

ORIENTEERING NEWS

July-August 1984

THE NEWSLETTER OF THE BUFFALO ORIENTEERING CLUB

vol.5, no.4

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

CALENDAR

- Jul 17 BOC/NIA International Meet at Goat Isl.
Jul 24 BOC Local Meet at Sardinia for Swedes.
Sep 1-2 Adult Training Camp at Bark Lake (Ont.).
Sep 15 HKF 15th Anniversary "B" Meet & Party.
Sep 23 BOC Local Meet at Chestnut Ridge.
Sep 22-23 Ontario Championships (near Toronto).
Sep 30 TOC "B" Meet at Scotch Block.
Oct 6-7 North American Championships (near NYC).
Oct 14 HKF "A" Meet at Dundas Valley Rifle Rng.
Oct 20 BOC Local Meet at Camp Schoellkopf.
Nov 3 NIA Indian Summer "A" Meet, Short Hills.
Nov 3 BOC Night Meet at Chestnut Ridge.
Nov 4 HKF "B" Meet at Rock Chapel.

Details

Jul 17 (Tuesday) B.O.C. and Niagara O.C. International Joint Meet at Goat Island. Registration, 5-6 p.m. Start at 6 p.m. Map, 1:5,000; 5 color; drawn 1984. Two courses, 2.6 km and 5.3 km. Fee: \$3. for non-members, \$2. for members of B.O.C., N.I.A., O.C., C.O.F., U.S.O.F., S.O.F.T., I.O.F., etc. Park in lot closest to the Falls. Meet near the restaurant. Come on out and orienteer in a scenic spot and meet the Swedes traveling to the Olympics Meet Director, Pat Quinlan 692-7592. Note: This meet is open to all.

Jul 24 (Tuesday) B.O.C. Meet at Sardinia for Swedish Tour Group #2. Registration 5-6 p.m. Start at 6 p.m. Fees: Same as July 17. Map, 1:15,000; 5 color. Three courses, 2.1, 4.8 and 6.5 km. Run in the cool of the evening (but bring bug spray) and meet more Swedes. Meet Director, Pat Quinlan, 692-7592.

Sep 1-3 Fourth Annual Orienteering Ontario Fall Training Camp. Organized by Ted de St. Croix, Wini Krogsrud and a team of experienced orienteers. Cost: \$50. includes cabin accommodation, meals from Saturday lunch to Monday lunch, maps, movies, slide shows. (Two members of same family pay \$40. each) Registration deadline, August 10. Limited to 35 people. For registration form and more information, contact David Cady at 837-3737.

Sep 15 (Saturday) Hamilton Kings Foresters 15th Anniversary "B" Meet and Party. King's Forest Park. Start time, 12 noon. Five courses. Fee, \$2.50. Registration from 11:30 a.m. to 12:30 p.m. Meet Director, Jack Lee, 416-549-6795. Directions: From Q.E.W. exit at

Hwy. #20, proceed south to King St., east on King to Mount Albion Road, south on Mount Albion to meet site.

Sep 23 B.O.C. Local Meet at Chestnut Ridge. Watch for complete details in next newsletter. Hopefully, this will be on the new map.

Sep 22-23 Ontario Championships somewhere near Toronto. Organized by Credit Valley "O" Club. Contact: Mark Smith 416-665-5817.

Sep 30 Toronto "O" Club "B" Meet at Scotch Block. Contact Miriam or Bill Hickey 416-496-1791.

Oct 6-7 North American Championship at Harriman State Park, one hour north of New York City. Meet Director, Linda Crane, 312 Somerville, Basking Ridge, N.J. 07920. We may be organizing a club trip to this meet. To keep posted, let Dave Cady (at 837-3737) know of your interest.

For information on the rest of the meets listed, check the September-October edition of this newsletter, which should be published on September 1.

MEET RESULTS

B.O.C. Local Meet, Sardinia Forest, May 12, 1984

Although there was a threat of rain before the meet started, the only person to get wet was Lin Michalczak when she was out vetting. Thanks to her and Ken Margrey and Ray Graber for helping. -Dave Cady, Meet Director

WHITE Women

1. Kathie Augustyn 56:43
2. Peggy Kulas 61:07

YELLOW Women

1. Alta Baum 78:37
2. Flo Wolfling BOC 98:55
3. Linda Miklasz BOC 105:32
4. Jeannette Wightman BOC 115:10

Men

1. Ken Belote BOC 72:48

ORANGE Women

1. Eileen Sweeney STBONA 117:23
2. Sharon Schwab BOC 153:30

Men

Oops! Looks like we won't have room on this page for all the men's results, and we didn't want to put some on this page and some on the other page (it would have been ever so untidy) SO we decided to put all the results on the next page. OK?

BUFFALO ORIENTEERING CLUB OFFICERS

President: Mark Wolfling, 36 Garfield, Lancaster 14086 (681-3380)
Secretary: Pat Quinlan, 1084 Bowen Dr, N.Tonawan 14120 (692-7592)
Treasurer: David Staszak, 4941 Burlbrook, Hamburg 14075 (648-7819)
Delegates: Sharon Schwab and Phil Wolfling.

"ORIENTEERING NEWS" STAFF

Editor: David Cady, 148 Humboldt Pkwy, Buffalo 14214 (837-3737)
Assistant: Barbara Cady.
"ORIENTEERING NEWS" is published six times each year.

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 B.O.C. c/o David Staszak, 4941 Burlbrook Drive, Hamburg, NY 14075.

AS PROMISED, THE ORANGE MEN'S RESULTS

1. Mark Wolfling BOC	60:47
2. Ray Graber BOC	65:23
3. Phil Wolfling BOC	65:58
4. John Miklasz BOC	69:00
5. Lars Braun STBONA	71:51
6. Wendell Vaisey STBONA	74:55
7. Andy Mazur STBONA	84:03
8. Keith Luba STBONA	87:09
9. Charles Wightman BOC	94:10
10. William Miori STBONA	99:30
11. Harry Belote BOC	101:47
12. Thomas Wightman BOC	114:49
13. Ken Chrosniak STBONA	115:27
14. Al Booth BOC	144:27

ORIENTEERING TIPS

(Part 4 of a six-part series)

7. Don't rush off from one control vaguely towards the next thinking you can plan your route later. Move a little way and then plan. Pick a definite attack point and your route to it. You must know what you're doing - or when you do think you're getting near you might find yourself confronted by a great marsh or a hill you should have been working your way around.

8. Don't ever run without counting your paces, however unnecessary this may seem. So you think you can see your attack point; well maybe you can, but count anyway. It might just be a similar feature 50 meters earlier or later and even those 50 meters can leave you stranded and panic stricken if you don't know they're 50 meters and not 200. If you count and keep your map set, it's impossible to be lost.

(By John Knight, reprinted from CompassSport magazine.)

TRAINING DAY REPORT

Six members of B.O.C. and two prospective members took advantage of the training day on June 23rd. Pat Quinlan and I led the group through a series of exercises designed to improve orienteering skills.

Before starting out, everyone's pace scale was calculated and taped to the front of his compass. (Conveniently enough, the distance between the dirt road and the driveway into the farm on the south side of Genesee Road near the Sugar Shack is exactly 100 meters.) This was followed by a "follow-the-leader" exercise both with and without maps. Then, once everyone was a ways inside the woods, an impromptu "meet" was set up using the

"sector" method in which everyone puts out one control. A "map-memory" exercise was planned but time got the better of us. The participants seemed to enjoy themselves and the organizers gained valuable insights which will be useful the next time a training day is held. -DRC

ASK OLAF

Dear Olaf,

What do you recommend as good food for orienteers?

Signed,
Famished in Fresn-O

Dear Fam,

I'm glad you asked! As you know, a balanced diet is important. Beyond that, I have found that orienteers have better luck finding controls when they eat such things as Cheeri-O's, Jell-O, O-kra, O-ranges, O-leo, Tomat-O's, Potat-O's and plenty of O-reo's.

RUMOR CONTROL

A highly reliable source close to the Jackson Family has confirmed that Michael Jackson will make a surprise appearance at the O-Meet on Goat Island on July 17th. In preparation for the meet, Jackson is said to be learning to sing "Beat It" in Swedish.

**** BACK BY POPULAR DEMAND ****
RUMOR CONTROL

A highly reliable source close to the Rutkowski Family has confirmed that County Executive Ed Rutkowski will make an appearance at the O-Meet on Goat Island. It is thought that he will make an attempt to solve Erie County's fiscal crisis by selling the Sardinia Forest to the Jackson Family.

W A T C H T H I S S P A C E

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