

ORIENTEERING NEWS

July-August 1982

The newsletter of the Buffalo Orienteering Club

vol. 3, no. 4

CALENDAR

- Sep 25-26 New England Championships. Two day "A" meet at Boxford State Forest in Massachusetts (near Boston). This will be a high quality meet put on by NEOC, the largest club in the U.S. New map. Contact: Dave Cady, 886-2969.
- Oct 9-10 Ontario Championships at Waterdown (near Hamilton). Organized by Hamilton King's Foresters. The nearest top quality meet this fall. Worth the trip even if you only go up for one day. Hundreds of orienteers. Courses and classes for all ability levels. For more information, contact Pat Quinlan, 692-7592.
- Oct 16-17 United States Orienteering Championships. French Creek State Park, somewhere in the Delaware Valley. We think it's near Philadelphia. Courses and classes for all ability levels. A group from Buffalo will be going. For more information, contact Pat Quinlan, 692-7592.
- Nov 7 Indian Summer "B" Meet. Organized by the Niagara Orienteering Club. Informal, fun, and guaranteed good weather. Somewhere near St. Catharines. More information in later issues of the NEWS.

Note: The fall meets of the Buffalo Orienteering Club have not been finalized yet. There will be several, including the first ever Night Orienteering Meet. Complete information will be published in the next NEWS, due out September 1.

NEWSLETTER UNDERGOES FORMAT CHANGE

Doubtless by now you've noticed a change in the club newsletter. We hope you like the new look. There are several reasons for the changes. We thought it was important to have the word "orienteering" in bold letters at the top of the page. This should grab the attention of those people who've heard of the sport and are looking for more information about it. The new style pages are easier to lay out and type up, which speeds up the production process. Finally, if the current editor should eventually tire of doing the newsletter, the less complex format should make it easier to find a successor.

SECOND SPRING MEET REPORT

The BOC's second (and last) meet of spring at the Sardinia Forest was characterized by beautiful weather, some stolen controls, and media attention from WGR's PM Magazine crew. Organizers Mark Wolfling and Ken Margrey were rewarded for their efforts by a good turnout. The final results show thirty-four entrants, a goodly portion of whom were groups.

The white and yellow courses took the novices and intermediates through the northern portion of the map, the first time it's ever been used. Red runners spent most of their time on the familiar south side.

It was unfortunate that the first control on the white (and yellow) course was missing and presumed stolen, but most of the participants took the experience in stride. When the control was not to be found, there was a lot of group commiserating and joint decisions about what to do next. After searching for a lesson to be learned from all of this, Alice Drobot decided that it probably was, "Cooperation can be as satisfying as competition."

<u>White - Groups</u>	<u>Yellow - Groups</u>	<u>Yellow - Men</u>	<u>Red - Women</u>
D&C Staszak & Andrea 20:03	J, J, & E Breckline 78:03	Ken Belote 74:51	Lucille Quinlan 120:56
Quinlan 35:35	Krause 80:35	Jim Robbins 76:45	<u>Red - Men</u>
C & M Kaylor 36:45	Randolph 81:14	"Doc" Thomas 79:28	David Staszak 84:24
Mike & Cindy Quant 37:29	Wells 81:47	David Hill 45:45 ?	Jim Kaylor 102:16
Brian & Bill 53:26	Mary Nennstiel 83:35	<u>Yellow - Women</u>	Seth Clark 116:14
Barry Family 55:31	Dave & ? 83:51	Lin Michalczak 59:30 ?	Rick Barry 117:10
	Jewlw Dye 85:14	Alice Drobot 79:29	Harry Belote 130:10
	Belote 90:55		Neal Argeny 157:09
	Connors 96:27		Bob Kaylor 158:45
	Turkey's group 96:35		Dave Hill DNF
	Ross DNF		
	Mike Quant DNF		

NOVICE TIP -- Shoelaces

It's very aggravating to be moving along at a good clip and have one of your shoelaces come untied. Not only does it take valuable time to retie it, it's hard to keep your thumb on the map while your doing the tying. Your best bet is to prevent this awkward situation by doing the right kind of preparation beforehand.

First, tie your laces securely with a double knot. Second, gather the loops and ends in one hand and wrap them with a strip of adhesive tape. This is better than trying to devise a knot that will hold through thick and thin. That's because the thick and thin usually includes "wet" as well. When the meet is over, you'll most likely want to untie your shoes. If you've got a fancy knot and it's gotten wet, you'll have a real challenge on your hands.

LETTER FROM THE PRESIDENT -- Pat Quinlan

We in orienteering consider summer as a rest period between the spring and fall seasons. Actually, we should use the nice weather to improve our O-skills and, for the more serious among us, put in some training miles to increase our speed on the courses.

There are some big meets coming up this fall including the Ontario Championships in Hamilton in early October and the U.S. Championships in New Jersey the next weekend. It's not too early to start preparing.

Any members who are interested in training sessions in late August or September should call me. These sessions may include trail runs at Chestnut Ridge or precision map reading in Sardinia or Schoellkopf.

If the interest is there, we may try to organize a few training sessions for our members. The best way to start is to put in a few miles on the roads during July and August. And don't neglect the hill climbing.

HOW MANY MEETS...THE OTHER VIEW

The view was expressed on these pages in the last issue that the club should aspire to holding no more than two meets each fall and spring. I disagree. My opinion is that the club should hold many more meets than that.

The arguments for holding a lot of meets are these: With a higher level of activity, more people will be attracted to the club. Orienteering may be a lot of fun, but if you can only do it occasionally, why bother? Not everyone wants to jump in a car and drive eight hours to go to a two-day meet, nor should they be expected to. Neither is it fair to expect people just getting interested in a sport to drive an hour and a half or two hours to a meet in Ontario.

Holding many meets would dilute the tragedy of lousy weather. If it rains on one meet and you only hold two, then fifty percent of your events have bad weather.

Finally, people have other things to do; we can't expect them to enthusiastically restructure their lives to embrace orienteering. The fewer number of meets you hold the greater the chance that people will have a conflict which will keep them from coming to any meet at all.

The idea of holding a lot of meets has worked for other clubs. For example, the New England Orienteering Club held ten meets in its second year of existence. Every year since then the number has grown.

Opponents of many meets argue that holding a lot of meets puts too much strain on the few members of the club who are capable of organizing them. While it is true that it takes a lot of work to stage a meet, it is also true that ways can be found to structure meets so that the bulk of the work doesn't fall on any one person. It would also help if the club had an organized way of supervising the management of meets. An appointed "Director of Competitions" could not only supervise the nuts and bolts of meets, he could also see that manpower was properly utilized.

With leadership from the experienced orienteers in the club, others who aren't so experienced can gain skills and confidence in their ability to organize a meet. Most, if not all, of the more experienced members would be happy to help more often than they run, especially if they are convinced that the club will grow as a result of their small sacrifice.

Opponents also argue that the club members would soon get bored with the same old areas. I say let them! Getting bored with an area is a fine motivation for learning how to map and going out and mapping a new area.

My feeling is that the meets the club puts on for its members and others in the local community are the essence of what it should be doing. And as long as we put our energies there - staging meets, and as long as we keep things relaxed, friendly, informal, and family oriented, the club will grow and prosper.

(Your comments are invited.)

HANDY ALIBI SHEET FOR ORIENTEERS

(Originally published in "Orienteering Ontario", adapted from an article by Ken Ackerman.)

With the fall season near at hand, it is important to be prepared mentally as well as physically. Some days things just don't work out as planned. The following list is intended to simplify the problem of selecting the proper alibi to suit the occasion.

- | | |
|---|---|
| <input type="checkbox"/> Ate too much, | <input type="checkbox"/> Cramp in _____ (location) |
| <input type="checkbox"/> I was weak from lack of nourishment, | <input type="checkbox"/> Cold feet, |
| <input type="checkbox"/> Not enough training, | <input type="checkbox"/> Chicken, |
| <input type="checkbox"/> Overtrained, | <input type="checkbox"/> Snowblindness, |
| <input type="checkbox"/> I building slowly for _____ months (years) from now, | <input type="checkbox"/> I can't run when I'm ahead, |
| <input type="checkbox"/> Girl (boy) friend unfriendly last night, | <input type="checkbox"/> I can't run when I'm behind, |
| <input type="checkbox"/> Girl (boy) friend too friendly last night, | <input type="checkbox"/> I can't run, |
| <input type="checkbox"/> It was too warm, | <input type="checkbox"/> My coach is a _____, |
| <input type="checkbox"/> It was too cold, | <input type="checkbox"/> I don't have a coach. |

There are many more possibilities, but this should get you started in the right direction.

MEMBERS - 1982

Moss Aubrey	Ray and Kathy Graber	Linda Michalczak	Doug Sortore	Charles & Jeannette
Harold & Lorraine Belote	Robert Kaylor	Michelle Millikan	Jim & Pam Schneider	Wightman
J & J Breckline	Nina Ljungqvist	Gary Prophet	Peter Schreier & Family	Mark Wolfling
David Cady	Thomas Lochner	Mike & Cindy Quant	Sharon Schwab	Don Wood
Seth Clark	Kenneth Mantai	Patrick Quinlan	David and Craig Staszak	Karen Naab
Joan Dudziak	Bill Marks	James J. Robbins & Family	Theresa Stephan	Linda Serna
D.S. Ensel	Robert Martens	Stan Ross & Family	Ben Wells	

Notes: Don't worry if you have a family membership and it is not indicated. Some are and some aren't. However, if your name is misspelled, please write to the Editor immediately. We like to be correct. Also, if you think you should be on the list but can't find your name, let us know. In addition to being correct, we like to be complete. On last year's list we had 39 members versus 33 this year. Most of the members live outside the city of Buffalo. Only five live in the city.

POST A NEWSLETTER

If there's a bulletin board where you work or go to school, why not post a copy of the newsletter on it! We'll be happy to send you an extra copy or two for this purpose. We can use the publicity. Just drop us a line and let us know how many extras you can use. Write to "Orienteering News", 52 Ardmore Place, Buffalo, NY 14213.

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President: Patrick Quinlan, 1084 Bowen Dr, N. Tonawanda 14120. "Member": Ben Wells, 8513 Kru11 Pkwy, Niagara Falls 14304.
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