

Buffalo Orienteering Club NEWSLETTER

July-August 1981

vol. 2, no. 4

CHAMP MEET UPDATE

Here's how things stand as we go to press. We've received an OK on using the showers at the Wales Elementary School on Saturday. As for Sunday, the feeling is that competitors would rather drive home than take a shower.

The meet brochures have been printed and many were distributed at the Convention in June. The rest are available by request.

The field checking has been completed for both maps. Drawing is scheduled for later this summer.

Although not required by USOF regulations until 1982, the meet will have a Green course between the Orange and Red.

The T-shirts have been designed but not produced. An infusion of capital is sorely needed. Options are being considered.

The weekend of October 10-11 has been chosen for a rehearsal of the meet which follows two weeks later.

A meeting of the committee heads will be held in August to tie down loose ends and make sure everything is on track. People will be called on the phone and notified when a time and place is picked.

CALENDAR

- July 18 - 0 Meet at Sojourn Farm, Cayuga, NY
Peter Chappell 315-252-5076 See pg.3
- Aug ? - Meeting to make final plans for U.S.
Championship Meet. Committee heads
will be notified by phone.
- Sept.? - Map run to be organized on 3rd or
4th weekend. Details next newsletter.
- Oct.3-4 - "A" Meet, northern New Jersey
- Oct. 10-11 - Championship Meet rehearsal.
- Oct. 17 - HKF "A" Meet. Hamilton, Ontario
- Oct. 24-25 - U.S. Championship Meet. Hosted
by BOC.
- Nov. 8 - Indian Summer "B" Meet. Niagara "O"
Club, Ontario.

AL'S ADVICE

Editor's note: This article originally appeared in the January issue of SLOC's Contour Line and the April issue of USOF's Orienteering USA. The author is SLOC's President, a Vice-President of USOF, and was the winner in the H50A category at the U.S. Intercollegiate Meet last March.

One of the fascinations of orienteering is that one never stops learning. I have now completed six years of very full-time orienteering, and I believe that last year I learned more than ever before. Much of it was learned the hard way and much of it was simple stuff, but I learned.

Here's what I learned (or in some cases re-learned):

Never give up no matter how bad things seem. I did that one meet last spring only to find when I finished that everyone had had a bad day but, because I had quit trying, I had literally beaten myself by several minutes.

In a related vein, save your criticism about yourself, the map, the meet organizers, the courses, etc., for after the meet. Criticism during the race only breaks your concentration and your will to do your best.

Pre-race strategizing and planning, considering all factors, is important. Last May I came back from a very successful orienteering trip in New England and New York to have two miserable days here in St. Louis. I did fairly well until I got close to the controls, then couldn't find them. I didn't realize until afterwards that the big difference was the full foliage here was hiding the contours and markers more. I needed to be much more careful. Now, I try to make a written analysis of expectations about a meet beforehand, listing all pertinent conditions - type of meet, weather, temperature, type of map & quality, type of terrain, my physical condition, etc. From it I make an overall strategy on the orienteering techniques I'll probably emphasize and the more likely types of route choices I'll make. If it's a 2-day meet, I'll review the plan after the first day and modify it for the second day. This organized approach appears to have helped me a lot.

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EDITORIAL: MEMBERSHIP PITCH by David Cady

The United States Orienteering Federation (USOF) is the group that is officially recognized as being responsible for the promotion and administration of orienteering in the U.S.A. It is a member of the International Orienteering Federation.

The USOF grants charters to orienteering clubs in the U.S. which meet certain criteria. One of the requirements for a club to be chartered is that 3 members of the club have to belong to USOF. Here's where it gets complicated. The USOF has both individuals and clubs as members. An individual can be a member on his or her own or through a member club.

In other words, to be a member of USOF you don't have to be a member of an affiliated club and you aren't automatically a member of USOF if you belong to a member club. If this sounds confusing, you should see the system they have for voting at the national convention.

There has been some talk of changing all of this because what's been happening is even though membership in clubs has been growing, membership in USOF is declining. Until they change the system, however, those of us who believe in a strong national body can think of several reasons why you should consider joining USOF.

Membership in USOF is necessary for certain things. You must be a member to be considered for the National Team, for example. You must be a member to compete in meets with an international sanction such as big European meets. And you have to belong to get a national ranking.

Beyond that, membership can be useful because it means lower meet fees at USOF sanctioned meets; i.e. "A" meets in the U.S. You'll also get the newsletter Orienteering U.S.A. ten times per year. This publication has had a checkered past but now seems to be on a firm footing. To give an idea of its contents, here's what was in the last issue: A meet schedule of all class "A" meets across the country, an article in which three top orienteers explain their route choices at a recent "A" meet, a list of the people invited to the trials for the U.S. Orienteering Team, the national rankings for last year, the "Dubious Distinction Awards", an article about mapping, a report from a meet in Texas that attracted 460 participants, competition tips reprinted from the Ontario newsletter, a trivia quiz, a crossword puzzle, and flyers for a number of upcoming "A" meets.

If none of this is your cup of tea, don't fret, we're still happy to have you as a member of BOC. On the other hand, if you'd like to join USOF, a membership application is on page 3.

BOC MEMBERSHIP LIST

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The Buffalo Orienteering Club NEWSLETTER is published six times a year. Address all inquiries to the Editor at 52 Ardmore Place, Buffalo, NY 14213. Material to be published in the next issue must be received by August 20.

MEET INFO: SOJOURN FARM MEET

Location: Sojourn Farm, Cayuga, NY. Registration and starts 11 to 1. Instruction available before starts. Courses: White, Yellow, Red. Lots of trail running route choices around thick vegetation. Meet Director: Peter Chappell, 315-252-5076.

Directions: On NY 90 one mile north of intersection with Routes 5 & 20 west of Auburn. From the Thruway, take exit 41, then NY 318 to Routes 5 & 20, east to NY 90, and north one mile.

WE'VE BEEN TALKING

On May 7, Pat Quinlan and David Cady presented a slide show and talk on orienteering for a receptive group of Buffalo Philharmonic Athletic Club members.

At the last minute the meeting was moved from a secluded third floor room at Cole's Bar to a noisy balcony. This presented some problems for Pat and Dave but they managed to hold the attention of the BPAC members.

On June 4, Pat Quinlan, Don Wood, and Karen Naab held an informal practice meet for 20 members of the Hamburg Track Club at Chestnut Ridge Park.

After a lecture on orienteering, a practice course was set on the small CRP Casino map. The Track Club members went around the course in groups of three and four.

BOC TRIUMPHANT IN CANOE-O

BOC members did extremely well at the Canoe-O meet held on May 31 at Buck Pond near Rochester.

The format was score orienteering with two courses set, one with a time limit of 90 minutes, and one with a limit of 180 minutes.

On the shorter course, the team of Mark Wolf-ling and Ken Margrey scored 212 out of a possible 315 and finished in first place.

Phil Wolfling and Bruce Meyer came in third with 165 points. And the Brecklines - John, Jane, and Eric - took fourth with 135 points.

On the longer course, Pat Quinlan and Hugh Mason were bumped from 1st to 2nd after a control allegedly floated away and was not counted. Dick Freuhauf and Andy Roach finished 9th.

Twenty-six controls were placed. Some were floating in the water, some were along the shore, and others were on land.

UNITED STATES ORIENTEERING FEDERATION
P.O. BOX 1039
Ballwin, Missouri 63011

Application for membership - Date _____

Please check - New member () Renewal ().

I hereby apply for membership in the U.S. Orienteering Federation. I understand that I am entitled to all benefits of the organization, including membership in the International Orienteering Federation. I am applying as follows:

A. As a member of a club chartered with USOF:
Club _____

Club officer's signature _____

- () Student (under 19) \$4 () Individual \$8
- () Family \$12 () Lifetime \$125
- () Contributing - \$40 or more

B. Member-at-Large (not a club member):

- () Student (under 19) \$5 () Individual \$10
- () Family \$15 () Lifetime \$125
- () Contributing - \$40 or more

Name (print) _____ Sex _____

Address _____

_____ Zip _____

Year of birth _____ Home phone _____

(If family membership, please list other members)

Name _____ Sex _____ Yr born _____

Membership expires one year from date of receipt by USOF. For renewals, membership is for one year from the expiration date shown on the front of your card. Please make checks payable to the United States Orienteering Federation and mail to USOF at P.O. Box 1039, Ballwin, MO 63011.

BOC MEMBERSHIP APPLICATION

Name _____ Phone # _____

Address _____

Fees: \$3 Single, \$5 Family. Make check payable to BUFFALO ORIENTEERING CLUB.
For family memberships, list the names of your family members.

Check one: New Member, Renewal.

May we list your address and phone in our annual membership directory? Yes, No.
Mail to BOC, c/o David Staszak, 4941 Buribrook Dr., Hamburg, NY 14075.

MEET REPORT: BOC MEET AT CHESTNUT RIDGE PARK

The meet on May 30 at Chestnut Ridge Park was attended mostly by newcomers, which was good. The weather cooperated, which was also good. All participants got around the courses and all markers were picked up before the rains came.

The Orange course was a map memory exercise which added a little challenge to a less than challenging area. All courses were fairly short so everyone got back within a reasonable time. And even though it was the weekend after Memorial Day, the orienteers had the park to themselves.

ORANGE - Women		YELLOW - Groups		WHITE - Jr. Women	
1. Margo Thornton	35:31	1. Argeny	65:42	1. Kristin Todaro	50:59
		2. Red Bellied Racers	120:08	2. Shelly Glaser	51:59
ORANGE - Men		3. Speedy Champions	129:29	3. Carolyn Prophet	55:26
1. Rick Roll	36:05	4. The Force	DNF	4. Wendy Mulcahy	58:47
2. John Breckline	44:44			5. Kathy Donohue	59:46
3. Ken Margrey	46:55	WHITE - Men		6. Karen Schlierf	60:31
4. Phil Wolfing	47:54	1. Everett Boone	64:25	7. Angela Hixon	64:36
WHITE - Women		WHITE - Jr. Men		WHITE - Groups	
1. Lorraine Miller	48:13	1. Gary Prophet	48:13	1. Long	27:48
2. Barbara Prophet	62:37			2. Topp	42:02
3. Jane Breckline	67:29			3. Nancy Long	59:35

AL'S ADVICE....continued from page 1

Make sure your equipment is ready well in advance. Last year I ran most of a course using the wrong pace scale on my compass because of some tangled thinking in the tension-filled hustle of preparing for the competition. Now I have clearly labeled pace scales for all the common map scales and I make sure the right scale is on the compass at least a day in advance of the meet.

Well, I'm sure I learned other things too. The main point I want to make is that everyone should use every chance to learn. Take the time before the competition to plan for it and be checking and learning during the race. Afterwards, don't be too proud or too shy to ask someone how they did, and share your experience with them. Finally, spend some time after the meet analyzing deeply (and honestly) what went right and wrong and draw some conclusions for improvement.

--Al Smith St.Louis OC



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