

BFL Orienteer

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The Newsletter of the Buffalo Orienteering Club

www.buffalo-orienteeing.org



www.facebook.com/groups/bflorienteeing



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Safety Tips for a New Orienteering Season

With a full schedule of events and map hikes just around the corner, now is a good time to think about safety as it relates to our sport. Here are some things to consider.

- While the longer Score-O courses often have water caches placed on the course, it is a good idea to bring along your own water. Be sure to hydrate before and after the competition.
- The Club requires all meet participants to carry a whistle. If you forgot yours, ask to borrow one at the registration table. Three blasts from a whistle signals distress.
- Be sure to write legibly on the waiver form when you register. We ask for cell phone and car information (including license plate number) so that the meet director can make sure that all competitors have returned before picking up the controls.
- If you fail to finish a course, you must check in at the finish area before leaving.
- The Club has a first aid kit available at the registration area but you should also bring your own small kit with you. Consider attending a Wilderness First Aid course.
- Wear a watch and be aware of time limits. Meet volunteers have had to search for participants who remained on the course after the time was up.
- Note the emergency phone number on the map and phone in if you are over time.
- Pick the right course for your experience and physical fitness level. Attend training courses to develop your skills. Stretch and warm up before beginning the course.

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Annual Meeting Recap

The weather was perfect for the annual meeting at Emery Park. Everyone enjoyed the burgers and an impressive assortment of side dishes provided by club members. Thanks to **Paul Hojnacki, Jane Brennan, Katy Carrier** for their help with cooking. Linc presented awards to the Map Hike and Score-O series finishers, as well as to all of the 2014 Club volunteers. —continued on page 5

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2014-2015 Board of Directors

President	Lincoln Blaisdell (716) 479-9431 linc43@roadrunner.com
Secretary	Phil Wolfling (716) 832-9758 pwolfling@verizon.net
Treasurer	David Cady (716) 837-3737 davidcady@gmail.com
Director	Jennifer Borowicz omail@roadrunner.com
Director	Henry Davis henrysooz@verizon.net
Director	Jackie Novkov jezibon@yahoo.com
Director	Rainee VanNatter rvannatter@gmail.com

Standing Committee Chairs

Communications	Jennifer Borowicz
Equipment	Linc Blaisdell
Map Hikes	Phil Wolfling
Mapping	Dave Cady
Marketing	Henry Davis
Membership	Jane Brennan membership@buffalo-orienteeing.org
Newsletter	Robert Reeves (716) 883-0104 ninjarob3000@yahoo.com
Nominating	Greg Hyatt
Registrar	Greg Hyatt
Social Media	Robert Reeves
Technology	Doug Kennedy
Trail Runs/Ski-O	Patty Lyons hghgorby@roadrunner.com
Webmaster	Greg Hyatt webmaster@buffalo-orienteeing.org

Editor's Notes*News from around the Club*

- The Ellicottville Map Hike has been **extended for another season**. Controls will remain in place through 2015.
- The board is proposing holding a series of **guided Map Hikes** at Chestnut Ridge Park this summer. This can be a great option for folks who can't always attend the Club meets and would like to orienteer in a small group on a non-competitive basis. Details and a schedule of hikes will be posted in the next newsletter. Contact Linc if you would be interesting in leading one of the hikes.
- Work has finished on the **new map for Emery Park**. Check it out on June 6th.
- The **mapping committee** is currently reviewing possibilities for new areas to be mapped this summer. Club members are encouraged to visit potential sites and send along their recommendations. Areas under consideration are Franklin Gulf, Deer Lick Sanctuary, the area around Little Rock City, Royalton Ravine, as well as local college campuses.

—Robert Reeves

Orienteering Safety—continued from page 1

- Study your map and become familiar with roads that border the area of the course. Ask a meet volunteer for help with establishing a safety bearing before you begin.
- Be aware of out-of-bounds areas and consider safety when planning routes. The shortest way between two points is not always the quickest—or the safest.
- Wear appropriate clothing and footwear for the weather and conditions. Keep your map in a waterproof bag. Learn how to identify poison ivy. Apply sunscreen and insect repellent. Check for ticks after competing.

Meet Results

Location: **Brynclyff Resort**

Event Type: **Ski-O**

Meet Director: **Patty Lyons**

Date: **January 11, 2015**

Long—6.3k

Plc	Name	Club	Time
1	Pavel Korniliev	ROC	59:42
2	Sergey Dobretsov	ROC	66:02
3	Gregory Michaels	ROC	68:00
4	Bul/Irish	BFLO	122:50

Middle—3.8k

Plc	Name	Club	Time
1	Thomas Hay	ROC	46:22
2	Tim Dobretsov	ROC	49:42
3	Jim Pamper	ROC	56:45
4	Gary Maslanka	ROC	58:41
5	Susan Long		116:03
6	Jongs-Kraus	BFLO	139:09

Volunteers: **Linc Blaisdell, Dave Cady, Walt Lyons, John Lyons, Dan Field, Pavel Korniliev**

“Get Started & Get Out There” Series Enters Second Year

Do you want to feel confident traveling the trails of our beautiful Western New York parks? Are you looking for fresh air and exercise? Do you desire a new challenge? Come out and learn about the sport of orienteering this spring. Expert instruction is available at each of the four events. Participate in three or more events and receive a club certificate and entry into a prize drawing at the Club picnic in August.

“Buffalo Score-O” Series Returns

Continue your orienteering adventure at three Score-O events this summer and fall. Prizes will be awarded at the 2016 Annual Meeting to the top five males, females, and groups, as determined by total points achieved.

2015 Map Hike Season Set to Begin

Map Hikes are orienteering courses that can be completed on your own schedule and at your own pace. This year there will be new courses at Chestnut Ridge, Emery, Sprague Brook, Hunter’s Creek, and Sardinia. All courses feature 25 controls of varying difficulty. Courses are currently being set and packets will be available for purchase at the first meet of the season. Packets can also be purchased at all club events, Hyatt’s stores, hyatts.com, the Gear For Adventure store in Hamburg, or via mail using the order form on page 7. When ordered through the Club, a discount is available when purchasing five or six packets. Map hikes will remain in place through the end of February 2016.

Extended for another season is our Map Hike of the **Holiday Valley Resort and surrounding forests near Ellicottville**. This Map Hike was originally placed in 2013 and the controls will remain up through February 2016.

2015 Buffalo Orienteering Club Schedule

Date	Location	Event Type/Start Times	Meet Director
Saturday May 9	Delaware Park (Buffalo History Museum)	<i>Get Started & Get Out There Series #1</i> <i>The Cherry Blossom Challenge</i> 2.8k course/11:00am	Dave Cady
Thursday May 14	Knox Farm State Park	<i>Explore Erie County Parks Trail Run Series #1</i> 5.1 mile Trail Run/6:30pm	Patty Lyons
Saturday May 23	Chestnut Ridge Park	<i>Get Started & Get Out There Series #2</i> Learn & Try/10:00 am 3-Course Meet/11:00am-12:00pm	Linc Blaisdell Henry Davis
Saturday June 6	Emery Park	<i>Get Started & Get Out There Series #3</i> Learn & Try/10:00am 3-Course Meet/11:00am-12:00pm	Linc Blaisdell Rod & Laura Cameron
Thursday June 11	Sprague Brook Park	<i>Explore Erie County Parks Trail Run Series #2</i> 10k Trail Run/6:30pm	Patty Lyons
Sunday June 28	Hunter's Creek Park (South)	<i>Get Started & Get Out There Series #4</i> Learn & Try/10:00am 3-Course Meet/11:00am-12:00pm	Linc Blaisdell Patty Lyons
Thursday July 16	Chestnut Ridge Park (Newton Road)	<i>Explore Erie County Parks Trail Run Series #3</i> 5.1 mile Trail Run/6:30pm	Patty Lyons
Saturday August 2	Sprague Brook Park	<i>The Buffalo Score-O Series #1</i> 3-hour Score-O/11:00am Annual Cub Picnic/2:00pm	Greg Hyatt Linc Blaisdell
Saturday August 29	Schoellkopf Boy Scout Camp	<i>The Buffalo Score-O Series #2</i> 3-hour Score-O/11:00am	Phil Wolfling
Saturday September 26 (register online)	Holiday Valley (Upper Ski Patrol & Training Center)	<i>National Orienteering Week</i> <i>Ellicottville Trails Adventure Run & Hike</i> 6-Hour Mini ROGAINE/11:00am 3-Hour Mini ROGAINE/1:00pm	Jackie Novkov
Saturday October 17	Sardinia County Forest	<i>The Buffalo Score-O Series #3</i> 90-Minute Score-O/12:00pm	Katy Carrier
Sunday January 24, 2016	Byrncliff Resort	3-Course Ski-O/10:30-11:00am	Patty Lyons

- Entry fees for regular meets are \$5 for current BFLO/ROC members and \$10 for non-members.
- Additional fees apply for Ski-O and ROGAINE events. Member discounts do not apply for trail runs.
- Groups are charged the above fees for the team leader, plus \$2 for each additional individual age 11 and up.

2015 Rochester Orienteering Club Schedule

Hotline: (585) 377-5650 Website: roc.us.orienteering.org

Date	Start Times	Location	Event Type
April 18	11:00am	Black Creek Park	Score-O/White, Yellow
April 26	12:00-2:00pm	Genesee Valley Park	Sprint/White
May 17	12:00-2:00pm	Powder Mills Park	Regular Meet
May 30	11:00am	Start at Fleet Feet Armory Store	Rochester Map Adventure
June 7	12:00-2:00pm	Rotary Sunshine Camp	Regular Meet
June 24	TBD	Webster Park	Trail Challenge
July 12	1:00pm	Mendon Ponds Park	Score-O/Sprint, White
July 25	11:00am	Highland Park	Score-O/Sprint, White
August 29	TBD	Rattlesnake Hill	ROGAINE
September 12	TBD	Letchworth East	TBD
September 19	10am-12:00pm	Cobb's Hill Park	White, Yellow, Orange
October 10	TBD	TBD	Corn Maze Orienteering
October 18	12:00-2:00pm	Camp Cutler	Regular Meet
November 7	8:30-9:30am	Mendon Ponds Park	Trail Run
January 17, 2016	TBD	Mendon Ponds Park	Ski-O
TBD February, 2016	TBD	TBD	Ski-O

- All meets offer beginner instruction, which is available approximately 15-30 minutes after the initial start.
- The entry fee is \$10 per map for non-members and \$6 per map for members. There is a \$1 discount if you use online registration. <http://roc.us.orienteering.org/onlineregistration.shtml>
- The beginner White and Yellow courses are \$5 per map.

Annual Meeting—continued from page 1

Dave Cady provided a treasurer's report and mapping committee update. The club had income of \$10,700 and \$5,000 in expenses in 2014. The current bank account balance is \$22,200. The afternoon concluded with a fun "Poker-O." Participants received a certain number of playing cards based on how many controls reached in 45 minutes. Congratulations to **Tom & Malcom Orange** for having the best hand and thanks to **Dave Cady** for running the activity!



2014 Map Hike Results

*The following Orienteers have submitted Map Hike cards with 20 or more controls found.
Certificates will be awarded at the annual meeting on April 18th.*

5 or 6 Courses Submitted—One free 2015 Map Hike

4 Courses Submitted—\$5 off one 2015 Map Hike

3 Courses Submitted—\$3 off one 2015 Map Hike

1 Course
Benjamin Betrus
Parker Betrus
Adam Cady
Orrange Family
Matthew Parker

2 Courses
Diane Boss
Paul Hojnacki
TJ Sansone
Darlene Wierzba

3 Courses
Jennifer Borowicz
Judith Geer & Charles Wightman
Alan Herdzik
Rainee VanNatter

5 Courses
Nancy Buck
Katy Carrier
Mike Lance
Larry & Rhonda Mills
Janet Ottaviano
Rosellen Peek & Rebecca Stroh
Mike Schlicht

Name	Hunters	Chestnut	Holiday	Emery	Sprague	Sardinia
Betrus, B				x		
Betrus, P				x		
Borowicz	x	x		x		
Boss		x				x
Buck	x	x		x	x	x
Cady		x				
Carrier	x	x	x	x	x	
Chudy	x	x	x	x	x	x
Geer/Wightman				x	x	x
Herdzik		x		x	x	
Hojnacki		x			x	
Kennedy	x	x	x	x	x	x
Lance	x	x		x	x	x
Mills	x	x		x	x	x
Orrange					x	
Ottaviano	x	x		x	x	x
Parker	x					
Peek/Stroh	x	x		x	x	x
Sansone		x			x	
Schlicht	x	x		x	x	x
VanNatter		x		x	x	
Wierzba		x		x		

6 Courses
Lynda Chudy
Mike Kennedy

Course Setters

Phil Wolfling
Chestnut Ridge

Patty & Walt Lyons
Emery & Hunter's Creek

Jacky Novkov
Sprague Brook

Katy Carrier & Lynda Chudy
Sardinia

2015 Map Hike Order Form

Name _____

Address _____

Phone _____

E-Mail _____

*Quantity discounts available on orders of 20 or more
Contact Phillip Wolfling for details at (716) 832-9758*

*Make check payable to:
Buffalo Orienteering Club*

*Mail to:
Phillip Wolfling
263 Morris Ave, Buffalo, NY 14214*

Qty.	Map Hikes	Each	Total
	Chestnut Ridge	\$7.00	
	Emery	\$7.00	
	Hunter's Creek	\$7.00	
	Sprague Brook	\$7.00	
	Sardinia	\$7.00	
	5 Map Hikes	\$30.00	
	Holiday Valley	\$7.00	
	All 6 Map Hikes	\$36.00	
Qty.	Map Only	Each	Total
	Allegany State Park	\$8.00	
Shipping (1-19 items)			\$2.00
Shipping (20 or more items)			Free
Total Order			

Buffalo Orienteering Club Membership Application / Renewal Form

Name _____

Address _____

Phone _____

E-mail _____

** For family memberships list additional family members*

*Make check payable to:
Buffalo Orienteering Club
Mail to: Jane Brennan
118 Colby St
Cheektowaga, NY 14206*

New Member

Renewal

\$15 Individual—1 Year

\$40 Individual—3 Years

\$20 Family—1 Year

\$50 Family—3 Years

BFLOrienteer

c/o Robert Reeves
864 West AVE
Buffalo NY 14213



Orienteering is Cunning Running!

Membership Information

Club memberships expire at the end of the calendar year. Your expiration date appears above the newsletter address label. Please renew your membership with the form on the previous page. Discounts are available for three-year individual and family memberships.

Membership benefits include:

- Fee discounts at Buffalo and Rochester Orienteering Club meets and events
- Three yearly issues of the BFLOrienteer newsletter
- E-mail updates on club events
- Discounts at Eastern Mountain Sports “Club Days”
- Voting rights at the annual meeting
- Invitation to the summer Club picnic
- Helping to support club expenses and future mapping projects

Welcome New Members!

The following people have joined our Club since the last issue:

Heather Botzenhart, Lachezar Yadkov