

## BFLO KICKS OFF O SEASON AT SARDINIA

Saturday April 23 brought a crowd of 35 Orienteers out to Sardinia Forest to enjoy the sunny skies, warm temperatures and try to scrape the rust off their compasses in the first meet of the season. Welcome to those of you who joined BFLO at the meet. Thanks to Phil Wolfling for running an excellent meet. Results are below. Format was Score - O with 21 controls and a maximum of 340 points. Time Limit 90 minutes.

### MEN

1. Jon Sundquist	340
2. John Miklasz	315
3. Charles Bentz	225
4. Richard Roll	210
5. Tom Wightman	200
6. Jim Hatem	165
7. Charles Wightman	145
8. Al Booth	110
9. Keith Weilacher	101

### WOMEN

1. Janet Sundquist	165
2. Linda Miklasz	85
3. Jeanette Wightman	65
4. Linda Smith	62
5. Jane Brennan	45
5. Kate Carrier	45
5. Joan Funke	45

### GROUPS

1. Fred & Linda Reehling	100
2. Mark Wolfling Family	62
3. Mark & Michelle George	34
4. Pam Drzbylski/Larry Snyder	32
5. George & Peggy Zornick	10
6. Tom & Chris Rodgers	10
7. Ben Cady/George Zornick	DNF



## BEGINNER'S CORNER

Dave Cady ran a beginner's clinic the morning of the Sardinia meet which was well attended. If you have a friend or family member you would like to introduce to orienteering, be sure to come out for the Novice Clinic the morning of the Camp Schoellkopf meet, 9am on Sunday May 15. Camp Schoellkopf is a Boy Scout camp southeast of Buffalo. Call any of the Club officers on the meet schedule if you need directions. (The first part of an orienteering course can sometimes be finding the meet!)

## MAP HIKE

You can orienteer any time the mood strikes by trying one or both of this year's map hikes. Permanent courses have been set at Sardinia and will soon be set at Chestnut Ridge Park. Map hike kits contain a map marked with 25 control points, a mail-in control card and instructions. Complete the course at your own pace. Some one day, more another. Map hike can also be combined with birdwatching, dog walking, or just nature hiking. Control cards which have been mailed back with all controls completed will be eligible for a prize drawing.

Kits are available for \$5 at The Great Outdoors, 5071 Transit Road, and the Village Green Bookstores at 765 Elmwood Avenue and S3670 McKinley Parkway. Kits can be ordered by sending a check for \$5 payable to Buffalo Orienteering to Phil Wolfling, 785 Crescent Avenue, Buffalo, NY 14216.

# Buffalo orienteerer

*From the  
Buffalo Orienteering Club*

*May 1994*

## SPRING / SUMMER MEET SCHEDULE

DATE	LOCATION	INFO
SAT MAY 7	HKF McCormick	Ontario Short Course Champs Advance Registration Required Dave Grant 905 - 627 - 9512
SAT MAY 7	ROC Letchworth State Park	Trailside Lodge, Start 12:00 - 1:30 Rick Lavine 442 - 6358 CCC
SAT MAY 14	CNYO Green Lakes State Park	Full Range of Courses CCC Pete Dady (607) - 756-8308
SUN MAY 15	BFLO Camp Schoellkopf	Regular Meet , 3 Courses CCC Novice Clinic 9am, Registration 10:30am Start - 11 am, Charlie Wightman 652-6299
SUN MAY 22	ROC Webster Park	Start 12:30 - 1:30, Info Tom Henzler 225-9704
SUN JUN 5	ROC Mendon Ponds	Family Relay and Picnic, Beach Parking Lot Mass Start 3:30 Picnic 5:00 - 7:00 Bob Fitzgerald 381 - 4441
SUN JUN 5	HKF Spring in Merrick Orchard	A - Meet, Pre-registration Required Earle Phillips (905) - 383 - 1872
SAT JUN 11	BFLO Chestnut Ridge Park	Regular Meet, Revised Map! CCC 3 courses Start 12:00 - 1:30 Jon & Janet Sundquist 655-5130
SUN JUN 12	ROC Powdermill Park	Camp Arrowhead, Start 12:00 - 1:30 377 - 5650 CCC
THR JUL 7	ROC Mendon Ponds Park	Score - O , Start 6:00 pm, End 7:30 pm Bob Huebner 385-8547
THR JUL 7	BFLO Family Picnic at Dave Cady's	Food , Fun and Brainstorming 6: 00pm 148 Humboldt Parkway, Buffalo RSVP 837 - 3737
THR JUL 21	ROC Highland Park	Score - O, Start at 6pm, End at 6:45pm.
JUL 23 - 24	CNYO Cortland, NY	5th Annual CNYO Rogaine Kennedy Memorial and Tuller Hill State Forests Times & Info - Pete Dady 607 - 756 - 8308
THR AUG 4	ROC Cobbs Hill Park	Score - O, Start at 6pm, End at 6:45pm.
AUG 12-AUG 21	Nobleton, Ontario USOF Convention Great Lakes O-Fest	10 days of events, workshops and meetings Entry forms and Info available from Dave Cady Deadlines: Convention 6/6/94, O'Fest 7/13/94

### CANAL CITIES CHALLENGE:

Compete with other Upstate Clubs in the Canal Cities Challenge. To encourage people to compete in meets run by other nearby clubs, points are awarded for each meet and awards are given to top finishers at the end of the season. Meets that are included in the Canal Cities Challenge are marked by a CCC on the schedule. Standings will be printed in the next newsletter.

Local Meet Fees - BFLO Members - \$3.00  
Nonmembers - \$5.00

### BFLO OFFICERS

President -	Dave Cady	837 - 3737
Secretary -	Phil Wolfling	832 - 9758
Treasurer -	Dave Staszak	648 - 7819.
Newsletter-	Janet Sundquist	655 - 5130

## BFLO MEETS THE WORLD

BFLO was distinguished this year by having two members on the US National Team at the World Championships in Italy. Jon gives us a firsthand O report, but the story must also be told of Scott Pleban's daring rescue of Jon's wallet from a group of pickpockets in Milan. THANKS SCOTT!

## WORLD SKI-O CHAMPS IN ITALY

reported by Jon Sundquist

I got into the whole sport of orienteering through ski-O. Being a ski racer, I was always interested in the ski-O meets listed in the Ski racing guides. So I decided to check it out three years ago. Of course I got totally hooked and started training with BFLO member Scott Pleban, the top US ski-orienteer.

The WSOC events were scheduled for the first week of February. However, there was a training camp over there the week before, so I decided to hit that as well. So I left all the snow here on January 21, got to Italy and discovered: *not much snow!* They did have some, but it was thin and old. The training maps were on some real old trails (built by the Romans we guessed) which were sunk into the ground. Now covered with ice, and being very steep, we figured a new sport was born: luge-O. I did actually break a ski that week in these treacherous conditions. Still, the camp did give us a feel for the area: and even if it hadn't, the incredibly beautiful landscape (really big mountains) was worth the stay regardless.

After the training week, we were moved up the valley closer to the competition areas. There were three events: a long course (30K), a short course (10K) and a relay. I was scheduled for the short and the relay. I was glad I missed the long course, because it was a killer. More luge-O trails, and lots of climbing. The local favorite, Nicolo Corradini won it for the men, and Pepa Milosovich from Bulgaria won the women's (neither were scandinavian - big upset, although scandinavians were in second place for both). The Americans finished near the bottom, except for the exceptional performance of Sandy Stripp of Old Forge, who came in 26th or so. The short race was held at much higher elevations ensuring much better snow (no luge run trails). Unfortunately, this also meant we were in the clouds and couldn't see more than 20 feet, and it meant I was huffing and puffing pretty bad. A mistake from 1 to 2 (which also got many top orienteers so I didn't feel quite so bad) dropped me towards the bottom. But I felt I skied pretty good after getting to 2, considering I was at about 6000 ft. Sandy again saved the pride of the US team, finishing almost as good as the long race (getting lost in the fog from the last control to the finish - usually a formality of a leg in clear weather - cost her a few places!). This race provided great drama when Ivan Kuzmin of Russia, the last starter, came out of the fog to *tie* Corradini for first place. The place erupted in

celebration. The relay was also held at some pretty good trails but with better visibility. I was anchor man, but things were pretty much over before I even got to start. Earlier finishers told me it was a maze out there, so be careful not to get lost. I started out feeling fast, and took my time reading my map at the very frequent trail junctions. Although this slowed me down a bit, I didn't get lost, and posted a respectable time, although still far behind the leaders. It was the better of my two races. Sandy, skiing lead-off for the women, was fifth in, behind the Sweden, Norway, Finland, and Russia -- a great leg!

Overall, it was a pretty exciting couple of weeks, even though the team didn't perform as well as expected (except for Sandy). As for me it has motivated me to train harder to aim for the next goal: WSOC '96 in Lillihammer!

## NEW MAPS

Thanks to the efforts of Charlie and Tom Wightman who did the field checking, and Phil Wolfling who is doing the drafting, we will have an updated map of Chestnut Ridge Park this year. The inaugural event will be on Saturday June 11. Check it out!

Plans are in the works to map Emery Park. This will provide us with a fresh area that has great facilities for local meets. We hope to do this map ourselves using OCAD.

## STAR LAKE WEEKEND - June 24 -26

Coordinator - Dave Staszac

Beautiful Star Lake Campus is owned and operated by Potsdam College. It consists of 39 acres in Star Lake in the Adirondacks, east of Watertown, about 5 1/2 hours by car from Buffalo.

Accommodations are cabins with heat and indoor plumbing. Linens and bedding are provided. Tasty and hearty meals are served cafeteria style in the main lodge. (fireside lounge, piano, bookstore, board-gameroom) In short the facilities are cozy and comfortable, and provide a scenic and natural setting to enjoy both indoor and outdoor activities. The setting is ideal for families, couples and friends. This will be my family's third trip to Star Lake and they have been looking forward to it since the day we left last year.

Activities include: Bicycles, swimming, canoes, paddle boats, row boats, fishing, games, sauna, hiking and running. All activities are under the supervision of trained camp staff.

The cost of the weekend will be \$83.98 per person. Children ten and under are \$71.98. This includes two nights lodging, full use of all facilities and 6 meals starting with dinner on Friday at 6:30pm and ending with brunch on Sunday at 11:30 am. These prices are for a group of 25 or more. If we have less, there will be an added charge of \$10-\$14 per person.

Call Dave by May 13 to make your reservation: 883 -7919 ext #666 days or 648 - 7819 evenings and weekends.

## BFLO Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

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

Additional Family Members \_\_\_\_\_

\_\_\_ New Member      \_\_\_ Family \$10

\_\_\_ Renewal      \_\_\_ Single \$6

Make Check payable to Buffalo Orienteering Club

Mail to : David Stasak, 4941 Burlbrook

Orchard Park, NY 14127

## United States Orienteering Federation Application

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Date \_\_\_\_\_ Year Born \_\_\_\_\_

Phone \_\_\_\_\_ Primary Club - BFLO

Category      \_\_\_ Student \$10, 21 or under

                 \_\_\_ Individual \$25

                 \_\_\_ Family \$30

List other family members and ages on reverse

Make Check Payable to USOF

Mail to : USOF, Box 1444, Forest Park, GA 30051

## TECH CORNER

**HANDRAILS** - No, these aren't being installed to help hikers climb out of ravines. Handrails are linear features on your map that can be a great help in keeping you on course. The most basic handrail is of course a path or road, but as you study your map, more and more will become apparent. Following a streambed can be an excellent handrail which takes you right to your control, and you have safely ventured off trail. As you gain experience, other handrails such as vegetation borders or hillsides can guide your off trail adventures.

## MEMBERSHIP

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

BFLO membership brings this newsletter and discounts at local meets. Your membership fees provide the resources to make maps and organize events. USOF membership includes ten issues of the magazine Orienteering North America and discounts at nationally sanctioned meets. By joining either or both of these organizations you'll be able to increase your enjoyment and skills in orienteering. If you are already a member, don't forget to renew for 1994.

## UP AND COMING

Summer is not yet here, but plans are already in the works for our Fall meet schedule. Dave Staszak, Dave Cady and Greg Hyatt have all volunteered to run meets. A new Fall schedule with details on these and other nearby meets will be published in the August newsletter.

In the meantime, we welcome your feedback. How can we improve our meets? Do you have a topic for the newsletter? Do you have suggestions for new areas to map? All suggestions are welcome. Send to: Dave Cady

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# BFLO