

ORIENTEERING NEWS

January-February 1984

THE NEWSLETTER OF THE BUFFALO ORIENTEERING CLUB

vol.5, no.1

The Buffalo Orienteering Club is affiliated with the United States Orienteering Federation

CALENDAR

- Mar 15 B.O.C. Annual Meeting at Quinlans (Thurs).
- Apr 1 Niagara O.C. "B" Meet.
- Apr 15 B.O.C. Local Meet at Chestnut Ridge.
- Apr 29 Hamilton Kings Foresters "B" Meet.
- May 12 B.O.C. Local Meet at Sardinia Forest (Sat).
- May 13 Hamilton Kings Foresters "A" Meet.
- May 27 Hamilton Kings Foresters "B" Meet.
- Jun 3 Niagara O.C. "A" Meet.
- Jun 9 Hamilton Kings Foresters "B" Meet (Sat).
- Jun 23 Ontario Relay Champs. - Hamilton (Sat).

Details

Mar 15 (Thursday) B.O.C. Annual Meeting. At the home of Pat & Lucille Quinlan, 1084 Bowen Drive, East, North Tonawanda, N.Y. A pot-luck dinner will be held from 6:30 - 7:30. Elections and the business meeting will follow. Call 692-7592 for information and suggestions on what to contribute to the dinner. Directions: Exit I-290 at Colvin Blvd - Take 425 north into N.Tonawanda - Expressway narrows after Wheatfield St. Exit - Keep going straight 3 more traffic lights to Meadow Dr. - Turn left and then take next right onto Bowen - Keep going straight ahead into Quinlan's driveway.

Detailed information on the meets listed will be printed in future editions of ORIENTEERING NEWS as it becomes available. In general however, "B" meets in Ontario tend to be informal with a variety of courses offered. The "A" meets are more highly structured and require advance registration. Both kinds of meets welcome beginners.

IT'S RENEWAL TIME

Right at this moment, before you forget or put it off, get your checkbook out and renew your membership in the B.O.C.

It only takes a second. If you don't renew you'll miss out on a banner year for the club. Just two of the highlights: we'll have a new five color map and the two Swedish tours are coming through (more on that later).

And we'll have more of the high quality meets you've come to expect from B.O.C. You'll also receive six issues of this newsletter with information on upcoming meets, complete local meet results, and other useful information.

Finally, you can't beat the price: only \$5 per family or \$3 per individual.

So don't delay, renew today!

SWEDES HERE THIS SUMMER

This summer the B.O.C. will have the opportunity to give a demonstration of U.S. orienteering to two groups of visiting Swedish orienteers.

One group will be here on Tuesday, July 17. After sightseeing at Niagara Falls, this group of 400 will watch an exhibition meet between elite Canadian, U.S. and Swedish racers on Goat Island. The meet will be jointly hosted by B.O.C. and the Niagara O' Club. The map was field checked last August by a visiting Swede and is being drawn in five colors by Dick de St.Croix of the Niagara Club.

The event will not be open to everyone but everyone can come and watch -- better yet, everyone can help. It won't have more than thirty runners. Things will get underway at 6:00 p.m. on Goat Island. (Bring your camera.)

The other group will be here on Tuesday, July 24. This group will be smaller, only about forty or fifty people. They want to experience a U.S. event, and they want to meet our members. If you can take part, you should. Hopefully the meet will be held at Chestnut Ridge Park at 6 p.m. "Hopefully" because at this moment, Dave Cady is busy drawing the new, expanded five color map of the park. The area was field-checked two years ago by three visiting Swedes. This would be a good opportunity to introduce the new map. If it's not ready, we'll hold the meet at the Sardinia Forest instead.

Please plan your schedule now to be able to attend and take part in these two international events being planned right here for the Buffalo area.

-- Pat Quinlan.

(Editor's note: The two groups of Swedes are working their ways westward across the country with Los Angeles and the Summer Olympics as their final destination. They are making stops along the way to attend local orienteering meets.)

SKI-O RESULTS

For the meet held January 22, 1984 at Alpine Recreation Area. Temp. 20 degrees. Fast tracks.

<u>WHITE</u>		<u>ORANGE</u>	
<u>Sr. Women</u>		<u>Women</u>	
1. J. Wightman	59:11	1. Lin Michalczak	34:40
		2. Eileen Sweeney	99:48
<u>YELLOW</u>		3. Flo Wolfling	113:40
<u>Groups</u>			
1. Wolfling-Houck	115:15	<u>Men</u>	
<u>Sr. Women</u>		1. Jim Pugh	26:22
1. Becky Wightman	44:10	2. Ken Margrey	45:10
		3. Mark Wolfling	115:40
<u>Sr. Men</u>		4. Bill Miori	DNF
1. Phil Wolfling	26:50		
2. C. Wightman	41:10		
3. T. Wightman	49:35		
4. Ken Chrosniak	51:10		
5. B. Degenhardt	55:30		
6. Wendell Vaisey	90:29		
7. Andy Mazur(83:53)	DQ		

BUFFALO ORIENTEERING CLUB OFFICERS

President: Patrick Quinlan, 1084 Bowen Dr, N.Tonawanda 14120
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BUFFALO ORIENTEERING CLUB 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.
 Mail to Buffalo Orienteering Club, c/o David Staszak, 4941 Burlbrook Drive, Hamburg, NY 14075.

MURPHY'S LAWS OF ORIENTEERING

If you're making record time, you are traveling in the wrong direction.

When you are certain of where you are, you are certainly off the map.

Any route that appears easy is almost certainly a mistake.

Any significant feature will occur at the juncture of two rain drops and a map fold.

On a wet day there are only two classes of orienteers: those with glasses and those without.

If there is going to be a misplaced control, it will be on your course.

Do not try to solve all course problems at once -- learn to dread each one as it comes.

If you think the course is tough now, just wait.

If you lead a competitor into a control you can be sure that he will not return the compliment.

The day you win an event, it will be thrown out because of a misplaced control.

(By Hazel and Garnet Edwards, reprinted with some editing from Orienteering USA who reprinted it from The Australian Orienteer.)

TIPS FOR THOSE NEW (AND NOT-SO-NEW) TO ORIENTEERING

A series of twelve tips presented two per issue for the next six issues.

1. Before you start, study map and legend.

Do so for as long as you can. Get familiar with the general shape of the area.-- you don't want to waste time during the competition trying to puzzle out what's high and low, what's a fence and what's a wall.

2. Don't think of the competition as a race.

It isn't, it's a time trial, you against your own weaknesses. The person you are trying to outrun may be going an idiotic way or may be fresh from standing scratching his head for five minutes while you've been toiling up that hill. Even if you do outrun him he may be a better orienteer or stronger over the whole course. So you overtook the U.S. Champion on 300 meters of flat path -- so what? He won't stop when he comes to the hill or the thicket or the difficult route choice.

(By John Knight, reprinted from CompassSport magazine.)

B.O.C.'s LIN MICHALCZAK AT WORLD SKI-O CHAMPS

Lin Michalczak, a member of the B.O.C., represented the U.S. at the World Ski-O Championships which were held January 30 - February 4 in Lavarone, Italy.

In the women's individual race she finished the 15 km course in just over two hours. Lin was the second finishing U.S. woman of the three on the team. Sharon Crawford, the top U.S. female finisher, was 36th overall and Lin was 39th of the 46 who took part. Sara Mae Berman was the third U.S. women's team member.

Lin felt she had a good race and was happy with the result. She reported that the tracks were in very good condition but the course was extremely hilly. "The uphill were herringbone all the way and the downhill were pray all the way. It was very technical skiing." The 15 km course had only five controls. Lin had expected more.

The winner of the women's individual race was a Finn who finished in 1 hr, 24 min. Swedes finished second and third.

In the men's individual race the Swedes won, but Dave McGraw of the U.S. had a great run to finish in the 30's out of 60 plus competitors.

The relays were held two days later on very icy tracks and the U.S. women finished in last place Sweden won the women's relay.

Lin didn't come home trophy-less, however. In a training race held a few days before the championships she finished 3rd on a short course and was awarded a trophy. (The first ever by a B.O.C. member in a European event.)

About 15 countries were represented in the championship meet. Many of the teams brought along coaches and waxers. Most also had matching outfits. The U.S. team was lucky to have matching hats.

Lin reports that the best part of the trip was meeting the other competitors, especially the British and Australians. Everyone was friendly and helpful.

Welcome home Lin Michalczak!

DON'T FORGET THE POT-LUCK DINNER AND ANNUAL MEETING ON MARCH 15. MAKE YOUR PLANS TODAY.

SEND IN YOUR MEMBERSHIP RENEWAL. IF YOU DO NOT RENEW, THIS IS THE LAST NEWSLETTER YOU WILL RECEIVE.

ORIENTEERING NEWS
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