



THE FLORIDA ORIENTEER

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IN THIS ISSUE

<input checked="" type="checkbox"/> UPCOMING EVENTS	cover
Dec 11: 2004 Championships	page 2
FLO Info & Officers	page 2
Jan 8: Wekiva Springs	page 4
A Canadian Perspective	page 5
Feb 5: Croom, Withlacoochee	page 6
JROTC News	page 8
FLO Annual Meeting	page 9
Bug Vacuum	page 9
Food Drive Thank You	page 10
The 2005 Swedish Tour...	page 11
FLO CALENDAR	page 11

WELCOME & THANKS !

WELCOME:

FLO PRESIDENT:

Derek Bohn

BOARD MEMBERS:

Jerry Sirmans & Joe Malizewski

LEGAL ADVISOR: Elsie Turner

THANKS:

Arild Orsleie, Rick & Tim Orcutt

UPCOMING EVENTS, by Bob Putnam

ALL DATES ARE TENTATIVE - CHECK THE WEB PAGE FOR UPDATES

March 5, 2005 - Moss Park/Split Oak Forest

Day use fee of \$1 per person in addition to the usual FLO map fee.

The EC/CS is Joe Maliszewski; email him to volunteer:

<maliszja@yahoo.com>

As for previous events, the White and Yellow courses will all be within the friendly confines of Moss Park itself, while all other courses will require a trek across the Lake Hart causeway to the Start/Finish table within Spit Oak Forest. And remember that the causeway is sometimes ankle deep with water, depending on the Water Management Districts whims, so bring a change of shoes and socks.

There will again be a full contingent of JROTC units competing for qualifying berths in their school year 2004-2005 competitive series.

The map has recently been re-field-checked, so there may be opportunities to see areas of Split Oak Forest not recently traversed. Be ready for anything.

April 2, 2005 - Rock Springs Run State Reserve

This will be a joint FLO/JROTC event, but the cadets will be competing on their own end-of-year Championship courses. They have spent the academic year qualifying for this event, so both schools and individuals will be vying for - wait 'til you see them - the hugest, most gigantic orienteering trophies ever!

The rest of us will be content with fine courses through the varied vegetation habitats of RSRSR and maybe, if we're lucky, we'll be permitted (they've promised to think about it) to stage the event from the Horse Barn area where you may take advantage of the commercial horse rides at the end of the day.

EC/CS Volunteers are Needed. Call now!

continued on page 11

[EDITORS NOTE: Great events require participation from all members - if you have never volunteered - now is the time - don't let an event be canceled.]

**WOW - FLO 's 3rd Annual Food Drive - a Very Impressive
461 Pounds Of Food To Second Harvest Food Bank!**

Dec 11, 2004 Championships, Kelly Park, by Marilu Dempsey

EC: M&M Dempsey CS: Arild Orsleie

I was sure that Mike and I would be alone, cold and frazzled, trying to work Registration and Start/Finish, as we had not received many responses to our call for volunteers. But thanks to the regular gang of FLO volunteers and workers, there was plenty of help, and a great time was had by all.

By the time we arrived, everything was already set up - beautifully - thanks to Bob and Janet Putnam, Ray Bruneau, and Toby Henson. A speedy run to a copy center by Jonathan Linforth saved the day, as somehow the new colored control cards had escaped from the supply boxes and were nowhere to be found.

The weather turned out to be absolutely beautiful, not cold and rainy as predicted. There was lots of excitement as Santa arrived via Fire Truck, and there were complementary cookies and juice for all. Santa, cookies, and the park waiving entrance fees for the day – it just couldn't get any better! [FLO has provided some extra Kelly Park maps to the park rangers as a thank you.]

Janet and Toby pitched in at the Registration desk, and an ROTC mom, Angela Moschella, graciously worked there from 10AM to almost the end. Mike and I had the luxury of completing a Course, thanks to all the help. (Mike really wanted to run a Green, but agreed to a more sedate Orange with me. My stopping to collect wild flower seeds in mid-course really got to him though.)

Start/Finish was manned by Derik Bohn, and Arild Orsleie pitched in, after setting all the terrific courses, with Mike taking over in the PM. An anonymous long-time FLO member provided instruction, which was especially appreciated by a Scout Troop that had traveled all the way from south Florida to earn Orienteering badges. For the badge requirement of volunteering they hung the result cards. If you happened to look for your results, you probably noticed the courses were somewhat mixed up. They understood the 'hang results' bit, but the 'in order' part got lost in translation. Great job anyway, and I was really glad to have them take on the job with so much energy and enthusiasm.

Control retrieval was taken care of by Ray Bruneau and the Hemnesses. Ray took over and collected all the supplies and closed and locked the gate at the end of the day. We had one scare, as one unfortunate O'er received a mismatched map and clue sheet. (not sure how I managed that) Mike and Ray were sorting through results, and had just identified who was MIA when she showed up, exhausted and frustrated. She managed to find the controls, even with the wrong map, and had not realized the necessity of being back by the 3PM time limit !

Just a note here – please return to check in by 3PM, finished or not. A Search and Rescue was being considered when she arrived. If you do get completely lost, try to follow the safety bearing (which usually takes you to a road or other major feature), or stay at a control (any control). Don't wander around, the control retriever will find you. In an emergency, three long blasts on your whistle, repeated at intervals, will notify others that you need assistance.

Apologies to all of you that had to 'orienteer,' just to get to orienteering! Some O'ers had trouble getting to Kelly Park, as the route we described in the newsletter and Website was closed for the Apopka Santa Parade. Some of you travel quite a way, we know, and the bad traffic added hours to your already long drives.

But at the end of the day, all the help, and the great O'er attitude, even when we experience difficulties, made for a truly enjoyable time for us, and I hope for you too.

Results and Championship Medal Winners on page 3

THANKS TO ALL!! FLO's Third Annual - Second Harvest Food Bank - Food Drive was a rousing success, we collected an amazing 461 pounds of food. If the trend of doubling each year continues, (2002 = 96 pounds, 2003 = 206 pounds), it will require 2 vehicles next year to get everything to Second Harvest. Mine was pretty full this year. But what a good feeling when the Second Harvest staff reaction was "WOW" when they saw how many boxes were stuffed into one car. (pictures page 10)

By the way, thanks to the ROTC team for loading all those heavy boxes into the car. 

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KELLY (K) DEC 11 RESULTS

K - WHITE	
Name	Time
David Hall	26:05
James Innes	39:49
Metzenroth	48:40
Kevin Innes	53:15
William Hall	56:25
Klein	58:14
Thomas Gunn	58:27
BS Troop 225	58:48
Dubin	71:00
Chris Worcester	DNF
Justin Hauptert	DNF
K - YELLOW	
Name	Time
L Johnson	27:45
Charles Green	30:52
Keith Pattillo	32:10
James Sawyer	33:10
Crystalee Munoz	38:00
Ben Henry	41:07
Julian Rincon	41:32
Mikel Moschello	42:25
Titusville HS #1	43:55
Heather Wainright	44:27
BS Troop 62	44:48
Alex Smith	46:32
BS Troop 234 #3	49:50
T & M Murphy	50:25
Dana Foushee	50:55
BS Troop 524 #1	56:29
Cypress HS #4	57:04
Brittany Crowell	57:13
Holiday hikers	60:15
BS Troop 234 #5	60:30
Koerner	62:51
Little	65:11
BS Troop 234 #2	68:30
Cypress HS #3	73:59
BS Troop 234 #1	75:25
BS Troop 234 #4	82:20
Jon Krasinghen	86:22
Cypress HS #2	92:40
Cypress HS #1	DQ

K - ORANGE	
Name	Time
Nick Johnson	34:52
Robert Collier	39:26
Jesse Garner	40:52
Walenty Prytulo	41:35
Mike Schmid	49:15
Bandeth Sok	50:41
Mario Gutierrez	54:41
Bob Davis	55:47
David Mahnken	56:05
Kindra Lawson	56:25
Paula Pradella	56:25
John Walen	56:29
Oviedo HS #2	57:00
M & M Dempsey	59:36
Eugene Brown	60:12
Jon Gonzalez	61:13
S & J Pridemore	62:29
Kiel	63:52
Stephanie Wainright	64:02
Hemness	64:04
BS Troop 62	65:55
Kimberly Durjan	67:11
Ken Fowle	67:51
Boone HS #3	68:30
Kevin Spencer	69:50
Boone HS #1	70:15
Kim Mowry	76:29
Boone HS #4	77:00
Life	78:15
BS Troop 222 #2	81:11
Oviedo HS #1	82:51
Outdoors & A	84:45
Flynn / Matallo	93:01
BS Troop 222 #1	95:40
Oviedo HS #3	106:50
Boone HS #2	107:00
BS Troop 524 #4	122:35
BS Troop 524 #2	123:45
Lori Yost	WM

K - BROWN	
Name	Time
Bales / Vaughn	63:45
Gary Collins	119:15
Russ Steinke	DNF
BS Troop 524 #5	OT
K - GREEN	
Name	Time
Mitch Jarvis	45:22
Shane Keys	59:08
Joe Maliszewski	61:35
Adam Johnson	66:22
Alicia Padrick	68:09
Jataya Taylor	81:22
Andrew Horn	85:53
Carter Secosh	106:58
John Ide	116:01
BS Troop 625 #2	154:44
BS Troop 625 #1	OT
BS Troop 524 #3	DNF
Ray Bruneau	DNF
Good	DNF
K - RED	
Name	Time
Bob Putnam	54:44
Derek Bohn	64:12
David Crane +	67:29
Ron Eaglin	74:39
Toby Henson	74:50
Andrea Holman	81:34
Trung Lively	83:15
Jerry Sirmans	95:21
Lou Chizlett	109:03
Jenkins	109:35
Lundin	114:03
Don Nettlow	114:25
Audrey Nettlow	114:25
David Brault	115:35
Bob Keys	130:45
B Barolet	159:05
Dave Shuman	DNF

W H I T E T R O O P S	Course	Class	Gold	Silver	Bronze	
	White	Male		David Hall	James Innes	Kevin Innes
		Female				
		Group		Metzenroth		
	Yellow	Male		L Johnson	Charles Green	Keith Pattillo
		Female		Crystalee Munoz	Heather Wainright	Dana Foushee
		Group		Titusville HS #1		
	Orange	Male		Nick Johnson	Robert Collier	Jesse Garner
		Female		Kindra Lawson	Paula Pradella	Stephanie Wainright
		Group		Oviedo HS #2		
	Brown	Male		Gary Collins		
		Female				
		Group		Bales / Vaughn		
	Green	Male		Mitch Jarvis	Shane Keys	Joe Maliszewski
		Female		Alicia Padrick	Jataya Taylor	
		Group		BS Troop 625 #2		
	Red	Male		Bob Putnam	Derek Bohn	Ron Eaglin
		Female		Andrea Holman	Audry Nettlow	
		Group		David Crane +		

Wekiwa Springs, by Bob Putnam

EC/CS: Bob Putnam

So many things happen at FLO events lately. Nothing is routine, Wekiwa Springs was no exception. The weather was nearly perfect but that's not at all unusual is it?

The forest was in tip-top form and though we don't often use the word "blazing" to describe seasonably brown grass, in this case, it was truly remarkable! You should have seen that grass-carpeted forest. And if you were among the 126 FLO'ers attending, you did. If you were among the 60+ JROTC'ers up at Kelly Park using the same piece of forest, you did too.

A huge congratulations must go to the administration, rangers and biologists of Wekiwa Springs State Park for their restoration efforts, chiefly through controlled burning, making the portions of the forest we happen to use for orienteering look absolutely beautiful. This is what controlled burning is all about - restoration to pre-European conditions. We are now beginning to see, and to appreciate, how it was. So mention it to a ranger next chance you get.

I have learned, by the way, that the majority of that golden grass we saw is not wiregrass as I had mistakenly told you before, but if someone knows what it is please let us know. Such an insanely beautiful forest qualifies as 'different', don't you agree?

Another one of the things that made this event different was the JROTC/civilian split. The Park asked us to divide ourselves after last year's overflow crowds at the Wekiwa Youth camp. Our orders were to allow no JROTC into the 'main' event, only civilians.

So we suggested the easiest solution. JROTC would use Kelly Park, simply accessing Wekiwa from the opposite end. Everyone was happy, but I'm very much afraid that all our advance warnings of such complications, and Looong Walks, prompted many to stay away, since our total attendance of about 200 was well below average turnout.

Another difference was that remote location of the start/finish table, 1.3 miles from registration. This could have been a really big problem, as nice as it is to use the picnic pavilions adjacent to the 72°F Spring boil. But you were all wonderfully tolerant. Thank you, all.

Ray Bruneau and Walenty Prytulo volunteered their vehicles as shuttles to and from the remote start. Lots of folks were thus spared the trek, but alas, not all.

Another 'difference' was the news, just as we entered the park to set up that morning, that we had to move Start/Finish. Imagine my surprise. A convenient site was available in this case, but ordinarily such a change would be closer to disastrous.

What was not different was the ready availability of volunteers, from Janet Putnam, John Ide and Arild Orsleie on Registration, to Russ Stienke on everything from 'To Start' sign-making, to shuttle-bike, to Start/Finish table, and to Jonathan Linforth for whipping out pre-printed maps at the last minute because I couldn't get him control locations on time, and then driving them down to the Park Friday PM for me to pick up at the gate as I entered Sat AM. Andy Holman ran Start/Finish to the bitter end of the day, along with Derek Bohn.

I mentioned Ray & Walenty's shuttle service. And then Joe Maliszewski, Jerry Sirmans and Lori Yost retrieved controls. If I've forgotten someone, I apologize. Know that you are appreciated nonetheless.

We had visitors from upstate New York, Ottawa Canada, Ohio (although Lori Yost from OH, says she's staying here awhile), and maybe we'll count as visitors the snowbird-Fluegels, here from CT for their first event of the season. Our Canadian visitor, and Green course winner, Gord Hunter, has shared an article he prepared for his own club's newsletter. (Ed. Article on next page).

I have to comment a little on the map and its most recent updating. We challenged Dick Detweiler, from the Rochester NY club, to come to FL last November for 5 days of mapping and to completely remap all 5 square kilometers of Wekiwa Springs. Anyone who has spent more than a few minutes trying to correct or update a map knows this is impossible. Yet, Dick did a remarkable job in the time he had, allowing us to confidently re-use Wekiwa areas for both the December and January events and we owe him a debt of thanks.

Still, there is more to do, as those of you on the advanced courses who wandered through the seemingly endless sea of dead and fallen trees searching for the "two distinct dead trees", well know. We know you were thinking "what were they thinking?" (mostly we were thinking: 'this would be 'fun'...in its own peculiar way.')

I must apologize profusely for screwing up several control description sheets. I failed to pick up a last minute change on Green, so left the inapplicable code and description for WF (distinct tree, south side) where JM should have been. On Brown I flipped descriptions for #5 and #6 for no apparent reason apart from budding senility. And on orange, someone told me another erroneous description was given. Ah, me!

Everyone coming out of the woods with smiles and assurances that they had great time is sometimes mystifying to me, but appreciated. Until next time then: Keep that map oriented and keep track of where you are!

Words to live life by. 

RESULTS - WEKIVA (W)

W - WHITE	
Name	Time
Jose Cruz (2)	50:00
Patti Phillips (3)	65:55
Zahrt	96:15
W - YELLOW	
Name	Time
Tasing	67:15
Kelly Green	76:09
Lindauer	77:00
Koerner	84:20
Ginsburg	123:04
W - ORANGE	
Name	Time
Prytulo	52:22
Sampoux	54:00
Steinke	59:00
Metallo	60:41
Hemness	64:40
Brown	79:30
Schmid	84:17
Wright	85:35
Mahnken	86:07
Jeff Keil (3)	100:40
Outdoors & Active 1	101:25
Worischek	102:43
Outdoors & Active 2	103:25
Outdoors & Active 3	109:30
Laughridge	125:55
Jones	131:05
Faith,Julie,Rebecca	150:48
Sypolt	162:06
Durjan	DNF
Quintero	OT
W - BROWN	
Name	Time
Akers	65:30
Barker	73:52
Schmidt	102:50
Collins	140:24
Myler	145:22
G Poolle	161:30
W - GREEN	
Name	Time
Gord Hunter	55:00
Ray Bruneau	95:22
Lori Yost	96:09
Joe Maliszewski	131:46
John Ide	144:01
Alicia Bates	144:20
Pridemore	153:03
Feudner	171:05
Dennis Carolyn	OT
Bates	OT
W - RED	
Name	Time
Arild Orsleie	75:42
Derek Bohn	93:31
Ron Eaglin	98:40
DirtyFish	115:30
Andrea Holman	121:55
Shuman	137:12
Jenkins	153:40
Donna Fluegal	161:00
Barolet	162:31
C Wright	171:00
Jamie Sheriff	DNF
Jerry Sirmans	OT

A Canadian Experience

By Gord Hunter, Ottawa, Canada.

Last April I was able to get an early start to my 2004 orienteering season by participating in an 'O' meet in Portugal. For sure, I didn't go to Portugal just to go orienteering. I was there to train for the World Triathlon Championships being held in Madeira and also to play some golf. I only found out about the orienteering meet virtually at the last minute and by an impulsive (perhaps intuitive) search of the Internet.

This year I was able to beat my 2004 start by close to three months. While the first local 'foot-O' meet will not take place until mid April I was able to participate in a meet in Florida on January 8th. Again this was an opportunity provided by a trip for other reasons. Lise and I spent the Christmas and New Year visiting her parents in Florida and then a week on our own in the golf course rich area of Orlando. (You know how it is.)

As soon as our travel plans were confirmed I searched the US Orienteering Federation web site for links to O Clubs on our route. I thought perhaps we could catch a meet in Virginia or the Carolinas on the way south and maybe there would be a meet in Florida.

The first part didn't work out. The pre Christmas week is not a popular time to put on orienteering meets, it seems. I did find the meet listed to take place at Wekiwa Springs State Park, just north of Orlando, on January 8th. I e-mailed to the organizer, Bob Putnam, who promptly replied that the meet was in fact on, that I was welcome, that it was the same area where I remembered competing as part of a two-day meet in 1995.

Fast forward to January 8th. Our accommodations were in the Kissimmee area, south of Orlando, near Disneyworld, Epcot Centre and all the glitz surround them. The roads were crowded, the terrain is flat and the woods are swampy. I was not impressed.

As we drove to the meet the world changed. Wekiwa is just ten miles north of Orlando but it is in an area of low rolling hills, beautiful communities and tasteful commercial areas. (When one is a City councillor and has Merivale Road in his ward one becomes conscious of these things, what can I say?)

When we arrived at Wekiwa we found a meet could have been a B meet in Gatineau Park. Volunteers were taking registration. Others were giving instruction to the inevitable crowd of first timers. The starter who would also be the finish timer was some distance away and the chief organizer was still out in the woods hanging the last controls.

I registered, picked up my pre printed map and headed to the start. The map was 1:15,000 scale which I thought might give me some problem as I did not have my glasses. Not so; the woods are very open in that park. The sunlight helped with the readability of the map.

I elected to run the 5.3 km Green course, hoping to finish within an hour so that Lise and I could still get in a golf game that day. It worked out.

The woods were open so run-ability was good. The mappers, Mark and the late Malcolm Adams had done a good job producing a clear product. I have a bit of a fear of snakes so I was looking for logs that wriggled as I ran but I saw and heard none. The course setter made good use of a confined area with a couple of criss-crossing legs and in a park full of catching features most of our controls were appropriately set before, rather than after, the catching feature.

I was able to finish within the hour but quite hot and sweaty. I didn't much feel like playing golf right away. Not to worry: the park gets its name from a number of huge springs that bubble huge quantities of water into ponds around the park. With air temperature in the 80's and water temperature probably in the 70's I waded in to one of the clear pools, swam around for a while and emerged completely refreshed. I felt as if I had found Ponce de Leon's elusive Fountain of Youth.

We left the meet before I had a chance to see the results posted or to thank the organizers. We did make it to our golf game and to another one the next day where Lise scored a 'hole in one' but that is another story.

Now we are home, the O-shoes have been cleaned, the compass and whistle are put away. My next meet may not be for a few months but at least my 2005 map book has its first entry.



Croom Forest, February 12, 2005, by Bob Putnam

EC/CS: Donna and Steve Fluegel

"If you draw it, they will come." could now be a motto for the Croom map. What a fabulous event it was! Great courses on great terrain. Brand new map. Perfect weather: sunny, starting out cool in the AM but a high about 70F.

A great turnout of over 170 people, even though it was a 2-hour drive for most of the Orlando-area members. That's as many people as we had at our last three events out at Brooksville, combined. (1994 / 1995). Those previous events however were held on a primitive black & white map (of the Sand Hill Boy Scout Camp), and to tell the truth, one of the events was 'tornadoed-out': that is, cancelled altogether.

This time we had the real thing for a map - a large 10 square kilometer 5-color map - and you responded. Thanks to all the Central Florida folks who took the long drive and thanks also to all the West Central Florida folks who tuned out. We trust you had a great time and will return again and again. In fact, if you Tampa area members want to be a part of future event organization at Croom, let me know. We can help you on that score.

Notable at this event was the first Blue Course FLO has offered since our 1998 nationally sanctioned Class "A" event. Course-setters Donna and Steve Fluegel, who snow-bird here from CT, gave us a real classic Blue at 9.7 km. I was so pleased with myself just to be able to keep running that far. The heart of the Blue course was a 1.8 km leg from #6 to #7 and these control positions were two of the five on this course marked only by light green ribbons, not controls. That only added to the fun, of course, but in hindsight the ribbon-only controls probably explains the DNF's by otherwise-reliables: Artur Intson and Jim Septer.

Other courses were challenging, judging by the winning times in the results lists, although at this writing I have not seen the JROTC results. Note that the total number of DNF's, apart from a full set of beginners from Central High School, is 2; just those 2 on blue! That's unheard of in orienteering circles and is a testament to the excellent course design.

Remember, we show where they are on the map, we tell you where they are with Descriptions, and we give you a two-letter code to ensure you are at the right one - we really want you to find all these controls. So it is not a treasure hunt. You may correct anyone who describes this as a treasure hunt. You should find every control. Over the years FLO feels we've done better than average with the number of DNF's on our courses being under 10%.

The forest I saw was quite nice for orienteering: bland as any Florida venue, but interesting enough to keep coming back again and again. There is probably more topographical relief

than at any other FLO venue. Nice to have hills. Initial reactions to the map were that lots more detail exists that could be mapped, so we will be soliciting volunteers to learn how to do that in the coming months prior to the next event, planned for early 2006.

A few behind-the-scenes stories to relate: First, Donna & Steve designed a 12.5 km Blue course run the previous week by a crew of touring Swedish elite orienteers on a winter training break. Control locations were the same as our Blue, but with a few extra legs added. We hope to have more news on their adventures and their reactions to the somewhat odd Florida terrain, in a future newsletter. But it feels really cool to be able to say "I ran on the same blue course that the World Champion ran on last week", even though its not exactly true. Close enough for me.

Second: A friendly but officious Ranger greeted us about 11 AM asking to see our "permit". None of us had it because none of us knew we needed a piece of paper in our hand, believing our verbal approval to proceed was sufficient. Now it turns out our other Ranger contact did not believe she had even given verbal approval, so we're on probation, right out of the starting blocks. They say they're going to let us return, but probably with restrictions, so the fact that our next visit was planned for next year will give us time to iron things out properly.

Third: There must have been 5 or 6 emails back and forth among Jonathan Linforth, the Fluegels and myself, regarding the number of preprinted maps to make. In the end Donna was convinced that Jonathan and I were both pessimistically low in our estimates, so she ran off extra color copies of blank maps just in case. Guess what? She used almost every single one of the extra copies. You guys turned out in numbers well beyond our dreams, so it's great to be wrong in that way.

HUGH THANKS go to all helpers, starting with Steve & Donna Fluegel for carrying the full load of Event Coordinators and Course Setters and then running the start/finish table all day. Thanks to Toby Henson for coordinating the JROTC table and awards. Thanks to Laura Metallo and Cheryl Flynn for early registration, and for Russ Steinke and Paul Hodges for later Registration. Thanks to Ron Eaglin and Joe Maliszewski for control retrieval.

Extra Special Thanks go also to Jim Septer and his wife, who hosted our mapper for his entire stay while mapping Croom last Fall, and even loaned him their car for the duration. Surely others pitched in at the event, but I'm forgetful, so anonymous thanks and apologies go to them collectively.

In all a fabulous introduction for a terrific venue. A shorter trip for the Tampa area crowd, but well worth the trip for the Orlando area folks. 

RESULTS: Croom (C)

RESULTS CODE	
OT:	Over Time Limit
DNF:	Did Not Finish
DQ	Disqualified
C – WHITE	
NAME	TIME
Missy Kaler	NTR
C – YELLOW	
NAME	TIME
Adam Parke	68:42
Adrienne Johnson	88:40
Oviedo #2	100:35
Mike Metzenroth	109:30
Elizabeth Brown	122:38
Roe Family	123:12
B&B	129:56
Allison & Delorme	134:07
Sherie & Heidi	136:50
Hernandez /Walch	137:52
Mackenzie/Nettlow	150:40
Jerome Robert	195:30
Cliff Mennenger	185:12
Titusville #1	DNF
Central High #1	DNF
Central High #2	DNF
Central High #3	DNF
Central High #4	DNF
Central High #5	DNF
C – ORANGE	
NAME	TIME
Walenty Prytulo	60:06
Russ Steinke	65:32
Hemness	66:59
Jeff Keil	68:45
Frank Brown	70:15
GirlzGo	80:48
Troy Hamilton	86:40
Troy Couture	95:27
Gibbs #2	96:13
Mike Rega	104:20
David Mahnken	107:16
Oviedo #4	109:20
Deschenes	119:34

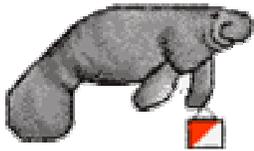
C – ORANGE - cont	
NAME	TIME
Gibbs #1	124:26
Venturing Crew	124:58
John Butterick	133:15
Gibbs #3	135:25
Charlene Akers	140:00
J. Bodoh	139:31
Diane Wilroy	175:26
Gilbert/Possinoff	195:30
C – GREEN	
NAME	TIME
Mike Dempsey	73:27
Jamie Sheriff	78:03
Pavent	84:00
Joe Maliszewski	89:40
Royer	114:22
Gary Collins	118:04
David Crane	133:00
Lane Sheppard	150:19
C – BLUE	
NAME	TIME
Bob Putnam	83:31
David Onkst	84:31
David Dirito	111:40
Toby Henson	130:50
Don Nettlow	161:42
Jim Septer	DNF
Artur Intson	DNF
C – RED	
NAME	TIME
Paul Hodges	58:40
Arild Orsleie	60:04
Rob Kohnen	67:30
Mitch Jarvis	67:30
Murray Maitland	67:55
Jessica Koelsch	68:26
Dirty Fish	79:35
G. Wysock	90:20
Lou Chizlett	92:10
Andrea Holman	93:09
Ray Bruneau	97:33
Nicci Wright	103:02
B&B	125:50

JROTC – 2/12/05 - Croom

1st Place Winners:

- Yellow** Central High School
- Orange** Titusville High School
- Green** Dunedin High School

Croom - JROTC - YELLOW		
NAME	SCHOOL	TIME
Pattillo, K.	Titusville	1:12:37
Hunter, D	Central	2:00:10
Frenald, F.	Central	2:37:14
Leonard, A.	Dunedin	2:39:02
Caltagirone, W.	Central	DQ
Gianakas, P.	Central	DQ
Leblanc, F.	Central	DQ
Lauber, D.	Dunedin	DQ
Croom – JROTC - ORANGE		
NAME	SCHOOL	TIME
Whalen, J.	Titusville	1:11:16
Davis, R.	Titusville	1:16:33
Warmouth, S.	Dunedin	1:20:00
Cloakey, J.	Dunedin	1:22:55
Dodge, M.	Dunedin	1:27:00
Krisingha, J.	Titusville	1:53:07
Smith, A.	Titusville	2:06:11
Zuilkowski, D.	Central	2:07:19
Arevalo, L.	Central	DQ
Arriza, J.	Central	DQ
Cooksey, T.	Central	DQ
Croom - JROTC - GREEN		
NAME	SCHOOL	TIME
Whalen, J.	Titusville	1:11:16
Davis, R.	Titusville	1:16:33
Warmouth, S.	Dunedin	1:20:00
Cloakey, J.	Dunedin	1:22:55
Dodge, M.	Dunedin	1:27:00
Krisingha, J.	Titusville	1:53:07
Smith, A.	Titusville	2:06:11



FLO MEMBERSHIP APPLICATIONS

are available at FLO events,
and
on-line from the FLO web-site,
or

by contacting Mike Dempsey:
655 Little Wekiva Road
Altamonte Springs, FL. 32714

(407) 869-1266

membership@FloridaOrienteering.org



Croom Tract – Withlacoochee Forest

**CHAMPIONSHIP SERIES
COMPETITIVE**

Wekiva - JROTC - YELLOW		
NAME	SCHOOL	TIME
Krisingha, J	THS	39.26
McCullough	THS	40.45
Szucs, C	CRHS	41.02
Sawyer, J	THS	43.18
Hughes, E	CRHS	53.39
Depue, A	CRHS	62.53
Harris, B	CRHS	64.34
Wood, G	CHS	84.38
Morrison, N	CHS	89.38
Smith, A	THS	91.00
Moshello, M	THS	113.36
Houts, S	CRHS	DQ
Willis, R	CHS	DQ
Zajal, E	CHS	DQ
Wekiva – JROTC - ORANGE		
NAME	SCHOOL	TIME
Sherman, R	OHS	51.11
Wyckoff, P	OHS	56.56
Stoney, C	CRHS	60.18
Davis, R	THS	61.14
Mikos, F	CRHS	66.54
Williams, C	CHS	93.16
Garalski, M	CHS	132.00
Winiewski, R	CRHS	DNF
Jacquith, M	CRHS	DNF
Johnson, N	THS	DQ
Odermatt, S	THS	DQ
Wilfong, J	OHS	DQ
Rossetti, R	CHS	DQ
Wood, B	CHS	DQ
Depue, K	CRHS	DQ
Wekiva - JROTC - GREEN		
NAME	SCHOOL	TIME
Secosh, C	THS	62.43
Keys, S	THS	65.21
Horn, A	THS	72.54
Pisculli, M	CRHS	75.39
Taylor, J	THS	77.42
Birchfield, B	CRHS	78.39
Thielemann, K	CRHS	83.50
Roman, L	CHS	131.53
Johnson, B	THS	DQ

NON- COMPETITIVE

Wekiva - JROTC - YELLOW		
NAME	SCHOOL	TIME
Sebastian	SRHS	46.59
Oviedo 2	OHS	52.59
Boca Ciega 5	BCHS	59.38
Boca Ciega 2	BCHS	61.33
Boca Ciega 7	BCHS	87.51
Boca Ciega	BCHS	DQ
Boca Ciega 1	BCHS	DQ
Oviedo 1	OHS	DQ
Wekiva – JROTC - ORANGE		
NAME	SCHOOL	TIME
Boca Ciega 2	BCHS	49.27
Auburndale 5	AHS	74.33
Auburndale 2	AHS	87.29
Auburndale 3	AHS	92.09
Boca Ciega 4	BCHS	93.16
Auburndale 1	AHS	96.06
Boca Ciega 1	BCHS	DQ
Boca Ciega 3	BCHS	DQ
Boca Ciega 5	BCHS	DQ
Wekiva - JROTC - GREEN		
NAME	SCHOOL	TIME
Auburndale 4	AHS	145.35
Boca Ciega	BCHS	DQ
Nathan Powell		DQ

The Titusville NJROTC braved the cold far off northern lands of Alabama, to run among the ranks of the Nations finest Orienteers.



We were not disappointed. We were able to meet several of the USA’s orienteering team, talk to orienteers from other nations and rub elbows with last years Interscholastic Champions.

We had trained hard in anticipation of the difficult terrain filled with contours. We ran stairs, ran in sand, we carried each other on our backs, and anything else we could do to simulate going up hill. We did not anticipate however, that in most cases it was more difficult going down hill. Nearly every one of us were sore from staying flexed while trying not to slip on the leaves while descending the slopes.

We learned how to follow reentrants, spurs and ridgelines as if they were highways. We were surprised that navigation using almost all contours, even for us flatlanders seemed much easier than navigating using only vegetation as we do here in Florida. It would be interesting to hear a comparison from someone who is used to orienteering up north and how it is for them here in Florida.

All in all it was a good trip and we can’t wait to head North again next year. ■



**FLORIDA STATE JROTC
CHAMPIONSHIP TROPHY**

FLORIDA STATE JROTC CHAMPIONSHIPS

The Florida State JROTC Championships will be held at Rocks Springs Run on April 2nd 2005. This will be the 1st Championship since we started the Championship Series. The letter of instruction (LOI) is available at:

<http://www.floridaorienteering.org/rotc/>.

There are a couple of changes to the LOI. Because of hurricanes and poor turnout throughout the year the requirement to place in the top 3 in one of the monthly competitions is waived.

The required minimum for a team is also changed from 3 to 2. In order to qualify for a team trophy you must have at least 2 finishers.

Terry Parker will host this years event. Please send your entry fees to them at: Parker-fl@smail04.cnet.navy.mil.

We are expecting a huge turnout, so please register early. This year we will hand out trophy’s for 1st thru 5th and medals for 1st thru third individual in each category. ■

In addition to 1st place overall the winning team will also receive the ROTC traveling trophy to hold until next years event. (PICTURED ABOVE)

FLO – 2004 Annual Meeting

Date/Time: December 30, 2004 - 8pm

Location : Putnam residence, 955 Dyson Dr, Winter Springs
The meeting was called to order at 8:00 PM and began with an introduction of the attendees.

Attendees: Derek Bohn, Ray Bruneau, Mike and Marilu Dempsey, Kimberly Durjan, Andrea Holman, Joe Maliszewski, Elsie Turner, Robert Matthews, Bob and Janet Putnam, Walenty and Arletta Prytulo, Jerry Sirmans, Russ Steinke and Becky Berlin. A valid quorum of FLO members and Board of Directors members were present.

Correspondence: Jonathan Linforth will be taking care of establishing non-profit status for FLO.

Newsletter/Membership Report - Mike Dempsey:

A total of about 60 copies were mailed and the remainder e-mailed. Most participating JROTC groups are now members. Medals were announced for the 2004 Florida Championships and awarded to those present.

Treasurer's Report - Russ Steinke:

A net deficit for the year resulted from both reduced income due to hurricane-cancelled events and larger mapping/remapping expenses than in the preceding year. Increase in the USOF premium due to insurance costs and the change to basis on starts rather than members was discussed.

Mapping Report - Bob Putnam:

New Croom map - Fluegels to be course setters for February event. Dick Detwiler updated several maps during the past year: Moss Park/Split Oak, Rock Springs Run State Reserve, Kelly Park/ Wekiva.

Schedule of 2005 Events:

A tentative schedule through June was presented.

Old Business:

Attendance for past year was about 250 per event. As a result, USOF fees could go to about \$2000 with the change to basis on starts. Having non-profit status for member clubs is a new USOF requirement. Feedback on re-mapping projects was given, and possible new mapping projects (Spring Hammock, De Leon Springs, Wickham, Ocala Forest) were discussed.

New business:

The 30,000th starter should be coming up next year.

A gift card was presented to Janet Putnam in appreciation of her many years of service to FLO.

Election of Officers:

Derek Bohn was nominated and elected President.

Jerry Sirmans and **Joe Malizewski** were voted trustees, replacing the Orcutts on the board.

Elsie Turner was appointed as legal advisor.

The remainder of the current slate of officers was retained.

Motion to adjourn was made by Bob Putnam and seconded by Mike Dempsey. The meeting adjourned at 9:32 PM.

I hereby certify that these are the correct minutes of the meeting.

Russ Steinke, Secretary/Treasurer

SUPER SCIENCE – BUG VACUUM

From National Wildlife Federation, Backyard Buddies



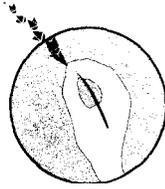
Bugs are fun to watch, but not everyone likes to pick them up. Here's a handy tool called a **pooter**, that allows your child to vacuum the critters into a collection jar without hurting the critters.

What You Need:

- Clear jar with a tight lid.
 - 2 feet of flexible plastic tubing, approx. ¼" diameter, (available at hardware stores and aquarium shops - you may substitute 2 flexible drinking straws.)
 - Small square of gauze, panty hose, or cheesecloth.
 - Rubber Band.
 - Hot Glue or other sealant.
- 1) Make two holes in the lid of the jar. The holes should be just big enough to fit the tubing.
 - 2) Cover one end of the tubing with gauze and fasten with a rubber band. Cut the tubing in half.
 - 3) Insert the tubes into the lid so that the gauze covered end goes inside the jar. Use hot glue or other sealant to fill around the hole.
 - 4) To use the vacuum, suck on the tube that is covered with gauze.
 - 5) Place the open end of the other tube close to an insect. As you suck, the insect will be drawn into the jar. (The gauze will keep it from going up the other tube and into your mouth! (Mark the tube that you suck on by wrapping a rubber band around it.)
 - 6) Once you have caught some bugs, study them with a magnifying glass before releasing them back into the wild.

For more interesting ideas check out their web site at:

<http://www.nwf.org/kids/kzPage.cfm>



Second Harvest Food Bank
Of Central Florida

December 14, 2004

Mike & Marilu Dempsey
Florida Orienteering

Dear Friends,

On behalf of the Board of Directors and staff of the Second Harvest Food Bank of Central Florida, I would like to extend our sincere thanks to you all for coordinating a food drive to support the mission of the Second Harvest Food Bank of Central Florida.

Your food drive collected a total of 461 pounds of food! This food has been distributed to nonprofit agencies serving those in need in Central Florida. Thank you for being part of the solution to hunger for thousands of people here in Central Florida.

Because of the support of caring people like you, the Food Bank distributed more than 12.3 million pounds of life-sustaining food over the past twelve months alone. This enabled our member agencies to provide more than 9 million meals per year to those suffering from or at risk of hunger. You clearly recognize the need that so many of our neighbors face each day, and we are grateful for your generosity.

Thank you for your support!

Sincerely,

Mindy Ortiz

Volunteer Services & Food Drive Manager
407-295-1066 X16

America's Second Harvest

2008 Brengle Avenue • Orlando, FL 32808 • Ph (407) 295-1066
Fax (407) 202-4758 www.foodbankcentralflorida.org



THE 2005 SWEDISH TOUR OF FLORIDA

Swedish elite orienteer, and world silver medallist, Hakan Eriksson, arranged for a group of Scandinavian elites to visit Florida for a week of winter training. The group of 13 included current World Champion Bernd Bjornsgaard of Norway, and past World Champion Jimmy Birklin of Sweden.

We are pleased that orienteers of this caliber chose Florida. Hakan actually scheduled the trip so as to coincide with our original Feb. 5 date for the introduction of the Croom map. With Croom postponed we were unwilling to merely sell them a few maps of our other venues and let them go run. We would be poor hosts to do so.

Therefore a crew of volunteers set out courses on each of six venues, so that the Tour was able to begin each day's training by turning over a Jonathan Linforth-produced pre-printed map at the starting gun. It's always good training to do that on a map that is new to you. We didn't have enough controls to go around, so we used ribbons as controls. That would be challenging for us, but these guys are really really good, remember, so a ribbon is just fine.

I designed the courses and also set out the ribbons at Little Big Econ. Special thanks go out to all the other volunteer course-setters Joe Malaszewski (Moss Park/Split Oak), Ron Eaglin and Dave Brault (Wekiwa), Donna & Steve Fluegel (Croom) and Dave & Deb Gottshalk with Ray Bruneau (Woodpecker North and Shockley). These folks put in a lot of extra time in the woods, like a whole day for each course, getting it just right.

Course lengths ranged from the shortest at 12.5 km to the longest at over 15 km. All were intended to require about 70 to 90 minutes for these elites to complete (you and I might take 2 or 3 hours). I think most of the ribbons are still in the woods, except for Wekiwa where all are removed immediately per park rules. If you want to run one or more of these courses, contact Jonathan Linforth and buy a map from him for \$2 each, plus postage, (or the whole collection of 6 maps, post paid for \$12) and go try them yourself.

We hope to make this an annual thing, with ever larger and larger groups. In the future we would really be serving as genuine hosts if we could arrange beforehand to have FLO families host the visitors in their homes. Think about it. ■

☑ UPCOMING EVENTS, cont from cover

May 7, 2005, Ocala National Forest,

Come out to **Shockley Ranch**. You'll LOVE it! Verging on the heat of High Summer, only the strong will prevail. That is, unless you just want to walk through acre after acre of beautiful and wide open rolling oak forest. Then you won't mind the heat one whit.

We had originally scheduled this event for the Woodpecker Hill map, but since FLO schedules are now constantly evolving, you will not be surprised, I'm sure, to learn that Shockley Ranch is now the likely venue. Still Ocala National Forest. Just a different map.

But of course, keep watching the web site for any changes. If we have learned nothing else this past year, it is that schedules and venues are always subject to last minute change. Ray Bruneau will be setting some challenging courses on this, the first 5-color map FLO ever produced out at ONF. As always, bring along plenty of water to drink since the weather should be warm. If you remember, this map is unique in all the orienteering world in that there is not a speck of blue on the map; no lake, no pond, no marsh. no seasonal watercourses of any kind. It is the only four-color "5-color IOF standard" map we know of.

There will be a newly established Off-Limits zone clearly marked on the map. The Maple Grove cemetery, otherwise known as Shockley Cemetery, is now posted, so we've promised to stay out - even promised that none of our people will succumb to a temptation to cross. Courses will be set so you ought not to feel the need.

The staging area for Registration and Parking will be at the corner of Forest Road 538 and the Power Line right-of-way that forms the north boundary of the map. See the web page for directions. Remember to park on the right-of-way east of 538 and never, never park on the shoulder of 538 (please). Lastly, the only 'facilities' we will have at Shockley will be a port-a-john, so you are forewarned. ■

FLO CALENDAR OF EVENTS

Mar 5, 2005	Moss Park / Split Oak Forest Updated Re-field checked Map! Note: No Pets Allowed in the Park	EC/CS: Joe Maliszewski
Apr 2, 2005	Rock Springs Run State Preserve Florida State 2004/2005 Interscholastic JROTC Championships	EC: Volunteer Needed CS: Bob Putnam
May 7, 2005	Ocala National Forest, Ocala, Shockley Ranch	EC: Ray Bruneau CS: Bob Putnam
June 4, 2005	Little Big Econ State Forest, Oviedo Fun & Games O	EC: Volunteer Needed CS: Ron & Bob
July & August	No Events Planned at this time .	

Events in () are tentative, always check the FLO Hotline for updates

The Florida Orienteer is published 4 times a year: February, May, August & November.

Deadline for submission of material is the 5th, with publication scheduled for the 25th.

Send material to Marilu Dempsey: news@FloridaOrienteering.org or 655 Little Wekiva Rd, Altamonte Springs, FL 32714.

The editors reserve the right to edit any submitted materials and publication is on a space available basis.

UPCOMING EVENTS

<p>Sat – Mar 5</p> <p>Located South East of Orlando. Go 2 miles south of the SR 528 (BeeLine Expressway) on SR 15. Turn east on Moss Park Road. It is 3 miles to park entrance. Entry Fee: \$1/PERSON</p>	<p>Moss Park/ Split Oak Forest Courses: W-Y-O-Br-G-R</p>	<p>Updated Re-field Checked Map! EC/CS: Joe Maliszewski</p>
<p>Sat – Apr 2</p> <p>From I-4 take exit 103, SR 46 west. After crossing Wekiwa River, look for the entrance to the preserve on south side of SR 46. There will be a large fence along the south side of the road. Entry Fee: \$2/CAR - honor system</p>	<p>Rock Springs Run State Preserve Florida 2004/2005 Interscholastic JROTC Championships Course: W-Y-O-Br-G-R EC:VOLUNTEER NEEDED CS: Bob Putnam</p>	
<p>Sat – May 7</p> <p>Take I-4 exit 103 (SR 46). Go west for 7 miles. Turn right at light onto 46A (north), 5 miles to SR 44. Turn left on 44 (west) and go 4 miles to CR 439. Turn right on 439 (north) all the way to CR 42 (8 miles). Turn right on 42 (east) to Paisley. Turn left (north) onto Rancho Road. After 1/2 mile it turns into Forest Road 538 (dirt road). Continue north on 538 to the Power Lines. Entry Fee: None</p>	<p>Shockley Ranch, ONF, Ocala Course: W-Y-O-Br-G-R</p>	<p>EC: Ray Bruneau CS: Bob Putnam</p>

All dates are tentative. Please check hotline (407) 672-7070 or Web Site <<http://www.floridaorienteing.org/>>

All starts are from 10 AM until 1 PM, unless otherwise noted – RAIN OR SHINE

Pre-registration and membership not required, unless otherwise noted – events are open to ALL

HAS YOUR MEMBERSHIP EXPIRED? Check the expiration date on your mailing label.
IF YOU ARE NOT A MEMBER, JOIN NOW - DON'T MISS AN ISSUE!



FIRST CLASS MAIL

THE FLORIDA ORIENTEER
c/o Manlu Dempsey
655 Little Wekiwa Road
Altamonte Springs, FL 32714