

WHEN	WHERE & WHAT	WHO
October 17-18	Green Lakes State Park & Pratts Falls SP, Syracuse NY State Championships	Mark Dominie 617- 849 3101
October 25	Letchworth SP Canal Cities Challenge	Rick Worner 716-865 2161
October 31-	French Creek SP Pottstown, PA US Championships	Tim Walsh 215-446 3255
November 14	Orienteering for runners & Hikers, Rochester	Rick Worner 716-865 2161

## UP COMING LOCAL MEETS

There are no more Buffalo meets this season , It's Ok , don't throw yourself off a cliff , there are a few more meets organized by the Rochester Club. They always have chocolate chip cookies so it's definitely worth going . Their events are outlined in the quick calendar. The Letchworth meet should be particularly spectacular, the map covering the waterfall end of the park and the colors of Fall in full swing. Be there or be square....

## TOUR de BACK ROADS

US CHAMPIONSHIPS  
FRENCH CREEK SP  
POTTSTOWN, PA  
OCT 31-NOV 1

WHY NOT COME ALONG and experience the thrill of competing in a national meet .We are planning to rent a van (or bus ) to go to this meet . The costs will be minimal , only your share of rental , gas and accommodation . You do not have to be an elite orienteer or even experienced to go. All that is required is enthusiasm. So Hey, what have you got to lose ?? Call Miriam right now to sign your life away.....6910753.

## US ORIENTEERING FEDERATION



## 1992-93 USOF EVENT CALENDAR

The following calendar details the USOF sanctioned orienteering events for the 1992-93 seasons. Further information and/or entry forms can be obtained by sending a self-addressed, stamped envelope to the Registrar. Abbreviations: EDL (entry deadline), S.P. (state park).

DATES	EVENT & REGION	CLUB	REGISTRAR	INFORMATION
1992 October 03 - 04	Two Day Individual USOF A (GREAT LAKES)	CAOC	Dennis DeLuse 2189 California Rolling Meadows, IL 60008 (708) 387-7482	New Map, Waterfall Glen Location ? EDL: 9/28/92
October 10	WORLD CUP EVENT National Teams Only IOF C (NORTHEAST)	NEOC	World Cup Questions to: Joanne Sankus (MD) 9 Cannon Rd. Woburn Mass. 01801	New Map, Pawtuckaway S. P. Nottingham, NH EDL: 9/25/92
October 10 - 11	Troll Cup Individual USOF A, held in conjunction with WORLD CUP (NORTHEAST)	NEOC	Helen Gallagher 11 Garrison Road Arlington, MA 02174 (617) 843-8503	New Map, Pawtuckaway S. P. Nottingham, NH EDL: 9/25/92
October 17 - 18	New York State Championships 2 Day Individual USOF A (NORTHEAST)	CNYO	Mark Dominie Rt #1, 1134 Pine Hill Rd. Marathon, NY 13803 (807) 849-3101	New Map, Green Lakes S.P., Fayetteville, NY EDL: 10/04/92
Oct. 31 - Nov. 1	1992 U.S. INDIVIDUAL CHAMPIONSHIPS, USOF A, IOF B (MID-ATLANTIC)	DVOA	Tim & Peggy Walsh 554 Strathmore Road Havertown, PA 19083 (215) 448-3265	New Map, French Creek S.P., east Pottstown PA EDL: 7
Nov. 03	One Day Individual USOF A (MID-ATLANTIC)	DVOA	Same as above	Scout Camp Mack B Lebanon, PA EDL: 7
Nov. 06	Battle Of Bull Run One Day, USOF A (MID-ATLANTIC)	QOC	Same as above	New Map, Hemlock Overlook Regional PK Fairfax, VA 20 Mt. SW of Wash. DC. EDL: 7
Nov. 07 - 08	Quintess's 25th Anniversary Meet 1992 N. AMERICAN CHAMPIONSHIPS USOF A IOF B (MID-ATLANTIC)	QOC	Same as above	New Map, Prince William Forest, Dumfries, VA EDL: 7
Nov. 13 - 18	8th Annual Mapping Camp, Wilderness Orienteering Camps (NORTHEAST)	WOC	Bill Shannon P.O. Box 202 Mahopac, NY 10641 (814) 628-7108	Fairnestock S.P. Cold Springs, NY EDL: 9/15/92

1993 January 23 - 24	George Nengater Cup 2 Day Individual USOF A (SOUTHEAST)	GAOC	Bill Chestnut 1720 S. Lumpkin St Athens, GA 30606 (404) 548-3088	New Map Metties State Park 25 Mi. NW of Augusta, GA. EDL: 7
March 13 - 14	US LONG COURSE CHAMPS and Ozark Spring "O" Festival Individual USOF A (HEARTLAND)	SLOC	Bill Stewart 11 Halfway Clayton, MO 63106 (314) 726-4524	Existing Map, B-F Scout Ranch, Farmington, MO 80 Mi. S. of St. Louis EDL: 7
March 27 - 28	1993 Heartland Championships 2 Day Individual USOF A (HEARTLAND)	PTOC	Alan Cowles 11512 W. 101st Terrace Overland Park, KS 66214 (813) 888-1844	Revised Map, Knob Noster, S. P., Knob Noster, MO 50 Mi. E. of Kansas City EDL: 3/20/93
March 28 - 29	Education Event Intensive Training Camp "O" Skills (NORTHEAST)	WOC	Bill Shannon P.O. Box 202 Mahopac, NY 10641 (814) 628-7108	Existing Map, Fairnestock S.P., Cold Springs, NY EDL: 7
April 03 - 04	U.S. INTERCOLLEGIATE CHAMPS and VA & MD Champe 2 Day Individual USOF A (MID-ATLANTIC)	QOC	Sidney Sacha 6212 Thomas Drive Springfield, VA 22150 (703) 871-2092	Existing Map, Prince William Forest Park, Dumfries, VA, 15 Mi. W. of Wash. DC. EDL: 7
April 17 - 18	New York State Championships Two Day, USOF A (NORTHEAST)	HVO	Jon Nash 38 Pershing Ave. Ossining, NY 10562 (914) 861-0886	Revised Map, Balaknit Park, Orangeburg, NY 30 Mi. N. of NY City EDL: 7
April 24 - 25	15th Annual West Point Invitational Two Day Individual USOF A (NORTHEAST)	USMA	Cadet Kent Kunkle P.O. Box 1824, USMC West Point, NY 10997 (914) 938-3195	Lake Popolopen West Point, NY EDL: 4/10/93
May 01 - 02	U. S. RELAY CHAMPIONSHIPS and One Day Individual USOF A (NORTHEAST)	EMPO	Joe Long, c/o EMPO P.O. Box 51 Clifton Park, NY 12065 (518) 877-8881	New Map, Thatcher S.P., New Scotland, NY, 15 Mi. SW of Albany, NY. EDL: 4/17/93
May 15 - 18	Two Day Individual USOF A (HEARTLAND)	BGR	Dean Yeazel 1782 Fordem #106 Madison, WI 53704 (608) 244-3319	North Kettle Moraine S.F. Kallings Lakes (Day 1) Maunth Lake (Day 2) Campbellport, WI EDL: 5/8
July 14 - 18	USOF CONVENTION and Western States Championships USOF A (PACIFIC)	BAOC	Tom Strat 748 Newport Circle Redwood City, CA 94065 (415) 592-0903	Sugarbowl Lodge, W of Dinner Summit, 40 mi. W of Reno, Nevada

Changes, Corrections: Tom Holloway St., 77178 Winding Creek Circle, South Haven, MI 49090 (616) 637 6922

From the  
Buffalo Orienteering Club

Fall 1992

Volume 14 Number

Buffalo Orienteering



Miraculously the Day dawned with clear blue skies , a first for a Buffalo meet this year and not surprisingly we had quite a big turn out . Amongst the 60 odd competitors was James Sundquist making his orienteering debut at 6 weeks old. How many years before he'll be outrunning his Dad?? The courses, courtesy of Alar, all toured through the boggiest parts of the map. At least one person got so stuck in a particularly muddy hole that it took about 15 minutes for his mum and brother to dig him out . Dave Cady designed the String o, which allowed competitors to take sneaky short cuts. For some , losing sight of the ribbons was a big mistake.

## EMS CLUB DAY

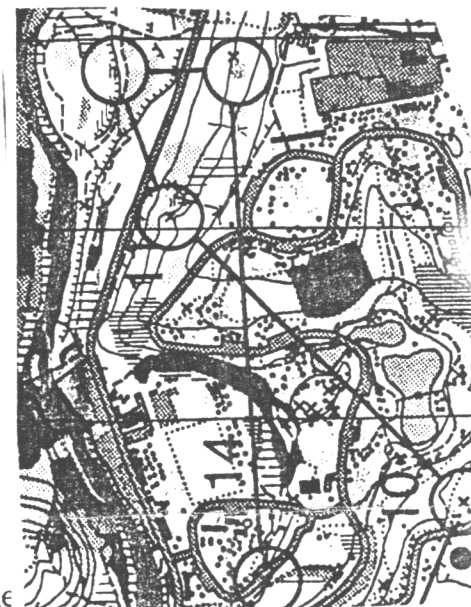
Thursday, October 22, 1992

**Save 20% on all your fall and winter fun!**

As a member of an outdoor organization, you are cordially invited to visit us on Thursday, October 22nd, and receive 20% off your total purchase.

Save big on sweaters, long underwear, sleeping bags, parkas and anything else in the store! Prep for all your fall and winter outdoor activities! Get your Christmas shopping done early!

Call us for more information and special club member's hours.



### STRING 0

Mike Athanson & Vin Torre	35:30
Will Kreiner, Pete Fromen,	
Chris Haycock & Steve Scirto	43:30
Pam Przybiski	47:00
Kathy Boni	48:58
Ben Cady & George Zornick	56:29
Lyn Hyatt & girls	58:00
David Long	68:15
Brian Barton & Chris Delvale	94:15
Greg Weiss	102:58
Janice Huebner 9 controls	65:00

### ORANGE

Mike Dominic	69:28
Becky Whightman	87:30
Al Booth	107:00
John Rosier	108:01
Carol Marshall	111:14
Kiho Kim, Tom Ohmneiss	
& Tamara	128:30
Kuipers & Ziemba	128:42
Beth McGee	7 controls
Sheehan-Bottone	7 controls
Farquhar	6 controls
Brown	3 controls
Sheehan-Moode	?

### RED

Miriam Palmer	74:00
Peter Dady	83:30
Eric Smith	111:02
Eva Ruutopold	112:16
Rick Lavine	112:30
Tomas Whightman	118:14
Charlie Whightman	133:40
Kathy Bannister	134:00
Bob Huebner	137:38
Eric Mayer	142:14
Dayle Lavine	147:10
Niko Kivela	6 controls

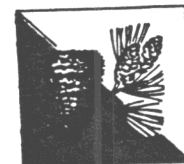
### BLUE

John Whittington	66:56
Mark Dominic	84:24
Jon Sundquist	87:15
Greg Hyatt	150:20

PART OF  
THE LONG  
LEG OF  
THE RELAYS

## NY CLUB RELAYS CORNELL UNIVERSITY AUG 15

Buffalo did exceptionally well to field 3 teams, by far the the biggest representation of club members by any club . Mind you , 3 of the runners in the 3rd team had to run twice . One of our teams managed to win the championships but the big reward of the day was the cookies , ice-cream and gatoraide that were free for all after the meet .



## WILDERNESS ORIENTEERING CAMPS

From March 26 to 29, 1993 we will be conducting our annual INTENSIVE ORIENTEERING TRAINING CAMP. This camp will be held at Fahnestock State Park, Cold Spring, NY. The instructors will be Damon Douglas and Bill Shannon. Additional instructors will be added as the number of participants grows. This camp will be for all level orienteers, from beginners to elite. We will again include a special session for teachers and youth leaders, or anyone else interested in teaching orienteering. Only one orienteering camp is planned for 1993, so plan ahead. As one recent participant said: "I learned more in just three days at the Wilderness Orienteering Training Camp than I have in the entire eleven years I have been orienteering." We hope some of your club members will join us for three exciting days. call 914-628-7106



The meet was held in conjunction with the 7th race in the World Cup Series. It was rather humbling watching the best orienteers in the world finishing their courses in times that I would be hard pressed to beat on the track. The Scandinavians and Eastern Europeans dominated the event, with the U.S. and Canadian orienteers finishing way back in the field.

The Ontario Champs were held on the same map as the World Cup. The terrain consisted of complex spur gully configurations with thick deciduous forest and knee high poison ivy.....and we had to find our way through this \*\*!!@!!\*\*##!! The Buffalo club had mixed success-ranging from fairly well to straight out nightmarish. Whatever we felt like doing to the map we all agreed that Fig-Newtons are the yummiest electrolyte replacement food out.

1993 NEW YORK STATE SKI-ORIENTEERING EVENT SCHEDULE

DATE	LOCATION	EVENT	CONTACT	GENERAL INFORMATION
December 26, 1992	Hammond Hill Dryden, NY	ESG Ski-O Qualifier	Mitch Collinsworth 321 Ringwood Rd. Freeville, NY 13068 (607) 539-6625	First starts @ 11:00am \$7 entrv fee Standard Format Clinic & Recreational courses offered
Saturday		Hosted by CNYO/SNOT		
December 27, 1992	Winona (Campania) Lacona, NY	ESG Ski-O Qualifier	Bob Ireland RD #7, Box 244 Oswego, NY 13126 (315) 343-5403	First Starts 10:00am \$7 entrv fee Sprint Format Clinic & Recreational courses offered
Sunday		Hosted by CNYO/SNOT		
January 2, 1993	Highland Forest Park Fabius, NY	ESG Ski-O Qualifier	Barb Sleight 6187 Smith Rd. N. Syracuse, NY 13212 (315) 458-6406	First starts @ 10:00am \$7 entrv Standard Format Clinic & Recreational course offered
Saturday		Hosted by CNYO/SNOT		
January 9, 1993	Norray Farm Capital Region	ESG Ski-O Qualifier	Bill Jameson 176 Wood Dale Dr. Ballston Lake, NY 12019 (518) 877-8861	First starts @ 11:00am \$7 entrv fee Sprint Format Clinic & Recreational courses offered. Reg. closes @ 12:00
Saturday		Hosted by EMPO		
January 10, 1993	James Baird Park Poughkeepsie, NY	ESG Ski-O Qualifier	Jon Nash 38 Pershing Ave. Ossining, NY 10562 (914) 941-0896	First starts @ 11:00am \$7 entry fee Standard Format Clinic & Recreational courses offered
Sunday		Hosted by HVO		
January 16, 1993	Letchworth State Park Gainesville, NY	ESG Ski-O Qualifier	Rick Worner 874 Edgemere Dr. Rochester, NY 14612 (716) 865-2161	First starts @ 10:00am \$7 entry fee Standard Format Clinic & Recreational courses offered
Saturday		Hosted by ROC		
January 17, 1993	Mendon Ponds Park Rochester, NY	ESG Ski-O Qualifier	Rick Worner 874 Edgemere Dr. Rochester, NY 14612 (716) 865-2161	First starts @ 10:00am \$7 entry fee Standard Format Clinic & Recreational courses offered
Sunday		Hosted by ROC		
January 23, 1993	Grafton Lakes SP Grafton, NY	ESG Ski-O Qualifier	Bill Jameson 176 Wood Dale Dr. Ballston Lake, NY 12019 (518) 877-8861	First starts @ 11:00am \$7 entry fee Standard Format Clinic & Recreational courses offered. Reg. closes @ 12:00
Saturday		Hosted by EMPO		
<del>January 24, 1993</del> weekend of Feb 13/14	Utsayantha Trails Stanford, NY	ESG Ski-O Qualifier	Bob Engstrom-Heg Box 58, HCG4 Oneonta, NY 13820 (607) 829-8785	First starts @ 10:00am \$7 entry fee Standard Format Clinic & Recreational courses offered
February 7, 1993	Clifton Park Commons Clifton Park, NY	ESG Ski-O Qualifier	Bill Jameson 176 Wood Dale Dr. Ballston Lake, NY 12019 (518) 877-8861	First starts @ 11:00am \$7 entrv fee Sprint Format Clinic & Recreational courses offered. Reg. closes @ 12:00
Sunday		Hosted by EMPO		
February 28, 1993	Visitor Inter. Ctr. Paul Smiths, NY	ESG Ski-O Finals Format TBA Hosted by NYSSRA/NYOA and ESG	Mark Dominie RD # 1, 113A Pine Hill Marathon, NY 13803 (607) 849-3101	First starts @ 2:00pm No Entry fee. Participation by invitation. Must have pre-qualified at ESG Ski-O events. Call after 2/10/92 for status.
FRIDAY				

\*BUFFALO WILL BE HOLDING A MEET ON THE 24th OF JAN.  
CALL 691-0753 FOR DETAILS



- A maximum of 20 Scholastic males, 20 Open males, 20 Open females, 20 Master males, and 20 Master females will be invited to the Finals race at the ESG. Special rules apply to those wishing to compete in the Masters division (40 yrs. of age and older) and these persons should contact the Ski-O coordinator for details at the start of the ski-o season.
- Only NYS residents will "officially" be eligible for the Finals. Others wishing to participate in this race can do so "unofficially" and must inform the Ski-O coordinator of this fact before Feb. 15.
- The selection committee will choose the ESG Finals participants by Feb. 15 and the State ESG offices will notify these persons after this date. To know your status AFTER this date call the number listed below.
- All other USOF Rules governing the sport of Ski-Orienteeing shall apply at all ESG Ski-O events.

FOR MORE INFORMATION CONTACT:

Mark Dominie  
RD #1, 113A Pine Hill Rd.  
Marathon, NY 13803  
(607) 849-3101

CC: engstrom-heg, jameson, nash, sleight, worner, farra, collinsworth, pleban

ALL ORGANIZERS 2 DAYS AHEAD TO CHECK DETAILS

ESG SKI-O QUALIFYING RULES

- Each competitor MUST successfully complete his or her designated course at the qualifiers in 15 min./km or less. The basis for the distance measurement will be the course designers shortest skiable route.
- All competitors must complete a minimum of 2 (two) ski-o qualifiers. Scholastic competitors may compete in 1 (one) Ski-O qualifier ONLY if they also successfully complete a regular Cross-Country or Biathlon ESG qualifier AND have participated in some other orienteering event during the previous 12 months. Those Scholastic competitors wishing to take advantage of this rule must petition the Ski-O coordinator in writing of this fact no later than the last scheduled ESG ski-o qualifier. The number of Ski-O qualifiers that must be completed by both divisions will be reduced to 1 (one) ONLY if 75% or more of the scheduled Ski-O qualifying races in a given season are canceled due to weather conditions.
- Competitors for the Finals will be chosen by a system of ratings based on each individuals best two races. Winners of each qualifier automatically will be invited to the Finals as long as rule #2 above is met.

## BfIO Club Membership Application

Name \_\_\_\_\_ Check One: ☐ New Member  
☐ Renewal  
 Street \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Phone # \_\_\_\_\_  
 Date \_\_\_\_\_  
 Additional Family Members \_\_\_\_\_

Fees: ☐ Family \$10  
☐ Single \$6

Make check payable to:  
 "Buffalo Orienteering Club"  
 Mail to: Phil Woffling  
 12307 Westwood Road  
 Alden, New York 14004-9611

Please note: If you joined the club for the first time between 9/1/91 and 12/31/91, your membership is valid through 1992. Check the top right hand corner of your newsletter mailing label for a number, if a 91 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.

## NEED A RIDE?

Anyone interested in carpooling (whether you can provide a ride, or need a ride) for out-of-town meets, please contact Alar or Eva Ruutopold 874-1197. This is an excellent opportunity for you to meet neighboring orienteers, see lots of great terrain, and ultimately...get to orienteer at larger A meets all over the east coast. This way you can share expenses and have plenty of company for the longer drives.

# BfIO Orienteer

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