	74:20
7	Roger Keeney	75:20
8	Charles Grososky	81:20
9	Scott Conway	85:04
10	Troop 707	91:38
11	Fred Gordon & Bonnie Bove	130:00
	Team Awesome	DNF

*Extreme O: continued from page 2*

penalty or skip the final 3.9 km and take a 2-hour penalty. We elected to do both parts. Other nice organizational touches included a headquarters room in the Ancaster Community Center and hot food and hot showers at the finish. A combination of SportIdent (SI) punching and pin punching was used.

We finished the event in 5 hours and 52 minutes, which was good enough for 30 out of 74 overall and 6 out of 10 in the Masters Division. The overall winning team finished in 3 hours and 20 minutes. Other BFLO members who competed were Tom Wagar and his "Adventureheads" team, and the "ROC Bottom" team of Mike and Nate Lyons and Dan Field. Wagar's team finished 24th with a time of 5:20. Mike, Nate, and Dan finished with an amazing 8th overall, with a time of 4:18.



*Above: Mike Lyons regrets not wearing long pants while the indomitable Patty Lyons charges through the forest.*

*Below: The Salomon Raid the Hammer event can accurately be describes as "hilly".*



## Membership Renewals Due

Individual and family memberships expire at the end of the calendar year. If you have not yet renewed for 2009, please complete and mail the form below with your payment. Membership benefits include:

- Fee discounts at Buffalo and Rochester Orienteering Club meets and events
- Three yearly issues of the BFLOrienteer newsletter
- Discounts at Eastern Mountain Sports Club Days
- Voting rights at the annual meeting
- Helping to support club expenses and future mapping projects

## Welcome New Members!

The following individuals have joined the Buffalo Orienteering Club since the last issue:

**Jim Korczykowski, Ken Belote**

<b>Buffalo Orienteering Club Membership Application / Renewal Form</b>	
Name _____	<input type="checkbox"/> New Member <input type="checkbox"/> Renewal
Address _____ _____	
Phone _____	<input type="checkbox"/> Single \$15 <input type="checkbox"/> Family \$20
E-mail _____	
<i>For family memberships list additional family members</i> _____	
<div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p><i>Make check payable to "Buffalo Orienteering Club"</i>  <i>Mail to: David Cady, 148 W Humboldt PKWY, Buffalo, NY 14214</i></p> </div>	

**BFLOrienteer**

c/o Robert Reeves  
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*Orienteering is Cunning Running*

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