

NEWSLETTER
BUFFALO ORIENTEERING CLUB

November - December 1980

vol. 1, no. 2

CALENDAR

- Nov. 9 - Indian Summer Meet, Fireman's Park, Niagara (Ontario). Master Maps (prior to starting) will be used. 3 courses. Registration between 11 AM and 1 PM. For further information, call the BOC Trip Coordinator, Pat Quinlan, at 692-7592.
- Nov. 15-16 - Blue Mountain "A" Meet. Peekskill, NY. Pre-registration required by Nov. 5 except on Yellow Open and White Courses. New map, free t-shirts, beginner's clinics. BOC Trip Coordinator, David Cady, 886-2969.
- Dec. 25 - Merry Christmas!
- Jan. 11 - Ski-O Meet, Woodstock, Vermont. Contact Pat Quinlan (692-7592) for information.
- Feb. 7 - Buffalo OC Ski-O Meet at Sardinia Forest. Full details in next newsletter.

Meets next spring:

- April 11-12 - "A" Meet - Ramapo OC, New Jersey
April 25-26 - "A" Meet - U.S. Military Academy OC - West Point, NY
May 16-17 - Troll Cup - New England OC
June 4-7 - USOF Convention and "A" Meet - Indiana, PA

(Information on these meets will be available in future issues of this newsletter)

JUICIEST RUMOR OF THE NEWSLETTER!

Don't tell anybody I told you but, it looks like BOC might get the nod to host the 1981 U.S. Championships. Nothing was certain at press time but those who choose seem inclined to be favorable disposed to BOC's offer. "What offer?" you may say....well, maybe that should be rephrased "Pat Quinlan's" offer for the BOC to host the Championships.

If it comes true, you won't read it here first. Someone will call you to ask you to volunteer to help out. So, sit by the phone with your compass near by.

CHAMPIONS CROWNED IN ST. LOUIS

The 1980 U.S. Orienteering Championships were held on October 18-19 at Cuivre River State Park near St. Louis, Missouri. Our correspondent reports excellent weather and stiff competition. The following champions were crowned:

H21	Erie Meyman	HVA	D19	Sharon Crawford	NEOC
H56	Lars Augustsson	Minn OC	D43	Sara Mae Berman	CSU
H50	Jim Plant	NEOC	D35	Betty Anderson	NEOC
H43	Hans Bengtsson	NEOC	D15-18	Kari Federer	NEOC
H35	Tony Federer	NEOC	D14	Kristin Federer	NEOC
H19-20	Tom Hollowell, Jr.	NEOC			
H15-18	Doug hollowell,	NEOC			
H14	Will Dewey	NEOC			

NEOC again this year took most of the awards. The Federer family alone swept three categories. Sharon Crawford continued to remain virtually unchallenged in D19. After two days she had a 38 minute margin over her nearest rival.

Also running was Dieter Wolf, the Swiss champion. He actually won the men's elite race but, being Swiss, was ineligible for the U.S. Championship. At the course analysis session Saturday evening, while explaining his route choices, he stated, "There are only three ways to go between points. You can go the fastest route, or the safest route, or the most energy-saving route."

BOC's representative, David Cady in H35, managed to go the "get-lost" route and ended up 8th in his class.

REPORT OF RECENT BOARD MEETING

I forget when, but sometime back in September, a meeting of the Board of Directors was called. Unfortunately, with the post of Secretary vacant and with Judy Freuhauf absent, the only Board member present was Pat Quinlan. Also attending were Dick Freuhauf, Jim Sturner, and David Cady. The following took place:

It was decided to set meet fees at \$3. for non-members, \$1.50 for members, \$2. for non-member juniors and \$1. for member juniors. Groups will be \$1.50 per group plus 25¢ per person in the group.

The purchase of new control markers, punches and control cards was announced by Pat Quinlan.

The matter of mapping was discussed. The boy scouts would like to finance a five-color map of Camp Schoellkopf. Ted de St.Croix has been lined up to do the field checking. Although the map scale is not finalized, the Scouts are thought to prefer a 1:10,000 scale. Pat Quinlan is looking into the availability of aerial photos.

Future mapping and the possibility of hosting a U.S. Championship in the future were also discussed. Pat Quinlan has offered to sponsor the 1981 Championships with one day on the Schoellkopf map and one day on a new Chestnut Ridge four or five color map which we would apply to USOF for a mapping loan for. The meet receipts would then be used to pay back USOF. There is a problem with the map scale in that 1:10,000 would be the best for novices which would be the usual use of the park, but 1:15,000 is thought to be a better scale for a championship meet. There was also some discussion about the suitability of the terrain in Chestnut Ridge Park for a Championship meet.

It was decided that it's not likely USOF would award the '81 Championship to the club. If they did, then a big re-think would be in order. It seemed more realistic to look for a Championship in Fall of '82 with one day on Schoellkopf and one day on a new five-color Sardinia map.

The annual General Meeting was briefly discussed, but no conclusions were arrived at.

Finally, we talked about re-doing the Sardinia map for Ski-0 by changing the scale to 1:20,000 and adding the roads in the 4-H camp.

BUYING THEM SNAPPY DUDS

You should know by now that to go orienteering you don't need special clothes or shoes or racquets or clubs or equipment of any sort except a decent compass. And if the map is good enough, you may not even need a compass! On the other hand, when you go to a big meet, as you must, you will see people dressed in the wierdest get-ups. Be assured that their outfits make them neither faster nor better. But, at some point, if you stick with the sport, the practicality of some of the gear will become apparent. The best advice is buy the wierd clothes only after their practicality becomes apparent, not before.

Once you've decided to buy, you face an uphill battle trying to find someone to sell you the stuff. Mail order is your only recourse. Even Silva in the U.S. has discontinued their line of clothing. They do continue to sell compasses. Here, then, is a short list of possibilities. If you write for a catalog, be sure to enclose a self-addressed stamped envelope. We're not talking about big business here.

Orienteering Unlimited, P.O. Box 202, Mahopac, NY 10541

Runnershop, 15 Strong Ave., Northampton, MA 01060

Silva (compasses only), Box 966, Binghamton, NY 13902

Here's another suggestion that might be worth trying. Silva Limited of Canada at 446 McNicoll Ave., Willowdale, Ontario M2H 2E1, has a big stock of stuff, even orienteering boots! They don't like to mail parcels across the border, but you can have them mailed to "General Delivery" at the Fort Erie post office. Then you call the post office to see if the package has arrived. When it does, simply drive across the bridge and pick it up. I haven't tried this yet, but it should work. If you want to check it out for yourself, the phone number for the Fort Erie post office is 416-871-5510. Silva's number in Toronto is 416-499-1991.

Also, at some big meets there is equipment for sale, but you can't count on it. At an O-meet in New England recently there were two vendors present, but at the U.S. Championships in St. Louis there weren't any.

EDITORIAL

More people have to participate in the decisions the Club makes. It is unwise for one or two people to be making all of the decisions. It places too much of a burden on them and it reduces the chances that the decisions reflect the feelings of the rest of the members of the Club.

To rectify the present situation, I would suggest expanding the executive Committee from three members to five members. The Committee should meet four or six times a year at dates announced well in advance.

Attending several meetings a year is not too much to ask of someone who wants to see the Club grow and prosper. And scheduling the meetings well in advance would make it possible for the Executive Committee members to plan their schedules around the meetings. As it is now, meetings are called when a decision is needed, but, because of the short notice, not everyone can attend.

These changes could easily be enacted at the next Annual General Meeting.

RECIPES FOR RUNNERS AND OTHERS

(Reprinted from "Niagara Today" the newsletter of the Cooperative Extension of Niagara County. They got it from the Otsego County Cooperative Extension)

Do you have athletes in your family? Whether you have joggers, baseball players, or the occasional tennis player in your household (could it be that they haven't heard of orienteering??), it is important for them to be able to get quick, nutritional snacks. Carbohydrates such as bananas, apples, crackers, cereals and macaroni are some of the best sources of energy for the active person.

Here are some recipes using high carbohydrate foods that athletes of all kinds can benefit from:

"No-Bake Graham Cracker Favorites"

2/3 cup peanut butter, 1/3 cup honey, 1-1/2 cups graham cracker crumbs, 1 cup non-fat dry milk solids, 1/2 cup chopped peanuts

Mix peanut butter and honey until smooth. Add 1 cup cracker crumbs, dry milk, and peanuts. Mix well. Form into small balls and roll in remaining cracker crumbs. Makes about 36 one-inch balls.

"Mix 'n' Bag"

1/2 cup cold cereal (such as oat circles, wheat squares, or small shredded wheat biscuits), 1/2 cup peanuts or soy nuts, 1 handful pretzel sticks, 1/2 cup raisins
Mix ingredients in bowl or plastic bag. This snack travels well !

"Pineapple Porcupines"

1 cup pineapple chunks, 1 cup honey, 1 cup wheat germ or seeds, 10 toothpicks or pretzel sticks.

Insert toothpicks or pretzels into canned or fresh pineapple chunks. Dip in honey and roll in wheat germ or seeds.

"Banana Milkshake"

1 medium banana (mashed), 1 cup cold milk, 1/3 cup orange juice, 1 scoop vanilla ice-cream. Mix all ingredients together until well blended.

BUFFALO ORIENTEERING CLUB MEMBERSHIP APPLICATION

Name _____ Phone # _____

Address _____

Fees: (Check One) \$3.00 ___ Single, \$5.00 ___ Family Good from Jan. 1981 - Dec. 1981

MAKE CHECK PAYABLE TO: BUFFALO ORIENTEERING CLUB

May We list your address and phone # in our annual members directory? ___ Yes ___ No

For family memberships, enclose the names of your family members.

MAIL TO: Buffalo Orienteering Club, 1084 Bowen Dr., North Tonawanda, NY 14120

RESULTS - Chestnut Ridge Meet, 9/13/80

<u>Orange Course - Men</u>	<u>Orange Course - Women</u>	<u>Yellow Course - Men</u>
1. J. Eisenried 56:47	1. L. Quinlan 46:21	1. H. Stroman 77:55
2. J. Breckline 59:12		2. D. Wood 179:08
3. J. Sturner 64:44	<u>White Course - Groups</u>	
4. D. Freuhauf 74:31	1. R. Freuhauf & Dad 40:30	
5. P. Titus 175:03	2. Patterson Group 72:58	

RESULTS - Sardinia Forest, 10/12/80

<u>Red Course - Men</u>	<u>Red Course - Women</u>	<u>White Course - Women</u>
1. Mark Wolfing 88:31	1. Denise Everitt 96:12	1. Michelle Milikan 21:38
2. Ben Wells 89:33		2. Judy Loeschke 22:31
3. Hugh Mason 94:26	<u>Red Course - Groups</u>	3. Nancy Howell 66:38
4. John Breckling 101:00	1. Belote Group 183:20	
5. Seth Clark 123:33		<u>White Course - Groups</u>
6. Ken Margray 124:40	<u>White Course - Jr. Men</u>	1. J. Square Group 20:20
7. K. Wensinger 125:48	1. James Kanski 59:15	2. Freuhauf Group 24:33
8. Dave McDougal 141:00		3. J.B. Group 25:00

COMING UP IN THE NEXT ISSUE (January-February)

- Everything you could possibly want to know about Ski-O (and then some!)
- A catalog of all the embarrassing things that happened to BOC members at the North American Orienteering Championships
- Big book report
- The annual massive effort to get you to renew your membership
- Information about the Annual General Meeting

BUFFALO ORIENTEERING CLUB OFFICERS

President : Pat Quinlan, 1084 Bowen Dr. E., North Tonawanda, NY 14120 692-7592
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 Secretary : (Vacant)

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Address all inquiries to the Editor at the above address. Material for publication in the next issue must be received by December 20th.

BOC NEWSLETTER
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