

BFL Orienteer

Volume 23 Issue 2

June 30, 2002

Rogaine Basics

by Gary Maslanka

A Rogaine is basically a score-o that has been scaled up to last between 6 and 24 hours. As a result, the number of controls, the distances between controls, and the scale of the map are all increased. In a 24 hour event there are usually 40 to 45 controls, distances between controls are 2 to 3 kilometers, and the map scale is normally 1:30,000. In the interest of safety, Rogaines are team events - most teams are two people, rarely do you see teams larger than three. As in a score-o, Rogaine controls have a point value, often determined by how hard the control is to get to or by distance from base (ie, base camp). The object is to accumulate as many points as possible in the allotted time, thus route choice is critical.

In preparing for a Rogaine, first decide on the length of event you want to enter. In my opinion you should base your choice on your physical conditioning and your comfort with being far from base. Worried about night navigation? Don't be. Here are a few ways to deal with it:

- 1) Skip it. Return to base at dusk and head out again at dawn. (24 hour)
- 2) Shorten the night. Plan your route so that you are near a road that leads back to base as it is getting dark. Walk the road back to base in the dark. (12 & 24 hr.)
- 3) See the sunrise. After using 1 or 2 from above, pick some easy controls and go after them at around 3:00 AM. Hey if you can't find them, it will be light in 2 hours anyway and you're comfortable with that.

What will affect your ability to navigate most is the scale and quality of the map. Some Rogaine maps are very good and have detail close to that of an orienteering map. Others are basically USGS maps with a varying amount of field checking and correction. The USGS based maps are harder to work with as the detail, accuracy and colors you are accustomed to seeing on an orienteering map may not be present. Don't let this scare you, just be aware that pace counting, continual checking of your bearing and your ability to always know where you are, are more important than ever. Remember the trail or boundary you're using as a catching feature may not be well marked or may not even be there.

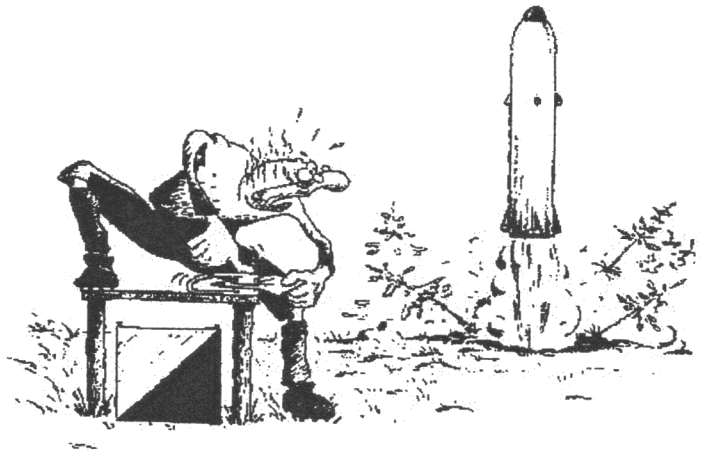
What do you need to take and how should you carry it? Here is a basic list of what I take for an event in which I will not return to base for 24 hours. It is not what you should take, as everyone has different needs, however it will give you a starting point.

Water: Two 750cc water bottles with emergency iodine water treatment tablets. Remember water weighs about 2 lbs per quart and there are water stops on the course. This is a very personal decision.

Food: 2 candy bars, 4 energy bars, a stick of pepperoni, crackers, a tube of peanut butter, 5 servings of power gel. Think energy content vs weight.

Clothing: A breathable rain jacket and extra socks

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Is published in "MAPA Y BRÚJULA" (ESP) №4 (1/96)
The author: Yurly MANAEV (RUS)

Meet Reports

Saturday, May 18, Sardinia Forest Score-O

A cold and wet spring got colder and wetter on Saturday, May 18th at the Sardinia Forest as fourteen intrepid competitors braved the elements for ninety minutes. Light now fell as the ten individuals and two teams registered and prepared for the mass start at 11:15 AM.

The score-O format and slow, wet conditions put a premium on strategy as no competitor attempted to reach every control. A number of competitors found the farthest control, placed at the southernmost area of the forest. Gary Maslanka, coming off a 24-hour Rogaine the previous weekend, won the overall title here with Jackie Novkov a close second.

Everyone took refuge in the warming hut and enjoyed an awards ceremony by sharing their "war" stories. A special award was issued to Fred Gordon who has hip replacement surgery scheduled for June 4th. All our best for a quick recovery, Fred! Special thanks to Dave Cady for picking up all the controls in 121 minutes later in the day. --Greg Hyatt

Sunday, June 9, Chestnut Ridge Park

Three weeks later it was sunny and hot as fifteen entrants dodged the picnickers at Chestnut Ridge. Jackie got her revenge as she bested Gary by just two seconds. However both were beaten by club president Andy Grupp. Thanks to Barbara Cady, Becky Wightman and Phil Wolfing for helping out. --Dave Cady

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(always). Depending of the forecast, rain pants, and 1 or 2 thin, polypropylene, long sleeve shirts. Remember the jacket serves as an insulating layer at night so take something that breaths well. Leave the cotton at home or in the car.

Lights: One Princeton-Tec headlamp with a wide beam reflector and krypton bulb. One Princeton-Tec flashlight with a spot beam reflector and halogen bulb. Two extra batteries and two extra bulbs, one of each type. I use the headlamp for walking on trails and in the woods and the flashlight and headlamp for the final attack on the control. To "see better" and save batteries I turn off all lights when walking on roads. Always start an event with new batteries. My headlamp and flashlight both use two AA batteries. The bulbs reflectors and lenses of the Princeton-Tec lights are interchangeable. The headlamp batteries often need to be replaced during the night. As the flashlight is used much less than the headlamp the batteries last the entire event. My brother uses a four AA headlamp and his batteries last the event and longer.

Compass: 2 base plates, 1 in use and 1 spare.

Survival equipment: Fire starter, waterproof matches, candle, lighter, whistle, signal mirror.

First aid: Ibuprofen, Benadryl, band-aids, blister kit, duct tape, nylon cord, ointment.

Miscellaneous: Insect repellent, toilet paper, 4 quarters, pencil, notebook.

Pack: North Face Wombat fanny pack. It holds 2 water bottles and 350 cu in. of gear. For cold or wet events I am looking at slightly larger packs.

Things to know before you go:

1) There are always water stops out on the course, usually one gallon jugs hid just off a road. These are not always convenient to your selected route and on rare occasions the water is gone by the time you get there. That's why you're smart and carry the emergency water treatment tablets.

2) Events normally start at noon on Saturday; maps are handed out one hour before the start of the event. Late penalties are severe, often your highest remaining control for every minute you're late.

3) At every Rogaine I have been to hot food is made available by the organizers starting around 5:00 or 6:00 PM on Saturday afternoon. It is available throughout the event and it's free!

4) Controls normally have reflective tape on them to make them easier to locate at night.

5) Have a decision point in your route where you decide whether to go for that high value control way out there, or turn back to make sure you have time to get to all the controls on the return portion of your loop. Do not get sucked into going for one control worth 85 points then not have time to get the three forty-pointers on the return loop.

6) Keep your attacks short, just because distance between controls is longer try not to let this affect your attack points. This is very important at night.

7) At night use trails and roads as much as possible, have good attack points, and go after controls that are well defined.

8) It is a long day, it is easy to make mental errors and become frustrated. Take breaks, get your feet up and change your socks.

9) Be careful when starting up after a break, your brain may still be resting.

10) Take a little extra time to know exactly where you want to go and how you plan to get there.

11) When in doubt, pace count.

12) Pick a good partner, reread items 5 thru 11 above.

13) Most events have a spot near base where you can camp for a minimal fee. As much as I love backpacking this is not the place for it. A tent you can stand up in along with cots and chairs make the pre and post event more comfortable.

14) Fuel up and drink a lot of water just before the start of the event. Drink up as you approach a water stop, drink when you get to the water stop, top off your water reservoir just before you leave the stop. Don't carry more water than you need. It is all about staying hydrated and carrying less weight.

15) Wear comfortable shoes and socks. Invest in pants that resist thorns and protect you from scratches. I use Thornknicks and padded gaiters. The gaiters can get warm on hot days but the combination does a good job of protecting your legs. Some people wear shorts; I have and will never use them for a Rogaine again. Carry a hat with a brim, it sheds water and keeps the sun out of your eyes. Spray it with insect repellent to keep bugs away from your head and face. Make sure the hat is headlamp compatible.

16) The Central New York Orienteering club organizes great events, the maps are accurate and detailed, the food is good, and the locations change from year to year. The Allegany event held two years ago by our club and ROC was the best: great map, good food and the best location. I can't wait until next year!

17) Rogaine = Rugged Outdoor Group Activity Involving Navigation and Endurance.

Enough already. Get on the web, go to

<http://florawww.eeb.uconn.edu/rogaine/calendar.htm>.

Find a Rogaine that fits your schedule and try something different. Have FUN, see you there!

Meeting Minutes

Minutes of the Spring Meeting
April 23, 2002.

Attendees: Greg Hyatt, Fred Gordon, Keith Weilacher, Andy Grupp (President), Dave Cady (Newsletter Editor), Mike Gasiewicz (Treasurer), Phil Wolfling (Secretary), Rebecca Wightman.

The meeting started at 6 pm at Hyatt's Art Supply on Main Street in Buffalo. Food and beverages were provided.

Treasurer's Report: Mike Gasiewicz presented the reports for 1/1/01 through 12/31/01, and 1/1/02 through 4/22/02.

Old Business

Allegany State Park map: We own this map. Several different places are selling the map (bicycling club, the park).

Meets with Rochester: (The possibility of co-hosting an A meet in the Spring of 2003 with ROC was discussed. Subsequently, Rochester decided not to pursue that date.)

Sprague Brook Park: Jon Sundquist had said he had verbal permission to map the park, but needs to submit a letter. Dave will call him regarding the letter. To map Sprague Brook park will cost more than Schoelkopf because we have no base map.

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Eastern Mountain Sports Meet the Clubs Night

by Keith Weilacher

For the third time in the past year, BfIO members were on hand when the Niagara Falls Boulevard Eastern Mountain Sports store held its spring "Meet the Clubs Night". From 6:00 to 9:00 P.M. on April 25th, Rebecca Wightman and I spent the night promoting the BfIO club and the sport of orienteering. Representatives and displays from eleven area clubs made shopping at EMS that night an outdoor adventure experience.

The evening passed quickly as we handed out flyers, the spring orienteering schedule, and discussed "O" with the many interested store patrons. We encouraged all those who stopped at our table to join us for our National Orienteering Day (NOD) event at Emery Park on May 5th.

Store manager Chris Veider was pleased with the turnout. He made sure we were given the space needed to set-up our display. He also recorded a short BfIO promo with a camcorder for showing at other EMS functions.

Chris confirmed that the Rochester Orienteering Club has begun to sell map hikes through EMS, and he gave me the home office contact so we could pursue selling our maps as well.

Most of the EMS staff stopped by during the evening to discuss orienteering. The event was followed on Saturday with a "20%-Off Club Day Sale."

Thank you for renewing your membership!

Buffalo Orienteering Club Contacts

President: Andy Grupp 741-2865
Secretary: Phil Wolfling 832-9758
Treasurer: Mike Gasiewicz 896-8597
BFLOrienteer Editor: Dave Cady 837-3737

Publication Dates for 2002: March 15, June 22, August 15, November 1. Unsolicited submissions are welcome. Please send articles two weeks before publication date. Email is preferred: dcady@wned.org. Otherwise snail mail to 148 West Humboldt Parkway, Buffalo NY 14214.

BfIO Calendar of Events

Date	Location	Details
Saturday Sept 7	Sardinia Forest	Regular event with a variety of courses. 11:00 AM start. Info: Charlie Wightman, 537-2051
Saturday Sept 21	Chestnut Ridge Park	Modified Score-O event. Info: Andy Grupp 741-2865
Saturday Oct 5	Letchworth State Park, East Side	Organized by Rochester O Club. Starts from 12 to 2. For info, call 585-377-5650.
Sunday Oct 13	Camp Schoellkopf	Regular event with a variety of courses. 11:00 AM start. Info: Jon Sundquist 655-5130.

Note: The next issue of this newsletter, due out in mid-August, will have complete details on all fall events.

...Meeting Minutes, from page 2

Keith said he thinks more maps are important, especially for the more experienced people, and noted we have the money to do it. Mike added that with another map we could hold more meets per year. Andy said we need to get a field checker, and he will email the USOF newsgroup and inquire about availability.

EMS Club Night: (See report at left.)

NOD meet: It was decided that to win NOD prizes, one needs to be present at the NOD meet. After discussion on when to have the drawing, it was decided to have it after people are started, as was done last year. Andy suggested Chestnut Ridge Park next year for the NOD meet because it is a more popular park than Emery. Greg suggested having a Score-O at Chestnut Ridge next year and have results and prize give-aways after everyone is back.

Website: Greg is working on our web site address.

New Business

Meet day registration: Andy suggested a receipt for membership dues at meets. Mike suggested having a sheet to post with all costs:

membership, compass rental, etc.

Equipment purchases: Dave said we need more meet

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BUFFALO ORIENTEERING CLUB MEMBERSHIP APPLICATION

Name _____

Date _____

Address _____

Phone _____

email _____

☐ New Member

☐ Family \$15

☐ Renewal

☐ Single \$10

For Family Memberships, please
list additional family members _____

Make check payable to "Buffalo Orienteering Club"
and mail to Dave Cady, 148 West Humboldt Parkway, Buffalo, NY 14214

...Meeting Minutes, from page 3

equipment. Discussion deferred to the fall meeting.

Whistles: Andy suggested buying whistles with our club name on them. Keith will look into it.

Review of Club maps: We have Chestnut Ridge, Emery Park, Camp Schoellkopf, Allegany State Park, Goat Island, Sardinia Forest, and Jon's map of McCarty Hill. Andy said we should have computer backups of our maps.

Presentation request: Rebecca had a request for someone at the club to speak to a group of 3rd and 4th graders about orienteering. Dave noted that the club has not had much return (as in meet attendance and joining the club) from these presentations and suggested charging for them.

Greg inquired about making an O-map of the University at Buffalo Amherst campus, including the bike path.

Updates to maps: Keith said the Sardinia map should be updated due to lots of changes in trails, etc., and noted that there is a new pipeline in Chestnut Ridge Park.

8:10 pm meeting adjourned.

Respectfully submitted,
Rebecca R. Wightman

Meet Results

Sardinia Forest

May 18, 2002

Score-O

1 Gary Maslanka	601	5 D & Bonnie Stoddart	308
2 Jackie Novkov	527	6 M Lance & J Binkley	290
3 Keith Weilacher	445	7 Adolph Rave	246
4 Steve Lakomy	418	8 Lincoln Blaisdell	232
		9 Al Booth	230
		10 J Funke & K Carrier	195
		11 Fred Gordon	112
		12 George Farion	0



BFL Orienteer

c/o David Cady

148 West Humboldt Parkway
Buffalo, NY 14214

Meet Results

Emery Park

May 5, 2002

Red (3.8 km) 10 controls

1 Mike Lyons	35:30
2 Mike Lance	38:30
3 Walt & Patty Lyons	39:00
4 Gary Maslanka	41:30
5 Jon Sundquist	41:30
6 Andy Grupp	44:25
7 Pat Quinlan	46:20
8 Keith Weilacher	57:42
9 Tom Wightman	63:00
10 Steve Lakomy	68:05
11 Hyatt Group	69:50
12 Rebecca Wightman	92:00
13 Yolanda Lugo	97:50
13 Robert Maslanka	97:50
15 Murphy Group	125:00
16 Jackie Novkov	138:20

Orange (3.1 km) 8 controls

1 Adolf Rave	34:30
2 Robert Drajem	38:50
3 Jim Hatem	41:35
4 Maul Group	43:30
4 Mohr Group	43:30
6 John Koch	61:20
7 Backtrackers	63:45
8 Kris Rave & kids	65:00
9 Bauer/Kapturowski	72:00
10 Stoddart Family	82:40
11 Randle/Hernandez	90:20
12 L Justice/J Keefe	101:30
13 Patriots	DNF

White (1.8 km) 7 controls

1 McManus/Kavanagh	40:20
2 Team D.C.	43:20
3 Post Prom	43:50
4 A & H Kancala	44:00
5 Arieno/Targino	48:00
6 J & K Sundquist	57:00
7 Jennifer Hardy	62:30
8 Renee Harris	63:15
9 Farion/McDonnel	68:00

Chestnut Ridge Park

June 9, 2002

Orange (3.3 km)

1 Andy Grupp	36:36
2 Jackie Novkov	40:23
3 Gary Maslanka	40:25
4 Robert Maslanka	41:36
5 Henry & Steve	48:56
6 Michael Schlicht	54:22
7 Jim & Mike Hatem	58:41
8 Tom Wightman	61:32
9 Cobras	85:26

Yellow (2.7 km)

1 Wolfling Group	33:00
2 Rave Family	52:32
3 Bosinski's	59:21
4 Grady/Wolfling	92:28

White (2.4 km)

1 Becky Wightman	27:00
2 Belote Family	38:02