

## **WELCOME BACK!**

For those of you who took the winter off from orienteering, this Spring offers a full slate of events to get you out of doors. Our first event will be on April 30 at Sardinia Forest. That will be followed by a meet at Goat Island on May 13. If you haven't been out to see the Falls in a while, now is your chance to see it from an orienteering perspective. Hopefully it will be a good day for a picnic as well. A meet will be held at Chestnut Ridge Park on June 18.

The schedule also includes events in Western New York and southern Ontario run by other nearby clubs, in addition to those in Erie County. Phone numbers for further info are listed along with the meets so you can get specific directions to the meet site from the meet director.

## **SKILLS WORKSHOP**

Join your fellow club members at a skills workshop this summer. The date hasn't been set yet but it'll most likely take place in July on a Friday evening from 7 pm - 9 pm and the following Saturday morning from 10 am - 1pm.

This workshop will concentrate on teaching the skills you need to have to advance from beginner levels to intermediate levels. The topics include pace counting, taking bearings, and how to read symbolic control description sheets, among others.

This workshop will be limited to club members and while there won't be any cost, it will be necessary to pre-register. More information will be available in the next issue of this Newsletter.

Use our spring events to figure out what you need to know and then come to the workshop and learn it!

## **ANNUAL MEETING**

It was a small but dedicated group that met at Phil Wolfling's house on January 19, 1995 to conduct the formal business of the club.

What happened was that last year's officers were re-elected, we got an update on the ski-O meet from Jon Sundquist, and dates for the spring events were chosen.

# **Bf1Orienteerer**

*From the Buffalo  
Orienteering Club*

**APRIL 1995**

## **IT'S MEMBERSHIP RENEWAL TIME**

On the financial front, the club took in \$1215 last year against expenses of \$973. That leaves a bank balance of \$4060. Big expenses in 1995 will include re-printing the Chestnut Ridge map and paying for the base map of Emery Park.

Newsletters will come out on or about March 30, May 30, August 15, and November 30 this year.

Finally, drawings were held for prizes for participants in the Map Hike

## **ORIENTEERING ON THE INTERNET**

If you have a computer and modem and are used to using the Internet, you'll be pleased to learn that there is now an orienteering discussion group on the "net." It's a newsgroup located at "rec.sport.orienteering".

If you are not connected to a network which has access to the Internet, two possibilities for you to consider are the local non-profit Buffalo Free-Net or the local for-profit BuffNET. Information about the Free-Net is available at any library in Erie County.

It's a little too complicated to explain here exactly how to go about connecting but either of the above organizations can help, or Jon Sundquist or I can also help.

## **MORE COMPUTER NONSENSE**

BFLO members finally have OCAD up and running. This is a computer program for producing orienteering maps. Jon used it to produce the Byrnciff Map which came out quite well in just a few months, ( of long nights toiling at the computer- but it did keep him from hanging out on the Internet all the time..)

Hopefully this will help us speed up our map work and finally get the Chestnut Ridge revision completed. Also it would be nice to get the map of Emery Park going as this would give us another site with nice facilities for local meets.

It's spring and that means it's time once again for adventures in the forest. What better way to make this possible than to renew your membership in the Buffalo Orienteering Club!

We offer the same low rates as last year. Inflation is a foreign concept to us. You get the same benefits as before ... the same discounts at events, the same reliable information about events both near and far.

But wait, there's more! This year a special benefit for members will be the skills workshop in July.

It promises to be an exciting year. Renew your membership today. Use or duplicate the form in this issue of the Newsletter.

## **MAP HIKE 1994**

Although Map Hike last year only featured a map of Sardinia Forest, it was enjoyed by many. I didn't manage to get to all the controls, but I(Janet S.) had the exciting experience of quite literally tripping over a new fawn as I trekked through some tall grass heading across a field towards a control. Below are some comments sent in with completed cards.

"I'm glad I packed my lunch!" "I thoroughly enjoyed exploring Sardinia." "Thanks for making it a little more of a challenge." "Best ever!"

## **MAP HIKE FOR 1995**

This year the Map Hike returns and expands! We'll start with one at the Sardinia Forest on April 30 and then have a second one on the new Chestnut Ridge map as soon as it is printed.

Maps can be purchased at any BfO event or by mail order for \$5 each from Phil Wolfling at 785 Crescent Avenue, Buffalo, NY 14216. Make checks payable to the club. Maps will also be sold at Village Green's two locations. One is at 765 Elmwood Ave in Buffalo, the

other is at 3670 McKinley Parkway. The Great Outdoors on Transit Road will also be selling Map Hike. Possibly other stores will be selling them as well. Watch this newsletter for more information,

## **OH CANADA!**

The Niagara Orienteering Club is a recreationally oriented O-club across the river. If you are looking for some new terrain to try and don't want to drive too far, their meets may be of interest. They have an O-meet combined with an Easter egg hunt coming shortly in St. Catharines, and a meet this summer in Beamsville, which is between St. Catharines and Hamilton. They are also working on some new maps that may be fun to try in the future. The schedule also includes some events in Hamilton, Ontario as these too are not far away and would offer some nice variety.

## **ORIENTEERING -- WHAT YOU NEED TO KNOW**

Today's topic: How to carry your control card.

You've a number of options when it comes to carrying your control card, that piece of paper with all the numbered boxes on it that you punch at the controls.

The considerations here are:

1. It has to be handy, it's not good to be fumbling around looking for the darn thing as a line of anxious competitors lines up behind you.
2. It has to be secure. You don't want to lose it.
3. It should be easy to undo because you have to hand it in at the finish line.

Another brand of carrier is the "Nordenmark" which attaches to your forearm or wrist. It was originally designed for ski-o, but works equally well on foot.

One of the most useful advances in control card technology has been the development of Tyvek, a synthetic material which is much like

paper but very resistant to tearing and moisture. If the organizers are using Tyvek control cards then you have the option of pinning it directly to your shirt with a safety pin. The only downside is if the punch is hung really low or really high. Then it might be a stretch to get it to the card. This isn't usually the case though.

Sometimes you can carry the control card in your map case. This is a good idea if it is made of plain paper because it will be somewhat protected from the rain. Make sure it is stapled securely with the boxes along an edge of the map case. This is a good way to go at most local meets where you get the map and the map case before the start. This option is not available to you at the bigger meets where you get the preprinted map already in a sealed map case just as you start. But then the chances of getting a Tyvek card are much better.

One final option is to purchase a separate control card carrier. There are two styles available through the usual mail order catalogs. The "Pa-Fickan" attaches to your hand with an elastic band around your middle finger. The control card slips into a clear plastic pocket. You carry the control card in your left hand with your map (if you are righthanded). It sounds cumbersome to carry both the map and control card in the same hand but you will soon get used to it. When you get to a control you just flip your hand over and the control card is instantly accessible.

## **CANADA '95 ORIENTEERING FESTIVAL BROCHURES AVAILABLE**

If you've a little vacation time saved up and a hankerin' to see the wide open spaces of Western Canada you might want to consider attending the Sage Stomp on July 8-11 and the International 5-day on July 15-23. The event HQ for the Sage Stomp is in Kamloops, British Columbia. The HQ for the International 5-day is Smoky Lake, Alberta.

I have fancy brochures. Call me at 837-3737 if you'd like one.

# SPRING SUMMER MEET SCHEDULE

DATE	LOCATION	INFO
SAT APRIL 1	Genessee Valley Park, Rochester	12:30 - 2:00, Rick Lavine, 442-6358
SAT APRIL 15	Burgoyne Woods, St. Catharines, Ontario	Easter Egg Hunt and String-O for little ones Regular O for adults, Hans, 905-641-0201
APRIL 22-23	Hamman State Park	A meet, Ed Hicks, 914-248-5957.
SAT APRIL 29	Durand Eastman Park, Rochester	12:30 - 2:00, Larry Zygo, 227 - 7618
<b>SUN APRIL 30</b>	<b>Sardinia Forest</b>	<b>Start 11:00, Dave Cady, 837-3737</b>
SAT MAY 6	English Road Park	Rochester, 12:30 - 1:30, Tom Henzler, 225-9704.
MAY 6-7	Hinkley, Ohio - near Cleveland	A-meet, Sara Cechner, 216-942-8787
<b>SAT MAY 13</b>	<b>Goat Island State Park, Niagara Falls</b>	<b>Regular-O, Start 11:00, Dave Cady 837-3737.</b>
MAY 13-14	Nickerson St Park, Cape Cod, MA	Troll Cup A-meet, Joanne Sankus, 617-938-1740.
SUN MAY 21	Green Lakes State Park, near Syracuse	Eric Smith, 607-347-4844
SUN MAY 21	Mansfield, Ontario	A-meet, 416-363-7779.
SAT MAY 27	Camp Pinewood, Girl Scout camp south of Rochester	Family O-skills Workshop and Meet. Workshop 10:00 am, Meet 12:00 - 2:00. Rick Womer 865-2161
SAT MAY 27	Ancaster Creek, Hamilton, Ontario	Short, Barb Pearson 905-388-5923.
SUN JUNE 4	Warren Park, Hamilton, Ontario	Short, Jim Waddington, 905-527-8044
SAT JUNE 10	Powder Mill Park, Rochester	12:30-2:00, Pege Brooks 624 - 4980
SUN JUNE 11	Arkell Hills, Ontario - near Hamilton	A-meet, Dave Grant, 905-627-9512.
SAT JUNE 17	Mendon Ponds, Rochester	Picnic, Trail Run, 3pm, Mary Long 544-9989.
<b>SUN JUNE 18</b>	<b>Chestnut Ridge Park</b>	<b>Start 11:00 am, Dave Cady 837-3737.</b>
SAT JULY 8	Kinsman Park, Beamsville, Ontario	10 am start, picnic and swimming after, George. 905-356-5954

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



## **SKI - O MEET A SUCCESS.**

A photo of BFLO's ski orienteering meet graced the front cover of Orienteering North America this month. Due to a mild winter many meets were canceled this year, including the US Champs, but the Buffalo Area upheld its national reputation as a snow capital and there was no shortage of snow for the meet.

BFLO members Scott Pleban and Jeff Kohlhas had outstanding performances. Jeff won the Scholastic competition on Saturday with an excellent time of 47:30, and came in second on Sunday with another excellent time of 55:52. Sounds like some of the senior guys had better watch out. Competitors came from as far away as Boston and Vermont for this event. Below is a reprint of the article as it appeared in Orienteering North America.

P.S. Orienteering North America is a monthly magazine that comes free with a USOF membership.

### **NYSSRA SKI-O Champs & Day-1 of the US Team Trials**

The early months of winter 1995 saw no snowfall in most of New England; and some in only selected parts of northern New York, the most active Ski-O area. But the Buffalo, NY, area had plenty of snow for their 2-day meet on Feb. 25-26, the New York State Ski Racing Association Ski-O Champs, one day of USTeam Trials.

The first day at Sardinia, part of the Erie County Forest, had about 8" of hard base and a couple of inches of newer snow. The network of wide trails makes the area popular with cross-country skiers, even though ungroomed. Meet director Jon Sundquist set interesting, challenging courses. He had a snowmobile pack some additional trails and he skied in many narrow trails. But, because of the snow conditions, a hard base and fresh snow after the packing, the snowmobile tracks were almost invisible during competition. The hard base and open woods led many racers to take short cuts, making it difficult to see which tracks Sundquist had skied in and were shown of the map, and

which were simply shortcuts-- you had to read the map and the terrain. The ungroomed conditions prevented much of the faster "skating" style of x-c skiing--most of us were doing a lot of scrambling. Those who raced early had the advantage: it began to snow by mid-day, lightly at first, then so heavily it was hard to see, in addition, it made conditions slower.

Sunday's races were located a few miles north at the Byrncliff Resort in Varysburg, NY. A golf resort in the summer, it welcomes x-c skiers, snowmobilers, and now ski-orienteers in the winter. They groom their trails beautifully-- and have quite a complicated network on both sides of a narrow road-- so this day only was used as part of the USTeam Trials. Sundquist noted that when Byrncliff owner Scott Meidenbauer understood what Ski-O needed, he set additional trails--on his own. The terrain is rolling in the middle, with a steep ridge on the the east and a more gradual hill on the west. The weather was sunny, in the teens(F), and with a light breeze. the four inch snowfall during the night was already groomed when racers arrived, providing super, fast skiing conditions. What fun! Whereas Saturday's courses tested Long-O skills, with fewer controls, Sundquist described Sunday's meet as a "Sprint-O", testing quick navigational skills with many controls. The Sunday courses were actually longer, but since the skiers were able to go faster, the winning times were shorter. Sunday, all courses had a map exchange at the start/finish area, and racers were coming in from all directions.

Scott Pleban showed the results of his recent racing experience at World Cup events in Scandinavia. He took both men's races handily, Saturday's by 12%, Sunday's by 10%. He even beat Kroum Segiev, who was on the Bulgarian Ski-O Team. Because Pleban made a small part of Sunday's map, the selection committee felt that his results could not be counted toward the team trials, but he will certainly be the odds-on favorite at the Ottawa events. Second in Sunday's event was Larry Constantino, 35 seconds ahead of Carl Fey.

The women's race was won by Pam

## 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 Staszak, 4941 Burlbrook  
Orchard Park, NY 14127

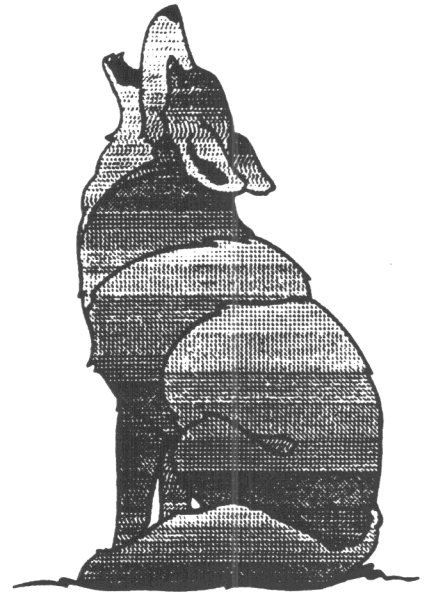
## United States Orienteering Federation Application

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

Flynn. Missing was Sandy Stripp, a high school ski coach with coaching commitments. She probably won't be able to make either of the newly arranged team trial weekends. But she is expected to dominate the Team trials next winter, and put on a strong performance at the World Champs in Norway.

Sunday's event with it's well groomed, complex trail network compares favorably with events we've attended in Europe.. It's too bad that the field of racers was so small: only 25. Also lacking: juniors; only four boys raced but no girls.

**Renew Today!**  
Don't miss out  
on the fun.



**BFLO**  
Buffalo Orienteering Club  
c/o Dave Cady  
148 Humboldt Parkway  
Buffalo, NY 14214