

# Orienteering News

From the BUFFALO ORIENTEERING CLUB

Winter 1990-91

Volume 11, Number 3

## CALENDAR

Sat, Jan 5 - Ski-O, ESG Qualifier, Moreau Lake State Park, Glens Falls, N.Y. EMPO, Bill Jameson (518) 877-8861, Standard Race Format.

Sat, Jan 12 - Ski-O, ESG Qualifier, Three Valley Resort, Holland, N.Y. Buffalo O.C., Pat Quinlan (716) 692-7592, On Rt. 16 south of Holland/Rt 400, Start Time:10 AM, Meet Fee - \$5 + Trail Fee, Standard Race Format.

Sun, Jan 13 - Ski-O, ESG Qualifier, Mendon Ponds Park, Rochester, N.Y. ROC, Rick Worner (716) 865-2161, Start Time:10AM, Standard Race Format.

Sun, Jan 13 - Ski-O, ESG Qualifier, James Baird Park, Poughkeepsie, N.Y. HVO, Jon Nash (914)941-0896, Standard Race Format.

Thurs, Jan 17 - BOC Annual Meeting, Dave Cady's house, 148 Humboldt Parkway, Buffalo, N.Y. (716) 837-3737.

Sat, Jan 19 - Ski-O, ESG Qualifier, Greek Peak TC, Virgil, N.Y. CNYO, Mark Dominic (607) 849-3101, Sprint Race Format.

Sun, Jan 20 - Ski-O, ESG Qualifier, Hammond Hill Park, Dryden, N.Y. CNYO, Mitch Collinsworth (607) 539-6625, Standard Race Format.

Sun, Jan 27 - Ski-O, ESG Qualifier, Durand Eastman Park, Rochester, N.Y., ROC, Rick Worner (716) 865-2161, Sprint Race Format.

Sat, Feb 2 - Ski-O, Snow Date if necessary for Jan. 12 BOC ESG Qualifier.

Sun, Feb 3 - Ski-O, ESG Qualifier, Thacher State Park, Albany, N.Y., EMPO, Bill Jameson (518)877-8861, Sprint Race Format.

Sat, Feb 9 - Ski-O, ESG Qualifier, Highland Forest, Fabius, N.Y., CNYO, Chuck Laun (315) 472-8292, Standard Race Format.

Sun, Feb 10 - Ski-O, ESG Qualifier, Green Lakes State Park, Fayetteville, N.Y., CNYO, Barb Sleight (315) 458-6406, Sprint Race Format.

Sat, Feb 16 & Sun, Feb 17 - 1991 US.Ski-O Championships, Winona State Park, Lacona (Near Watertown), N.Y. Bill Jameson (518) 877-8861, P.O. Box 1375, Clifton Park, N.Y. 12065, Entry Deadline: Feb 6. US Ski-O Long Course Champs are on Sat Feb 16, US Ski-O Sprint Course Champs are on Sun Feb 17. US Champs Model event will be on Fri Feb 15 in Campania, Lacona N.Y.

Fri, Mar 1 - Ski-O, Empire State Games Championship, Mt. Van Hoevenburg, Lake Placid, N.Y., Mark Dominic (607) 849-3101, Standard and Sprint Race Formats, You must have previously qualified in a ESG Qualifier meet in order to compete.

## Buffalo Orienteering Club Annual Meeting

On Thursday January 17, 1991, the Buffalo Orienteering Club will hold its annual meeting at Dave Cady's home at 148 Humboldt Parkway (837-3737). The meeting will start around 7:30 PM with snacks provided and BYOB. Topics for discussion will include:

Drawings for prizes on the Map Hike '90s' Chestnut Ridge Park map and the Sardinia Forest map,

The 1991 Spring, Summer and Fall schedule of meets,

An aggressive plan to map a new area for competition and a possible A-meet,

Election of officers for 1991,

Possible plans for the World University Games in 1993,

Planning for Map Hike '91, Group trips to out of town meets,

BOC involvement as meet volunteers at the U.S. Ski-O Championships. (con't on p.3)

# SKI-O FROM START TO FINISH

by Scott Pleban

(1990 U.S. Ski-O Team  
Member, World Championships  
Competitor & B.O.C. Member)

"Oh that Buffalo weather!" How often have we heard what people far and wide think of our local state of affairs! Most of us have learned to deal with the fall and spring precipitation by picking up a map and our mud shoes ... suddenly it doesn't seem so bad. Well, the next time two feet of the white stuff gets dumped on your driveway, don't get aggravated. When it starts to snow, think "O"!

Ski-orienting is the winter version of our favorite sport. The main difference is that you've got these two six-foot boards strapped to your feet and they tend to slide. But, hey, if you're afraid you've got no balance, don't let that scare you off. Consider this: in ski-orienting you can remove your skis! One certainly need not be a World Cup downhiller to handle the hills. Running is allowed, as long as you carry your equipment with you. Competitors must finish with at least one of the skis they start with. (This allows for breakage.)

In ski-O the navigation is different from that in foot-O. Controls are not set behind one meter boulders in dense woods, or halfway up steep reentrants. Instead, they are set along trails and at junctions. The emphasis is placed on route choice and quick decision-making. It is usually not necessary to leave the trail at all to complete a course. To complete the course in a competitive time, however, may require some creative bushwack-

ing! The quick jumps in and out of the woods from trail to trail are what enables a competitor to make up time on another. Thus, factors like snow depth, and denseness of the forest come into play. If the trees are very close, it is difficult to ski. So, maybe running is the answer...if the snow isn't up to your thighs. Heck, maybe it is better to stay on the trail! Decisions, decisions!

Maps used in ski-O are slightly different than a foot-O'er may be used to. The scale is usually much smaller, 1:20,000 or 1:25,000 as opposed to 1:10,000 or 1:15,000. Frequently, they are only two or three color. Much detail may be eliminated from within the woods (boulders, man-made objects). The contour of the land and the trail network is emphasized. For national and international competitions, a 5-color map may be used, with the trail network overprinted in green. Trails that can be skied only with classical technique are "dashed", trails wide enough to use the skating technique are "solid", and trails that are nothing more than a narrow snowmobile track are "dotted."

So, do you have to know all these skiing techniques? The answer is, of course, no. Familiarity with both classical and skating opens up a lot of opportunities to save time in big meets, however. For a local meet, such as at the Three Valley Campground on January 12 near Holland, any pair of waxable or waxless skis will do the job. No fancy bindings or high-tech poles are necessary! The Three Valley map is black and white.

What about your compass? How do you hold onto your map? The compass is either carried in a pocket, strapped onto your wrist, or attached to the map holder. A map holder is a lightweight plastic plate

that attaches to the chest with an aluminum harness. It is not required, but makes reading the map easier, since your hands are busy doing other things! The holder collapses in case of a fall...no ski-O'ers to date have been impaled! A plastic food storage bag can also function as a map holder. In this case, the bag is pinned to the chest, and one hand can be used to lift it into view when a glance is needed.

Actual courses are laid out in either the standard or sprint format. The standard format course (sometimes called long-O) has long legs, with less thinking involved between controls. The sprint event requires quick thinking. The controls are closer together, but are usually located within a confusing trail network. At any one meet, usually only one of these formats is used.

Ski-Orienting is an event at the Empire State Winter Games, and many qualifying meets are held throughout the state in January and February. This is not to say that the sole purpose of these meets is to qualify. Recreational and intermediate level courses are always available for those who wish to come out, have fun, and see what the sport is all about. Beginner instruction is available at local meets as well, no previous map and compass experience are necessary.

With a first experience it's hard not to get hooked! Pretty soon the beginner finds himself wanting to know more about some of the advanced techniques: How do you wax for both skating and classical at the same time? Or don't you? How do you take your map out of the holder, re-fold it, and get it back in there without ever stopping? How do you jump a small fence or creek !?

The atmosphere is always

fun, but on a more global and and serious scale, the sport currently has class "C" olympic status. Orienteering will likely enter the Games through ski-O before foot-O. World championships are held every two years. Scandinavian and other European countries are currently the strongest competitors. National championships are held in the U.S. on alternate years. (This year they will take place February 15-17 at Tug Hill north of Syracuse.)

Well, I hope to see you in the woods. Check out the schedule of events elsewhere in this newsletter. If you don't have equipment, you may be able to rent. (Three Valley has rentals.) No compass? No problem! We'll get you going. Just make sure you bring the grey stuff between your ears! Happy trails!

(Questions about ski-O? Give me a buzz at 674-0458.)

## DIRECTIONS TO BUFFALO OC MEET SITES:

Sardinia Forest: South on Rt. 219 to Genesee Road, turn left and head east 7.2 miles to meet site. Or head south on Rt. 400 to Rt. 16, turn right on Genesee Road and head west 4 miles to meet site. Map scale is 1:15000 (1981)

Chestnut Ridge: South on Rt. 219 to Armor-Duells Road exit. Head east to Rt. 277, turn right. Park is 2 miles ahead. Map scale is 1:10000 (1985)

## MEET RESULTS Sardinia Forest Sept. 22, 1990

CONDITIONS: Overcast  
MEET DIRECTOR: Charles Wightman

RED COURSE, 7.3 Km  
85:22 1. Doug Brooks  
100:15 2. Greg Hyatt

GREEN COURSE, 5.3 Km  
144:48 1. Al Booth  
DNF 2. Pege Ann Brooks

ORANGE COURSE, 5.0 Km  
DNF 1. Marcel Mercer

YELLOW COURSE, 3.9 Km  
185:47 1. Dave Mercer &  
Dave Miccichi

WHITE COURSE, 2.1 Km  
37:49 1. Kachelmeyer Family  
50:38 2. Ben & Dave Cady  
89:43 3. Katy Carrier &  
Joan Funke  
95:30 4. Joan Cordes &  
Marge Sauer

STRING COURSE  
Ben Cady, Jared Kachelmeyer  
and John Henry Kachelmeyer

(con't from p. 1)

Other topics will include information from the national organization and other New York Orienteering Association clubs as well as Canadian clubs.

## MEET RESULTS Chestnut Ridge Oct. 7, 1990

CONDITIONS: 70 Degrees, Sunny  
MEET DIRECTOR: Mark Wolfing

LONG COURSE, 15 controls  
68:12 1. Alar Ruutopold  
156:04 2. Thomas Wightman  
159:16 3. Eva Ruutopold  
DNF: Al Booth, John Breckline,  
Charles Wightman, Mike  
& Jeff Kohlhas

INTERMEDIATE COURSE, 10  
Controls  
52:30 1. Bill Weiler  
71:04 2. Patrick White  
72:05 3. Jeannette Wightman  
75:06 4. Lewis Snyder  
86:20 5. Bill White & M.J.  
Adelman  
95:44 6. Charlie McDonough  
95:44 7. Terry O'Brien  
128:27 8. Team United (Roger  
States Sr., Roger  
States & Lynn  
Whelan)  
146:31 9. Betty Cxyz  
146:31 10. Kate Carrier & Joan  
Funke  
DNF: Jane Breckline & Eric  
Breckline

NOVICE COURSE, 6 controls  
19:45 1. Joe Roche Group  
33:30 2. Sonya Breckline

## Buffalo Orienteering Club Officers

President-Phillip Wolfing, Alden 937-9300  
Secretary-David Cady, Buffalo 837-3737  
Treasurer-David Staszak, Hamburg 648-7819  
At-Large-Tom Kachelmeyer, Williamsville 626-5003  
At-Large-Gregory Hyatt, Snyder 839-1605  
At-Large-Alar Ruutopold, Kenmore 874-1197  
Media Director-Jeannette Wightman, East  
Aurora 652-6299

You are invited to join either the Buffalo Orienteering Club alone or both the B.O.C. and the United States Orienteering Federation. B.O.C. membership brings this newsletter three times a year with information about local O-activities. You also receive discounts at local meets. U.S.O.F. membership includes ten issues of the informative magazine ORIENTEERING NORTH AMERICA and discounts at nationally sanctioned meets. By joining either or both organizations you'll be able to more fully enjoy the sport of orienteering.

**BUFFALO ORIENTEERING CLUB MEMBERSHIP APPLICATION**

Name \_\_\_\_\_ Check One:  New Member  Renewal

Address \_\_\_\_\_ Fees: \$5 Family, \$3 Individual

Phone # \_\_\_\_\_ Date \_\_\_\_\_

*Make check payable to "Buffalo Orienteering Club"  
Mail to Barbara Cady, 148 Humboldt Parkway,  
Buffalo, New York 14214.*

**UNITED STATES ORIENTEERING FEDERATION MEMBERSHIP APPLICATION**

Date \_\_\_\_\_ Year Born \_\_\_\_\_ The following membership categories are

Name \_\_\_\_\_ for members of chartered clubs. Other

Address \_\_\_\_\_ BUFFALO O. C.  
 Junior \$5, 18 or under, non-voting,  
no magazine.

Student \$10, 21 or under.

Individual \$25.

Home Phone \_\_\_\_\_  Family \$30.

Lifetime \$300.

If family membership, list additional persons and year born \_\_\_\_\_

*Make check payable to U.S.O.F. & mail to P.O. Box 1444, Forest Park, GA 30051.*

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