

# ORIENTEERING NEWS

March-April 1984

THE BUFFALO ORIENTEERING CLUB

vol.5, no.2

The B.O.C. is affiliated with the United States Orienteering Federation

## CALENDAR

- Apr 15 B.O.C. Local Meet at Chestnut Ridge.
- Apr 29 HKF "B" Meet (Hamilton, Ont.)
- May 12 B.O.C. Local Meet at Sardinia Forest (Sat.).
- May 13 HKF "A" Meet (Hamilton Ont.).
- May 27 HKF "B" Meet (Hamilton, Ont.).
- Jun 3 Niagara O.C. "A" Meet.
- Jun 9 HKF "B" Meet (Sat).
- Jun 23 Ont. Relay Champs - Hamilton.

## Details

- Apr 15 B.O.C. Local Meet at Chestnut Ridge. Registration at 11 am. Start at 12 noon. Three courses, categories for men and women on each, groups on the Short and Medium courses. Categories for juniors if entry warrants. Entry fee \$2 for non-members, \$1 for members. Follow signs from the Park entrance (off Rt.277) to parking area. Meet Directors Ken Margrey & Mark Wolfling. Call 681-3380 for info.
- Apr 29 etc. All HKF meets. Detailed information was not available at press time. Call Pat Quinlan at 692-7592 for latest info.

## Details, cont'd

May 12 B.O.C. Local Meet at Sardinia Forest. Registration at 10 am. Start at 11 am. Three courses, same categories as Apr 15 meet. Map: 5 color, scale, 1:15,000. Entry fee \$3 for non-members, \$1.50 for members. Informal instruction available. The forest is on Genesee Road in the Town of Sardinia. Meet Director, David Cady. Call 837-3737 for more information.

## WOLFLING ELECTED AT ANNUAL MEETING

B.O.C.'s Annual Meeting was highlighted by the election of Mark Wolfling to the office of President. He succeeds Pat Quinlan and thus becomes the 3rd president in the club's history.

Other officers elected were: Secretary-Pat Quinlan, Treasurer-Dave Staszak, Delegates-Sharon Schwab and Phil Wolfling.

Nine members attended the meeting at Quinlan's house in North Tonawanda and dined on pizza and pop before getting down to business.

The Treasurer's report was deleted from the agenda because the Treasurer, David Staszak, was absent celebrating the recent arrival of his second child, a daughter, named Amanda. Mother & baby & father & son were reported doing fine. (Quinlan thought there was about \$1100 in the treasury.)

(continued...)

## BUFFALO ORIENTEERING CLUB OFFICERS

President: Mark Wolfling, 681-3380.  
Secretary: Pat Quinlan, 1084 Bowen Dr.  
North Tonawanda, 14120, 692-7592.  
Treasurer: David Staszak, 648-7819.  
Delegates: Sharon Schwab & Phil Wolfling.

## "ORIENTEERING NEWS" STAFF

Editor: David Cady, 837-3737.  
Assistant: Barbara Cady.

## MEMBERSHIP APPLICATION

Name \_\_\_\_\_ Ph# \_\_\_\_\_

Address \_\_\_\_\_

\$3 Single, \$5 Family. Check payable to Buffalo Orienteering Club. Indicate new member or renewal. Mail to B.O.C. c/o David Staszak, 4941 Burlbrook Dr., Hamburg NY 14075.

## MEETING, continued

Quinlan reported on the ski-0 event held in conjunction with the Empire State Winter Games. Apparently it was a success and the organizers of the ESWG want the event included next year.

Mapping was briefly discussed with no firm plans made for the future. Once the Chestnut Ridge 5-color map is complete, a decision will be made by the officers on what to do next.

There was some discussion of the possibility of holding an "A" meet as a joint venture with another nearby club. Presumably we'd do one day and they'd do the other. It was finally decided that the new officers would be allowed to decide this question.

The meeting concluded at a reasonable hour and when your correspondent left everyone else was examining the progress on the Chestnut Ridge map and eagerly discussing the events planned for 1984.

## QUINLAN TO STRESS PUBLICITY

At the Annual Meeting Pat Quinlan announced that in his new position as B.O.C. Secretary he would be putting a special emphasis on publicizing the club and the club's activities.

This would include not only media contacts with radio, TV, and newspapers, but also presentations to other groups and special promotions (such as "Bring-a-Friend" Meets).

If you have any suggestions for publicity opportunities, call or write Pat at his address on the front page.

## ORIENTEERING TIPS

(Part 2 of a six-part series.)

### 3. Never run at absolute top speed.

You should finish an orienteering course as a good meal, feeling you would have enjoyed just a little bit more. You must never let yourself get exhausted. You can waste time on the last control as easily as on the first and it's really frustrating to ruin a good run near the end simply because you just got a bit too tired. If you do finish with plenty of energy, go out again over your course and see where you wasted time, making poor route choices, standing around.

### 4. Try not to stop.

Take a breather if you need to, but keep moving, even at a slow walk. The difference between first and tenth is often not the actual speed of movement but the amount of time spent not moving. Add up the half minute here, the fifteen seconds there when you weren't actually moving and you'll soon realize that, like everybody else, you could have won easily.

(By John Knight, reprinted from CompassSport magazine.)

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FUNNY NEWSLETTER FORMAT THIS ISSUE DUE TO EDITOR MOVING TO NEW ADDRESS. ALL WILL BE AS USUAL NEXT ISSUE.

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