



# Chicag...O

Chicago Area Orienteering Club Newsletter



<http://www.chicago-orienteering.org>

Spring 2008

Chicago Area  
Orienteering Club

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### CAOC Needs You!

We're currently looking for volunteers experienced in marketing, accounting, or publishing. If you'd like to help out, please contact Jeff Shaw at [president@chicago-orienteering.org](mailto:president@chicago-orienteering.org)



## Inaugural Year for the Madnaess Series

By Oivind Naess

This year we introduced the Winter Madnaess racing series, a new exciting adventure running format featuring three separate races throughout the first three months of the year. The unique race format was first developed in Ontario, Canada back in 1995.

Originally started as winter training sessions, it quickly gained a following and is now one of the most popular racing events throughout the year in that region. The format features a mass start with all runners covering four or five common control points before they enter the "Madnaess Box." Within the box, there are usually several control points with a handicap system allowing runners to skip a certain number of them depending on age and gender. Once through the box, all runners once again race through a series of common controls prior to reaching the finish. The challenge for the race director is to develop a course that uses the Madnaess Box handicapping system to equalize the competition between the

elite runners and the other participants. If all goes well in the planning, each race often ends in an all out sprint between juniors, seniors and the top elite racers.

Runners are awarded points depending on their finishing positions with first place receiving 50 pts, second 49, and so on. Every competitor receives a minimum of 1 point for finishing the race. Points are then totaled for the three races with a winner crowned for top male, female and team.

The first race was on January 13th at Swallow Cliff and we had a great turnout with over eighty runners.

The second event was held on February 10th in Busse Woods and saw racers brace -20°F temperatures.

The final race was held March 9th in Lincoln Park, where a light snowfall made for an easy and beautiful run through the zoo.

At the end of the series, Charlie Shahbazian came out on top with 147 points. Jeff Shaw beat out Maricel Olaru on a tie-breaker decision, even though both of

them ended up with 151 points. Kathy Bullard and Natalia Babeti rounded out the top 5 with 137 and 133 points, respectively.

(Editor's note: CAOC named the Chicago version of this after Oivind in thanks for bringing this series to Chicago.)

*Oivind Naess was born in Norway and grew up in Canada. He started orienteering at age eight and went on to compete in a total of five world junior and senior championships in the late 80's. He moved with his wife Janet and three young boys to Chicago in 2006.*



Charlie Shahbazian in Finland. Story on page 9.

## Letter from the President—Jeff Shaw

I was elected CAOC president at the 2007 AGM. I'm a Chicago area native and currently live in Morris, IL, with my wife and three young children. I feel CAOC has a vibrant and talented membership, and I am thankful for all the great events that have been produced by the club.

I'm fairly new to the sport, having attended my first CAOC event in 2002. At that first meet, I was amazed that such beautiful terrain actually existed in the Chicago area. I felt I had found a rare gem of a sport that combined the magic of the forest and any level of challenge you desired. When I wasn't hiking a yellow course with my kids, I would try an orange course on my own. I remember initially ignoring the easy handrails and getting completely lost. The challenge of relating the map to the actual terrain, finding all the controls and choosing the best route made orienteering a mesmerizing game. I was hooked.

During the past two years, I've tagged along with CAOC club members to A-meets here in the Midwest and on both coasts. Each trip has been an exciting new adventure and I always look forward to the next one. Last year I enjoyed publishing a club newsletter, installing Routegadget on the website in addition to setting my first set of courses. I consider all the board members and many club volunteers as my friends and always enjoy meeting new members and non-members at our orienteering events.

### Board Changes

Our club has had several board members step down this past winter, Jim Gordon, President and ePunch Director, Nick Preys, Treasurer and Viktor Nikolenko, Equipment Director. On behalf of CAOC, I would like to thank these individuals for their

excellent service to the club. These members still volunteer in other capacities, and we are grateful for their many years of service.

CAOC has a great group of board members this year. Our club's Vice President and national champion, Charlie Shahbazian is our event coordinator. Charlie is in charge of scheduling, meet directors and course setters. If you enjoy an event, be sure to thank the course setter, the meet director and/or the event volunteers. Let them know you're willing to help out at registration or start/finish at a future meet. You can still run your course by scheduling an early or late shift.

Carl Larsson, Course Reviewer, Jeff Porter, Webmaster, Kathy Bullard, Permits (Publicity) are back to provide their much appreciated support. This past February, Carl and Michael provided a well received Course Setter and OCAD meeting.

We have a past board member, Clark Maxfield, taking on the treasurer's post. Clark has recently made improvements in our meet and membership accounting, from which both members and volunteers will benefit. The club recently hosted a Meet Director meeting where these new procedures were discussed in detail.

We have two new board members, Peter Friddle who was elected Equipment Director and has recently taken on the Epunch Director position as well. Krista Pospisil is helping with the newsletter.

### What's new in 2008

This year, we are adding more annual events, strengthening meet services, rebuilding meet attendance and increasing our membership. We started a new winter series called

Winter Madnaess which we look forward to expanding on next year. For a few select events in 2008, we are introducing epunch to orange courses. Epunch allows you to compare splits with your friends and compare route choices online on RouteGadget.

Computer genius and mapping director, Michael Collins, has implemented CAOC's own online pre-registration and pre-payment system. This will allow participants to expedite their onsite registration process and be given a preprinted map.

We'd like to improve our publicity. I am requesting anyone with publicity/marketing experience willing to give some time to the club to contact me at [president@chicago-orienteering.org](mailto:president@chicago-orienteering.org) or at the next event. We could use your help with printing and mailing brochures, etc. We also are looking for persons interested in helping with secretarial duties using email, Word and Excel. A few hours here and there would benefit the club greatly.

Our season opener on Mar 30 at Waterfall Glen West should not be missed. We will have four special guests from local outfitter and Chicago news sources. Margie Martinson, REI, Gianofer Fields, Chicago Public Radio, Barbara Brotman, Chicago Tribune and Lou Cannellis, ABC7-190 North.

I would like to ask you, as a club member, to promote the club by reaching out and inviting family and friends to our events. We've scheduled 20 events for 2008 and would love for you to join us.

I look forward to seeing you at the next event!

## Treasurer's Report—Clark Maxfield

Our meet attendance and membership have fallen off over the last few years, so income from dues and meets was down in 2007. Plus, we remapped Country Lane Woods for our A-meet, completed acquisition of the SportIdent electronic punching system used now on Red and Green courses, and began offering pre-printed maps at local meets..., all significant expenses for improving the orienteering experience for the club. Last year, we decided not to increase the fees until we knew whether the changes would be beneficial to the participants.

The board decided during the Annual General Meeting in November to raise meet fees to \$7 for members and \$10 for non-members. These fees are in line with fees charged by other clubs in the U.S. Plastic map

cases, previously given away, will now cost \$1...so bring your old map cases when you come to a meet!

We would also like to encourage all those who haven't renewed their membership to do so when they register for their next event. All 2007 memberships expired on December 31, so memberships for 2008 are due now. Sign up today. The cost of membership is still \$10 for individuals, and \$15 for families up to four members. You can also support the Club and save money by signing up for 3 years: \$28 for individuals and \$42 for families.

We expect that the club will soon be a 501(c)(3) tax-exempt entity. If this comes to pass, we will be able to accept donations which you can deduct from your taxes.♦

## Board of Directors

### President

Jeff Shaw

[president@chicago-orienteing.org](mailto:president@chicago-orienteing.org)

### Vice-president

Charlie Shahbazian

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### Treasurer

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### Equipment Director

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### Webmaster

Jeff Porter

[webmaster@chicago-orienteing.org](mailto:webmaster@chicago-orienteing.org)

## CAOC Web site: [chicago-orienteing.org](http://chicago-orienteing.org)

*By Jeff Porter, CAOC webmaster.*

Where can I find out the latest information on local orienteering meets? How can I find the results from my run last weekend? How can I pre-register and pre-pay for CAOC meets? Where can I find more information about orienteering? The answer to all these questions is the same: [chicago-orienteing.org](http://chicago-orienteing.org).

### Pre-registration and Pre-payment

A new feature to the club web site this year will be on-line registration with pre-payment. Some meets will feature the ability to register and pay on-line (up to 24 hours before the event). By using this feature, you will receive a pre-marked map. Although everyone is welcome to register on the day of the event, the courses will have to be copied onto the maps the morning of the race without pre-registration.

### Upcoming Events

The CAOC web site provides a schedule of upcoming events and detailed information on the next one or two upcoming meets. As the day of a meet draws closer, the web site is updated with any changes or last minute information.

### Results

After each event, results are usually posted within 24 hours of the event, sometimes the same day. The finishers and their times are listed for all courses.

Often, race directors will provide a brief summary of highlights for the day—whether it's a -30° wind chill, an extra-fast finish, or an extra-large turn-out for the event. The results summary page on the web site maintains a history of meet results going back several years for anyone obsessed with statistics.♦

## A Practical Use for Orienteering

By Nick Preys

"So where do we go now?" my friends asked as our trail suddenly disappeared under two feet of late spring snow.

"Where indeed?" I wondered as I furiously looked at my topo map.

A few years ago, four friends and I went backpacking in the Seven Devils Mountains in the Hells Canyon Wilderness in central Idaho. Our destination was Sheep Lake at 7882 feet in an area surrounded by peaks with names such as He Devil, She Devil, the Ogre, the Tower of Babel, the Devil's Tooth, etc. Air stocked with cutthroat trout, home to mountain goats that reportedly chewed the sweat-stained straps off of unwatched backpacks to get salt, and trails to the summits of several of these ominous sounding peaks seemed like the perfect trip.

There were two routes into Sheep Lake: The *Climber's Route* was a two mile steep hike that was described as strenuous. The *Backpacker's Route* was a long ten miles with numerous elevation changes. We tried the Climber's Route first but were turned back nearly at the end when we encountered six foot snow drifts on an exposed section of the trail. A loss of footing on the snow would have been deadly so we returned to the trail head.

The next morning we set out on the Backpacker's Route. This was a trail maintained by the Forest Service and was marked on the topo map. But June is early in the season and we had trouble. At a stream crossing, significant flooding washed away all signs of the trail. It took about 20 minutes of bushwhacking to find it again.

And then we hit the snow. We may have been the first hikers for the year as there were no footprints anywhere. I had been orienteering for a

year or so and had begun experimenting with Green courses. So I tried to use what I had learned.

*Use handrails and attack from above*, I remembered reading. We left what seemed like the obvious place to hike and walked along some cliffs that were clearly identified on the map. I climbed some talus and off in the distance saw the trail. Slowly we moved forward.

I estimated distance and did what I could with the 1:24000 scale map (the contour interval was 40 feet). And I scrutinized everything around me and compared that to what was on the map.

A half mile from the lake we set up camp for the night. The last leg would involve hiking up several hundred feet through knee-deep snow. Curious to know if my bearings were correct, another guy and I left our packs behind and hiked up the slope to a saddle. And there we picked up

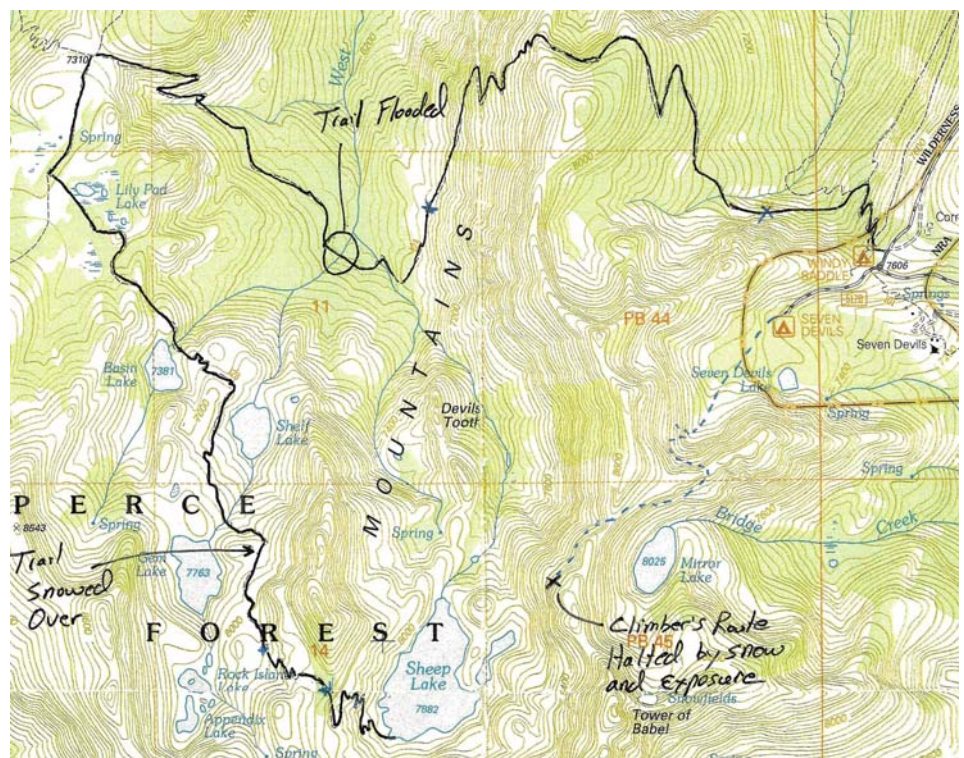
a nice trail that took us down to Sheep Lake. We went back to the camp and informed the others that we found it. The next morning we would leave for it.

But it rained all night and the next day as well. One of the guys in our group was sick. And on the third morning when the rain turned into snow, and the sick guy felt even worse, we broke camp and hiked out.

We made it to the trail head late in the afternoon in a torrential down-pour. We found a clinic an hour away where our friend was diagnosed with pneumonia and given a heavy dose of antibiotics.

While it certainly didn't turn out as planned, parts of the trip were good. The views of the mountains were spectacular; some of the best vistas I have seen in my life. We saw plenty

(Continued on page 11)



## Upcoming Events (always check the web site for updated information)

### March 30—Waterfall Glen SW Return of the Punisher

Meet Director: Lisa McNerney  
Course Setter: Jeff Shaw

The Chicago Area Orienteering Club (CAOC) spring season opener is one of our most popular events. We look forward to seeing everyone's happy faces after a long winter hiatus.

"The Punisher" is an inside joke—don't be scared. Last year, due to a technical glitch with OCAD, courses were 50% longer than intended. Many advanced and expert orienteers who staggered into the finish late were utterly crushed when it appeared they had lost so much speed and endurance over the winter. When they learned the course was actually 50% longer, joy spread across their face and all was good. Volunteers kidded that they were "punished" for not conditioning more over the winter. Favorable reviews came in. The majority of reports, including the beginner, novice, and intermediates, indicated they enjoyed the bonus distance and the extra controls.

So with tongue firmly planted in cheek, we present the Return of the Punisher. Five courses will be offered and are appropriate for all ages and experience levels. The Punisher courses will have bonus distance and controls compared to a standard

meet, similar to the 2007 event. We encourage participants to select courses based on orienteering experience, rather than distance. If this is your first time, enjoy a white course and learn how to interpret an orienteering map. If you want to go back out on a yellow, there's no charge. Orienteering is a lifetime sport, so take your time to learn the skills before advancing to the next level.

Pre-Register for this event online:  
<https://www.chicago-orienteering.org/registration.php>

Directions:  
Take I-55 (Stevenson Expwy.) 21 miles southwest of the Loop. Take exit 271A and go south on Lemont road 2 miles. Turn left (northeast) on Bluff Road, just past the large white temple (you can't miss it). Follow the orange and white orienteering signs through the forest preserve gate.

Parking is restricted. You must park on the West (exit bound) side of the gravel drive. Violators will be towed. If parking is full you must find a legal parking place on the public roadways. Since parking is limited, please carpool with other participants.

Taking public transportation is quite difficult to this location. Check the web site or call Clark Maxfield for information.

### April 13—Country Lane Woods

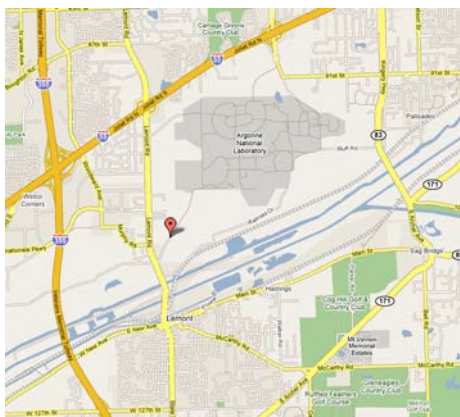
Meet Directors:  
Steve Price and Jeff LaForce  
Course Setters:  
Eric Martinez and Peter Friddle

Last year, we hosted a nationally-sanctioned meet on this brand-new map, and it was a great event. It's amazing how much difference a freshly-checked map can make to the enjoyment of running a course. Everything appears where it is supposed to, and navigation is that much easier when you're not trying to decide whether you're in the wrong spot, or whether the map has gotten too old. Come share the joy with us at this early spring event. Be sure to bring a change of clothes, as events this time of year can be quite wet, depending on the weather. Seasonal watercourses can be raging torrents, and hillsides can be slick with mud. On the other hand, the vegetation hasn't had a chance to close in, and visibility is typically excellent.

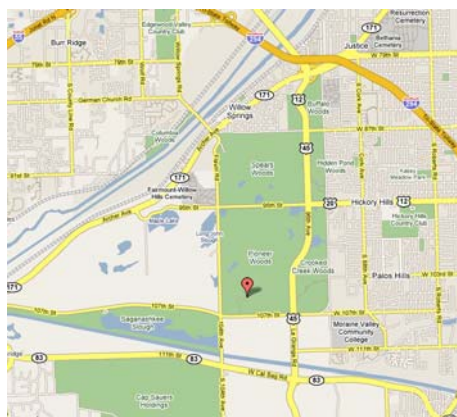
The start is at our traditional shelter at Pioneer Woods. Take I-55 (Stevenson Expwy.) 13 miles southwest of the Loop. Exit at LaGrange Road (aka US-45, Exit 279A), and go south 5.5 miles to 107th St. Turn right and go west just over a half mile to parking the entrance to the forest preserve. Turn right and look for the orange and white orienteering signs to direct you to the registration area.

Public Transportation:  
#379 Pace bus leaves Midway at 10:45 a.m. Get off at 95th St and 88th Avenue and walk 1.5 miles west to forest preserve.

*(Continued on page 6)*



Waterfall Glen Southwest



Country Lane Woods

## Upcoming Events (continued)

(Continued from page 5)

### April 27—Palos North

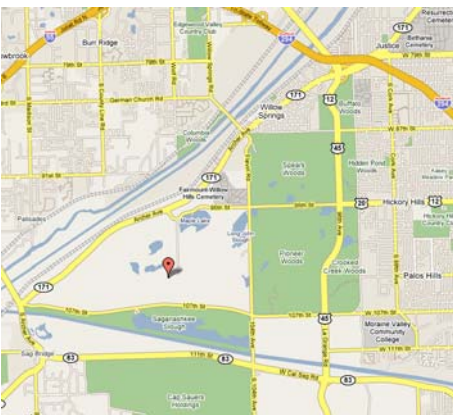
Meet Director: Roger Seymore  
Course Setter: Chris Gladwin

This event is at one of our most popular locations because of the wide variety of technical terrain, extensive trail network, and interesting views.

The start location is relatively new, which promises to give the novice courses, especially, some new sights and routes.

From the Stevenson Expwy (I-55) take LaGrange Road - South (Hwy 45) across the river and exit on Archer Avenue to the southwest. Continue for 3 miles and turn left onto 95th street. Turn right at the top of the hill onto Wolf Rd. Follow the orange-and-white orienteering signs to the start on the right at Wolf Road Woods, about 1/2 mile south of 95th.

Public Transportation: Take Pace bus #381 from the 95th Street Terminal (in the middle of the Dan Ryan Expressway) on the Red elevated line at 9:30 a.m. Get off as the bus turns left at 88th Avenue about 40 minutes later. Walk west on 95th Street past Willow Springs Woods to turn left on Wolf Rd. at the top of the hill. The start is about 1/2 mile on the right.

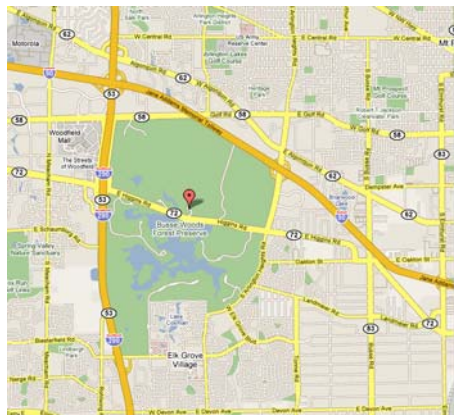


Palos North

### May 18—Busse Woods North

Meet Director: Steve Breese  
Course Setter: Natalia Babeti

Busse Woods, just east of Woodfield Mall, will be a delight for precise navigators and deer lovers this spring. We'll be using the wooded section on the north side of Higgins Road. Come and enjoy the sounds of nature and, if the sharpshooters haven't paid their visit by May 18th, of screeching car tires as the overpopulated deer dart onto Higgins as you raid their haven. Because this is one of our most popular meet locations, please plan to get there early to get one of the 120 parking spots at Grove #4. The Forest Preserve Police will be on the hunt for parking deviants, so be prepared to park in one of the overflow lots and jog 10 minutes to registration. Busse Woods has very little underbrush in the extensive forests. As a result, travel is fast and courses will be a tad longer than normal. But it is also very flat, with large areas without trails or other man-made features, so it is easy to get lost! Plan on practicing pace counting, walking a compass bearing, and other orienteering techniques such as use of handrails, attack points and catching features. And if you use the Elk Pasture as a handrail, remember that the animals are under dietary veterinary supervision. So keep the rest of your Power-



Busse Woods North

Bar in your sleeve pocket.

Directions:

Take I-90 (Kennedy Expwy and Northwest Tollway) northwest of the Loop 21 miles. Exit at Arlington Heights Rd. and turn left (south). Go 1 mile to Higgins Rd. Turn right and go 0.7 mile to the *second* entrance to the forest preserve on your right. Watch for the red and white orienteering signs to direct you to the registration area.

You can also take I-290 / Route 53 to Higgins Rd. and go east 1.6 miles to the second forest preserve entrance to the left (north).

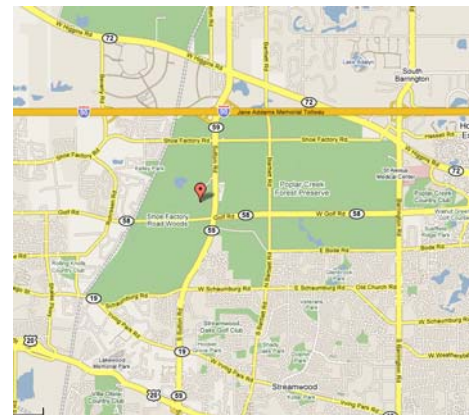
Public Transportation:

#209 Pace bus leaves Harlem/Higgins el stop on Blue Line at 9:15 a.m. Ride about an hour to exit on Golf Road under I-90 overpass. Walk south through adjacent Busse Forest Preserve.

### June 8—Poplar Creek Sprints & White-Yellow-Orange

Meet Director: Victor Nikolenko  
Course Setter: Lenny Shatskin

The Poplar Creek map, located in the western part of the 4,200-acre Poplar Creek Forest Preserve in Hoffman Estates, features open woods, gently rolling prairie, its namesake creek, and a variety of trails. The topography is subtle with



Poplar Creek

## Events (continued)

a few shallow reentrants, knolls and depressions. Ruins of old buildings and fences are common in the south and west sections of the map (including a few unmapped ruined barbed wire fences--watch out!). At the northern edge of the map, there is a small nature preserve containing pristine, undisturbed prairie land, a rarity in Illinois. While this area may not present the technical and physical challenges of some of our other maps, it does leave plenty of opportunity for having some fun with the course design.

For this event, two sprint courses will be offered as well as White, Yellow, and Orange courses. A Bike-O may be added, so please check the web site closer to the time of the event.

### Directions:

Take the Northwest Tollway (I-90) 19 miles west of O'Hare to Exit 11—Sutton Road-South (Hwy 59); proceed south 1.5 miles and turn right into the parking lot a mile south of the expressway.

### July 27—Busse South Canoe-O and Sprint

Meet Director and Course Setter: Michael Collins

This annual event has become the largest canoe orienteering event in the country (to our knowledge). We

are so happy to have such a great resource for both great paddling and great orienteering right in our backyard. Canoe and orienteering instruction will be provided. We will be using ePunch for this event again this year, and participants will once again get waterproof maps of the course. This will likely refocus on the area south of Higgins, and might include a forced portage on the longest course. Canoes and all related equipment will be available to rent on-site.

### Directions:

Take I-90 (Kennedy Expwy and Northwest Tollway) northwest of the Loop 21 miles. Exit at Arlington Heights Rd. and turn left (south). Go 1 mile to Higgins Rd. Turn right and go 1.7 mile to the entrance to the forest preserve on your left (south). Follow the signs to the boat launch and the registration area.

You can also take I-290 / Route 53 to Higgins Rd. and go east to the first forest preserve entrance to the right (south).

### Public Transportation:

#209 Pace bus leaves Harlem/Higgins el stop on Blue Line at 9:15 a.m. Ride about an hour to exit on Golf Road under I-90 overpass. Walk south through adjacent Busse Forest Preserve.

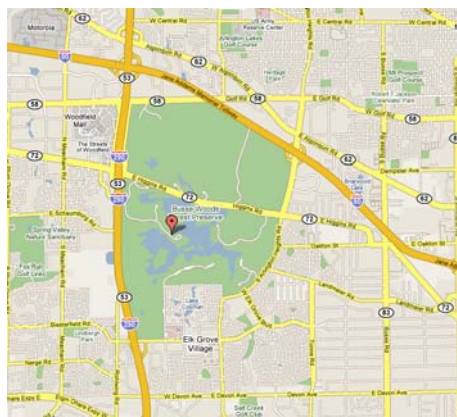
### Saturday, August 16—Silver Springs Sprint + Night-O

Meet Director and Course Setter: Jeff Schafermeyer

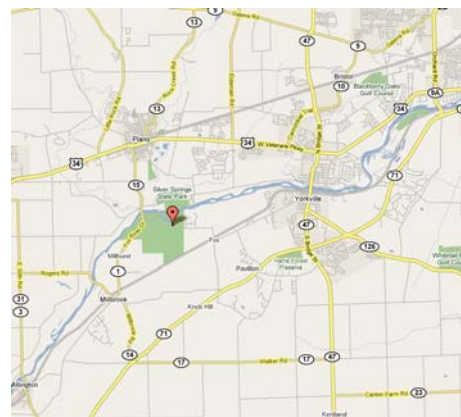
Each runner should bring a flashlight/headlamp for the event. Some runners prefer to wear safety goggles to protect their eyes (from branches, etc.).

From the Loop, take I-55 southwest for 31 miles. Take exit 261 onto IL-126. Take this through Plainfield about 16 miles to Yorkville. Turn right onto IL-47 and go a quarter-mile north to County Road 1. Turn left and go west on County 1 (Fox St. then Fox Rd.) for 4 miles (it will twist and turn over the railroad tracks). Turn right into the Kendall County Outdoor Education Center parking area north of Fox Rd. Watch for orange and white orienteering signs.

From the northern or western suburbs, take I-88 about 18 miles west of I-355 to IL-56 (Sugar Grove exit). Take IL-56 south then west for 4 miles. Exit onto and go south on IL-47 for 8.9 miles. Turn right and go west on County 1 (Fox St. then Fox Rd.) for 4 miles (it will twist and turn over the railroad tracks). Turn right into the Kendall County Outdoor Education Center parking area north of Fox Rd.♦



Busse Woods South



Silver Springs State Park

## Snowgaine 2008—Mississippi Palisades

By Kathy Bullard

We had a great day for the race. Conditions were tough, but it was a little warmer than last year!! There was a foot of snow blanketing the park, with drifts in areas up to 3 feet. I'm pretty sure I found all of them when I was setting up. The course was shorter than intended because of the conditions, but so far no one has complained. The winning team still took 4 hours to clear the course.

This year almost half of the teams cleared the course in 4 hours to 5 hr 45 min. The sun helped stave off the cold, and even though we started the day with below zero temps, it became a heat wave and almost reached 30 degrees!!

Thank you to all who helped tear down and clean up: Frank, Sandy, Bob, Jeff...Couldn't do it without you!

See you next year!♦

	Name	Time	Pts
1	Maricel, Jeff, JP	4:02:44	65
2	Orthopedic Specialists	4:56:14	65
3	Cowtippers	5:13:16	65
4	Bushwacker 1	5:33:28	65
5	River Sharks	5:43:17	65
6	Pain Train	5:48:13	65
7	Guybrush Threepwood	6:00:07	65
8	eCountryLifeStyle.com	5:34:53	55
9	Team POLeR	5:44:31	49
10	Hermann	5:26:08	44
11	Team Rover	5:52:38	44
12	.05 +1	4:52:26	40
13	Leonid + Valentina	2:58:32	24
14	Zacker		23

## Winter Madnaess Series

	Jan	Feb	Mar	Fin		Jan	Feb	Mar	Fin		Jan	Feb	Mar	Fin	
1	Charlie Shahbazian	48	50	49	147	20	Josh Meggitt		43	43	40	Conor Walsh		26	26
2	Jeff Shaw	47	46	48	141	21	Jim Cutler			42	42	41	Katlin May	25	25
3	Maricel Olaru	46	48	47	141	22	Viktor Nikolenko	41		41	42	Rod McLennan	24	24	
4	Kathy Bullard	40	47	50	137	23	Ross Cover			40	40	43	Jimmy Shook	23	23
5	Natalia Babeti	49	39	45	133	24	Michael Collins	39		39	44	Peter Bobis	20	20	
6	Chris Gladwin	43	42	44	129	25	Kristijonas Sabataitis	38		38	45	Ted Comines	17	17	
7	Clark Maxfield	42	45	39	126	26	Sophwen			38	38	46	Aza Quinnbrown	16	16
8	Pete Friddle	35	38	43	116	27	Gilbert Novat		37	37	47	Craig Christofidis	14	14	
9	Kyle Shedd & Sam McAleese	18	41	46	105	28	Krista Pospisil	37		37	48	Sarah Klemer	13	13	
10	Leonid Shatskin	50	49		99	29	Nathaniel Hunnewell			37	37	49	Dan	12	12
11	Chris Birks	34		37	71	30	Lisa Mc Nerney			36	36	50	Miwok	11	11
12	Erik Martinez	36		34	70	31	Milan Kratka	33		33	51	Ilya Mandel	10	10	
13	Ioana Sell	29		33	62	32	Kerry O'Conner	1	32	33	52	Tracey Hixon	9	9	
14	Dan Curley	21		35	56	33	Ron Stonitch	32		32	53	Ken Colbert	8	8	
15	Jeff Porter	15	40		55	34	Sue Stronitch	31		31	54	Larry O'Connell	7	7	
16	Kevin Cutts	22		31	53	35	Dragos Popa	30		30	55	Team Gordy	6	6	
17	Mark Luttrell	45			45	36	Erika Meisel			30	30	56	Jeff Pringle	5	5
18	Kathryn Connolly		44		44	37	Pete Bilwacks	28		28	57	Nick	4	4	
19	Alan Hemminger	44			44	38	Tony Swat	27		27	58	Jim Ziel	3	3	
						39	Steven Brewer	26		26	59	Trevor Rover	2	2	



## Orienteering in Finland

By Charlie Shahbazian

Joe Sackett suggested we go to the World Masters and Finn 5 in Finland this summer. I was always looking for an opportunity to make it over the big pond to see what O is like over there, so I agreed. The plan was to hit the two 5-day meets in the country that does orienteering like we have never seen. The World Masters were in the northern region Ruka, 30 K from the Arctic Circle. The Finn 5 was about 2½ hours from Helsinki. We flew in on the same day and meet up with Tom Carr from Texas.

Off we went up to Latti for a 2-hour drive and a hotel, dinner and tourist stuff the next morning. We then took a 6-hour drive to Ruka to get out to a little place to stay for the next 5-6 nights. We found our cottage and later the landowner to give us a key to the place. We had no phone and spoke no Finnish in a place where few people speak English. The key he gave us was tough to work and we had to go back and wake him up again at 10 p.m. to help us with it. We had a hard time with the key all week long. There were reindeer everywhere!

The next day there was a meet at 8:00 p.m., the Midnight Sun event. It was a cold windy night, and we rode a lift to the top of a ski hill. With out any warm-up and overdressed I took off. Here I am in Finland, my first meet; I was not sure how tough it would be. It turned out to be not so bad, but I did have some trouble on my 2<sup>nd</sup> control. I ran into Joe during the meet and wondered why he did not go up a hillside looking for my same control. Yes, there were forked courses all over.

The World Masters always had a training day, qualifying meet, training day, qualifying day and then you'd find out what finals you'd made: A, B, C, D, or E.

During a couple of the events I seemed to be doing all right until I hit the bomb control that I could not relocate to or from no matter what I did. I ended up in the D or E finals and placed quite well. As you go down in grade the course lengths and control locations become easier, by Finnish standards. Kevin Teschen-dorf (Badger Club President) showed up at the World Masters from the Artic-O tour he was on. We had a good time exploring the National Park 20 K north of us.

**"The whole country can be mapped for orienteering."**

The whole country can be mapped for orienteering. The terrain of Finland seemed to be pretty swampy. You could always expect to get your feet wet and have to dry out your shoes. On the other hand the footing was like running on pillows.

Next we headed to the east coast and then straight south to the Finn5. As we stopped in a town called Olau, there was a big fest going on. They had this fresh salmon and veggies

they were grilling; this was awesome. We dropped Tom C. off and Joe and I headed to the Finn 5. Our accommodation description had stated we were in a dorm. It turned out to be an elementary classroom with ten people sharing the floor space. They did provide 4-inch cushions to sleep on. The Finn 5 had 4000 entries! The set-up and logistics required to hold such an event were amazing (showers, O-vendors, food tents, different starts, etc.). They actually built a bridge to cross the runners over the main road. The bridge was about 30 feet high and from rock to rock. It was also taken down after 2 days.

After two days of orienteering we had a day off, and the plan was to hook up with Clark Maxfield and stay at his in-laws cabin that night. After we met we drove to the cabin and the smoke sauna was lit, the brew

*(Continued on page 11)*



Charlie Shahbazian with Clark Maxfield and Joe Sackett in Finland.

Schedule of Upcoming Events				
Date	Area	Meet Director	Course Setter	Comment
30-Mar	Waterfall Glen Return of the Punisher	Lisa McNerney	Jeff Shaw	No Goats here
13-Apr	Country Lane	Steve Price	Eric Martinez & Peter Friddle	
27-Apr	Palos North	Roger Seymore	Chris Gladwin	
18-May	Busse Woods North	Steve Breese	Natalia Babeti	
8-Jun	Poplar Creek <b>Sprints</b> & WYO	Victor N	Lenny Shatskin	Sunday Sprints
27-Jul	Busse South Canoe-O and <b>Sprint</b>	Michael Collins	Michael Collins	Canoe O + Sprint
16-Aug	Silver Springs	Jeff Schafermeyer	Jeff Schafermeyer	Saturday, Full Moon, <b>Sprint</b> + Night-O
6-Sep	Urban Rogaine, Downtown Chicago		Michael Collins	
12-14-Sep	Big Blue Fall O Fest "B"	Charlie Shahbazian		All courses count as Individual meets. Awards to all who run all 4 races.
	Night O Friday Harms Woods Maybe			
	Saturday Middle + <b>Sprint</b> Deer Grove		Maricel Olaru	
	Sunday Long Event		Natalia Babeti	
5-Oct	Arie Crown	Chris Birks	Still Needed	
26-Oct	Willow Springs	Nick Preys	Tom Favale	
2-Nov	Swallow Cliff and Cap Sauers	Tracy Hixon	Kathy Bullard	
16-Nov	Poplar Creek	Joe Sackett	Jeff Porter	
7-Dec	AGM			
13-Dec	Madnaess Series? Waterfall Glen East?			

### 2008 Winter & Spring Event Information:

(more meet information is available at <http://www.chicago-orienteering.org>)

#### Standard Meet Times

**Beginner Clinic:** 9:30 a.m.

**Starts & Registration:** 10 a.m.–Noon

**Course Closes / Control Pick-Up:** 2:00 p.m.



## My Trip to Finland (continued)

*(Continued from page 9)*

flowing and a real Finnish tradition was to begin. I went to school at Northern Michigan U. for college and this was a big Finnish area, so saunas were common. But there was nothing like a real Finnish sauna in Finland. They are way more smoky and the walls are black from the smoke. Clark and his wife Sari spent a lot of time in the afternoon looking for birch branches to beat the body with. This is not a painful tradition but a therapeutic thing to help stimulate blood flow. Jumping in the lake to swim was awesome. Dinner was some traditional smoked salmon by Clark's in-laws. The next day we had the rowboat paddle championships around an island. Clark and I went and Joe won the championships, and yes, there were route choices in this event.

We still had three days of orienteeing left, and I seemed to be getting better at the terrain all the time, which was my goal. It was amazing to see so many little kids running at the event. The Finns know how to train their youth to get good and enjoy the events. My results seemed typically American, near the bottom of my age group each day. But we made new O-friends from different countries, and it really opened my eyes to orienteeing in other countries.

Then it was on to Helsinki for a couple of days of touring and a hotel bed. Helsinki is a great city to walk and use a map to navigate. We saw and stretched at the Pavo Nurmi statue near the Olympic stadium that held the 1953 Olympics, swam in the Olympic pool and ran in a park north of town that looked awesome for O.

The last day we went near the airport with an O Map and ran a training run. Since we were getting up at 3:30am to leave we just camped there.

It was a great time, I should have improved my map reading and I am looking forward to another trip there having even better results.♦

*Charlie Shahbazian started orienteeing in college in 1974. He has been VP of the CAOC for 5 years and is also a member of the Wisconsin Badger Club. He plans on going back on going back to the Finn5 and the O-Ringen in Sweden this summer.*

## Practical Uses for Orienteering (continued)

*(Continued from page 4)*

of trout leaving a lake through a stream and we briefly tried to catch some of them. And, for the first time in my life, I saw a mountain goat.

As I read my trip journal and look at the map and try to relive the hike, I wonder how I would do today with the navigation. I have done a lot more orienteeing since then and like to think I have improved somewhat. But I don't discount how much the little orienteeing experience I had helped. I suspect we wouldn't have gotten as far as we did without the orienteeing experience I had at the time. Orienteering is a skill that certainly opens up opportunities.♦



Chicago Area Orienteering Club  
 P.O. Box 369  
 Mundelein, IL 60060-0369



Help is always appreciated at the events, to volunteer, please email the Vice-President@chicago-orienteering.org. Signing participants in, timing courses and picking up controls are just a few of the things that you could do to help.

## Chicago Area Orienteering Club Membership

You can also submit on-line at [chicago-orienteering.org](http://chicago-orienteering.org).

Mail your check with the completed form to CAOC, 1010 W. Altgeld St #1, Chicago, IL 60614

Name:	Gender:	Year of Birth:
Address:		
City, State, Zip:		
Home phone:	Work Phone:	
Email:		

For family membership, please list additional family members:

Name:	Gender:	Year of Birth:
Name:	Gender:	Year of Birth:
Name:	Gender:	Year of Birth:
Name:	Gender:	Year of Birth:
Name:	Gender:	Year of Birth:

New  Renewal  Individual 1-year (\$10)  Individual 3-year (\$28)  Family 1-year (\$15)  Family 3-year (\$42)