

Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

July/August 1999



Cascade and Sammamish Orienteering Clubs
would like to extend a special invitation to the three-day

1999 Pacific Northwest Orienteering Festival

this July 23-25, at Cle Elum, WA
(See enclosed flyer for more information!)

Upcoming Events

5 days of Class A meets in WA

Harvey Friedman

For the 1st time ever, orienteers in the state of Washington will have 5 days of nationally sanctioned meets without having to leave the state. In the Cle Elum environs, we will have meet days on the 23rd thru the 25th of July (yes, soon); in the eastern WA vicinity, 18th & 19th of September are the days for the meet near Sprague about 30 miles west of Spokane.

Why should I go, you might ask? Well, there are several good reasons that I can think of. One is that these will be top quality meets on interesting terrain. The courses will have been carefully prepared and checked (vetted) not just on the week before the meet as most local events usually turn out. You can register for the course for your age group that corresponds to any other at a nationally sanctioned meet. For those who are interested, going to 4 out of the 5 days and being a member of the United States Ori-

enteering Federation (USOF) will enable anyone to be listed in the national rankings and published in the national orienteering journal (which one receives as a benefit of membership in USOF), if desired.

Another is that you can enjoy the fun & excitement of a relatively big meet (big for us but not like the 20000 who may the Swedish 5-day this year). It might be so much fun that you may want to travel to other big meets in Canada or California this September, or even fly to the East Coast, Europe, or elsewhere for orienteering. Meeting people from other areas is another good reason for attending. There are always people on a tight budget who camp and are usually quite friendly, and others who try to stay in motels with pool and/or jacuzzi, and even those (like me) who will probably commute for the Cle Elum meet.

For those who only go to meets in local parks, these 5 days will be a fun way for you to test how well you have developed orienteering skills. If you don't care about ranking, O'ing by yourself, etc., you can still sign up for a recreational course and go as a whole family or just a

couple of friends.

Orienteering - something for everyone!

Bearing 315 Editor Needed!

After 3 years of service current Bearing editor will be stepping down after the September/October 1999 issue. If you are interested in becoming the editor, contact either Donald Denbo (206) 366-0624 or Dave Tallent (206) 488-3691. The present editor is willing to help the new editor with the November/December 1999 issue.

Meet Results

Marymoor Park
April 18, 1999
Redmond, WA.

Sammamish Orienteering Club

Meet Director - Dave Enger
Course Setter - John Sincock

Course 1 (1.9 km, 7 controls)

Croteau	31:27
Brian & Rachel Davis	46:40
Sam Guiles & Harrison Halter	55:49
Lori & Michelle Pope	62:44
Michael Pfaff	72:48

Course 2 (3.1 km, 8 controls)

Will Enger	29:00
Ryan Bamford & Jan Park	41:24
Grant Guiles	45:42
Brian & Rachel Davis	58:24
Ryan Martinez & Jeff Lindner	58:45
Forgrave Kids	64:57
Phil Berg & Stephanie Miranda	108:26
Zack Grote & Will Tai	115:26

Course 3 (4.0 km, 10 controls)

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Patrick Kelley	34:54
Harvey Friedman	43:43
Ken Lew	60:52
Paul & Ian Richards	90:18
Ron Knorr	91:43
Seabrook group of 4	100:30

Course 4 (5.3 km, 11 controls)

Jan Urban	28:46
Gerry Croteau	30:50
Don Atkinson	34:52
Bill Allemann	35:57
Howard Halter	37:35
Kean Williams	37:49
Linda Moore	38:46
Martin Kotecky	39:56
Roman Kotecky	40:24
Dave Guiles	43:11
Carl Moore	43:48
Dave Petty	46:06
Catherine & Jeremy Hawks	46:19
Ardis Dull	51:37
Rex Garrett	56:47
Dave Reynolds	64:50
Bob & Matthew	79:12
Alex Ramsey	93:55

Rooks Park May 1, 1999 Walla Walla

Sacajawea Orienteers

Course Setters and Meet Directors: Sonny
Elsasser and Frank Skorina

Control pickup: Sonny, Frank, and Michel
Billaux

Weather: Raining while putting the flags out,
settling to mostly cloudy and 60 degrees dur-
ing the meet (i.e., perfect). Participants: 23

Experience won over youth—but not by much.

Conor Lucas-Roberts, although only a sopho-
more, is a standout on the WaHi cross-country
team. Bob Gruel is a father, a husband, has a
day job, and is a forty-something. Bob has
been orienteering for years. Conor had been
orienteering once.

Today it was Bob, finishing 30 seconds ahead
of Coner. Participants were allowed to find as
many controls that they had the desire and
energy for, in any order. Bob, Conor, Conor's
twin brother Peter, Michel Billaux from Pasco,
and brothers Mark and Ben VanDonge had the
energy and found all 25. Teycee (rhymes with
Stacy) Werner and Gabe Pimentel had the
desire finding 20, solving problems at a walk
on their first orienteering meet.

WaHi teacher Mrs. See (kinda like Mississippi
but shorter) is credited with introducing eight
of today's participants to the sport. The oppor-
tunity of getting extra credit in her PE class
helps our attendance. Thank you, Mrs. See!

Philip and Jane Schmitt celebrated 10 days
of marital bliss with a map in hand. Unfortu-
nately they choose a route with tightly packed

contours back to the finish. Was Philip trying
already to collect the insurance money? Let's
hope not. They are active members of the club
and will help us go far.

Glen Cafferty of Portland came to Walla Walla
to go orienteering. The day before he was set-
ting courses for the Washington State Orien-
teering Championships in Goldendale to be
held on the June 5-6 weekend. This meet will
have easy and hard courses and is open to just
about anyone. There will be extra amenities
such as a shuttle to most starts, a great pre-
printed map, and hobnobbing with those poor
souls on the west side who have to endure all
that rain! It will be fun, try it.

Name	Time	Controls	Score
Bob Gruel	51:22	25	25,000
Conor Lucas-Roberts	51:52	25	25,000
Peter Lucas-Roberts	63:21	25	25,000
Michel Billaux	63:23	25	25,000
Mark & Ben VanDonge	101:40	25	17,600
Lilian Billaux	65:25	17	17,000
Christine Lecoeuvre	65:25	17	17,000
Nicole Cournac	65:25	17	17,000
Glen Cafferty	66:06	17	17,000
Steve, Andy Weakley & Bryan Cummings	104:28	20	11,160
Tom & Christopher Moran	38:51	9	9,000
Matthew Skorina & Holly Howard	44:36	8	8,000
Philip & Jane Schmitt	56:38	7	7,000
Chris Hindman & Shaunna Kul- jis	89:10	6	1,790
Teycee Werner	154:18	20	<0
Gabe Pimentel	154:10	20	<0

Score was calculated by awarding 1000
points for every control found and subtracting
five points for every second over 75 minutes.

Hamlin Park May 7, 1999 Shoreline, WA

Cascade Orienteering Club

Over 80 runners (including 4 scout troops)
showed up on a bright, cold day to run on Jim
Siscel's challenging and fun courses (includ-
ing an OCAD mind trick, eliminating trails on
the map for course 3)

Meet Directors: Katie and Doug Sprugel
Course Design and Setting: Jim Siscel
Map Production: Bill Cusworth, Eric Bone
Registration: Robert Miller, Rick Breseman
Beginner Instruction: Eric Bone, Katie
Sprugel

Starts: Don Atkinson, Ken Lew
Finish/Results: Doug Sprugel, Arne Skog,
Katie Sprugel

Marker Pick-up: Doug Sprugel, Eric Bone,
Bill Cusworth, Jim Siscel, Ben Sprugel

Course 1 (0.85 k, 5 controls)

Tom, Nick, & Eric Franzen	10:32
Andrew Merrill	11:00
Jared Grose	11:00

Ben Sprugel	15:08
Mark Eames	15:10
Kevin Davidson	15:29
Peter Sprugel & Danielle Senour	15:30
David Clauson	15:42
Elizabeth Hood and porter	15:50
Brett Franceschina	16:00
Harrison and Bradford Halter	17:26
Kiel Johnson/John and Chris Fay	18:26
Linda Cowan	21:02
Girl Scout Troop	30:14
David Lentz	38:07

Course 2 (2.95 k, 13 controls)

Patrick Kelly	33:23
Edward Alverson	37:20
Will Enger	38:14
Patrick Ewing	39:45
Roger Rosenblatt	41:20
"Tony, Nick, and Eric Franzen"	47:05
Margie Bone	47:47
Manuel Schmitt	53:46
Chris Payant/Ken Watson	54:14
Brian Brooks	63:50
Alex Bernson	72:08
Peter Wells	75:40
Nick Jones	76:00
Andrew Merrill, Jared Grose & Chris Jones	78:23
Douglas and Lisa Williams	80:19
Brian and Rachel Davis	89:42
Amanda Moe	121:19
Jerry Keir	130:35
Erick Barron	130:35
Kate Few & Leslie Huggins	130:40
Ellering/Momen	141:44
Rylan Hawkins	DNF

Course 3 (4.45 k, 16 controls, no trails on map)

Bill Cusworth	26:40
Jan Urban	29:41
Eric Bone	30:08
Dave Enger	31:30
Rik Jones	31:34
Hans Frederick	32:03
Rick Breseman	33:14
Debbie Newell	33:27
Paul Magnus	34:16
Arne Skog	35:20
Robert Miller	36:19
Cam Jones	38:42
Adam Smith	38:46
Don Atkinson	39:15
Lawrence Lehr	40:32
Kean Williams	41:09
Eileen Breseman	42:00
Fred Veler	43:14
Carl Moore	44:09
Linda Moore	46:53
Don Denbo (trails on map)	48:08
Dave Tallent	51:00
Howard Halter	51:52
Bob Mannsebreck	52:30
Ardis Dull	56:12
Sean Smith	57:32
Harvey Friedman	60:15
Mike Zimmermann	62:22
Bob Reddick	81:20
Tim Little/Mike Parkis	86:50

Washington Park May 9, 1999 Anacortes, WA

Chuckanut Orienteering

Course 4 (4.8km/18 controls)

Rick Breseman	79:17
Eric Bone	88:23 *
Kean Williams	94:28 *
Eileen Breseman	96:31 *
Robert Miller	115:19
Mary Jaseuz and Stuart Bradshaw	148:16
John Lee	149:15
Dave Yee and Jess Jackeet	209:57
Bob Forgrave	270:39
Linda and Carl Moore	DNF

Course 3 (3.8km/13 controls)

Top Slocum	96:35
Ken Klebsch	109:52
Ginny Knorr	DNF

Course 2 (2.9km/8 controls)

Sandy K-Miller	72:04
Carl Flansbaum and Ty Laurabee	82:00
Margie Bone	82:40
Forgave children	132:55
Jim Thompson family	154:30

Course 1 (1.9km/5 controls)

Duncan Osborne	50:00
Donna Tracy family	50:30
Breseman children	92:25

* One control on courses 3/4 and one on courses 2/3/4 were each not found by two of the more experienced orienteers. The map was less than complete in the neighborhood of one, and the other was a little hidden (due mainly to a lack of anything to tie the control to), so we decided not to disqualify these competitors.

Horn Rapids County Park May 15, 1999 Richland, WA

Sacajawea Orienteers

Course Setter and Meet Director: Michel Billaux
Control pickup: Michel, Bob, and Frank

Weather: Partly cloudy, temperature high 60's to low 70's; Participants: 17

Weather was great. Warm enough so you did not get cold standing around, and cool enough so your cells were not demanding hydration in order to continue navigation.

Bruce McAlister (the orienteering travel agent), Eric Bone (US Orienteering 'A' team member), and Taavi Tatsi (Estonian night orienteering champion) traveled over the mountains from the west side to visit our sagebrush. The Weakly-Cummings-Rutz bevy didn't let a control go by with their 16 eyes scanning the bushes. And Christine will be taking her native French speaking skills to Puerto Rico this summer. We welcomed all the support her

and her family have given to orienteering this past year.

I arrived at Horn Rapids to just ride the bike course and Bob came to just run the advanced course. He saw my bike and thought it would be interesting to give the wheels a try so we stage a little 'combined time' contest. After we got back from our planned courses, he borrowed my bike and I tightened my running shoes. On the second courses, he ran out of gas and I made a mental mistake on #7, but this time, I was to prevail.

Intermediate Course (5.5 km, 11 cntrls)

Liliane Billaux	77:00
Christine Lecoeuvre	77:00
Bruce McAllister	89:59
Steve and Andy Weakley	119:50
Bryan and Tanner Cummings	119:50
"Bill, Mike, Addison, Alexis Rutz"	119:50

Advanced Course (7.4 km, 12 cntrls)

Eric Bone	36:33
Taavi Tatsi	41:53
Bob Gruel	55:32
Frank Skorina	56:26
Dale and Seth Higham (152:06) missed #7	DNF

Bike Course 1(3.7 km, 15 cntrls)

Frank Skorina	68:27
Bob Gruel	79:58

Combined Times for Bike & Run (21.1km, 27 cntrls)

Frank Skorina	124:53
Bob Gruel	135:30

Ros*Elum Ridge May16, 1999 Cle Elum, WA

Sammamish Orienteering Club

It was a rainy Sunday morning in Seattle, raining across the Pass, down past Easton, but just before Cle Elum, the rain stopped. At Ros*Elum, about 40 orienteers found cloudy to partly sunny skies, a light cool breeze, almost perfect running conditions.

Jan Urban had set four courses, all pre-printed on 1:10000 maps. There were lots of individual successes, but special mention goes to Eric Bone who ran course 4 in just over 57 minutes.

Helping were Dave Enger, Meet Director, Bob Reddick, Registration, Bruce McAlister Start/Finish and Eric Bone, Taavi Tatsi, Bill Cusworth and Roman and Martin Kotecky Marker Pickup.

Course 4 (16 controls, 6.9 k, 240m)

Eric Bone	57:15
Bill Cusworth	62:06
Taavi Tatsi	64:21
Adam Smith	76:51
Dave Enger	80:44
Eileen Breseman	82:57
Rick Breseman	86:16
Arnie Skog	86:26

Debbie Newell	99:26
Robert Miller	101:02
Don Atkinson	102:57
Roman Kotecky	112:57
Brett Anniballi	118:08
Stuart Bradshaw	123:08
David Guiles	128:41
Michael Pope	158:06
Dave and Anne Reynolds	176:44
Ben Lischner	192:50
Serbrook/Rice Family	210:00
Howard Halter	DNF

Course 3 (11 controls, 3.8 k)

Martin Kotecky	44:07
Fred Veler	49:33
Dale Width	50:14
Carl Moore	54:28
Linda Moore	63:33
Ardis Dull	64:20
Roger Rosenblatt	66:34
Knut Olson	70:21
Dave Petty	72:04
Jon Carrie	101:54

Course 2 (9 controls, 2.9 k)

Willie, Madeline Enger	42:22
Sandy Kish Miller	47:18
Harvey Friedman	60:12

Course 1 (7 controls, 1.6 k)

Carrie Birttner/Jen Mitchell	33:42
Willie, Madeline Enger	36:05
Fernne Rosenblatt/Paul Bestock	46:22
Harrison/Bradford Halter	70:04
Lucy Pope/Lori, Michelle	80:30

Cornwall Park May 23, 1999 Bellingham WA

Chuckanut Orienteering (CHUCKO)

Meet director, courses: Bill Green
Timing: Ken Klepsch
Registration, refreshments: Joanne Klepsch

Bill set the courses as a variation on a score-O. With 25 controls on the map, you could get 8 to finish on course 1, 16 on course 2 or 24 on course 3. You could pick which controls you got and which order you got them, like a score-O, but it was a timed event, like a regular O meet.

Boy Scout Troop 100 from Mt. Vernon took part in their first O' meet. We also had Girl Scouts present. We extend a wetter and greener Western Washington welcome to Teradan Landchild and Jill Miller.

Course 1 (any 8 controls)

Galen Kirkpatrick	21:06
Beth Green	45:47
Michelle Pope	46:12
Lori Pope	46:40
Jill Miller	48:01
Alyssa Young	49:32
Becky Panton	60:00

Course 2 (any 16 controls)

Daniel Kirkpatrick	29:58
Carl Flansbaum and Amy Hawkins	51:40

Team Wisbang	53:47
Team Stars and Spice	62:01
Niki Jerozal	64:30
Team Dahl	67:31
Team Schwab	77:42
Joanne Klepsch	87:00

Course 3 (any 24 controls)

Terradan Landchild	34:08
Bob Scott	36:08
Don Atkinson	43:29
Team Pedigrees (scout leaders)	62:02
Carrie Birrittter and Jen Mitchell	62:36
Dick Johnson	115:30

Howard Amon May 25, 1999 Richland, WA

Sacajawea Orienteers

On a beautiful, sunny (yet windy) day eight (8) competitors met on our smallest venue, Howard Amon Park, within the city limits of Richland, WA. Ten seconds separated first and second place on the long course, with youth besting age and cunning, in this instance. The event teased two first-timers out to play. That was what this event was all about.

Meet Director and Everything Else- Ivar Husa

Long Course (14 controls 2600 meters)

Brendan Higham	16:30
Adam Fyall	16:40
Steve and Andy Weakley (map hikers)	34:00

Short Course (6 controls 1000 meters)

Philip Warnick (first timer) with Seth and Brendan Higham	9:00
Dan Edwards	18:00

Robinswood June 2, 1999 Bellevue, WA

Sammamish Orienteering Club

Meet Director - Dave Enger
Course Designer - John Sincok
Course Setting & Pickup - Dave Enger
Registration - Bob Reddick, Mark Howlett
Timing - Dave Enger, Mark Howlett
Bar-B-Que - Valerie Enger

Weather - Sunny & Cool

Course 1 (0.90 km, 7 controls)

Bill Allemann	4:16
John Greengo	4:53
Lewis Nerenberg	5:08
Madeline & Molly Enger	9:23
Alex Wells	10:00
Francis Sweeney	10:20
Justin Jensen	17:40
Jenny, Ryan & Mindi	18:30
Shogrens family of 3	20:32
Thomas & John	32:12
Cory family of 4	38:50

Course 2 (1.76 km, 10 controls)

Mark Howlett	9:32
John Greengo	12:52

Al Jensen & Al Thatcher	23:07
Max & Ramsey	25:42
Zack Rose	26:44
Francis Sweeney	29:50
Lewis Nerenberg	44:10

Course 3 (2.07 km, 13 controls)

Mark Howlett	13:15
Eric Bone	13:30
John Greengo	15:20
Bill Allemann	20:03
Peter Golde	20:06
Kean Williams	20:11
Michael Cory	21:18
Tom & Brad	26:44
three Al's	31:44
Jesse Baber	32:57
Bob Reddick	37:40
Jenny, Ryan & Mindi	51:13
Max & Ramsey	57:00

Pioneer Park June 17, 1999 Walla Walla, WA

Sacajawea Orienteers

Course Setter and Meet Director: Steve Rapp
Control pickup: Steve Rapp, Pete Crawford, Daniel Gervais,
Peter Lucas-Roberts, Frank Skorina

Weather: Great

Participants: 28

A great way to complete the spring season--a good turnout with lots of enthusiastic newcomers and a three-course combined competition between myself and WaHi student Peter Lucas-Roberts. This time my experience could not beat his enthusiasm.

We'll hibernate local orienteering during the hot summer but will resume in September. The fall schedule will be decided shortly so get your requests in now.

I want to thank the participants, volunteers, and new members in making this spring season the best ever for Sacajawea Orienteers'!!

Short (800 meters, 7 controls)

Frank Skorina	3:33
Peter Lucas-Roberts	4:00
Rachel Graves & Alan Ayers	7:20
Brian Reeves & Ryan Knopper	8:50
Jeremy Davidson-McCloy, Mark McCloy, Catie Davidson, Peter and Meg Cochran, Ethan and Mona Bradley	10:25
Brienna Ayers, Heather Reeves, Roger Graves	11:00
Rick, Hitomi, & Cedric Johnson, Wendi Walters	11:33
Dafoe, Bill Jr., Ilona, & Bill Sr. Bulen	15:20
Michael Bell & Mom	28:20

Medium (1700 meters, 8 controls)

Peter Lucas-Roberts	6:50
Frank Skorina	7:40
Pete Crawford & Daniel Gervais	10:40
Brian Reeves & Ryan Knopper	15:15
Rachel Graves & Alan Ayers	19:38
Rick, Hitomi, & Cedric Johnson, Wendi Walters	21:25

Jeremy Davidson-McCloy, Mark McCloy, Catie Davidson, Peter and Meg Cochran, Ethan and Mona Bradley	22:15
Brienna Ayers, Heather Reeves, Roger Graves	28:00

Long (900 meters, 9 controls)

Peter Lucas-Roberts	13:05
Frank Skorina	16:30
Pete Crawford	18:20

Combined (5400 meters, 24 controls)

Peter Lucas-Roberts	23:55
Frank Skorina	27:43

Lincoln Park June 19, 1999 Seattle, WA

Cascade Orienteering Club

Meet Director: Dave Tallent

Courses: Eric Bone

Marker placement: Eric Bone, Bill Cusworth

Registration: Harvey Friedman

Start: Ardis Dull, Debbie Newell, Jenny Pearson

Finish: Don Atkinson, Dave Tallent

Marker pickup: Don Denbo, Debbie Newell, Harvey Friedman

Course 1 (1.2k, 7 controls)

Matej Urban	COC	13:25
Alice Few & group		15:28
Madeline Enger	SAMM	17:51
Connie Amundson		24:08
Russ Kinisall		24:25
Jim Simpson		25:36

Course 2 (1.8k, 8 controls)

Urbans	COC	17:07
Will & Madeline Enger	SAMM	26:57
Brian & Rachel Davis		35:32
Connie Amundson/Nik Kaneton		36:09
Few Group (Katie, Laura, Gretchen)	COC	36:45
Ellie Rogers	SAMM	39:52
Forgrave family	COC	43:07
Becky Schultz	COC	43:22
Wanda, Kyle & Derrick Howlett	SAMM	54:19
Marti Anderson & family		no time

Course 3 (3.3k, 11 controls) memory option

Debbie Newell	COC	25:16
Taavi Tatsi	GAOC	25:29
Dave Enger	SAMM	26:38
Jan Urban	COC	27:23
Fred Veler	SAMM	29:26
Peter Golde	COC	31:08
Robert Miller	COC	34:12
Tyler Frederickson	COC	35:20
Don Denbo	COC	45:41
Jenny Pearson	COC	46:27
Sandy Kish Miller	COC	48:15
Patik Kelly	COC	48:44
Roman Kotecky		55:47
Rex & Heidi Garrett		61:31
Bob Forgrave	COC	70:44
Mark Howlett	COC	DNF
Don Atkinson	COC	DNF

Course 3 no memory

Ardis Dull	COC	34:50
William Enger	SAMM	48:48
Steve Frederickson	COC	52:54

Where and what are these Orienteering Clubs?

The Orienteering clubs listed here are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue and Redmond) area, while Cascade (the largest club) operates in the greater Seattle area. Ellensburg is centered in that town, Sacajawea is based in the Tri-Cities area, and Chuckanut O.C. is based in Bellingham. Husky Orienteering is for University of Washington students, faculty, and staff. Cascade and Sammamish clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains; the other clubs hold events in their areas. Membership is open to everyone, and entitles you to event discounts, club voting rights, and includes a subscription to Bearing 315, published six times per year.

What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for loan (with deposit) at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair of socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

Dave Tallent	President	206-488-3691
Eric Bone	Executive Board/ Vice-President/Training	206-634-2279
Katie Sprugal	Treasurer	206-365-8742
Ardis Dull	Secretary	206-364-4062
Rick Hood	Executive Board/ Environmental	425-640-8134
Peter Golde	Executive Board	425-452-9205
Debbie Newell	Executive Board	425-488-3691
Don Atkinson	Executive Board/Equipment	425-488-0270
Don Denbo	Newsletter	206-366-0624
Aaron Charlop	Memberships	206-935-8742
Eileen Breseman	Publicity and Promotion	425-483-6592
Vacant	Volunteer Coordinator	

Sammamish Officers and Coordinators:

Dave Tallent	President	425-488-3691
John Sincock	Vice President	425-822-3621
Valerie Enger	Treasurer	425-822-6254
Dave Enger	Mapping Coordinator	425-822-6254
Jan Urban	Memberships	425-402-7225

Event fees are charged on a per-registration basis: two people running together with the same map and punch card pay a single fee. Additional maps are available; the charge varies depending on the map. Fees vary, but the following are typical fees for local ("C") events with color maps. "A" and "B" meets, state championships, rogaines, and other events will cost somewhat more.

Orienteering Club Membership Application

- ☐ Cascade O.C. ☐ Sammamish O.C.
☐ Ellensburg O.C. ☐ Sacajawea O.C.

Name _____

Address _____

Home phone _____ Work (opt.) _____

E-mail _____

Family Members _____

Optional Information: _____

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

- Event Participation Improving Skills Writing Teaching
 Event Organization Map Making Publicity Coaching
 Course Setting Field Checking Exploration of new areas
☐ Family or Group \$15.00/year
☐ Individual \$10.00/year
☐ Associate (under 18) \$5.00/year
☐ Newsletter only [COC only] \$6.00/year

Mail this form, along with payment, to one of:

Cascade Orienteering P.O. Box 31375 Seattle, WA 98103 —OR—	Sammamish Orienteering P.O. Box 3682 Bellevue, WA 98009 —OR—
Ellensburg Orienteering c/o Kent Verbeck 1361 Nelson Siding Rd. Cle Elum, WA 98922	Sacajawea Orienteers c/o Frank Skorina 116 Stanton Walla Walla, WA 99362

Other Club Contacts:

Frank Skorina, Sacajawea Orienteers	509-522-2770
Kent Verbeck, Ellensburg O.C.	509-674-2755
John Beck, Eastern Washington O.C.	509-838-7078
Scott Drumm, Columbia River O.C.	503-261-1493
Eric Bone, Husky O.C.	206-634-2279
Ken & Joanne Klepsch, Chuckanut Orienteers	360-299-1010
Carl Moore, Nisqually O.C.	253-756-5739

Club members (any club)	\$4.00
Non-club members	\$5.00
Junior (under 18)	\$3.00
Families	map fee only after first two

Upcoming Orienteering Events
Call the Hot Line at 206-783-3866 (or the website at
<http://www.pnwo.org/schedule.html>) for latest information and details

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Contact</i>
JULY 1999					
July 1-4	Barebones Festival, Cranbrook, BC. "4-day, five-event, two-hot-springs, one lasagne feast"				Adrian Zissos 403-262-4457
July 10-11	Battleground Lk Training Camp, Battleground, WA.	X	CROC		Robert Scott 360-699-6284
Sun, July 11 11 am - 1 pm	Battleground Lk State Park, Battleground, WA. Travel to Battle Ground from I-5, drive slowly right through town, turn left (north) onto Grace Ave, follow signs.	C	CROC	1:10000	Robert Scott 360-699-6284
Wed, July 14 5:30 - 7 pm	Luther Burbank Park, Mercer Island, WA. Exit I-90 at the Island Crest Way exit. Travel north one block to 26th St., head east to park.	C	SAMM		Dave Enger 425-822-6254
July 23 - 25 Fri/Sat/Sun	Pacific Northwest Orienteering Festival '99. Cle Elum, WA. 3 days. See flyer for more information.	A	COC	1:15000	Dave Tallent 425-488-3691
August 1999					
Sun, Aug 1 11 am - 1 pm	Whipple Creek, Clark County, WA. Exit I-5 at the Clark County Fairgrounds Exit (Exit 9?). Go east 1.5 miles on 179th St to NW 31st Ave.	C	CROC		Jerry Rhodes 360-253-8632
Sat, Aug 7	Watershed Park, Surrey, BC	C	GVOC		Martin Pardoe 604-732-8731
Sun, Aug 15 10 am - noon	UW Canoe and Foot O', Seattle, WA. Call the hotline for directions.	X	COC		206-783-3866
Sat, Aug 28	Pacific Spirit Park, Vancouver, BC.	C	GVOC		Martin Pardoe 604-732-8731
September 1999					
Sep 4 - 5 Sat/Sun	Pothole Lake, Merritt, BC. Western Canadian Champs	A	GVOC		Richard Hall 604-738-1794
Sat, Sep 11 10 am - noon	Woodland Park, Seattle, WA. Bo Powell Memorial O' Meet. Take NE 50th St. Exit from I-5 west. Turn left into park just before Aurora Way.	C	COC	1:5000	206-783-3866
Sep 11 - 12 Sat/Sun	Ruckle Park, Salt Sprint Island, BC.	B	VO		Kris Dartnell 250-598-6420
Sun, Sep 12 11 am - 1 pm	Powell Butte, Portland, OR. From I-205, take Powell or Division EAST-BOUND to 162nd Ave, turn south. If you're on Division, go south until you cross Powell and continue into the park.	C	CROC	1:10000	Peter Kehoe 360-256-5328
Sep 18 - 19 Sat/Sun	Fishtrap Lake, Sprague, WA. Inland NW O Cup West States Champs. Take Exit 254 (Fishtrap) off I-90 and head south about 3 miles to the "Miller's Ranch" entrance to the BLM land.	A	EWOC/ NISQ	1:15000	John Beck 509-838-7078
Sep 25 - 26 Sat/Sun	1999 US Orienteering Championships, Spooner Lake, NV	A	BAOC		Steve Beuerman 408-739-9376
October 1999					
Sat, Oct 2	Royal Roads, Victoria, BC.	C	VO		Alan Burger 250-470-2446
Sun, Oct 3 10 am - noon	Lake Sammamish State Park, Issaquah, WA. Exit I-90 at Exit 15. Head north on 17th Ave NW towards park. Turn left onto NW Sammamish Rd. Travel about 0.4 miles and watch for signs.	C	SAMM	1:1000	Dave Enger 425-822-6254
Sat, Oct 9 10 am - noon	Ft. Casey State Park, Whidbey Island, WA. Take Mukilteo-Clinton ferry. Follow highway north from ferry. Optionally, take Port Townsend ferry and then walk to park.	C	COC	1:5000	206-783-3866
Oct 9 - 10 Sat/Sun	Scout O, Champoeig State Park, Newberg, OR. From I-5 or I-205 south of where they rejoin south of Portland, follow signs from I-5.	X	CROC	1:10000	Curtis Condon 503-357-1999
Sun, Oct 17 10 am - noon	Redmond Watershed, Redmond, WA. Call for directions.	C	SAMM		Bruce McAlister 425-821-6862
Oct 23 - 24 Sat/Sun	1999 Arizona Rogaine near Tucson, AZ. (more info to appear in the next issue)	R	TOC		

COC: Cascade Orienteering Club
 EWOC: Eastern Washington O.C.
 VO: Victoria Orienteers
 GVOC: Greater Vancouver

SAMM: Sammamish O.C.
 CHUCKO: Chuckanut
 CROC: Columbia River O.C.
 SACO: Sacajawea Orienteers

A: National Meet
 R: Rogaine
 B: Major Event
 SAGE: Sage Orienteering Club, Kamloops B.C.

C: Regular Local Meet
 X: Special Event

United States Orienteering Federation
P.O. Box 1444
Forest Park, GA 30298
MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

As a U.S. Citizen or U.S. Resident, I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the IOF. Please print.

Date _____ Yr. Born _____

Name _____

Address _____

Home Phone (____) ____ - _____

If family membership, list other persons:

Name	Year Born
_____	_____
_____	_____
_____	_____

Member of a chartered club? Club _____

☐ Individual \$25 member of a chartered club
☐ Individual \$30 at-large
☐ Family \$30 members of a chartered club
☐ Family \$35 at-large
☐ Student \$10 (21 & under)
☐ Junior \$5 (18 & under/no vote/no magazine)
☐ Individual Life \$450 ☐ Family Life \$540

For mailing O/NA overseas (except APO & FPO):

☐ \$5 extra surface ☐ \$25 extra airmail

What is USOF?

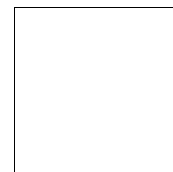
Often in this newsletter, or in orienteering conversation, you will hear references to “yousoff,” and you may have seen the magazine “Orienteering/North America.” But why do they need so much money, you ask? We charge \$10/year for local dues, so why should it cost an extra \$25 to join an organization that doesn’t seem to do much? The answer, of course, is that USOF does quite a bit.

The largest part of USOF dues goes for the O/NA subscription. This is not only a great source of information, it is well written and edited, and has many articles of general interest on health, exercise, and training. From time to time, we reprint articles from O/NA, and there are always copies available at major meets and club meetings. Most of the rest of USOF dues goes to pay for insurance. Although we, as individuals, might be willing to waive insurance, virtually all land owners, both public and private, require insurance as a precondition even to talking about using their land for orienteering. USOF members get a small rebate, about \$2 per national meet, to help balance out the insurance, but, basically, USOF subsidizes our meets. Without USOF, I doubt that either Cascade or Sammamish could afford the insurance to hold another meet.

So we encourage you not only to join your local club, but to join and support USOF. The magazine along is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501c(3) corporation. Which means that donations, including costs, are fully tax deductible. JOIN NOW!

Bearing 315 is
Published by:

Cascade Orienteering Club
Post Office Box 31375
Seattle, Washington 98103
(206) 783-3866



If your label is marked with highlighter,
your membership has lapsed!