

ORIENTEERING NEWS

January-February 1985

PUBLISHED BY THE BUFFALO ORIENTEERING CLUB

vol.6, no.1

CALENDAR

- Jan. 5 Ski-0 by T.O.C. at Mansfield, Ontario.
Jan.19 Ski-0 by S.O.C. at Highland Forest, Syracuse.
Jan.20 Ski-0 at Alpine Recreation Area, Buffalo.
Feb. 2 Ski-0 at Mendon Ponds, near Rochester.
Feb.10 Ski-0 at Saratoga, New York.
Mar. 3 Ski-0 at Empire State Games, Lake Placid.

Details

Jan. 5 (Sat) Ski-0 Meet at Mansfield Ski Area, NW of Toronto. (Approx. 2 3/4 hour drive from the Peace Bridge.) Noon start. Register in the Lodge from 10 - 12. Fees: \$2 (plus trail fee?). For more information phone Daphne Tomblin, 705-424-5538. The "no-snow" date is January 26.

Jan.19 (Sat) Syracuse O.C. Ski-0 Meet. A qualifying meet for the Empire State Games, open to all. Highland Forest is located on NY Route 80, 4 miles east of Fabius, about 20 miles SE from Syracuse. Check-in and registration are from 10 a.m. - 1 p.m. at the competition center. First start is at 12 noon. Four courses will be offered: 15 km, 9 km, 6 km, and 3 km. Entry fee is \$3 on all but the short course. Late registration is \$1 additional (after 1/14/85). If necessary, a decision to cancel will be made by 1/17/85 at 6 p.m. For more information call Mark Dominie at 607-756-2957. Entries should be sent to Barb Sleight, 6187 Smith Rd, North Syracuse, NY 13212.

Jan.20 (Sun) Ski-0 by B.O.C. at Alpine Recreation Area on Route 240 south of Buffalo. Start time at 9 a.m. Entry fee: \$3 plus Alpine's trail fee. (After the meet you can ski for the rest of the day if you wish.) A qualifying meet for the Empire State Games, open to all skiers. For more information, call Pat Quinlan at 692-7592.

Feb. 2 (Sat) Ski-0 by R.O.C. at Mendon Ponds, south of Rochester. Start time 10 a.m. Entry fee: \$3. A qualifying meet for the Empire State Games, open to all skiers. For more information call Rick Worner, 716-865-2161.

AN OFFER YOU CAN'T REFUSE

Boy have we got a terrific deal for you. Here's how it works. You'll get six swell newsletters - each one filled with news and information about your favorite sport. You'll also be able to participate at 0-meets for half price. And, if that weren't enough, you'll also feel good because you're helping to promote orienteering in Western New York.

All you have to do is renew your membership in the Buffalo Orienteering Club. For just \$5 per family (or \$3 per person) that's a great deal. What other group can you join for \$5 per year?

So do it now; it'll just be a waste of your time if you put it off until later. Write us a check and send it to:

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

Thank you very much. And thanks for supporting the club during the past year.

MASTER'S GAMES TO INCLUDE '0'

The first world Master's Games will take place in Toronto from August 7 to 25. Orienteering is one of the 22 sports which have been selected for the Games. To be eligible, competitors must be 35 or older.

The 0-meet will be held on August 8 - 11 at a site NW of Toronto. The fee is \$75 Canadian (before March first). The fee includes a lot of "extras." For information write to Pat de St. Croix, Chairperson-Orienteering, Masters Organizing Comm., Box 1985, Station P, Toronto, Ontario M5S 2Y7. Phone: 416-927-1985.

Feb.10 (Sun) Ski-0 at Saratoga, NY at the Biathlon Competition Center. Start time, 11 a.m. Entry fee: \$3. A qualifying meet for the Empire State Games, open to all skiers. Map by Pat Quinlan. For information, call Jim Schreiner, 518-696-3961.

Mar. 3 (Sun) Ski-0 at the Empire State Games. By invitation only. Start time, 8:30 a.m. Site: Mt. Van Hovenberg X-C ski trails on Rt. 73 between Keene and Lake Placid. Four classes: Open Men, Open Women, Scholastic Men and Scholastic Women. Non-NYS residents who qualify may participate. For more information, call Pat Quinlan at 716-692-7592.

BUFFALO ORIENTEERING CLUB OFFICERS

President: Mark Wolfing (681-3380)
Secretary: Pat Quinlan (692-7592)
Treasurer: David Staszak (648-7819)
Delegates: Sharon Schwab & Phil Wolfing.

"ORIENTEERING NEWS" STAFF

Editor: David R. Cady, 148 Humboldt Parkway,
Buffalo, NY 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. Check one: New Member, Renewal. For family memberships, list the names of your family members. Make check payable to Buffalo Orienteering Club. Mail to B.O.C. c/o David Staszak, 4941 Burlbrook Drive, Hamburg, NY 14075.

TIPS FOR BEGINNERS

The last of a 6 part series.

FROM THE EDITOR

A New O-Magazine.

11. Don't kid yourself you can beat the superstars.
You must accept the fact that orienteering skills have to be learned. There's nothing magical about bearings, pace-counting, contouring, and map memory. But the theory is not enough. To be able to use them with confidence and speed can only come with practice. And if you don't train your orienteering then you must be prepared to use some competitions to experiment a bit.

Don't worry that you might have come third if you hadn't tried to cut through that bit of forest. It's no good just running round the paths. For a year I rushed about, covering tremendous distances, thoroughly enjoying myself, but scarcely orienteering at all, scarcely improving at all, learning scarcely anything except that it's not possible to beat someone who can run and go through the forest. Here be no dragons except the dragons of panic in your own head.

12. Don't let them tell you fitness isn't all that important. There are those near the top who don't run particularly fast but they're all very fit. It's always the fit who tell you fitness doesn't matter and they may have forgotten or never have known how easy it is to make terrible mistakes simply through exhaustion.

(By John Knight, from CompassSport magazine.)

SKI-O TIPS FROM LIN MICHALCZAK

(Editor's note: Lin, a B.O.C. member, was on the 1984 U.S. Team at the Ski-O World Championships in Italy.)

1. Check the map scale carefully - special ski-O maps have scales as small as 1:40,000.
2. Practice skiing on all types of terrain and track conditions.
3. Beware - if ski-O's are held at areas open to the public, there will probably be extra trails in addition to those shown on the map.
4. The most important map reading skills are path following and contour line interpretation.
5. Devise or buy a map carrying case that attaches to your chest so you can use both hands to ski.
6. Some ski-O courses are designed around hiking trails. These trails can be a lot steeper, narrower, and twistier than regular ski trails.
7. Put your control punch card in a plastic bag (to keep it from getting wet) and hang it around your neck.
8. Your compass can be carried on your wrist like a watch, hung around your neck, or taped to your map case (my choice).

Larry and Sara Mae Berman of Cambridge, Massachusetts have launched a new magazine for orienteering enthusiasts. Their publication is called "Orienteering North America." Ten issues per year are promised for a subscription price of \$12. The first issue is due out in January, 1985.

Here is how they describe their publication:

"A major portion of the magazine will be devoted to meet reviews with full results, not only "A" meets, but local events as well. There will be technical articles: training, technique, equipment, diet, medical problems, etc. Such articles will be designed for those at various levels of orienteering skill, from rank beginners to the most advanced, some even for those who have not yet begun. Several times each year we will try to include full-color maps, perhaps one for a photo-O and others for competition route analysis."

It's hard to predict what sort of a publication the Berman's magazine will be. They are exploring uncharted territory. Other countries such as Sweden, England, and Australia have magazines devoted to the sport, but the level of participation is much higher in those places.

I'd like to take this opportunity to wish the Berman's the best of luck in their new venture.

If you'd like to subscribe, send \$12 to SM&L Berman Publishing Co., 23 Fayette Street, Cambridge, MA 02139. If you'd like to wait and see what their product looks like, we'll have a couple of issues at the club's annual meeting.

NEW MEMBERS

Welcome to the following new members of the B.O.C.

Sean France, Buffalo	Leeda Marsh, Buffalo
Mike Fayle, Buffalo	Tom Phillips, Buffalo
Steve Florke, Buffalo	Dinah Rossbacher, Eggertsvl.
Marybeth Galvin, Buffalo	Kathie Szeliga, Wmsvl.
Kelly Jensen, Cheektowaga	Mr & Mrs Fae Roe, Chktwga.
Tom Kachelmeyer, Wmsvl.	Murphy Family, E. Aurora
Andrea Kina, Tonawanda	Kathy Vullo, E. Aurora

Note: Since these members joined after the first of September, their memberships are valid through 1985. This brings the total B.O.C. membership to 57.

B.O.C. NEWSLETTER
c/o David R. Cady, Editor
148 Humboldt Parkway
Buffalo, NY 14214