

QUICK CALENDAR 1991

BFO Meet Entry Fees:
Members: \$2, Non-members: \$3

WHEN	WHERE	WHAT AND WHO
October 5	Durand Eastman , Rochester	Reg O, 3 courses plus Beg. instruction Call Rick Womer 716 865-2161
October 6	Chestnut Ridge Park, Buffalo	Score O' Call Dave Staszak 648-7819
October 19	Toronto, Ontario	Turkey Trot Call Tom Hamblin 416-266-9807
October 12-13	Potosi (St. Louis), Missouri	1991 U.S. Championships Call Rhea Jacobs 314-644-3735
October 20	English Road Park, Rochester	Score O Format, with Beg. instruction Call Rick Womer 716 865-2161
November 2-3	Letchworth State Park	Long-O and New York State Champs Call Rick Womer 716 865-2161

THE 1991 RELAY CHAMPIONSHIPS

By Dave Cady

Relay orienteering hasn't caught on. At least not in this country. At least not yet. In other countries (you know which ones) it's held in high esteem. There are lots of relay meets and being on a club's relay team is an honored achievement. Perhaps it's the cult of the individual that pervades North American culture. Perhaps it's the iconoclastic people attracted to the sport on this side of the Atlantic. For whatever reason, relay meets are few and far between.

When it was announced that the 1991 U. S. Relay Championships would be held in the not too distant Delaware Valley a few of us in the club felt an effort to make a showing as warranted. Who knows, maybe someday this aspect of the sport will take off and we might end up feeling sorry that we weren't there in the beginning. Also we felt that maybe now there were enough decent runners in the club to make a respectable showing.

Well, our hopes and dreams never quite materialized. It's a long story but after a variety of disappointments the club wasn't able to field a complete team. Kathy Bannister and I ended up on an ad hoc team that finished well down in the standings.

The event itself had some problems. You

couldn't really blame the organizers for the wasp's nest at the first control on the green course. But you could blame them for having the wrong code at the same control. Imagine running up to a control that's in the right place and getting stung while you're trying to figure out if you're supposed to ignore the discrepancy between "PK" and "TK". Also disappointing was the lack of child care which had been promised in the meet information and by a sign at the registration table that morning. On the other hand, someone showed brilliant foresight in making arrangements for the tired, hot and sweaty orienteers to have access to a swimming pool immediately after the meet.

One of the symptoms of the nascent state of U.S. relay orienteering is the lack of consistency from year to year in regulations that govern how the teams are comprised. Unfortunately, it's not as simple as "four men" or "three women." I won't attempt to describe this year's requirements. Suffice it to say that it was different last year and will be different next year.

Another problem is the difficulty that organizers have in coping with last minute
(continued on page 5)

Buffalo Orienteerer

**MAP HIKE '91 STILL AVAILABLE
ONLY \$3.95**

See inside for details.

From the
Buffalo Orienteering Club

Fall 1991

Volume 12, Number 2

MEET RESULTS

CHESTNUT RIDGE

Sunday, April 28, 1991
Meet Director: Greg Hyatt

Conditions: Mostly Cloudy
(a brief light shower), 65

Runner's Course

7.2 km, 13 controls

Alar Ruutopold	45:00
John McGuire Group	110:14

Advanced Course

6.5 km, 11 controls

Men

John Miklasz	56:10
Mike Kohlhas	88:14
Charles Wightman	89:44
Tom Wightman	105:12
Al Booth	120:50
Bruce Mapel	120:50

Women

Kathy Bannister	106:40
Linda Miklasz	109:01
Betsy Kozuchowski	144:04

Intermediate Course

5.4 km, 12 controls

Men

Jon Sundquist	61:05
Pat White*	152:35

Women

Carol Marshall	84:00
Becky Wightman	111:33
Jeanette Wightman	149:45

Group

Jeff Strauss/P.W.	91:40
N & L Pleban	141:05
D. Johnson/S. Lauricella	
Jim Mullen Group	Recreational
Russell & Judy Utz	
Mike & Dawn Wittenrich	

* Honorable Mention:
Assistance to fellow orienteers!

Beginner's Course

3.5 km, 6 controls

Men

Mark Conboy	47:42
Brian Skowron	57:20
Harry Babcock	59:07
Jeff Kohlhas	68:10
Ron Kolenko	73:50

Group

Judy & Laura Kohlhas	49:43
Sajdak Family	61:00
The Cady Boys	91:10
Rita Mack Group	96:30
Mark Wolfing Family	102:00
Kozuchowski Group	102:51
Michele Berg Group	150:00

Sea Cadets

Group 5	42:45
E. Gainery, H. Majtyka, J. Poleon, T. Stombaugh	

Group 9	44:30
J. Campbell, R. Hoeft, D. Krempa, M. Kromphardt	

Group 8	44:53
S. Cullery, B. Kaczmarek, S. Kaczmarek, J. Soto	

Group 4	47:45
W. Heil, A. Kromphardt, E. Kromphardt, ? McCarthy	

Group 1	54:30
M. Venditti, A. Wrazen, B. Wrazen, M. Wrazen, J. Zanghi	

Group 2	81:00
B. Cain, C. Cain, E. Cain, A. Fulton, D. Johnson, D. Rubel	

Group 7	91:20
J. Crossno, B. Gainey, C. Klein, J. Kraus, F. Wrazen	

Group 6	98:31
P. Busch, J. Cain, M. Culley, T. Hoeft, M. Martin	

Group 3	106:49
E. Barton, V. O'Brien, P. Seidel, N. Tredo	

SARDINIA SCORE-O

Sunday, May 18, 1991
Meet Director: Phil Wolfing

Conditions: Sunny, Cool 50 - 60
Light winds

22 Controls; Total of 355 possible pts.
90 min. time limit; Penalty: 3 pts./min.

Men

Alar Ruutopold	355	66:20
Jon Sundquist	355	85:00
Greg Hyatt	305	83:52
John Miklasz	292 <-3>	90:56
Charlie Wightman	260	86:55
Tom Wightman	220	89:43
Tom Moran	170	76:04
Al Booth	134 <-6>	91:35
Fred Gordon	130	80:30

Women

Kathy Bannister	171 <-9>	92:38
Becky Wightman	130	58:24
Linda Miklasz	104 <-6>	91:21
Jeanette Wightman	90	86:53

Groups

Joe & Brian Roche	130	81:50
"the winners"	130	83:40
Jeremy & Justin Crawford		
David Mercer, Tom Phillips		
Lewis Snyder Group	129 <-21>	96:12
Charles Bentz Group	115 <-15>	94:02
Norb & Lucille Pleban	72 <-18>	95:05
Kate Carrier	66 <-54>	107:10
Mike Gasiewicz and Donna Canorro	45 <-60>	109:20

DON'T MISS IT

**CHESTNUT RIDGE
SCORE - 'O'**

OCTOBER 6, 1991

Call Dave Staszak
for more information
648-7819

SCHOELKOPF

Sunday, May 18, 1991

Meet Director: Charlie Wightman

Long Course

William Power	62:24
Dave Cady	64:41
Scott Pleban	77:20
Greg Hyatt	82:21
Mike Kohlhas	96:20
Kathy Bannister/ Kay Sheehan	96:20

Also Participated: Ann Braithwaite
Linda Kohn
Rick Womer

Intermediate Course

Jon & Janet Sundquist	64:40
Jim Newman	66:12
Phil Wolfling	75:05
Snyder Family	112:50
John & Sonya Breckline	138:26

Also Participated: John Kennedy
Jeff Strauss
Jeff Kohlhas
Ryan Cavan
Jeanette Wightman

Short Course (Trivi-O)

Cady Family	96:00
J. & J. Kohlhas	98:00

SARDINIA

Sunday, September 8, 1991

Meet Director: Alar Ruutopold

Conditions: Sunny, warm 75

Runner's Course

8.1 km, 11 Controls

No participants

Advanced-Long

8.9 km, 14 Controls

Dave Cady	75:09
Steve Krieger	81:21
Tom Moran	89:45
Jon Sundquist	93:21
Dave Staszak	104:38
Charles Bentz	165:47

Advanced-Short

5.8 km, 10 Controls

Michael Gasiewicz	88:07
Tom Wightman	94:02
Al Booth	97:56
Kathy Bannister	104:50
Janet Sundquist & Katie	119:50
Charlie Wightman	DNF

intermediate

4.4 km, 11 Controls

Chad Martin & Keith Walker	74:52
Kay Sheehan	75:07
Becky Wightman	79:45
Carol Marshall	86:57
Farquhar Group	94:00
Jeanette Wightman	114:05
M. J. McDermott & Linda Lipinoga	171:27

Beginner

3.6 km, 8 Controls

C. R. Bentz (2nd run)	45:06
Bobbie Hoffman & John Rosier	64:58
Bill Grenville	65:55
Fred & Linda Reehling	74:34
Jim Hatem	86:05
Sara & Greg Hyatt	89:55
Barbara Bentz	90:03
Staszak Group	98:57
Koralewski Family	110:55
Betsy Kozuchowski	114:33
Barb Cady & Boys	124:55
Joan Cordes & Joe Sumlinski	210:00
Randy Foucha	DNF
Joseph Roche Group	DNF
Lisa Yaeger & Abigail	DNF

PRIZE DRAWING WINNERS

Barb Cady & Boys

Alleghany State Park Trail Guide

Lisa Yaeger

Tree Finder Pocket Guide

Bill Grenville

Berry Finder Pocket Guide

Chad Martin

Track Finder Pocket Guide

Keith Walker

Aerobie Orbiter (flying triangle)

Joan Cordes

Buffalo Orienteering Club T-Shirt

ANNUAL TRIVIA-O

July 27, 1991 Goat Island

Meet Directors: Eva Ruutopold
Phil Wolfling

Perfect weather, challenging questions, VALUABLE PRIZES! and... a disappointing turnout. A handful of orienteers picked up a map, a worksheet and set out to test their trivia knowledge. An hour time limit was plenty of time for winner Tom Wightman to answer an enviable 555 points of the 745 possible. Finishing next with 500 points were Richard and Jane Pecorella, new to the sport of orienteering but obviously seasoned trivia buffs. Other finishing scores: Charlie Wightman, 420 pts.; Jeanette Wightman, 240 pts. Scott Pleban also participated, but as a non-competitor.

Could you name the Seven Dwarfs? The railroads in Monopoly? Do you know who the Three Sisters Islands are named after? Come out next year!

MOVIES

POINT VALUE	NAME ANY OF ALL OF THE FOLLOWING...
10	What city was the movie "Rocky" filmed in?
20	What Alfred Hitchcock film had Doris Day singing "Que sera, sera..."?
30	What movie saw its hero win the "Millennium Falcon" in a gambling session?

Excerpted from Runner's World July 1991

SNACKING SMART

Many people think snacking is taboo when it comes to following a low-fat diet. But in fact, by satisfying those between-meal munchies with low-fat snacks, you're less likely to succumb to brownies, doughnuts and other rich goodies that someone might offer you. So keep low-fat snack foods on hand in your desk drawer at the office, in your gym bag, or in your car. Following are some tasty suggestions.

- Munch on pretzels instead of high-fat corn or potato chips. Pretzels have 1 gram of fat per ounce while most chips average 9 to 13 grams of fat.
- If you like chips, make your own. Cut corn tortillas into triangles, spray with butter-flavored nonstick spray and bake at 375 degrees until light brown and crunchy. Regular corn chips contain 9 grams of fat per ounce while homemade corn tortilla chips have about 1 gram.
- Popcorn is a great low-fat snack, but eat air-popped popcorn instead of packaged microwave versions that have added fat. You can make it flavorful simply by sprinkling it with your favorite dried seasonings. Save 8 grams of fat per 2 cups of popcorn. If you do buy microwave popcorn, reach for the "light" versions, but remember to read the nutrition information on the package as some brands may be high in fat.
- For a sweet treat, low-fat cookies such as Fig Newtons, gingersnaps and graham crackers will satisfy your cravings without lots of fat. These cookies have 2 to 3 grams of fat per serving (two cookies) while most cookies have between 5 to 10 grams per serving.
- If you like candy, gum drops and jelly beans are fat free - a great alternative to chocolate, which packs 11 grams per ounce.
- If it's chocolate you're craving and jelly beans won't satisfy the urge, reach for a sports bar (Power-Bars or Exceed Sport Bars, for example). Most contain 7 to 15 percent fat calories compared to a typical chocolate bar, which is more than 50 percent fat.
- If you're nuts about nuts, try roasted chestnuts instead of high-fat nuts such as peanuts. One ounce of peanuts has 14 grams of fat compared to less than 1/2 gram for the same amount of chestnuts.
- For a cool snack, suck on a fruit juice bar instead of an ice cream bar. Juice bars are fat free, but ice-cream-on-a-stick will have 15 to 25 grams of fat. If you're craving something creamy, have a pudding-type pop with only 2 grams of fat.
- But, if you're after something rich and sweet, opt for low-fat or non-fat frozen yogurt instead of premium ice creams. A cup of premium ice cream has 32 grams of fat; low-fat frozen yogurt has 7 grams of fat; and nonfat frozen yogurt is fat free. And the taste difference is barely noticeable.
- Crackers look low in fat simply because they are so light and thin, but 1 ounce of Ritz crackers and similar types contain 8 grams of fat per ounce. Snack instead on low-fat crackers such as Rye-crisp and Ak-Mak, which have less than 1 gram of fat.
- Snacking on pizza can even be lighter. When "cooking" frozen pizza at home, purchase cheese pizza and add fresh vegetable toppings such as mushrooms, onions and green peppers. Compared to a typical pepperoni or sausage pizzas, you'll save over 100 calories and 12 grams of fat for each quarter of a 12-inch pie.

20 TOP SPORTS FOODS

The easiest way to "eat" your vitamins is to maintain a diet of nutrient-dense foods. This list of foods and the nutrients they provide will steer you in the right direction.

1. **Lowfat milk:** calcium, protein
2. **Lowfat yogurt:** riboflavin
3. **Broccoli:** vitamins A and C
4. **Spinach:** vitamins A and C, folic acid
5. **Green peppers:** vitamin C
6. **Tomatoes:** vitamins A and C, potassium
7. **V-8 Juice:** vitamins A and C, potassium
8. **Baked Potato:** potassium, vitamin C, carbohydrates
9. **Oranges or orange juice:** vitamin C, potassium, folic acid, carbohydrates
10. **Bananas:** potassium, carbohydrates, vitamin C
11. **Cantalope:** vitamins A and C
12. **Chicken:** protein
13. **Turkey:** protein
14. **Lean beef:** protein, iron, zinc
15. **Fish, tuna:** protein, fish oil
16. **Bran cereal (enriched):** fiber, carbohydrates, B-vitamins, iron
17. **Bread, bagels (whole grain):** vitamin C
18. **Pizza:** calcium, protein, vitamin A, carbohydrates
19. **Popcorn (air popped):** carbohydrates, fiber
20. **Muffins (bran or corn):** carbohydrates, B-vitamins, fiber

MAP HIKE '91 STILL AVAILABLE

Don't fret, you still have time to take part in Map Hike '91. As a further incentive, consider these comments from participants in last year's Map Hike:

"Great way to spend the lazy, hazy days of summer."
Andrew Bandish

"I enjoyed taking the hike."
Nicole Brooks

"Great map! Great course!"
John Wendelin

"I never knew the park had so much beauty. Thanks. Looking forward to next year."
Tom Lewandowski

"I did this with a friend and enjoyed it a great deal. Thank you. More people need to hear about it so that they too could enjoy it."
James Nikischer

"Thouroughly enjoyed it."
Fred & Linda Reehling

"It was great! Will do Sardinia next year. Learned more about Chestnut Ridge in 3 days than in the past 20 years."

Alan S. Pritchard, Jr.

"Please do both hikes again. Many thanks."
Ralph Green

Map Hikes are easier than every to buy. You can pick 'em up at any Buffalo meet. You can get 'em by mail from Tom Kachelmeyer (321 North Ellicott Street, Williamsville 14221). Or you can drop in at any of our friendly retailers:

The Great Outdoors at 5071 Transit Road,
Village Green Bookstores
(Elmwood or Niagara Falls Boulevard),
Runner's Roost in Orchard Park,
Hyatt's Art Supply
in Buffalo, Clarence, & Rochester.

The cost is only \$3.95 each.
DON'T MISS OUT
ON THE FUN.

TECH



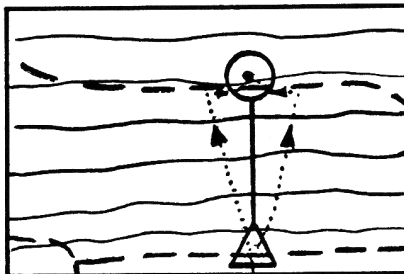
CORNER

By ALAR

AIMING OFF

This is a route choice technique in which the selected route is either to the left or right side of the direct route. This ensures your position at a catching feature and reduces errors/indecision near the control.

EXAMPLE 1



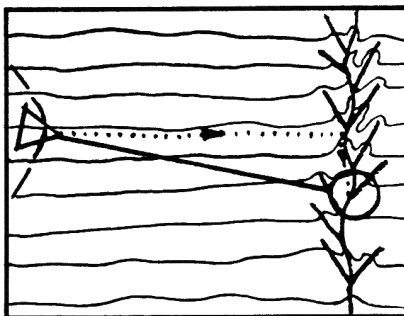
Control Analysis

- a) control at boulder near trail
- b) catching feature: trail
- c) very few locating features to control

Route Analysis

- a) A direct bearing to the boulder is risky. If the catching feature (trail) is reached and the boulder is not immediately located, a decision to search to the left or right is required. This may be time consuming.
- b) The preferred route choice is to aim off to either the left or right side of the boulder. Once the trail is reached, turn left or right accordingly. The amount of aiming off can be reduced with practice.

EXAMPLE 2



Control Analysis

- a) control at gully junction
- b) numerous forks in gully
- c) few location features between start and control

Route Analysis

- a) Direct route risky due to numerous similar features at catching feature. Also have chance of "falling downhill" with precision bearing.
- b) Preferred route is to aim uphill of the control. Use gully or catching feature and follow downhill until control is reached.

RELAYS continued from page 1

chnages in team composition. In this respect it is easy to sympathize with the. Perhaps with more experience, procedures will be developed that are both fair to teams and manageable for the meet officials. Teams need a reasonable amount of flexibility in switching members when last minute emergencies or sicknesses force someone to drop out. But at some point the meet officials need a final tally of who is running and who is not.

Still, with all the complexities there are those (myself included) who think this aspect of the sport should be nurtured. It's fun and it promotes virtues such as mutual support and encouragement, and the sharing of both success and failure with others. And who knows perhaps someday we'll look back at these times as the "good old days."

BfIO Club Membership Application

Name _____ Check One: ☐ New Member
_____ ☐ Renewal
Street _____
City, State, Zip _____ Fees: ☐ Family \$5
_____ ☐ Single \$3
Phone # _____ Make check payable to:
_____ "Buffalo Orienteering Club"
Date _____ Mail to: Phil Wolfing
12307 Westwood Road
Alden, New York 14004-9611
Additional Family Members _____

Please note: If you joined the club for the first time between 9/1/90 and 12/31/90, your membership is valid through 1991. Check the top right hand corner of your newsletter mailing label for a number, if a 90 appears, this is your last issue and your membership has expired.

United States Orienteering Federation Membership Application

Date _____ Year Born _____
Name _____
Street _____
City, State, Zip _____
Phone # _____

The following membership categories are for members of chartered clubs. Other categories are available. Club name: BfIO

☐ Junior \$5, 18 or under, non-voting, no magazine
☐ Student \$10, 21 or under
☐ Individual \$25
☐ 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

Just a reminder...

You are invited to join either the Buffalo Orienteering Club alone or both the **BfIO** and the United States Orienteering Federation. To join, please clip the membership forms from this newsletter and forward them with your payment to the addresses indicated.

BfIO membership brings this newsletter three times a year with information about local O-activities and discounts at the local meets. Your membership in the **BfIO** helps to provide the resources to make maps and organize events. It also supplies you with hours of enjoyment and challenge from taking part in the events. 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.

To Our Members:

We value your ideas and opinions. After all, this is OUR club and only we can make it more enjoyable. What do you feel we could improve on? Is there a subject you'd like to see covered in this newsletter? How can we improve our meets? How can we build up membership and meet turnout?

Take a minute to jot down your suggestions and drop them in the mail to:

Dave Cady
148 Humboldt Parkway
Buffalo, New York 14214

BfIO Orienteer

c/o David R. Cady
148 Humboldt Parkway
Buffalo, New York 14214

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