

# BEARING 315

Newsletter of the Cascade Orienteering Club



JANUARY/FEBRUARY 1982





# Cascade Orienteering Club

BEARING 315

PRESIDENT  
VICE PRESIDENT  
SECRETARY  
TREASURER  
MEMBERSHIP  
EVENT PUBLICITY  
TRAINING  
MAPPING  
NEWSLETTER

Dave Enger 455-5320(W), 789-4137  
Susan Hamilton 322-2850  
Jean Hendrickson 772-1241  
Mike Schuh 783-3960  
Carol Johnson 632-6682  
Harvey Friedman 524-3337  
Debbie Newell 824-7250  
Clayton Smith 1-474-5675

## from the President

1981 was a year of continued growth for the Cascade Orienteering Club. We produced five new 5-color maps, including Cle Elum Ridge, our first top quality map made from an O' base map. The Woodland Park map enjoyed a second printing, and a couple of black and white maps also were produced. Besides PNWOF '81, which was our first two-day meet and our first class A, 25 other meets were held, mostly in city parks. Attendance was generally good. All of this required many meetings and a lot of work by many people. Probably our greatest accomplishment was the involvement of these people and the experience they gained.

Unfortunately, our membership increased only slightly, to about 130. Perhaps COC has reached its optimum size. A priority for the future will be to establish other clubs, both locally and regionally, in order to involve more people in the sport. During 1981 relations were formed with clubs in eastern Washington, Oregon, Idaho, and good relations were maintained with OABC. A regional organization was conceived. PNWOF '81 gained national publicity as COC became more active with USOF. More international ties were formed during the visits of foreigners from several countries, culminating with Peo Bengtsson's World Orienteering Tour stop in Seattle just recently.

I would like to thank the Executive Board members for their work during 1981, all of which, of course, was donated for the good of orienteering. For me, the past two years as president have been a busy and exciting period of growth with the sport. I am looking forward to actively supporting the new 1982 administration. I personally will continue to be heavily involved in mapping projects, some events, discussions with potential sponsors, and other promotion. Orienteering offers tremendous variety and potential for people with many interests!

*Dave Enger*

COVER PHOTO: 'Over the log and thru the woods at Crystal Springs we go...' Jessica Rykken (l) and Anne York (r) take off for the first control on course set at Crystal Springs. Photo by Mike Schuh.

## World O Tour Meet

Despite chilling winds and heavy rains (for Seattle) 30 local orienteers gathered at Woodland Park's north shelter on January 17th to participate in a relay with members of the current World Tour entourage. Though billed as a "fun" event to boost local interest in orienteering and give folks a chance to meet, the event gave me sufficient grounds for an attack of nerves. But later for that.

The first obstacle I had to tackle was how to keep warm. I tried jumping up and down. Unfortunately my body did it too efficiently. Despite long underwear, 2 shirts, a sweater, down vest, raincoat, gloves, hat, etc. all it did was unsettle my stomach. So I got my mind off the cold. I knew a few of the people there, fellow graduates of Mike Schuh's recent orienteering class. We carried on a lively conversation about the relative merits of the members of the world tour. We stuck to basic issues like Where are they? Are they through Customs yet? Does anyone know if they've left the airport?

As the conversation trailed off, the sound of clinking horseshoes caught my attention. Not 30 feet from where I stood was the biggest horseshoe playing facility I've ever saw, and ever single pair of stakes was taken by a pair of horseshoe throwers. Could horseshoes be a bigger sport than orienteering in Seattle? When you stop to think about it, fifty horseshoe players out in such inclement weather was really quite remarkable. What's their secret, I asked myself. Sure enough, close observation brought the solution. They had appropriated part of the shelter, walled its sides, stoked up some heaters, got a barbeque going and were freely partaking of vats of hot liquids. For a moment I almost regretted my choice of sports.

But now starters for the white and yellow courses were called. Perhaps a switch from the relay to the yellow course would absolve me of my commitment and allow me to retire that much sooner to a nice hot tub. After all I am a novice (a novice is any orienteer who, when navigating for a control marker in a pit up the slope to the left, will stop and check the marker she sees over there to the right by that stump, all the while telling herself that "that just can't be it"). After some consideration I rejected the proposal. It would have been foolish to jeopardize my solidarity with my fellow classmates (They were all running the relay).

Well, the world tour members finally arrived, without fanfare. Actually I first became aware of their presence when this fellow, closeby, in sleek racing knickers, high socks and cross country style running shoes said something quite distinct but totally unintelligible to a similarly attired person next to him. I was able to pick out quite a few of the tour members and surprisingly, none of them looked tired after the red-eye from Tokyo.

Now my body began its slow psyche up for the mass start I envisioned with 20 people racing for that first control marker. With pulse rate rising and adrenalin

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# COC Annual Meeting

The nominating committee has come up with the following candidates for the 1982 Election of Club Officers. Nominations will still be accepted from the floor at the Annual Meeting. In accordance with COC's BYLAWS, election of officers can only be by ballot at the annual meeting, so make an extra effort to be present and elect the officers of your choice. Each candidate for President and Vice-President was asked by the nominating committee to provide a short statement to assist you in your decision on who to vote for. The candidates as of press time are as follows;

|                 |                                   |
|-----------------|-----------------------------------|
| PRESIDENT:      | Jean Davis<br>Harvey Friedman     |
| VICE-PRESIDENT: | Mike Schuh<br>Dan Waugh           |
| SECRETARY:      | Nancy Lewis                       |
| TREASURER:      | Jean Hendrickson<br>Susan St John |

## Jean Davis - Candidate for President

I began orienteering in 1974 and was a member of NEOC from 1974 to 1976. From 1976 to 1980 I was Vice-president of a club in North Carolina and since my move to Seattle in 1980 I have been involved with orienteering as a member of COC.

My main goals if elected as President are;

1. Develop a financial plan for the club to operate under.
- \*2. Introduce at least one new member to meet administration and course setting at each event.
3. Give each officer and coordinator support for their ideas and encourage their independent action.
4. Strengthen long range planning of events with other clubs in the region as well as develop regional activities.

## Harvey Friedman - Candidate for President

I was first introduced to orienteering by Bob Hale-Harbaugh in the spring of 1980. In fact, it took him about 6 months to convince me to go to that first meet since I always had the excuse of softball, soccer or a race of some sort. Due to the combination of my being a fair-weather orienteer and my being out of town fairly often, I only attended about 3 meets in my first 6 months. Since September 1980, I have hardly missed any, and have been meet director and/or course setter on occasion.

I have three main goals for the club and I will list them in what I think is the order of ease of accomplishment.

1. Have more opportunities for route-selection discussions after each meet - more sociability for newcomers so that they might improve quicker and want to continue attending meets.
2. Get more local publicity, increase membership, get more national publicity, eventually have enough energetic people to form several O-clubs in the area.
3. Have formal training for people interested in meet directing/course setting, precision map-reading and O-mapmaking. We need more maps for new areas, both to hold the interest of current club members and to hold more national Class A meets.

## Mike Schuh - Candidate for Vice-president

I believe the club needs to improve the way it operates. This has several facets, among them: involvement of a larger base of members in leading club activities; broader participation in club decision making by club members; and clearly understand and universally accepted goals.

Involving more members in club leadership, I feel, is the best way to promote long term club strength. And this means more than just helping out at meets or mailing the newsletter. It means accepting active responsibility for various club functions. It is somewhat ludicrous that an organization with 130 members has but a couple dozen highly active individuals. Why not everybody? There exists a large number of tasks that would be beneficial for the club to do, some short and simple, others requiring a longer commitment. If these tasks are distributed among all club members - according to their respective talents, tastes and available time - the club would benefit in three ways: First, the acceptance of responsibility will promote leadership, an ongoing need within the organization. Second, those who are now doing most of the work would be less likely to get burned out. And, of course, more of these tasks would get done.

Broader participation simply translates into a more democratic organizational structure and club members support of it. I favor a board of directors approach, with each director elected by the membership. That and a separation of board meetings, where decisions are made, from general meetings, where we show slides, discuss O' technique, and eat cookies. The board meetings must always be open to all club members.

I hope the need for well defined goals is seen by everyone - our progress is aided by a good sense of direction. Exactly what goals we have is not my immediate concern for we will develop them in the near future. It is important to me, however, that they be goals of the club, agreed upon after enthusiastic debate. To set objectives in this manner will make the role of leadership much easier and will encourage more participation in decision making: a positive way of doing things that reinforces itself.

These are the thoughts I have about my prospective role as COC vice-president. I would call upon everyone in the club - even those who live outside of western Washington - to pitch in and help in whatever manner they feel best suits them. And the key word is "everyone".

## Dan Waugh - Candidate for Vice-president

I have been involved in orienteering and a member of COC for one year now. I have been course setter and a meet director for two meets including a Class B meet. I have also been involved in field checking projects and as registration and timing for various other meets of the club through out the year.

My goals as Vice-president would be:

1. Stimulate wider interest in the sport.
2. Start orienteering for schools and other youth oriented programs.
3. Offer more "fun" events and prizes - especially to attract families to the sport.
4. Organize regular training
5. Begin serious planning for the next Class A meet.
6. Work out schedule of events a year or more in advance with several major Class B meets a year.
7. Expand the newsletter.
8. Prepare a map of the UW campus and revise the St. Edwards Park map.
9. Finish Discovery Park and Crystal Springs maps for larger meets prior to mapping any other smaller parks or terrain.



# WORLD O TOUR MEET

from page 2

flowing I began stretching and moving about in earnest. As meet officials huddled to hammer out the final details for the relay, a rising anticipation rippled through the crowd. At last, an official called all relay participants to gather round. He called off the teams, laid out the procedure for map hand-off and announced the starter for each team. Each team had three members and was required to navigate 3 courses: easy, earlier and easiest (what do you expect in Woodland Park?). I took the easiest leg for my team, Ruth Humbel from Switzerland took the easier leg for us and Ross Burgett from Vancouver took the easy leg. I later discovered that Ruth was 4th in the 1981 Women's World Orienteering Championships. Well, this was only my second orienteering meet, so I know our team had a sound balance of strengths and weaknesses. Though I suspected I wouldn't have one of the faster times I did not want to let my team down. If worst comes to worst I thought, there was always the practical though unethical technique of "following" which Mike Schuh told us about in his class.

I was the starter for my team. As I joined the other starters out in the rain I found out that only 1/3 of the starters would do the easiest leg. The meet officials had shrewdly mixed up the order in which each team would do the different legs. The odds were mounting against me. Standing there I began suffering a nerve attack. And now "Swedes" were running circles around me to warm up. "Move Joan", I screamed to myself. I stretched out a bit but my mind remained blank. Next, I recall being handed the map. I looked at the symbols on the back but couldn't recall what control features they symbolized. Luckily a fellow starter helped me out.

Suddenly someone yelled "GO!". Within a minute I was all alone. On the second control I headed for the wrong thicket. Frantically I ran to the center of the thicket. Nothing! I immediately left the thicket, spotted a control marker and ran for it while admonishing myself "That can't be it." Finally I calmed down and looked at my map. Its location now became obvious. Fortunately, the error was my only major mistake on the course.

Well, the rest is history. The rain stopped, the sun came out and Ross, running our third leg, overtook an opponent at the last control. WE WON! Now the waiting and the cold were forgotten. I wished Ruth a fond farewell and told her I hoped to see her at the next World Championship. - Joan Gramble

## WHITE 1.6 Km

|                    |       |
|--------------------|-------|
| Jeff & Anne Walkky | 44:40 |
|--------------------|-------|

## YELLOW 2.0 Km

|                        |       |
|------------------------|-------|
| 1. Nancy Lewis         | 26:30 |
| 2. Boy Scout Troop 636 | 28:15 |
| 3. Boy Scout Troop 636 | 28:40 |
| 4. Boy Scout Troop 636 | 31:08 |
| 5. G. Fleming          | 40:39 |
| 6. K. Newell           | 49:28 |
| 7. J. Shaw             | 50:18 |
| 8. Boy Scout Troop 636 | 60:10 |

Einar - Setup/Timing

Mabel Moy - Registration

Lauri Hagedorn - Registration

Michael Spilker - Storekeeping

Debbie Nicely, Nancy Lewis, Wayne Patterson all for control collection

and especially Peter Guttorp and his friend who did a heck of a job of guarding controls in spite of the adverse weather.

Thanks also to you cold others who worked toward this event....Debbie, Dan, Mike, Dave. - J. Lewis

## RELAY TEAMS

|   |       |
|---|-------|
| 1. Gamble, Burnett, Humbel              | 61:03 |
| 2. Nicely, McMillan, Martensson         | 63:00 |
| 3. Hartinger, Jacobsen, Kelly-Clarke    | 63:14 |
| 4. York, Sandven, Warner                | 65:53 |
| 5. Kish-Miller, Patterson, P. Bengtsson | 66:38 |
| 6. Golden, Payne, B. Bengtsson          | 67:45 |
| 7. Friedman, Davis, Smith               | 71:30 |
| 8. Miller, Waugh, Enger                 | 72:02 |
| Teams #3, #6, #9                        | DQ    |
| Teams #1, #12.....all members drowned ? |       |

The DQ's: A funny thing happened on the way to the finish; all three competitors running course #3 from the mass start were equally strong runners so, for most of the course they resembled a pack of wolves. Arriving at what they thought was their control #3, they apparently trusted each other to check that it was the correct control...but it wasn't. And even Little Red Riding Hood knows now not to trust a wolf. The moral of the story; always, but ALWAYS, use your control listing to be sure that you are at the proper control, And don't run with wolves! -Jeff Lewis

Notice how the "All American" teams placed. To see how each individual on the teams did, below are the results by each leg of the relay.

## RELAY - LEG 1 2.1 Km

|                   |       |
|-------------------|-------|
| 1. M. Hartinger   | 16:20 |
| 2. A. York        | 17:35 |
| 3. J. Golden      | 18:30 |
| 4. J. Gamble      | 20:59 |
| 5. H. Friedman    | 21:34 |
| 6. D. Magasich    | 21:51 |
| 7. D. Peters      | 22:02 |
| 8. B. Pederson    | 22:24 |
| 9. S. Kish-Miller | 22:36 |
| 10. D. Nicely     | 25:15 |
| 11. J. Miller     | 29:52 |

## RELAY - LEG 2 3.3 Km

|                 |       |
|-----------------|-------|
| 1. S. Sandven   | 17:51 |
| 2. R. Burnett   | 19:09 |
| 3. P. Berting   | 20:26 |
| 4. D. Jacobsen  | 21:08 |
| 5. M. McMillan  | 21:12 |
| 6. D. Waugh     | 21:31 |
| 7. W. Patterson | 22:19 |
| 8. T. Torreson  | 22:43 |
| 9. P. Kehoe     | 23:27 |
| 10. B. Payne    | 26:38 |
| 11. J. Davis    | 28:14 |

## RELAY - LEG 3 3.5 Km

|                    |       |
|--------------------|-------|
| 1. J. Martensson   | 16:33 |
| 2. D. Enger        | 20:39 |
| 3. R. Humbel       | 20:55 |
| 4. C. Smith        | 21:42 |
| 5. P. Bengtsson    | 21:43 |
| 6. B. Bengtsson    | 22:37 |
| 7. J. Kelly-Clarke | 25:46 |
| 8. C. Warner       | 30:27 |
| H. Bovim           | DQ    |
| H. Gatel           | DQ    |
| B. Volden          | DQ    |





# Schedule of upcoming events

**GENERAL INFORMATION** - Unless otherwise noted, novice (white), intermediate (yellow and/or orange), and advanced (green and/or red and/or blue) courses will be available at all COC meets. Registration and start times occur from 10:00 am until 12:00 noon unless noted otherwise. The fee is usually \$1.50 per map for COC members (show club card) and \$2.50 per map for non-members. Instruction for beginners is always available at all events. For more information and carpooling to distant meets call Dave Enger at 455-5320 (office) or write CASCADE ORIENTEERING CLUB, PO BOX 31375, Seattle, WA 98103. A limited number of compasses are available on a rental basis at registration.

**SATURDAY, FEBRUARY 6 - Lincoln Park Come-And-Try-It Meet**  
Gather at picnic area at the south end of the park, which is located along Puget Sound and Fauntleroy Way SW in Seattle. Novice and intermediate courses only, though advanced orienteers may use the event for training.

**MONDAY, FEBRUARY 8 - COC Annual Meeting**  
Beginning at 7:00 pm Stein Sandven from Norway will discuss orienteering in his homeland and his experiences with the sport. Following will be a review of 1981 activities, the 1981 financial audit, and election of officers for 1982, all concluding by 9:00 pm. Location is the Green Lake Library, 7364 E. Green Lake Drive North.

**SATURDAY, FEBRUARY 20 - Crystal Springs Ski-O Meet**  
Back by popular demand, our third annual cross-country ski-O meet promises more plentiful snow and a better map than previously. About 10 miles east of Snoqualmie Pass, take the Stampede Pass exit off I-90 (Exit 62). Meet in the parking area adjacent to the interchange at 11:00 am. Sno-Park permits are recommended. For carpooling meet at 9:30 am in the Albertson's parking lot at Eastgate just off I-90 in Bellevue. Course setters: Dave Enger and Mia Schneider.

**SATURDAY, FEBRUARY 27 - Carkeek Park Class C Meet**  
The advanced courses will be either window or memory orienteering, as decided by course setter Jean Davis. Standard white and yellow courses also. Enter the park via NW 110th Street at 3rd Avenue NW and continue down the hill to the picnic shelter overlooking Puget Sound.

**SATURDAY, MARCH 13 - WSU-PEOC Meet (near Pullman, WA)**

**SUNDAY, MARCH 21 - O Clinic at Runner's Fair**  
2nd Annual Runner's Fair at Fort Steilacoom Community College in Tacoma. 5K and 10K starts at 10:00am. Last year Jessica Rykken and Lars placed! Starting at 12:00 are a series of talks by Dr George Sheehan and Dr Joan Ulliyot, Clinics (including: Orienteering - Cunniff Running), Workshops and Exhibitors. Contact Nisqually Orienteers for more information.

**SATURDAY, MARCH 27 - COME AND TRY ORIENTEERING**  
Fort Steilacoom Park, Tacoma - Nisqually Orienteers. Novice and Intermediate courses. Advanced courses or a training course are also being considered if there is enough interest.

**SUNDAY, MARCH 28 - BAOC Class B Meet (S.F. Bay Area)**

**SAT., SUN., APRIL 3,4 - U.S. Intercollegiate Championship**  
Class A meet near St. Louis, Missouri

**SAT., SUN., APRIL 10,11 - NEOC Troll Cup Class A Meet**  
New England (Good luck Harvey and Anne!)

**MONDAY, APRIL 12 - COC Workshop and Meeting**  
Green Lake Library, 7:00 - 9:00 pm

**SATURDAY, APRIL 17 - COME AND TRY ORIENTEERING**  
Wonderwood Park, Lacey - Nisqually Orienteers

**SUNDAY, APRIL 18 - OABC Stanley Park Meet (Vancouver BC)**

**SAT., SUN., APRIL 24,25 - WSU-PEOC Class B Meet**  
Hatter Creek, near Moscow, Idaho. An area in which several of us ran last year, along with about 150 local college students and scouts. Beautiful rock formations and meadows along the main creek.

**SAT., SUN., MAY 8,9 - OSUOC Class B Meet**  
Cow Creek, near Bend, Oregon. Another area which some of visited last year. Intricate spur and reentrant systems with few man-made features.





# MEET RESULTS

## ST. EDWARDS PARK

December 27, 1981

Fifty-two registrants (about 70 participants, counting families) braved the crisp and dampish day for this "B" meet, which we hope will indeed become a holiday tradition. Ribbons and Dan's home-made pies were incentive for tackling the steep, slippery, and in places heavily overgrown terrain. After the meet, many warmed up at the Waugh's with soup, hot drinks, cheese, bread, pie, etc. The pies that winners did not claim were auctioned off, netting some \$10 for the club.

Credits and many thanks to: Jessica Ryken, timing and vetting Yellow; Nancy Jackson, timing; Mike Schuh, registration, instruction for beginners, and other chores; Bill Fritz, Jr., helping collect controls; Harvey Friedman and others, timing, packing up, transportation; Marina Waugh, soup and other food; Dave Enger, bread from Boulangerie; others for food.

Obviously the slippery conditions contributed to the long times on some courses; but our courses were probably too physical, except possibly White and Yellow. Shades of Big Basin but without the benefit of a good map! At least one control on Red was mispositioned, although curiously no one complained about that one.

For the future: St. Edward's is one of the best local parks for meets, but a new map is essential. Some 35 copies of the old one remain; it badly needs to be redrawn. Not only have there been a lot of obvious changes in things like trails, but the old map in some places gives totally inaccurate contours and in general fails to record a lot of the fine topographic detail that would enable one to set courses that would be challenging technically and not just physically. The experience of this meet suggests that the club can benefit from new kinds of prizes for meets and might well try a food sale/auction at one or two meets a year.

Dan Waugh  
Ann York

### RED 6.3 km. 16 controls

|   |        |
|---|--------|
| 1. Clayton Smith  | 121.00 |
| 2. Stein Sandven  | 126.25 |
| 3. Mike Schuh   | 133.88 |
| 4. Dave Enger   | 158.60 |
| 5. Tor Torresen   | 184.08 |
| Kim Bottles, Jim Golden, Jeff Lewis,<br>John Vraspir--DNF |        |

### GREEN 3.0 km. 9 controls (one loop of Red course)

|                    |        |
|--------------------|--------|
| 1. Debbie Newell   | 88.80  |
| 2. Tony Paulson    | 105.95 |
| 3. Dan Peters      | 124.20 |
| 4. Brad Payne      | 125.00 |
| 5. Harvey Friedman | 133.32 |

## NOVELTY EVENT

### 'GIN RUNNING' DISCOVERY PARK

January 24, 1982

Have you ever run a score event but instead of punching in at each control you picked up a playing card and try to put together a Gin Rummy hand. However, only half of the controls were printed on each of the two maps given to each team of two. Sounds like fun, well from the comments of those who participated on the sunny Jan 24th at Discovery Park thought so (I think). The prizes were loaves of home made pumpkin bread. Dan and Marina Waugh each won a loaf for having the best hand (a very close second was Gary & Barbara Pedersen). Jean Davis and Dave Enger each won a loaf for having the fastest time. Special thanks to Mike Schuh for his meet assistance the participants who came and the few who also assisted in picking up some of the controls. We all then went to the Warf for the brainstorming session where the club provided free refreshment and donuts. -C. Smith

### ORANGE 3.2 km. 9 controls

|  |        |
|--|--------|
| 1. Ed O'Shaughnessy  | 87.20  |
| 2. Don Cobane  | 92.80  |
| 3. Lorna Williamson  | 113.05 |
| 4. Bill McDonald   | 116.35 |
| 5. Paul Bakke  | 133.00 |
| 6. Brian Griffin   | 148.45 |
| 7. Barbara Pederson  | 154.70 |
| 8. Randy Taylor  | 165.00 |
| 9. Sandy Kish Miller   | 174.30 |
| 10. Jim Daubert  | 211.00 |
| Marina Waugh, Carol Johnson, Arnold Kay,<br>Diane Magasich, Marcia and Bob Koenig,<br>Bill Fritz, Sr.--DNF |        |

### YELLOW 2.4 km. 8 controls

|                          |        |
|--------------------------|--------|
| 1. Nancy Jackson         | 52.00  |
| 2. Tom and Annie Hankins | 55.08  |
| 3. Paul Schweikert       | 59.70  |
| 4. Phoebe Stocker        | 66.87  |
| 5. Debbie Nicely         | 67.60  |
| 6. Suzy Landreville      | 76.27  |
| 7. Bill Fritz, Jr.       | 85.50  |
| 8. Bob and Kristi Skarin | 94.60  |
| 9. Shandy Cobane         | 159.60 |
| Barbara Vraspir -- DNF   |        |

### WHITE 1.8 km. 7 controls

|  |       |
|--|-------|
| 1. Don Cobane                                    | 23.80 |
| 2. Bill MacDonald                                | 23.90 |
| 3. Ted and Tim Branstetter                       | 35.68 |
| 4. Gilbert Family                                | 38.00 |
| 5. Jack Raidy                                    | 51.60 |
| 6. Kelly-Clarke Family                           | 52.90 |
| 7. Angus and Setsuko Robson                      | 53.00 |
| 8. Brian Graham                                  | 58.49 |
| 9. Baker Family                                  | 75.50 |
| 10. Julie and Debbie Bacharach, Daniela<br>Wever | 78.08 |
| Sandra Rosario -- DNF                            |       |



# MEET RESULTS

## WOODLAND PARK NIGHT MEET

Nov 21, '81

Course Setter: Jeff Lewis  
Timing: Harvey Friedman  
Registration: Anne York  
Potluck Host: Dave Enger

### WHITE

|                               |       |
|-------------------------------|-------|
| 1. Terry Quinn                | 34:23 |
| 2. Carolins Wilson            | 36:00 |
| 3. Hutchinson                 | 36:55 |
| 4. Dave Enger & Patty Guerber | 39:45 |
| 5. Doug Donaldson             | 42:02 |

### YELLOW

|                                   |       |
|-----------------------------------|-------|
| 1. Keith Barton                   | 26:27 |
| Kush-Miller                       | 33:54 |
| B & G Pederson                    | 34:45 |
| 4. Harvey Friedman                | 35:40 |
| 5. Carol Johnson                  | 39:47 |
| 6. Donna Taylor & Debra MacDonald | 40:40 |
| 7. Nolte                          | 42:12 |
| 8. Purbaush                       | 43:08 |
| 9. Lauri Hagedorn                 | 44:40 |
| 10. Sharon Hagedorn               | 46:00 |
| 11. Terry Quinn                   | 55:13 |
| 12. Arnold Key & Charlie Hadden   | 67:40 |
| 13. Russ Hutchison                | 79:52 |
| 14. Linda Hendricks               | 83:43 |

### SCORE COURSE

|                              | POINTS |
|------------------------------|--------|
| 1. Clayton Smith             | 48     |
| 2. Wayne Patterson           | 38     |
| 3. Tor Tarreson              | 35     |
| 4. Stein Sandven             | 28     |
| 5. Peter Kehoe               | 15     |
| 6. Eric Desono               | 13     |
| Debbie Newell                | 13     |
| 7. Jessica Rykken            | 10     |
| Gary MacDonald & Jeff Taylor | 10     |
| 8. Clay Werman               | 9      |
| 9. Brad Payne                | 3      |

SCORING: 1 point per control (total 20) with a time limit of 45 minutes. If time as under 45 mins. plus 1 point for each 30 secs. If time a

SCORING: 1 point per control (total 20) with a time limit of 45 minutes. An extra point for each 30 seconds under the time limit and minus a point for each minute over the time limit.

THE NAMES ON THE RESULTS LIST SENT TO THE EDITOR WERE VERY HARD TO READ - PLEASE EXCUSE ANY OMISSIONS OR ERRORS - THEY WERE NOT INTENDED AS SUCH - editor.

## O SHORTS

The club gained a prospective orienteer in December with the arrival of Johan Olaf Ohlanders, on Christmas Eve. The son of club members Gunnar and Alice, he weighed in at a healthy 10½ pounds and is doing fine.

A recent phone call to Sweden revealed that Goran and Berith Larsson are expecting an addition to their family in April.

Orienteering events and activities to include a new club have developed in the Tacoma/Lacey/Olympia area. The new club is called the Nisqually Orienteers. Their address is; NISQUALLY ORIENTEERS

P.O. Box 1856  
Tacoma, WA 98401

They can also be reached through the Lacey Parks and Recreation office at 491-0861, ask for Pat Malloy.

Mike Schuh has information and an entry form for the 1982 O-Ringen 5-day event to be held July 19-23 in Lulea Sweden. Mike is considering a trip to Scandinavia and would like to have an O-Ringen group from the Pacific Northwest. Len Englund is organizing a group tour to the O-Ringen and other points of interest in Scandinavia. For more information contact Mike (783-3960) or Len (746-3822). Get your O-Ringen entry in soon. This is the largest participation sport event in the world (more competitors than the Olympics), there are only 19,000 reservations available and they will go fast.

Have you renewed your club membership? Check now, don't miss the next newsletter and learn that you didn't get it because your membership had expired.

DEADLINE FOR MATERIAL TO BE INCLUDED IN THE MARCH-APRIL NEWSLETTER IS FEBRUARY 25. Mail to Clayton Smith-Editor, P.O. Box 1856, Tacoma, WA 98401.

### NEXT ISSUE:

- Route Choice at Big Basin O Meet - Orange Crs
- Competition Tips
- Orienteering and over fifty



# Redwood Impressions at Big Basin

Most of the comments I have read about Class A or other regional or national meets have all been written either by someone who ran the blue course with all the other elite runners or someone who thinks he should have run blue but instead, for whatever reason, ran red. I, having no reasonable designs of ever running a blue course in a respectable time, having run red at local meets only when I have felt especially fit, and who generally runs green, orange, or yellow depending upon which of these intermediate courses has been offered, will try to describe my impressions of the Class A O-meet put on by BAOC at Big Basin Redwoods Park on October 10-11, yes, orienteering is fun for all levels.

My plans crystallized when Anne was able to arrange an all-expenses paid job interview for herself in San Francisco for Oct. 9. It was then much easier to attempt the long drive to the Bay Area--not just to live Disley's dream of orienteering among the redwoods but to rejoin Anne who had flown down.

I have generally found that long drives are either enjoyable or miserable, depending on the people one goes with and on the reliability of the vehicle - the fewer surprises the better. This was an enjoyable trip. For people who might consider attending next year's Big Basin Class A meet, leaving at between 5:00-5:30 Thursday afternoon allows you to stop in Corvallis or thereabouts at around 11 or 11:30 that nite. Getting an early start (around 8:00 or so) should allow you to arrive in S. F. around 8:30 Friday evening so you could see some of the lively nite life before sleeping if you so choose. This timetable assumes not going over 60 mph but going 55 whenever possible. We stayed in San Francisco Friday nite. Due to our having slept later than we had planned to and to breakfast taking longer than we had planned for, we were hard-pressed to get to Big Basin before the meet start time.

From whichever side of route 9 you approach Big Basin from, you travel on a winding road with spectacular views for all but the driver, who must give her undivided attention to driving and cannot travel over 30 mph

safely here. We Puget Sounders have our Olympic cedar forests and some big Douglas firs in the Cascades so we were only somewhat impressed (besides we had seen redwoods before) but for people from back east who were encountering a redwood forest for the first time, it must have been truly awesome.

We arrived at the main gate but saw no O-signs so as we paid our park entry fee we asked the ticket seller ranger where the orienteering meet registration was. She directed us to a red fire engine and we finally found a sign pointing to the correct doorway to enter in the park fire station. It was a welcome sight to see and feel the warmth from a stove inside the registration room because outside there was a definite 'Coastal drizzle'. Due to the wet weather outside and several meet officials smoking inside, I questioned why I had come so far to compete in the rain in California and just hoped the rain would end by my start time.

The starting area was a 10-15 minute van ride from registration and the organizers very efficiently shuttled people up according to start times. I arrived at the start area and had a couple of minutes to stretch before I had to be off. For marathon fans, at the start tape I stood next to and said hello to Derek Clayton, the then world record holder for 12 years in the marathon. I was a bit surprised that he only tried yellow especially after his time turned out to be 9 minutes faster than that of the second place finisher. He must have had a busy schedule because he didn't stay for day 2.

All in all, due to the steepness of the terrain and the wet slippery brush and bark, I found that for half the course I was picking myself up off the ground as much as I was moving erectly--sort of a vaster higher steeper St. Edwards Park to give an inadequate comparison. If it were not for the DNF, I would have thought I had a great day.

After having supper in a restaurant in Boulder Creek, we returned to the fire station and watched slides taken at the world championships and tried to stay warm. Though the temperature that evening was nowhere near as

cold as it had been at Cle Elum the previous weekend, it just seemed colder and everyone was much more subdued. I missed the lively time at Cle Elum, and I hadn't even square danced there. Anyway, I made up my mind that I would finish the Day 2 course, no matter how hard it was nor how long it took.

At least it was dry on Sunday. After preparing a quick breakfast, we went to registration again to find out start times and where day 2 start would be. It turned out to be a 20 minute walk through some beautiful forest to a ridge top. Again the BAOC meet workers seemed tired and overworked, probably because they were so few Sunday's course was ~~run~~ longer and had more elevation gain than Saturday's. Though my time was nothing to brag about, at least I finished the most difficult course I had ever tried.

While at Big Basin, I met and talked briefly with some of the people whose names are listed in the results of meets published in OUSA - people like Jim Plant and Andy Gagarin of NEOC, Doug Whitney of DVOC, John Hanna of SDOC, and SLOC's Tim Guetersloh who was at Cle Elum also and had done quite well there. If it weren't for all those interesting people and the super challenging terrain on which the courses were set to make everything special, this could have been one of our well-run Class B meets. Perhaps if I participate in other Class A meets in other parts of the country, I will find that, in fact, Big Basin was one of the better run Class A meets, but for now, I'll just say that I thought it apparent so few people were involved in running the meet. Of course, if it had been a bright sunny week-end, I probably wouldn't have noticed anything lacking at all.

Anyway, at 1:30 Sunday (the sun was shining then), Dave Enger, Anne and I piled into the car for the long drive home. We had a pleasant trip, stopped in Medford about 10:00 that evening to take a hot shower and stay at a motel and arrived back in Seattle with time to spare before the Monday evening COC meeting.

All in all, it was a magnificent week-end.

- Harvey Friedman



# LETTERS

.....from Bill Sperry, EOC

EOC is getting together again after the Cle Elum Ridge PNWOF and the loss of James Bratt and Pat Malloy. We are a smaller and less able club now, and our meets and activities will reflect this. We do have four good maps which is a plus. Last weekend we had a Snow-O meet in a local park. Snowshoes were available for the entrants' use. One person who could not return to Seattle across Snoqualmie Pass happened upon us and entered his first O-meet. I gave him Dave Enger's address. We are planning another meet on the CWU campus in mid February. No date yet, but probably the 21st. We've decided to hold our meets on Sundays. After our February general annual meeting we will have new officers and I will try to get a schedule of meets set for several months ahead.

Some EOC members will be at COC's 6 Feb. meet. Not I unfortunately.

Good luck with the plans for the Tacoma-Lacey O Club.

Cheers,  
Bill

.....from Dan Waugh, COC

Incidentally, with regard to route choice maps and discussions, would be nice if we had more of them in the newsletter. I really learn a lot from looking at such things (even if they are not our results - we probably could borrow others if getting permission to reproduce them would not be too much of a problem). I seem to recall you had a route choice "quiz" in one of the newsletters, but for some reason I don't remember seeing the answer that was promised in the next issue. Of course one problem is that the maps never reproduce very well.

Regards,  
Dan



Harvey Friedman giving an informal O class at a local meet. Photo by Carol Johnson

SHIM RATNA HARSHA RATNA NEW HOTEL NEPAL ST CARD  
HOTEL, CRYSTAL, KATHMANDU, NEPAL

KATHMANDU, NEPAL ST CARD  
Jan. 10

Dear friends - Greetings from  
the land of yaks + stupa!  
Contrary to vicious unfounded  
rumors now circulating, I did  
not become lost while navi-  
gating my way on a trek around  
the Annapurna Range. However  
it was quite a long course -  
31 days in fact. Also did  
not marinate them a game  
park here, successfully avoiding  
getting run down by rhinos + eaten  
by tigers or "mugger" crocodiles. Am now off to India where  
I expect to pursue similar efforts. Harry Shapiro

AIR MAIL

CASCADE ORIENTEERING CLUB  
P.O. Box 31375  
SEATTLE, WASH.  
USA 98103

NEPAL



# Cascade Orienteering Club

MEMBERSHIP APPLICATION

Check one: ☐ New Member ☐ Renewal

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

☐ Family \$10.00 ☐ Individual \$7.00 ☐ Associate (under 18 years) \$4.00

If family membership, list other members;

\_\_\_\_\_  
\_\_\_\_\_

Send application and check payable to the Cascade Orienteering Club by mailing to COC, PO Box 31375, Seattle, WA 98103

Time Dated Material

Cascade  
Orienteering  
Club  
P.O. Box 31375  
Seattle, WA 98103



Did you read about COC and PNWOF in *Orienteering USA*? No? Oh, you don't get *Orienteering USA*, well that's because you are not a member of USOF, consider it! You get to read about orienteering throughout the USA and the world, including articles about orienteering in the Pacific Northwest that are not in our newsletter. Did you also know that PNWOF-81 made the front cover of the December issue? Besides getting the national magazine, being a USOF member allows you to run in Class A meets in the USA and Canada at a lower rate than non-members. Try it, you'll like it.

## United States Orienteering Federation

APPLICATION FOR MEMBERSHIP

Date \_\_\_\_\_

I hereby apply for membership in the United States Orienteering Federation. I understand that I am entitled to all benefits of the organization, including membership in the International Orienteering Federation.

| LAST NAME | FIRST NAME | SEX | YEAR BORN |
|-----------|------------|-----|-----------|
|           |            |     |           |

(if a family membership, please list other members)

|  |  |  |  |
|--|--|--|--|
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|  |  |  |  |

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|--------------------|-------|-------------|--|
| ADDRESS            |       | PHONE (   ) |  |
| CITY               | STATE | ZIP         |  |
| LOCAL<br>USOF CLUB |       |             |  |

A. I am applying as (check one): ☐ a member of ☐ a member-at-large a USOF club

| B. Check type of membership and pay either                  | club rate | -or- at-large rate |
|---|-----------|--------------------|
| <input type="checkbox"/> individual.....                    | \$8.00    | .....\$10.00       |
| <input type="checkbox"/> student (age 18 or younger).....   | \$4.00    | .....\$ 5.00       |
| <input type="checkbox"/> family.....                        | \$12.00   | .....\$15.00       |
| <input type="checkbox"/> lifetime (individual).....         | \$125.00  | .....\$125.00      |
| <input type="checkbox"/> contributing (minimum amount)..... | \$40.00   | .....\$40.00       |

C. Check one: ☐ new member ☐ renewal TOTAL AMOUNT \$

D. Please send application with a check payable to the UNITED STATES ORIENTEERING FEDERATION, and mail to: USOF, PO Box 1039, Ballwin, MO 63011. (note: memberships expire one year from date of receipt by USOF. For renewals, memberships for one year from the expiration date shown on the front of your card.) 12/81

The United States Orienteering Federation is constantly trying to better serve its members but to do that takes money. In addition to membership dues, donations to the Federation are always welcome. All contributions are deductible from your federal income taxes under IRS section 501 (c) 3. As an added incentive, for any donations of \$20 or more, you will receive *ORIENTEERING USA* by first class mail for the next year.

"YES, I would like to help, sign me up as a sponsor of USOF." Enclosed is:  
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