

BEARING 315

CASCADE ORIENTEERING CLUB
APRIL/MAY NEWSLETTER 1980

President	
Dave Enger	455-5320, 789-4137
Vice-President	
Charlie Bock	641-4791
Secretary	
Lorrie O'Brien	746-4573
Treasurer	
Jean Hendrickson	772-1241
Events	
Len Englund	746-3822
Publicity	
Tony Paulson	784-4649
Membership	
Mike Schuh	783-3960
Mapping	
Goren Larsson	938-2058
Training	
Gary & Debbie McDonald	823-9337

MEMBERSHIP

The CASCADE ORIENTEERING CLUB is now in its fourth year and continues to grow. If you would like to join in the fun and learn this sport, we would be happy to have you as a member. Fill in the membership blanks below and send with the yearly dues to:

Cascade Orienteering Club
P.O. Box 3572
Bellevue, Wa. 98009

Dues: Family \$8.00
Individual \$5.00
Associate \$4.00 (under 18 yrs.)

Name: _____

Address: _____

Phone: _____

PLEASE NOTE...RED ASTERISK

If your name sticker on the front of the newsletter has a red asterisk next to it, then our records indicate that you have not paid your 1980 dues and this is the last newsletter you will be receiving until dues are paid.

A Message from the president...

1980 is becoming the year during which the Cascade Orienteering Club grows into full bloom. Our meets this year have been the most well-attended in the Club's history. Important factors are better publicity, new areas close to town, detailed multi-color maps, and most importantly a larger group of enthusiastic people, including our friends from Sweden. The Club is also gaining a firmer financial footing, and will be able to afford more multi-color maps, an expanded newsletter, and more controls, punches and rental compasses.

We are working hard with Eddie Bauer, Inc. on the events to be held in May. We will need at least a dozen people to help with registration, training, timing and checking at the BIG Seward Park meet on May 31. If you would like to help, please contact me.

I encourage all of you to invite your friends and relations to our orienteering meets...See you there!

Dave Enger

COMING EVENTS

Saturday Carkeek Park Meet
April 19

Saturday, April 19 Carkeek Park Meet
Enter the park vis N.W. 110th St. at 3rd Ave. N.W. in Seattle. Join us anytime between 10:00 AM and 12 Noon at the picnic area overlooking Puget Sound near the end of the loop road. Carkeek Park is a new area for us. We will be using a new 1:5000, black and white, 5 meter contour map prepared by Dave Enger and Ron Martindale. Meet director, Dave Enger will set beginners', intermediate and advanced cross-country orienteering courses.

Saturday & Sunday, April 26, 27 Reno
Class A Meet
The Univ. of Nevada at Reno Orienteering Club is sponsoring a Class A national meet to be held in the Dog Valley vicinity near Reno, Nevada.

Courses will range from white to blue with men's and women's categories for many age groupings. At least six of our members will be there to represent the COC. If you are interested in joining us, contact Dave Enger soon.

Saturday, May 3 Camp Fire Girls
Action "80" Fair

Located at the King County Fairgrounds in Enumclaw from 11:00 AM to 4:00 PM The Club will set up a promotional booth, hand out club literature, and discuss orienteering with people at this family event. A simple orienteering course may be set up on the Fairgrounds.

Monday, May 5 Executive Board Meeting
The CoC Executive Board, consisting of the Club officers and coordinators, will meet at Dave Enger's (101 N 46th St., #302, in Seattle) at 7:00 PM. We will discuss the Eddie Bauer events in May and the schedule for this summer. All interested Club members are welcome.

Sunday, May 11 Fort Lewis Meet
Our first meet of the decade outside the Seattle area. It will begin about 10 AM in the southeastern area of Fort Lewis on the east side of Highway 507 about 2.5 miles north of Roy. From Seattle, take exit 127 off I-5, head east on Highway 512 for 2 miles, then exit onto Highway 7 southbound toward Mt. Rainier. After 5 miles on Highway 7, turn right onto Highway 507 and continue for 5 miles to the red/white orienteering signs indicating a left turn into the site. For those who wish to carpool, we will meet in the Seattle First Nat'l Bank parking lot on the Northeast corner of Southcenter Shopping Center at 9AM. A new 1:10,000 map of this new area is being prepared and may be printed in color. Meet director: Clayton Smith will set a variety of courses for all abilities.

FUN TREK '80 "FIND YOURSELF OUTDOORS WITH A MAP AND COMPASS"
The following events will be co-sponsored by Eddie Bauer, Inc., the Redmond based retail chain, specializing in quality outdoor recreational equipment. "Fun Trek '80" promises to be an exciting series of events.

EVENTS

Wednesday, May 14 (7-9 PM) Eddie Bauer,
Seattle Store (5th and Union)

Thursday, May 15 (7-9 PM) Eddie Bauer,
Bellevue Store (Bellevue Square)
Dave Enger and other COC members will
present an introduction to the map,
compass and the sport of orienteering.
The film "What Makes Them Run?" will
be shown, and literature will be
distributed.

Sunday, May 18 Discovery Park
Workshop/Meet

Tony Paulson will conduct a map and
compass workshop for beginners in the
visitors center meeting room (3801
West Government Way, Seattle). The
workshop will begin at 10 AM and will
be followed by hands on experience on
the novice orienteering course out-
doors. More experienced orienteers
may arrive anytime between 10 AM and
12 Noon to participate in the inter-
mediate and advanced courses, the
latter being a 90 min Score Orienteer-
ing meet. Meet Director is Mike Schuh.

Wednesday, May 21 (11:30AM-2:00PM)

Eddie Bauer, Seattle Store
Club member Bo Powell will show the
film "What Makes Them Run?" and dis-
cuss orienteering with the lunchtime
crowd.

Wednesday, May 28 (7-9 PM) Eddie Bauer
Seattle Store

Thursday, May 29 (7-9PM) Eddie Bauer,
Bellevue Store
COC Members will present a more de-
tailed discussion of the map and com-
pass and orienteering around the
world. Included will be internat'l

map colors and symbols. A short film "The
Invisible Force of Direction" will be shown.

Saturday, May 31 Fun Trek '80 Seward Park
This is the Big Event - the culmina-
tion of the COC-Eddie Bauer Fun Trek
'80 effort. We will have white, yellow
orange and red courses, with recrea-
tional and competitive categories for
each course. The start will be in the
picnic area at the top of the hill in
Seward Park. The Park is on the south
portion of Lake Washington in Seattle.
Metro buslines #31 and #39 service it.
People may begin anytime between 10AM
and 3 PM. Courses will close at 5 PM.

Pre-registration for non-COC members
will occur at the Eddie Bauer Seattle
Store and Bellevue Store, or may be
mailed to the Club. A non-member fee
of \$3.00 will be charged, with members
being charged \$2.00, and registration
will also be held at the meet on May 31.
Each participant who successfully com-
pletes a course will receive a certifi-
cate. Eddie Bauer will also award more
than two dozen gift bonds to the top
finishers in all categories, up to a
total value of about \$700.00. The top
prize, for the winner of the red course,
in the competitive category, will be
a gift bond for about \$60.00. The
prizes will also include compasses from
the Silva Co.

We will be using a new, very detailed
1:5000, four color, 2.5 meter contour
orienteering map of Seward Park
being prepared by Charlie Bock. Charlie
and Goran Larsson will design the
courses, and Dave Enger will be the
Meet Director.

Cascade
Orienteering
Club
P.O. BOX 3572
BELLEVUE, WASHINGTON 98009

♂ CASCAD
Orienteering
CLUB NEW\$

EVENT RESULTS

ST. EDWARDS STATE PARK March 8, 1980
Meet directors: Gary & Debra Mac Donald

ST. EDWARDS STATE PARK MARCH 8, 1980
Directors: Gary & Debra MacDonald
Advanced (RED) Course
11 controls, 3.3 km. hr/min/sec/

Goran Larsson	:41:00
Clayton Smith	:54:00
Mike Hawley	1:01:30
Mike Schuh	1:07:00
Berith Larsson	1:14:00
Dave Enger	1:17:00
Richard Lacy	1:30:00
Tony Paulson	1:33:30
James Bratt	1:34:30
David Larson	1:37:30
Bob Tunnell	1:44:00
Mike Koenig	1:59:30
Hilary Anderson	2:04:00
G.S. & Savitri Khalsa	2:12:15
Bob Hale-Harbaugh	2:13:00
Willard Sperry	2:53:30

Intermediate (YELLOW) Course
8 controls, 2.4 km.

Susan Hamilton	1:08:30
Elizabeth Tibbals	1:11:45
Robert Evans & Barb Alves	1:23:30
Anne York & Harvey Fredman	1:23:30
Corrie Fielder	1:26:15
Carroll Johnson	1:31:45
S.M. Gardner	1:37:00
Addie Graaff	1:43:30
Betty Wiberg	1:44:30
Dorothy Moushegian-Smith	1:57:00
Bob & Jean Hendrickson	2:10:30
Liz Yates & Dan Troy	2:26:30
John Wishart	2:38:00
Sharon Weispfenning	DNF

Novice (WHITE) Course
8 controls, 1.7 km.

hr/min/sec

Robert Evans & Barb Alves	:34:00
Gary Ostlund	:43:00
Les, Arlyn, David & June Kerr	:43:00
Harvey Fredman, Anne York	:46:00
Julie Hale-Harbaugh	:46:00
Ruth & Karen DeHart	1:03:45
Gail McChesney	1:03:45
Judith Christner & Rick Koppes	1:07:00
Janet Hammes	1:18:00
Dorothy Bellin	1:18:00
Howard Barkhoff	1:27:00

Ski Orienteering Meet-Stampede Pass
Trollhaugen Lodge March 15, 1980
Meet Directors: Einar Storakers and
Dave Enger

Advanced (RED) Course
5 controls, 5 km.

Dave Enger	1:33:00
Richard Lacy	2:24:00
Carol Johnson	DNF

Beginners (WHITE) Course
3 controls, 2.0 km.

no entries

WOODLAND PARK March 23, 1980
Meet Directors: Tony Paulson and
Bob Hale-Harbaugh

Beginners (WHITE) Course
6 controls

Judith Conneth	:24:15
Suzanne Sandmeyer	:24:15
W. Conneth	:27:50
J. Behrens	:27:50
David Ostlund	:28:45
Ron Martindale	:33:30
Bob & Patty Tunnell	:33:45
Jennifer Bock	:52:00
Bill Denis	:55:00
Delbert Dodge	:55:00
Halley Bock	1:11:45
Brenda Hughes	DNF
Satkartar Khalsa	DNF

Line Orienteering Course
15 controls

Charlie Bock	:32:15
Clayton Smith	:33:30
Dave Enger	:48:00
Liz Skoglund	:49:00
Conneth & Behrens	:56:30
Judith Conneth	1:07:30
Elizabeth Tibbals	1:25:00
Darlene Kibbee	1:36:00
Susan Hamilton	1:44:15
Gary & Debra MacDonald	1:44:15
Jean & Bob Hendrickson	2:36:15
Pat Malloy	DNF

Intermediate (YELLOW) Course*

*Five controls were missing either
all or some of the time, thus no
times will be reported...only the
order of finishing

Gary Ostlund
Pat Malloy
Larson Family
Harvey Fredman
Anne York
Liv Skoglund
Judith Conneth
Suzanne Sandmeyers
Joanna Behens
Will Conneth
Glenn England
Eric England
Bill Dennis
Delbert Dodge
Mehey J. Reynolds
Janice Reynolds
David Ostlund
