



Notes from the Briar Patch

A newsletter of the
Delaware Valley
Orienteering Association

Janus, the Roman god of beginnings, has two faces: one to look forward and one to look back. (That's thought to be the source for the name for the first month of the year, January.)



As DVOA approaches its 50th anniversary, I'd like to emulate Janus.

LOOKING BACK, WA-A-AY BACK

There's a lot to look back on. DVOA held the first civilian orienteering event at Valley Forge State Park (as it was known at the time) on November 5, 1967. The first map was a black-and-white USGS topographic map.

Orienteering—and DVOA—has come a long way since then.

We now have five-color maps that we print on demand as needed.

Thanks to one of our founders, Caroline Ringo, long-time club secretary and archivist, we have a substantial record of our history. The Franks took her scrapbooks to the recent North American event, and Canadians found in those archives copies of all of the first courses held in Canada... copies they did not have.

At the first event, people wrote down the two-digit alpha code they saw on the control locations and handed this to the event organizer. We eventually moved on to the famous pink cards, a grid printed on card stock, with orienteers using pin punches to prove they found the correct control. For our national-level or A events, we used Tyvek stock, which was slightly more robust, but I remember one such event at Valley Forge when skies opened with a deluge. With the added delight of heavy gusts of wind, the pop-up tent at the finish area collapsed.

Four of us on the results crew sat in my car. The finish crew would hand in the Tyvek result card, some bloody, some muddy, all wet. To verify that people did indeed find the correct control, we had to hold up the card to the light and try to identify the punch pattern in the grid and match it to our master list. After that, we'd hand the card to someone else to enter the start and finish times manually into a laptop computer balanced on their knees to calculate the elapsed time.

We've come a long way since that event, too, with the advent of electronic or e-punching. No more pink cards, no more calculating elapsed time. The early e-punch boxes had a few glitches, which is why we continue to hang pin punches on the control flags for insurance. Luckily, we haven't had to rely on that insurance too often.

A fair number of participants utilize GPS devices to track their time and their routes.

While the technology may have changed a great deal over the years, a few key concepts have not changed.

- The events really start with a course setter who is interested in creating a challenge for people of all orienteering abilities, from newbies to elite competitors.
- Being successful on the course means being able to read the map and relate it (orient it) to what is going on in the landscape around you.
- The majority of our events offer, at one place, something for people of all orienteering abilities. (When is the last time you went to a softball game that could say the same?)
- No matter how much technology we use, it still takes people to put on events and run the club.
- We are volunteer powered. You, our members, are our greatest strength.

WHAT WAS LIFE LIKE IN 1967?

Average cost of new house:	\$14,250
Average income:	\$7,300
Average monthly rent:	\$125
Federal Minimum Wage:	\$1.40/hour
Movie tickets:	\$1.25
Vitamin D milk:	\$1.15/gallon
Fresh baked bread:	\$.22/loaf
Cost of gas per gallon:	\$.33
US Postage stamp:	\$.05
Dow Jones Industrial Average closed the year at 905	

NASA launched the Lunar Orbiter 3.

The Six Day War took place.

A model named Twiggy was a fashion sensation in England.

Movie hits included *The Graduate*, *Bonnie and Clyde*, and *Cool Hand Luke*.

Color televisions grew in popularity.

TV shows included *The Fugitive* and *The Monkees*

The *Monkees* sold more records than The Beatles and Rolling Stones combined.

The Beatles released *Sgt. Pepper's Lonely Hearts Club Band*.

The first hand-held calculator was invented.

Superbowl I Champs: Green Bay Packers

NBA Basketball Champions: Philadelphia 76ers

SE Hilton (aged 15) wrote *The Outsiders*.

The first woman to run the Boston Marathon, Katherine Switzer, was chased down by organizers who hadn't realized at the start that she was a woman.

LOOKING BACK AT 2016

RECAP OF EVENTS

We had 28 events on the DVOA calendar. In addition to the usual complement of events that provided Beginner through Advanced (White to Blue) courses, here are some highlights:

- Winter meeting Jan. 30: a chance for members of our orienteering family to share food, memories of the past year, and plans for the new year
- President's Cup: No-Flag Score-O, an event at Springton Manor County Park that was delayed several weeks due to snow on ground (Remember the blizzard of '16, which delivered 18-24 inches of snow?)
- Mid Atlantic Scout Orienteering Championship (MASOC) #28 (see separate article)
- Rogaine at the Pocono Environmental Education Center, organized by Sandy Fillebrown
- Vice President's Cup at Crows Nest Preserve, French Creek State Park

- French Creek North forked course by Sam Kolins: The courses focused on route choice. At many points in the intermediate and advanced courses there was a fork with two choices of which control to visit. (There could be two different control 3's on the map but participants only needed to go to one of the two). There were standard white and yellow courses, an intermediate-level forked course, and four advanced-level forked courses (brown-Y, green-Y, red-Y, and blue-Y below).
- Star Village Score-O: Yes, you can put a bunch of controls in the woods; it's called Score-O. A good option for the warm summer months, when participants can determine how much or little time they want to spend in the woods without having to opt for DNF if they want to finish before the end of a traditional course.
- Hickory Run: 28th offering of training weekend for newbies as well as people wanting to improve their skills. We offer the opportunity for people to stay in Camp Daddy Allen, which provides rustic cabins; five meals; a full day of training in beginner, intermediate or advanced skills; two events: a night orienteering and a full complement of courses on Sunday where people can try out their new skills. (See separate article)
- Annual fall ROTC/Scout event: this event seems to have a black cloud following it around: freak early snow storm five years ago, Hurricane Sandy four years ago, and a major issue with the park originally scheduled as host site this year. And yet throughout those adventures the event has grown from 250 to 500 in annual attendance. However, thanks to intrepid permissions guru Mary Frank who found a new park (and parking) only minutes away in a day and event director/course setter Bob Burg, who scrambled to create a new set of courses (while completing needed map revisions) in three days, 492 orienteers on 236 maps had an exceptional orienteering experience. To quote Bob Burg: "Whew!"
- Tyler Arboretum: A chance to revisit the site of the 2015 A event, which found the grounds under a blanket of snow. Blustery winds and a few snow flurries at this year's event did not seem to deter orienteers. The walk to the start and from the finish gave participants a chance to enjoy many features of the arboretum, including a number of tree houses.

LOOKING FORWARD: 2017

Members of DVOA met on Saturday, Oct. 29, at the Myrick Center to brainstorm ideas to celebrate 2017 as the 50th anniversary of civilian orienteering in the United States in general and the Delaware Valley in particular.

First decision: To observe the calendar year as the anniversary year rather than 365 days in advance of that first event, which was held Nov. 5, 1967, at Valley Forge State Park. (Editor's note: the name of the park is not an error; VF was indeed a state park at the time. More on this event in the next edition of the Briar Patch.)

A few of the ideas that came out of that session include:

EVENTS:

- Retro O
- Score-O with 50 controls
- Event with all controls numbered 50 (you need to read the control description to make sure you've found the control you're seeking)
- Re-creating the first event at Valley Forge. *Due to a current management directive at the park, we are not able to engage in a traditional orienteering event, but we are exploring with park management other ways to commemorate the event in the park.*
- Explore alternative events.
 - Eric Eddy is planning a mountain trail bike event (see page 6)
 - Nate O is planning a spring/summer sprint series to be held Thursday evenings

MARKETING/OUTREACH

- Re-establish the club's newsletter
- Hold a special event for National Orienteering Day in September. The Hickory Run training weekend has been our traditional NOD event.
- Incentives for participating in a minimum number of events (to encourage people to get to more orienteering)

SERVICE PROJECTS

- Trail maintenance at one or more of the parks we use on a regular basis
- Tree planting at one or more of the parks we use on a regular basis
- New permanent orienteering course at Core Creek or Tyler

SOCIAL EVENTS

- Hold a dinner/banquet separate from an orienteering events

TRAINING

- Provide training opportunities for event directors, course setters, field checkers, Condes users

If you are interested in helping with any of these ideas or have a few of your own to suggest, please reach out to the DVOA officers at info@dvoa.org

CALLED UP TO THE START LINE

Ron Wood, one of our regular A-event start crew leaders, heard the plea for helpers from the North American Championship event organizers and suggested DVOA step up to the line—the start line. Literally.

When Peter Goodwin asked for volunteer helpers for the 2016 NAOC in the 2014 March/April edition of *Orienteering North America*, I saw the perfect opportunity for DVOA to show our prowess. After polling members of our usual "Start Crew" and receiving permission from the DVOA board, I contacted Peter and informed him DVOA was willing to run all of the starts for the three-day meet in Hanover, NH. After a short discussion with the meet execs, he gladly informed me they had accepted our offer.

As expected, the starts were run with little or no problems. I heard of no complaints. Valerie Meyer, who was in charge of the results (as well as registration), told me she was most pleased in getting the start boxes and sheets to her promptly following the last starter. It should also be noted, some members of the start crew even stayed and helped set up the relay venue on Sunday afternoon.

For our efforts, DVOA received a \$300 donation from the meet proceeds. It was a reward for a job well done.

The DVOA start crew included:

Mary and Mark Frank
 Andrea and Roger Hartley
 Petr Hartman
 Francis Hogle
 Hugh MacMullan III
 Bob Meyer
 Ed Niemann
 Tom Overbaugh
 Janet and Denny Porter
 Tim Walsh
 Rob Wilkison
 Phylis and Ron Wood

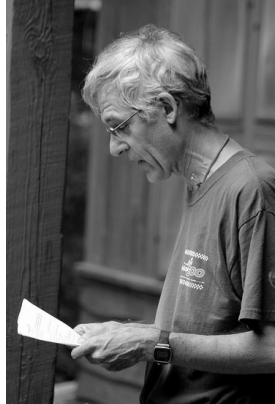
HICKORY RUN TRAINING WEEKEND AT 25

This article appeared on the DVOA message board, but it bears repeating here.

FROM NANCY SHARP, DVOA PRESIDENT

A big shout-out to all the folks who helped to make the 25th training weekend at Hickory Run State Park a success!

Thanks to Fred Kruesi, registrar extraordinaire as well as unofficial event director for the whole weekend. After 20 years, Fred is stepping down. Ralph Tolbert has agreed to step into the registrar role, but not necessarily all the roles that Fred has done for this event.



Thanks to Steve Aronson and Sharon Siegler, chief cooks and bottlewashers who have managed, after 12 years of KP, to make feeding 150+ people look effortless. Steve and Sharon, too, have decided it's time to step aside and try other roles at the training weekend. (Steve has already volunteered to set courses for next year's night-O and Sunday events.) That means we need to find people to step into those roles. (Steve and Sharon have offered to serve as mentors as well as to share their menus and recipe cards.)

Thanks also to the other kitchen crewmembers. I don't know all their names, but I do know Steve Reeps has been the griddle master for longer than Steve A. and Sharon have been running the kitchen. I saw Mary Frank in the kitchen as well as a number of other folks. Dave D started before I got there Friday afternoon and was one of the last to leave the camp.

Thanks to the training crew: Janet Porter, for organizing them; Donna Terefenko, Julie Keim and Anne Fitch helping beginners get off on the right foot; Tom Overbaugh, Ed Scott, Bob Gross, Bob Meyers and Denny Porter for working with the intermediate level; and Corinne Mayland, Clem McGrath and Sam Kolins for helping the advanced runners improve their skills.

Thanks to John Gillette for running e-punch registration both Saturday night and Sunday morning.

Thanks to Bob Fink for checking out the cabins before the ranger did at the end of the weekend; it helped make that process easier.

Thanks to Roger Hartley and Bob Meyers for running beginner starts on Sunday and to Mary for staffing the supposedly self-starting starts for the advanced courses.

Thanks to Petr Hartman, Rob Wilkison, Kathy Moss, and Diane Reider for helping with control pick-up on Sunday.

Thanks to Denny Porter for getting the lights on in the dining hall and for lighting up starts at the night-O.

Thanks, last but not least, to Nate O for setting courses for the Saturday night-O and regular round of Sunday courses.

As you can see, it takes a good number of good people to make a good event.

FROM STEVE ARONSON

Everything Nancy said was spot on. What she was too modest to say was that she and Ralph showed up Friday afternoon and either shadowed Fred, or overruled the program so that they could effortlessly keep the show running next year.

I must confess that the kitchen has been very nice to me for the last 12 years. I have managed to develop a wonderful kitchen crew that I consider some of my best friends. I never considered myself to be a cook, but I can follow instructions. Jack Williams gave me a great set of instructions, and as Nancy stated, I would be happy to pass them on to you. Yes, the job is large, and the planning starts in July or earlier. I have been using club funds to purchase quite a bit of equipment, and the system works (although there is always room for personalization and tweaking).

This year's crew was a mix of regulars and newbies, some of which I only remember first names. Sharon managed the cold food side of the kitchen and was my quartermaster. Steve Reeps is the best grill man around. Dave was there early and late everyday. Both of them went above and beyond. Jean and Caroline showed up early Friday and prepped salads galore (Jean supplied me with the Shepard's pie recipe and inspiration). Gina, Sergei, Alexie, Mary, and Shawna spent the afternoon cooking, cleaning serving and anything else I asked for. Late night KP was performed by some draftees, including the West Point Cadets, the Fork Union cadets, Kirsten and her dad. Finally, on Sunday an anonymous family showed up and washed the final set of dishes.

Thank you one and all. It takes a village to do a training weekend, and you all do it well.

MASOC: MID-ATLANTIC SCOUT ORIENTEERING CHAMPIONSHIPS

The Mid Atlantic Scout Orienteering Championship (MASOC) began as a concept expressed to Ed Scott by Mark Frank of DVOA some time during the winter of 1986-1987.

Quantico Orienteering Club had a successful annual event for the Baltimore Area Council, and DVOA wanted to provide a similar experience for the scout troops in the Delaware Valley area. That spring, with the help of Dennis Runyan of the Frontier District of Hawk Mountain Scout Council, a modest event was held near the boat docks at Hopewell Lake involving a handful of local Troops. Based on that event Mark and Ed felt that, with enough advance publicity, they could attract more local troops.

In May of 1989 the first Mid Atlantic Scout Orienteering Championship was held using the DVOA French Creek West map. They were amazed to have 368 participants. Plans began immediately to make this into a yearly event. Since that event, they have averaged over 600 participants a year.



Ed Scott continues in his role as registrar. Course setter for MASOC 2016 and the DVOA event on Sunday was Mark Frank.

NOTE FROM ED SCOTT

ON THIS YEAR'S EVENT: #28

The 2016 event drew 470 participants, with more than half of them on one of two White (beginner) courses.

The winning Boy Scout time on the Orange course would have won in the full slate of courses held on Sunday. We used e-punch equipment for the first time for the regular leaders course and on the Orange and Brown courses. The process needs to be refined for team scoring, but all in all it was a success.

Thanks to all our volunteers. MASOC requires a lot of preparation and day-of-event workers, but introducing this many young men and women to Orienteering in a single day is worth the effort.

To avoid confusion we have scheduled the event the first Saturday in May. Many troops plan their year at summer camp, so the date does need to be known well in advance. In some years (such as 2016), that weekend is Mother's Day. This was one of those years, which may have been one of the contributing factors to a turnout that was below average, and Mothers Day could have an effect on attendance. Our Mothers Day Weekend MASOC events were in 1994 (438 attending), 2005 (753 attending), 2011 (461 Attending) and 2016 (470 Attending). Our over all average attendance is 606, and our Mothers Day weekend average is 530.

I suspect the weather forecast for the weekend (heavy rain) had as large an effect as the date. Although most troops that had pre-registered came, many were missing a number of their registered teams.

DVOA LEADERSHIP

President: Nancy Sharp

Vice President: Erik Eddy

Treasurer: John Ort

Secretary: Mary Frank

Directors: Elected for five-year term; shown with ending date

Dave Urban, 2017

Ron Bortz, 2018

Robert Hesketh, 2019

Roger Hartley, 2020

John Gillette, 2021

ORIENTEER IN TRAINING



MOUNTAIN BIKE ORIENTEERING (MTB-O) REFLECTIONS

By Erik Eddy, DVOA Vice President

THE INSPIRATION:

Mountain biking is a wonderful activity that I find parallels some of the same experiences I find in orienteering. It is an athletic activity that has a skill component (getting over technical terrain), which engages the participant as they get a good workout. It is also a sport in which you can always improve both mentally and physically, like orienteering. Mountain biking is great cross training for orienteering as it works similar muscles used in hilly and off-trail running.

So why not combine the two sports?

On Easter Saturday in 2016 I course set in Birdsboro Preserve (the "Hay Creek" map) and included two mountain bike orienteering courses. I was inspired by a MTB-O event organized by QOC over Labor Day weekend in 2015 and a GOALS adventure race in which I had participated the previous year. I considered this event a test run and advertised it more to the orienteering and adventure racing communities instead of more wide scale such as mountain bike racers.

HOW DOES MTB-O WORK?

THE MAP

The map is simplified of off-trail features and increased in complexity for trail conditions. I was able to convert the DVOA map to MTB-O standards using OCAD rather quickly by swapping vegetation symbols, eliminated many point features, and using the MTB-O trail symbols. Simply, wider trail symbols mean wider trail and more spaced out and shorter dashes represent tougher trails to travel. There is some fieldwork and judgment in assessing whether the trail fits one of the four ride-ability characteristics and trail width. Just a few pleasant rides assessing the trail conditions allowed me to have a workable map.

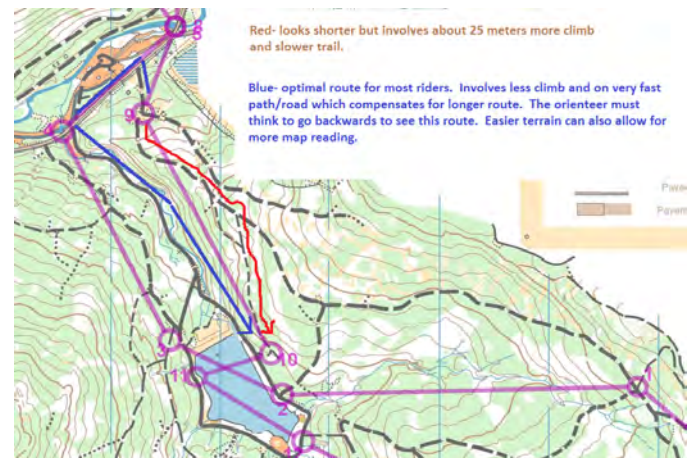
EQUIPMENT

Mountain bike orienteering requires a mountain bike, as a hybrid will usually not be able to handle the terrain. I would consider front suspension to be a must, and a hard-tails version will work just fine, especially at venues like Birdsboro Preserve. A thumb compass can still work well for MTB-O, but some prefer a wrist compass (like a watch); however, a compass is not totally necessary and could just stay in your pocket. The biggest piece of equipment is a

way to carry the map. A map case hung around your neck can work, but I have found the AutoPilot map boards on the OUSA website to work great. (I bet some of you can make a good homemade one).

THE SKILLS

Orienteering is generally a sport of navigation at speed. Mountain Bike Orienteering provides a challenge of reading the map at very high speed such that you do not miss turns or slow down too much to decide which way to turn. The main difference to adventure racing (besides the map characteristics) is that all the controls are on the trail and you are not allowed to travel off-trail (some variations allow "bike carry"). On paper, it looks like a simple white course, but the skill required to read the map while riding combined with interesting route choices adds the challenge. For example:



2017

The Hay Creek event in March 2016 had 20 orienteers participate, including some new names and out-of-town travelers. Considering there was a local Adventure Race that same weekend, I was pleased with the turnout. I hope to set another course at Birdsboro Preserve in 2017, and would like to expand to other parks that have good terrain. If you would like to get involved in course setting MTB-O in DVOA or just want to express your interest in participating, please contact me at erikreddy@gmail.com.

HELP WANTED

The club is looking for someone to take on the role of club archivist, someone who lives to scrapbook.

If you're interested, please contact club secretary Mary Frank.

DVOA'S SECOND-MOST-VALUABLE ASSETS: THE MAPS

Volunteers are the club's most valuable asset; a close second are the maps we use to hold orienteering events. Over 50 years we've created quite a few: more than 80. The "Perm" column indicates the presence of a permanent orienteering course. P-DM means a downloadable map exists; P-LA means the course has limited access because it is located on private property. We refer you to the club's web site for more information on those courses.

Map Name	State	Perm
Adams Creek	PA	
Andorra section of Fairmount Park	PA	
Batsto	NJ	
Brandywine Creek State Park	DE	P
Camp Delmont-Musser BSA Reservation	PA	
Camp Horseshoe BSA Reservation	PA	P
Camp Mack BSA Reservation	PA	
City of Reading Park	PA	
Coatesville Area School District North	PA	
Colliers Mills Wildlife Mgmt Area	NJ	
Core Creek Park	PA	P
Daniel Boone Homestead	PA	P-DM
Egypt Mills	PA	
Elk Neck State Park	MD	
Evansburg	PA	P-DM
Fair Hill - Big Elk Chapel	MD	
Fair Hill - Strawbridge Fields	MD	
Fair Hill (1:15,000)	MD	
Fair Hill Little Egypt	MD	
Fair Hill Mason-Dixon	MD	
Fort Washington	PA	
Four Mile Circle, Brendon Byrne State Forest	NJ	
French Creek - Crows Nest Preserve	PA	
French Creek State Park Baptism Creek	PA	
French Creek State Park Central	PA	P-DM
French Creek State Park East	PA	
French Creek State Park North	PA	
French Creek State Park Shed Road	PA	
French Creek State Park West	PA	
Governor Dick	PA	P-DM
Green Lane	PA	
Green Lane Nature Center	PA	
Hampden Park - Reading High School	PA	
Hawk Mountain Scout Reservation	PA	P-LA
Hay Creek	PA	
Hibernia County Park	PA	P-DM
Hickory Run Daddy Allen	PA	
Hickory Run Sand Spring	PA	
Hickory Run Shades of Death	PA	
Hickory Run State Park	PA	P
Illicks Mill	PA	

Independence School (DE)	PA	
Iron Hill Park	DE	
Lehigh University	PA	
Lemon Hill	PA	
Locust Lake	PA	P-DM
Lower Perkiomen / J.J. Audubon	PA	
Monocacy Park	PA	
Mt Penn - Antietam	PA	
Mt Penn - Pagoda	PA	
Mt Penn - Egelmans, Mineral Spring, Pendora	PA	
Myrick Center (BVA)	PA	
Nockamixon State Park	PA	
Nolde Forest	PA	
Norristown Farm Park	PA	
Norristown State Hospital	PA	
Northwestern Lehigh (school)	PA	
Nottingham County Park	PA	P-P
Owen J Roberts (school)	PA	
Pakim Pond, Brendan Byrne State Forest	NJ	
Pocono Environmental Education Center	PA	P
Quail Hill Scout Camp	NJ	P-LA
Resica BSA Camp	PA	
Ridley Creek State Park	PA	P
Rodney Scout Reservation	MD	
Rutgers Environmental Preserve	NJ	
Schuylkill Center for Environmental Education	PA	P-DM
Spackman Creek	PA	
Springton Manor	PA	
Star Village	PA	
Steel Stacks	PA	
Stuckey Pond	PA	
Susquehanna State Park	MD	
Tyler Arboretum	PA	
Tyler State Park	PA	
Valley Forge National Historical Park, Fatlands	PA	
Valley Forge National Historical Park, Mt Misery	PA	
Valley Forge National Historical Park, Mt. Joy	PA	
Valley Forge West	PA	
Warwick County Park	PA	
Washington Crossing State Park	NJ	
White Clay Creek	DE	
Willows & Skunk Hollow	PA	
Wilson Farm Park	PA	

TIME IS RUNNING OUT

No, the sky is not falling nor is it the end of the world as we know it. It's almost that time again: time to look for a new 2017 calendar and time to renew your DVOA membership.

What does membership in DVOA mean to you?

Reduced event fees. For one of our regular events, you save \$5 per map. Attend four or more events in a year, and you've saved the cost of your membership.

Your membership also means you get this newsletter. Granted, production of the newsletter has been a bit sporadic recently, but if you're not a member, you won't be on the list to receive it at all.

Most of all, it demonstrates your support for this sport in the Delaware Valley to the rest of the orienteering community. (We'd like to regain bragging rights as the largest orienteering club in the United States.)

A membership form is included with this mailing.

Please return at your earliest convenience. Or if you prefer to do join/renew online, go to www.dvoa.org, click on Club Info/Join DVOA! We use PayPal so there's no need for the club to collect or save your credit card information. (You don't need a PayPal account to utilize the service.)

Register Between	Individual	Family	Expires
Jan 1 and Jun 30	\$16	\$26	Dec 31 This Year
Jul 1 and Nov 15	\$24	\$34	Dec 31 Next Year
Nov 16 and Dec 31	\$16	\$26	Dec 31 Next Year

WINTER MEETING

Date: Saturday, January 21, 2017

Place: Zion Lutheran Church

39 Bonnie Brae Rd, Spring City

@ Intersection with Rt. 724

Time: To be announced; check DVOA website

Events: Fellowship! Time together when we're not busy at event

Afternoon information sessions; specific topics to be announced on website

Pot-luck supper – bring your choice of appetizer, main dish, side dish, dessert

Meeting to share info about club's activities

Election of new director; Dave Urban's five-year terms ends. (Thank you, Dave, for your service.)

PRESIDENT'S CUP EVENT

Date: Sunday, January 22, 2017

Place: Still working out the details; check the DVOA website for details

Time: One-hour start window 11 a.m. to 12 noon
50-minute time limit

Format: Sprint-50

50 controls (or as many as you can or want to attempt) in 50 minutes

NOTE: In event of tricky winter weather conditions, either or both event may be postponed. Please check the DVOA website.



14 Lake Dr
Spring City, PA 19475

First-class Mail
Forwarding Service Requested