

## On the Cover of the Rolling Stone! (almost)

Emery Park Meet June 23

The first meet using the new Emery Park Map brought fame and fortune to Adolph Rave and BFLO. Adolph was able to stop and pose for the photographer while still cruising to victory on the intermediate course. Orienteering was the subject of a very nice article by Charity Vogel of the Buffalo News. Quite a cut above this newsletter writer.

Fine weather brought quite a good turn out. A beginners instruction session by Dave Cady was very well attended and much appreciated. There was some tight competition on all three courses. Results are below.

### Long (4.8 KM - 13 Ctrl)

Dave Cady	45:34
Craig Mavis	58:00
Michael Tillou	68:17
Mike Kohlhas	69:23
Greg Hyatt	77:13
Jeff Kohlhas	81:11
Charles Wightman	93:50
Grant LaDue	117:00
Fred Gordon	DNF

### Intermediate (3.3 KM - 8 Ctrl)

Adolph Rave	56:35
M. Harrigan	60:22
Andy Grupp	62:12
P. Przybylski	63:50
Ben Cady	66:04
The Wolflings	70:10
P. Demers	79:40
Wayne Maul	83:00
Rowdies	86:19
Tobin/Keller	93:14

### Beginner (1.8 KM - 7 Ctrl)

Paul Demers	27:30
Dora and Becky Maul	31:5
Hyatts	31:52
R. Linford	37:30
Barb & Adam Cady	38:10
Rave Family	45:25

### Map Hike - Welcome Back Chestnut Ridge

At last we have both the Chestnut Ridge Park and Sardinia Forest Map Hikes once again. Both are available at Hyatts Art Shops and the Great Outdoors. Maps may also be ordered directly by sending a check made out to the Buffalo Orienteering Club for \$5 each to:

Phil Wolfling, 785 Crescent Avenue, Buffalo, NY 14216-3417.

# BFLO Orienteering

*From The Buffalo Orienteering Club*

*July 1996*

<b>Summer/Fall Schedule</b>		BFLO meets: registration at 10:00 AM Start at 11:00 AM unless noted otherwise
<b>DATE</b>	<b>LOCATION</b>	<b>CONTACT</b>
SAT AUG 31	Cornell Plantations, Ithaca, NY	
SAT SEP 14	Camp Ballou, Frankfort, NY	ED Kobos, CNYO, 315-797-6096
SUN SEP 15	Emery Park, near East Aurora	<b>Skills Training Session. Dave Cady</b> <b>837-3737 1-4 PM</b>
SUN SEP 22	Chestnut Ridge Park	<b>Craig Mavis 337-0341/ Phil Wolfling</b>
SAT SEP 28	Utsayantha Trails, Stamford, NY	Bob Engstrom-Heg, CNYO, 607-829-8785
SAT SEP 28	Camp Pinewood, Dansville, NY	Dayle Levine, ROC, 716-442-6358
SUN SEP 29	Westdale Ravine Trails, Hamilton, ONT	Jim Waddington, HKF, 905-527-8044
SUN SEP 29	Yellow Barn State Forest, Dryden, NY	
SAT OCT 5	Emery Park, near East Aurora	<b>Charlie Wightman 652-6299</b>
SUN OCT 6	Guelph, ONT	Annette Van Tyghem, GGO, 519-856-2274
SUN OCT 13	Rotary Sunshine Camp, Rochester, NY	Dayle Levine, ROC, 716-442-6358
SUN OCT 20	Sardinia Forest - Genesee Road	<b>Dave Cady 837-3737</b>

### BFLO Officers

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

### Meet Fees

Members \$3.00  
 Nonmembers \$5.00

### Map Hikes '96

Sardinia Forest \$5.00  
 Chestnut Ridge Park \$5.00

### Fall Training Meet

The training event on September 15 will be suitable for orienteers at all levels.

Beginners, those who have never orienteered before, can participate in a short instructional session and then navigate around a typical beginner's course (or "white" course). There will be a \$3 fee for this session and it will be open to non-

members. Timing and scoring will be optional and on a "do-it-yourself" basis.

Members who have participated in at least one event and who are comfortable on the white or yellow courses can take part in intermediate training. This session teaches such things as pace counting, bearings, rough compass techniques and symbolic control descriptions.

There will also be an advanced session which will deal with contour interpretation, navigational strategies and other topics. In order to benefit from this session, participants should be comfortable on an orange level course and be able to jog or run more or less the entire distance.

There is no fee for the intermediate and advanced training sessions but all participants must be current members of the Buffalo Orienteering Club. All sessions will take place from 1 to 4 PM on Sunday at Emery Park.

Please call Dave Cady at 837-3737 to pre-register. It may be necessary to limit attendance to assure the maximum benefit to each participant.

## **Sardinia Meet Report**

Saturday May 11 brought a continuing cool drizzle after a week of torrential rains( or was that a month of rain? two months?) The trails and roads were very muddy and the streams high, temps were mid 40's. Eightenn participated. Thanks to Charlie Wightman who set 5 courses in tough conditions, efforts were appreciated all courses were used.

### **White 1.9 Km**

Mary & Terry Lang	66:00
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### **Yellow 2.7Km**

Andy Grupp	37:10
Katy Carrier & Joan Funke	67:20
Jackie Keller, Sarah Tobin, Michelle Kohlhagen	87:10

### **Orange 4.3 km**

Keith Weilacher	74:10
Ben & Dave Cady	91:55
Al Booth	101:25
Pam Przybyski & Grant La Due	139:50

### **Red 5.5 km**

Janet Sundquist	90:50
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### **Blue 7.8 km**

Jon Sundquist	97:15
Craig Mavis	110:05
Fred Gordon	209:15

## **A Day at Chestnut Ridge by Fred Gordon**

I am still gloating over the completion of the 1996 Sardinia Map Hike in one day. 7 hours and 12 minutes which included a 16 minute lunch stop. Last year it took me three tries to find all 25 controls. On the first day I was exhausted after finding only 13 controls in 8 hours. Navigation techniques learned from the Buffalo and Rochester Orienteering Clubs enabled me to save lots of time and energy this year.

I challenge any and all to break my record for Sardinia.

## **Chestnut Ridge meet Saturday June 1**

Fine Weather finally arrived for a Score-O at Chestnut Ridge run by Phil Wolfling and family.

The weather was sunny with a high about 75 degrees with a light wind. The meet was a score-O, with 30 controls and a maximum of 500 points. The time limit was 90 minutes with a 10 point per minute late penalty. There was also a novice course of 8 controls set up as part of the score-O.

### **Men**

350	Dave Cady
225	Craig Mavis
160	Adolph Rave
125	Andy Grupp
95	Keith Weilacher
70	Al Booth
60	Ben Cady
60	Grant LaDue
30	Fred Gordon

### **Women**

190	Jan Sundquist
130	Betsy Trometer
90	PamPrzybyski

### **Groups**

90	Backtrackers
35	Rave Group - Kris, Abby and Will
30	Ziolo Group
	Jon & Jim Sundquist aka The Sidetrackers

## **Novice Course 8 Controls, 3.2 KM**

H. Davis, S. Martin	83:30
Nick & Pam Renaldo	94:00

**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

**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

### **We need your help !!**

Anyone interested in getting involved with helping to put on a meet can contact Phil Wolfling at 832-9758. You can help in assisting the meet director at registration or get involved with designing and setting up courses.

For an average year the club has 3 meets in the spring and 3 meets in the fall. Volunteering for one meet a year will help a lot. Meets are held at Chestnut Ridge Park, the Erie County Reforestation Area in Sardinia, Emery Park, Goat Island and Camp Schoellkopf.

# BfLO

## ***Buffalo Orienteering Club***

148 Humbolt Parkway  
Buffalo, NY 14214