

QUICK CALENDAR 1992

BfO Meet Entry Fees:
Members: \$3, Non-members: \$5

WHEN	WHERE	WHAT AND WHO
March 29	Chestnut Ridge Park, Buffalo	O-Hash-O Call Dave Staszak 716-648-7819
March 29	Durand Eastman Park, Rochester	Call Rick Womer 716 865-2161
April 11	Webster Park, Rochester	Call Rick Womer 716 865-2161
April 18-19	The Nordic Center, Greek Peak, NY sponsored by the Syracuse O-Club	Foot-O and Trail Run Call Mark Dominie 607-849-3101
April 25-26	Grafton Lakes State Park, NY about 20 miles northeast of Albany	20th Annual US Intercollegiate Championships Call Bill Jameson 716-877-8861
April 26	Cobbs Hill, Rochester	Call Rick Womer 716 865-2161
April 26	Chestnut Ridge Park, Buffalo	Score O, mass start 11:00 a.m. Novice Reg-O 10:00 a.m. Boy Scout Clinic, 9:30 a.m. Call Dave Staszak 716-648-7819
May 2-3	Camp Buckner, West Point, NY about 50 miles north of New York City	14th Annual West Point Invitational
May 9	Chestnut Ridge Park, Buffalo	Clinic, 9 a.m. - 12:30 Call Dave Cady 716-837-3737
May 9	Letchworth State Park, Rochester	Call Rick Womer 716 865-2161
May 16	Durand Eastman Park, Rochester	Call Rick Womer 716 865-2161
May 31	Schoellkopf Boy Scout Camp, Buffalo	Regular O, 4 courses, 11:00 a.m. start Call Phil Wolfing 716-937-9300
June 7	Powdermill Park, Rochester	Call Rick Womer 716 865-2161
June 13	Highland Park, Rochester	Call Rick Womer 716 865-2161
June 20	Chestnut Ridge Park, Buffalo	Score O, mass start 11:00 a.m. Call Greg Hyatt 716-839-1605

REMEMBERING THE WORLD SKI-O CHAMPIONSHIPS By Scott Pleban

Ouch! Two airline flights to Paris, then one bus, a train, two metros, a "fast" train (TGV) ride and 24 hours after I left Buffalo, I found myself finally at the youth hostel in Pontarlier, France on January 21st. It was here that the 1992 World Ski-Orienteeing Championships were to take place the following week. Tired from lugging around what I estimate was 75-90 pounds of ski equipment and clothing, I am happy that I've chosen to arrive 8 days early. Plenty of time to acclimate to European time, right?

Oh, very nice! The "training camp" organizers have arranged for the early arriving teams (Switzerland, Germany, Great Britain, USA, and Russia) to race the following

evening in a nordic sprint elimination race... just what I need right now! (The race will be optional, but I convince myself some speed-work would be appropriate). In the morning, we rush through breakfast, then hop on a bus to take us to the training area...My body now completely out of synch. I feel like I'm riding the Comet at Crystal Beach on a full stomach (not too hilly, here!) "You call this a map? You could wallpaper your house with this!" The sprint race goes okay, we (team USA) all get eliminated early, but I feel strong in the consolation round and finish high. A couple of days of easy skiing sounds nice!

Saturday we race a training relay. My body
(Continued on page 3)

BfO orienteerer

*From the
Buffalo Orienteering Club*

Winter-Spring 1992

Volume 13, Number 1

ANNUAL CLUB MEETING

The Buffalo Orienteering Club held its annual meeting on January 16, 1992 at the home of club member Greg Hyatt. The chilly and snowy evening did not stop a group of 14 present club members and interested future(?) members from attending. There was definitely an undercurrent of excitement for the upcoming season. But before the fun can begin, we all knew that there was work to be done and decisions to be made.

First on the agenda, was the **election of officers** for 1992. Because of the excellent job that our officers have been doing in the past, they were re-elected. These are the people you can call with any of your orienteering questions or comments.

President: Philip Wolfling 937-9300
Secretary: Dave Cady 837-3737
Treasurer: Dave Staszak 648-7819

This year, though, it was decided that all of the club's responsibilities can not rest on these three men's shoulders. So an **assignment of responsibilities** was made. The committees and their chairmen and women follow:

Map Hike
Alar Ruutopold 874-1197
Publicity
Jeannette Wightman 652-6299
Mapping
Charlie Wightman 652-6299
Equipment
Greg Hyatt 839-1605
Newsletter
Eva Ruutopold 874-1197
Ski-O
Scott Pleban 674-0458

The **Treasurer's Report**, the next order of business, is shown at right.

We moved on to the **drawing for prizes** for the Map Hike. In order to be eligible for a prize, the control post-card which was included in each Map Hike kit had to be completely and correctly filled out with all the control code. The winners were chosen randomly from those cards that had been mailed in.

And the winners were...

Chestnut Ridge Map Hike '91

1st prize (compass): Fred Gordon
2nd (t-shirt): Fred & Linda Reehling
3rd (club membership): Nicole Brooks

Sardinia Forest Map Hike '91

1st prize (compass): Linda Smith
2nd (t-shirt): Kathleen Trautman
3rd (club membership): Ralph Green

The BfIO will not be organizing an orienteering event in conjunction with the

World University Games, Summer 1994. But if a map of the University of Buffalo Amherst campus is finished by that time, perhaps a trim course (Map Hike) could be set up.

We unanimously decided to send a \$100 contribution to the USOF Ski-O committee earmarked for Scott Pleban's travel expenses to the 1992 **World Ski-O Championships** in Albertville, France. We also gave him 6 BfIO club t-shirts to trade with the other competitors from around the world.

(Editor's note: see Scott's article in the newsletter.)

We continued on the subject of Ski-O. To assure that we will not be left off the **Empire State Games** ski-o schedule next year, it was decided that we would take a look at some of other maps to see if they would be suitable for a ski-o event. Also, a couple of new areas could be evaluated for their potential. Bymcliff and Stiglmeier Woods were mentioned.

Work has begun on updating the **Sardinia Forest** map. Charlie Wightman has put many hours into field checking and reports that he has completed the north side of the map. He asked for volunteers to assist him with the southern part. Patrick White, Alar Ruutopold, John Whittington, Miriam Palmer, and Scott Pleban agreed to help do the necessary field checking. Anyone interested in learning about the art of map making should contact Charlie. No experience necessary.

The supply of maps is dwindling and the costs for reprinting have increased since the last time maps were printed. Because of this, it was voted that we raise the club **dues** to \$6 for an individual and \$10 for a family. The meet fees will be raised to \$3 for club members and \$5 for non-members.

It was decided to check with organizers to see if we can get onto the **World Cup** itinerary by sponsoring a mid-week (possibly Tuesday) meet. The international competitors would be traveling between Ontario and New England for meets.

Also coming up, in the Spring of '93, will be a **2-day A-meet** co-sponsored with Rochester's O-club at Sardinia and Pinewood.

For the first time ever, the **World Orienteering Championships** will be held in the United States. The meet will be held in October 1993 in the NYC area. It was decided that our club would help the New York Orienteering Association if the NYOA wants to organize an A meet in conjunction with the WOC Festival. If those plans fall through, the club will look for other opportunities to volunteer at WOC.

Sketches for the **new BfIO Club logo** were presented. More to come.

A suggestion was made to use B&W maps of Sardinia Forest for the Map Hike as there are few full-color maps left in inventory. **1992 Map Hike** courses will be hand drawn not printed as was done for the 1991 maps. We will be announcing the date of availability and the retail outlets at a later date.

Other topics discussed included:

- New maps - UB, Emery Park, Hunters' Creek Park.
- Fall meet dates
- How to create interest in orienteering and increase membership.

Thanks to all who took part in this year's annual meeting. We're looking forward to what we hope will prove to be another great orienteering season.

TREASURER'S REPORT

Assets		Liabilities & Equity	
O Checking	\$1,104.01	Liabilities	\$ 0.00
O Savings	1,450.36	Equity	2554.37
Total Assets	\$ 2554.37	Total Liabilities/Equity	\$2554.37
Income		Expenses	
Dues Receipts	\$ 266.00	Bank Fees	\$ 21.00
Interest Earned	69.07	Charter Renewal	237.50
Map Hike Receipts	661.37	Income Tax	11.00
Meet Receipts	350.00	Map Hike expenses	608.93
Misc. Sales	95.85	Meet Expenses	85.28
Total	\$1442.29	Misc. Expenses	5.00
		Newsletter	144.76
Total Income	\$328.82	Total	\$1,113.47

REMEMBERING THE WORLD SKI-O CHAMPIONSHIPS

Continued from page 1

is almost back to normal, but I make a poor route choice, on a long leg in the middle section of the race. I follow the red line, but must climb 10+ contours (10 meter). Nearing the top I realize the long ski around (maybe 2 1/2 times the distance) would have been the better choice. Much time lost, but I execute the long, narrow downhill to the finish without incident, and my confidence returns. Without exception, everyone racing comes back with gouged up skis; many rocks, sticks & bare spots. We all get concerned that the snow is definitely disappearing with warm temperatures and sunshine. There may be some serious bushwhacking to consider for the main event!

Mark Dominie arrives Monday as US Coach. It's good to have him around; he really knows the ins and outs of how to orienteer with skis on.

Tuesday we head out for the "Model Event" In this exercise, competitors get a look at a map, trail conditions, controls, and refreshment that are nearly identical to those used in the Championship events. There is no clock on you here; we ski leisurely as a group, noting the subtleties of the terrain, the track, and the snow (or lack thereof) in the woods. Tomorrow is the Long event. We decide who will ski in each of the four start groups. Each country puts one man in a draw for groups one through four. This insures that no country will have 2 men near each other out on the course. I agreed to go in the first group. Later, I am picked as the second starter overall out of approximately 70. GULP! Mark helps me stay relaxed and focused. I wax for an early start, conditions will definitely change during the long event (30-35 k).

We march in the opening ceremonies down the center of town that evening. Lots of lights and loud clapping. We carry torches that burn what appears to be toxic waste, and laugh that it is a plot by the French team to suffocate the competition! Speeches are made in French in true French tradition, without English translation. Finally we carbo-load. Equipment ready, stomach full, map-holder clean...nothing to do now, but do it!

LONG RACE. T-4 minutes: I approach the start, warmed-up. Technique feels on. Focused. Ready. T-2 minutes: Skies are marked in the chute. Here we go. T-1 minute: Here's the map (another *huge* one). Start triangle...there it is. Some Looooong legs. #1 - ouch! I see at least 3 routes, probably more like 10 exist. Got it.

Five "boops" and a "beep" later, I'm off.

Skiing within myself, orienteering clean. This is by far the most technical ski-O I've ever done. Patrik Bauer from Sweden catches me from behind. AHA! Somebody else agrees with this route. At #2 the race is 1/4 over. I'm starting to cook, increase the tempo. Best route to #3 is up and around on a snowmobile trail. Double poling uphill, jumping around sticks, I begin descending. Watch it, weight too far back at the bottom! Falling back, I catch myself with my pole...too much force. A sickening SNAP before I even hit the ground. On foot, then #4? Too far. Terrain too difficult to ski with one pole. I choose to run back to #2 for a new pole. 17 minutes lost. Have to forget it. Focus. Get moving again. The long legs turn into sprint legs over the second half of the race. Concentration is on. Only one execution error at #10, cost 2-3 min. Can hear the loudspeakers in the stadium...FOCUS...in the maze at #11, there it is. PUSH, PUSH. Out into the open; fast downhill and then contour into #12. Finish chute - cross the line. I'm exhausted. I'm ecstatic; one of my best races ever. I'm angry, I'm frustrated. Only now do I get to think about "the pole". Have to stay cool...48 hours to the sprint.

SPRINT. Friday. Not so much folding this time. Even at 1:15000 the 12k sprint

2, but spending too much energy without the basket. I chose my old "edgeless" skis for this race, as they are easy to get in and out of. (Expected much bushwacking). The track to #3 and on convinced me this was a bad choice. Absolute minimal control on the ice. The orienteering was no more difficult than the long race; in fact probably easier because of the large scale map. Didn't even occur to me to get a new pole at equipment control, #6. (Concentrating too hard). Again 12 controls. I skied wide (3 - 4 minutes) due to an observation error at #4. Not a lot of time but in the sprint, every second counts double. Mixed emotions at the finish again.

Weekend. The final event, the relay, was on Saturday. Each skier skis a different combination of 2-3 control legs, such that no two people on the course are ever doing the same orienteering at once, yet each team covers all the legs during the race. No snow at all left in the fields; the freeze-thaw weather is still the same. Enough snow in the woods though. Nice to be relieved of the mental game, but it sure would've been nice to ski all three races. Saturday night at the closing banquet, the Finnish mens team (gold medal) don sunglasses and sing. What a crew! We say goodbye to most of our new friends from other teams. Some of them we shall meet one last time on the starting line in the morning for a 50k partner fun race - "L'Envolee Nordique". Larry and I ski the two 25k loops relaxed. We finish 80th, then sleep (big time!) on the final bus ride home!

DON'T MISS IT CHESTNUT RIDGE HASH - 'O'

MARCH 29, 1992

Instructions 4 p.m. at the casino

IT'S A NEW TWIST TO THE SPORT OF ORIENTEERING

A cross between 'O' and Hashing

Call Dave Staszak
for more information
648-7819

doesn't take up so much space. Warming up in a nice V-2, my left ski goes through a loop of barbed wire sticking up through the snow. DEAD stop. Land on my chest hard. Get up...legs? Check. Arms? Check. Head? Spinning a little, but it'll work. Into the chute. Onto the course. Climbing to the start triangle my right pole is punching through. Now what? I look down - NO BASKET! Must have snapped off during the barbed wire incident. Clean at #1 and

RESULTS

LONG: Men

1. Vidar Benjaminsen	94:34
2. Vesa Makipaa	94:48
3. Ivan Kuzmin	94:53
57. Scott Pleban	153:40
58. Carl Fey	155:00
59. Larry Costantino	158:12
60. Steve Dentino	161:23

SPRINT:

1. Vidar Benjaminsen	38:26
2. Vesa Makipaa	39:18
3. Ivan Kuzmin	40:38
49. Carl Fey	54:07
57. Scott Pleban	62:37
61. Al Oprsal	74:46
62. Mitch Collinsworth	75:04

RELAY:

1. FINLAND	3:32:46
2. RUSSIA	3:37:23
3. NORWAY	3:37:18
13. USA (Collinsworth, Dentino, Oprsal, Constantino)	5:50:22

BfIO Club Membership Application

Name _____ Check One: ☐ New Member
_____ ☐ Renewal
Street _____
City, State, Zip _____
Fees: ☐ Family \$10
_____ ☐ Single \$6
Phone # _____
Date _____
Additional Family Members _____
Make check payable to:
"Buffalo Orienteering Club"
Mail to: Phil Wolfling
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