

Bearing 315

The Newsletter of the Cascade Orienteering Club

July - August, 1991



DRUNKEN CHARLIE-SATURDAY JULY 13

Drunken Charlie provides both some of our most challenging and some of our prettiest terrain. This is a mature forest with small ponds, beautiful trees, and even a waterfall or two. The terrain is generally open, with very little of the salal or nettles that characterize some of our maps. There are few trails, and those that are on the map as trails are generally old railroad grades, but there are lots of terrain features which make for a great orienteering experience. Course designer is Peter Golde, who has designed five courses ranging from a novice course to a challenging 14 control, 5.8 km "red" course. Start and finish will both be near Drunken Charlie Lake. For those of you who have only visited Drunken Charlie in the rain, this is a great opportunity to enjoy one of, if not the best orienteering map we have in the northwest. This is a 1:15,000 five color map to full IOF standards.

Drunken Charlie is not difficult to find, located in the foothills just east of Duvall and Carnation. Drunken Charlie is in Mackworth Experimental Forest. It is reached by taking Kelly Road at Stillwater, about 2 miles north of Carnation. At about 3 miles, turn onto Stoessel Creek Road. It's about 8 miles to the start near Drunken Charlie Lake. There are a lot of logging roads, but the route will be well marked with "O" signs. Stoessel Creek Road can also be reached by taking the Cherry Valley Road at Duvall, which becomes Kelly Road after about 5 miles, then about 2 miles south on Kelly Road to the Stoessel Creek Road turnoff.

TENTATIVE FALL/WINTER SCHEDULE

Oct 19	Ft. Casey
Oct 26 (Samm)	Marymoor
Nov 2	Hamlin Park (night - O')
Nov 17 (Samm)	Forest Park
Nov 30	WIOL Clinic
Dec 7 (Samm)	Kelsey Creek - WIOL
Dec 14	Evergreen H.S. - WIOL
Dec 22	Trollhaugen (ski - O')
Dec 29	St Edwards (bog-slog)
Jan 4	Woodland Park - WIOL
Jan 11 (Samm)	Marymoor - WIOL
Jan 18	WIOL
Jan 26	Stevens Pass (ski O')
Feb 1 (Samm)	Island Crest - WIOL
Feb 8	Seward Park - WIOL
Feb 22	Lake Tradition-WIOL Champs

Washington State Summer Games Saturday - August 17

The Sammamish O-Club will host the 1991 Washington State Summer Games on August 17 at Bridle Trails State Park in Kirkland. To compete in the Games, you must preregister by August 1. You will automatically receive a T-shirt, a pre-marked map and free entry to the Athletes Banquet, August 15. You must register in the appropriate age class. Day of race entrants must mark their map, receive no T-shirt and are not eligible for awards. See the enclosed application form for additional information about registration this major annual event.

Woodland Park Meet Potluck - Aug 11

Sunday, August 11, 10/12. This is always a popular event. This year the start and finish and picnic area will be near the north parking lot, south of the bowling green. Enter at the tennis courts off of S Green Lake Way; follow the "O" signs. Plan to stay for the potluck lunch following the meet.

Dancing Lady Rogaine/Saturday - Aug 24

A 6-hour rogaine (with 2 and 4 hour options) will be held August 24 near White Pass. Starts at 8:30 Saturday. See application form, this issue for additional details and meet entry form.

Moran State Park - Sat/Sun - Sept 8 & 9

This will be a two-day meet, with a format similar to last year's two day meet. Saturday starts will be 12 noon to 2. Sunday starts will begin at 9. Volunteers are still needed. This will be one of two events (the second will be Douglas Mt.) in the 1991 "Pig War". Because of ferry problems, we are asking people to leave cars at Anacortes if possible. Car pool information and camping information will be available on the hot-line.

1991 USOF CONVENTION REPORT

by Ardis Dull

July 26-30 Bruce McAlister and I attended the U.S. Orienteering Federation annual convention in West Chester, PA. Its theme was "Fun in Orienteering", and as usual the days were full of seminars, meetings, and special activities.

One or both of us attended sessions on course design, public relations, injuries, club image, computers, promotion, sanctioning and O' games. Activities offered included sprint O', wine & cheese party, historic battlefield walk, mota, 2-mile run, night O', junior training camp, band concert and ice cream social. "Free time" was used to meet and mingle with the about 100 orienteers from all over. Elected to the Board of Directors were Lex Bundschuh, David Irving, Bill Jameson, Chip Nippert and Bruce McAlister! The board was given the go ahead to plan restructuring implementation (including regional representation) to be presented for approval at the 1992 convention. COC's bid for that convention was approved for July 8-12, 1992, as was BAOC's for 1993 at Lake Tahoe. The Silva Service Award was presented to an emotional Al Smith.

The U.S. Relay Champs were held on Saturday at Brandywine Creek with a traditional Pennsylvania Dutch dinner that night. An "A" meet was held Sunday at French Creek adjacent to the site of the 1992 U.S. Champs. Bruce was 2nd in his class and I was 4th. There were some administrative and course problems with the events, so next year we won't be compared to perfection. There seemed to be interest in coming to Seattle for our convention, and with advance planning and support we can make it an enjoyable time for USOF members and local orienteers alike. Our convention committee will be meeting soon to step up planning. The best thing to happen would be to spread the workload, so if you're interested in undertaking just one task such as t-shirts, babysitting/children's activities, nametags, program, etc, or if you could direct one of the special O' or social events, or if there is a seminar you would like to suggest or to lead, let Bruce, Peter or myself know.

O' NOTES:

by Ardis, Bruce and Harvey

OUR NEWEST MEMBER: COC's newest member arrived June 28. Kelsey Breseman weighed in at 6 lb 11 oz. She and mother are both doing fine.

COMINGS AND GOINGS: Dan Klein and Katherine Wiebler have announced their engagement. Meanwhile, Denise Klein, our indefatigable volunteer coordinator, is changing jobs, and will be in the east for a while before returning to Seattle this fall. She hopes to be settled in her new job here by Christmas, but until then, there is real need for someone to fill in for Denise as Volunteer Coordinator. Volunteers anyone?

USOF: It has not gone unnoticed by USOF that the Northwest Region has by far the largest growth in club memberships in the last year with 121 new members (45% increase) compared to the next highest - Mid-Atlantic & Pacific tied with 75 (approx 10%). The increase is mainly due to Arctic O' Club (which is 2nd largest in the region now with 78 members) and Columbia River O' Club (with 23 new). The Northwest also gained the most USOF members. You should consider joining USOF if only for the excellent magazine, "Orienteering North America". See Ardis for free samples.

ORIENTEERING VIDEO: Hope you caught KIRO-TV's

"Inside Line" in early June featuring COC's Eileen Breseman. She showed how orienteering appeals to all ages and types of people. The host called orienteering "one of the trendiest sports around"! See Bruce if you would like to borrow the video. Along the same line, the July issue of "Women's Sports & Fitness" lists the next three hot sports as cycling, orienteering and beach volleyball.

SNOQUALMIE SCHOOL: A group of about 20 Snoqualmie middle school students, with their teacher, Mickey Fowler, and parents attended an early run of the Big Finn Hill meet followed by a pizza party in Bruce's back yard. Everyone had a good time and we got some great thank-you cards.

Final Thoughts Regarding the 1991 Membership Survey

by Rick Hood

Last issue we recapped your responses. Now, after a full presentation and discussion at the last club meeting, it seems appropriate to offer some recommendations for the Board's and membership's consideration. While many of these ideas are not new, I believe it helps to consider them in concert. (Please note: I have a bias for no funds required recommendations, that are fairly easy to implement, are likely to have positive impact for our club, that try not to upset others or point fingers. I also know that some are likely to disagree with my comments; hey, how many routes are there to a bingo control?)

Overall, the club is healthy. Most folks enjoy the physical, mental, and rapport aspects of the sport, especially at low key competitive and recreational levels. I believe it is important to remember that while O is a key outdoor activity for most, it is not the key; by keeping O activities enjoyable and available, the club stands the best chance of long-term health. To me this translated into the following recommendations.

O Hotline -- Super idea and it is working great. Let's encourage meet directors and participants as well as anyone who has a message to get out to call in. Let's retain control for now, but if other local clubs are willing to help with the cost, let's delete the "COC" from the message, list all items on a calendar basis, and provide membership info for clubs alphabetically.

Newsletter -- Keep up the good work, the Bearing 315 provides us with upcoming schedules and specifics, results of recent meets and ties us together with interesting short pieces. Let's eliminate most of the general club meetings, save for special events and the annual elections, and let the newsletter do the job. Let's keep control of our newsletter in terms of cost and mailing, but let's actively exchange meet results, calendar, and articles with other nearby clubs, so we don't have to subscribe to multiple newsletters to get the news and features. Maybe four to six quality, yet simple issues a year that come out in a timely fashion.

Meets and Scheduling -- As was done a few years, let's get together with the other local clubs (better yet the region, including BC) to map out a yearly schedule starting in 1992 so both "C" meets and larger meets occur spaced out, to minimize holes or saturations. Further, let's remember to focus our resources on local meets.

At some local meets (announced in the newsletter and hotline) say once a month or bi-monthly let's hold a **mini-clinic** for skill enhancement or course review, or set up a **string course** for kids, or have a **"new-comer" workshop**, or have a **small scale social**. In the same vane, some local meets, say quarterly, can have a

more challenging bent either in terms of difficulty or distant or friendly inter-club competition. In essence, recognize that great folks (hey, that's us) come to meets. If we can provide a short and simple related activity that fosters the **individuals growth in the sport or affords a chance to enjoy one another--great.**

Let's set up a few more **trim courses** (maybe even a bike or canoe course) over the next few years, for all aspects of the spectrum from the map hiker to the competitive orienteer. (Maybe we could have a trim course "meet" running for a month, especially when some of our more experienced O'ers are likely to be "A" meeting elsewhere.)

If we are really trying to **encourage people to feel comfortable map hiking**, let's list them accordingly in the results and not record their time.

Finally, as most members help at meets during the course of the year, let's make it easier for them to volunteer by having an "upcoming meet notice" at the preceding meet, **saying what help, if any, is needed, and a place to sign up.**

Maps and Mapping -- Most want updated exiting maps and new areas maps (especially reasonably near places that offer more challenge than most city parks). **Who can argue; good maps and areas make for great O events.** Yet both processes take time and money. Let's consider a **two-year mapping plan** and put it in the newsletter for comment and understanding. (Mike has already offered to write a short piece on what it really takes to make a city park and a more involved map.)

Membership -- Let's recognize that most folks are satisfied with the current membership policies (i.e., paying yearly dues gets one a membership which includes newsletters and a discount at local meets without obligations.)

Let's **provide our membership, via the mail**, at renewal time, a membership packet that consists of a membership roster with phone numbers, club card, area map directory, list of club O books and resources, and a note of thanks; after all, there are other clubs one can join, or one not need join a club at all.

Finally, let's provide our members with a single **page resource form** that let's them check off what they are generally willing help with, what they aren't, and what they would like more exposure with, as well as a space for feedback. **We should encourage, through opportunity, recognition, and understanding members to give a variety of O activities a try** (like driving to an "A" meet, helping with mapping, or being a meet director or designer).

New Comers and New Members -- At all local meets let's have a **three page "mini-packet"** consisting of: USOF's *Orienteering for Fun for Fitness*; a page about COC and local O opportunities; and the upcoming schedule ready to hand out on request. Further at selected local meets (see above) let's go out of our way to draw, assist, and relate to interested folks. Additionally, at the meet, let's have a **copy of Lowry's overview booklet** and his O skills and strategies. (I donated a printer to the club; Robert Miller has made an offer--sell it and use the money to buy these and other books for the club.)

Additionally, **new members should receive by mail, shortly after joining**, the membership packet plus be given the name of a club member or two that they can call. Also, new members should be sent a complimentary **ONA** if the program is still in effect. Lastly, let's try to really make them feel like part of the club at upcoming meets and ask them for **some feedback 3 to 6 months down the road.**

Promotional -- As everyone is in agreement, we need more promotional activity, so that folks that might enjoy O as much as we do can get the word. Of course we need someone or a few folks to step in and get things going. When we have a coordinated schedule (see above) let's get the word to the newspapers, special sport papers, city and community rec programs, and other outdoor clubs (like CBC, Mountaineers, etc.) by sending them our new-comer 3 page packet and updating them with a newsletter (at least yearly). Let's try for tie-in (i.e., for the upcoming Rogaine, make sure area hiking clubs and S&R groups get the flyers or bike O and CBC).

Continue to promote the sport through educational classes, workshops, and seminars (i.e., Mike's extension class and REI talks). Build company tie-ins (sport company and retailers). Continue to seek positive TV pieces.

Promotional development should be seen as **long term project, where a positive rapport and an accurate image of the sport is paramount.** Growth for growth's sake is neither our goal nor is it desirable.

Let's see if there is interest for another printing of the club shirt that could be given to a generous sponsor or supporter (in addition to member appeal).

Super "A" and "A" Meets -- COC has been awarded the 92 USOF convention. Since many members are cautious of this undertaking, the club should consider a **simple yet quality approach** which does not tie up a lot of club resources. Further, the newsletter should be used to keep members informed and explain the boards rationale.

"A" meets are great to attend, but **require a lot of planning, coordination, and work.** When we sponsor another in a few years, let's use all the area resources (other clubs), have a solid line of communication and organization, and, moreover, **"under promise and over deliver"** to the people that come to the meet.

Regional Clubs -- WSOA has done much to promote inter-club development and increase awareness of the sport. The region as viewed from an orienteer's point of view -- which seems the proper perspective -- includes the BC clubs and Portland as they are closer to reach than the other side of the state. Therefore, **coordinated meet scheduling, promotional activities and development (including new clubs and the school league), and facilitation of effective and timely information exchanges in the region seem a worthy goals for this body.**

Sammamish and COC -- Since both clubs operate in overlapping geographic areas, it seems appropriate to share and exchange non-monetary resources for the betterment of both club's members (i.e., newsletter, hotline, activity help and functions). Further, interested new-comers should be steered to the club that best suits their needs. (Accordingly, an article in the newsletter and new comer packet from both clubs might be beneficial in elucidating club distinctions.)

Recognition -- The club runs rather well, and it is because member care and are involved. We should somehow **recognize those folks who choose to go beyond the call of duty.** (the list would be long if I started).

My Final Words -- My focus is on the orienteer in the field first, on the sport second, and on the club that helps them participate third. Some may disagree with this philosophy and other suggestions I've offered. I invite you constructive comments.

Lastly, thanks to Mike S., Dave E. and L. and Debbie N. for their help with the original survey.

MEET RESULTS

Volunteer Park May 4

Quasi-Meet Directors: Denise Klein,
David Soper, Ardis Dull
Registration: Sandy Kish Miller, Dan Klein
Start: Ardis Dull, Nicholas Bone
Finish: Peter Golde, Margie Bone
Marker Pickup: Debbie Newell, D. Tallent

Course 1 (1k, 6 controls)

Ian Dick & Co.	6:40
Dana Dick & family	8:27
Bill Albert	11:27
Rebecca Crofton	14:27
Bill & Lindsay Yost	19:07
Steve, Carol, & Adam Klein	23:16

Course 2 (2.2k, 11 controls)

Noam Gundle/Eric Bone	11:26
Quinn Rose	16:22
Joe Ablao	16:55
Becky Kosowski	20:34
Dana Dick & family	21:23
Kathy Wright	21:28
Bill Albert	21:37
Wayne Tomasello	21:58
Ian Dick & Co.	22:43
Neil Smith	24:27
Becca Crofton	27:25
Kathy Trost	31:00
Kynion	32:40
Bennett, Ted, Abe	34:44
Bob Williamson	35:09
Wayne McDonald	36:41
George & Nancy Lilly	38:13
Ben & Christi	41:12
Ernie & Gilbert	42:48
McCormick	46:27
Enger family	64:30

Course 3 (quasi-freestyle, 20 controls)

Dave Tallent	21:52
Dave Lilly	24:48
David Keyes	26:05
Mark Howlett	26:32
Debbie Newell	27:37
Peter Golde	27:40
Sidney Whaley	28:35
Ardis Dull	30:37
Nicholas Bone	32:10
Valerie Enger	34:28
Dave Petty	38:22
Margie Bone	38:55
John Ledington	39:27
Dan Klein	43:28
Jessica Rykken	43:35
Norm & Gerri King	85:45
Jack Maloney & family	106:28

Newcastle Island - May 25-26 Nanaimo, British Columbia Local Finishers

Day 1 Day 2 Total

Course 1 (Day 1: 2.1k, Day 2: 1.4k)

James Hopper	DNS	16:33
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Course 2 (Day 1: 3.3k, Day 2: 2.6k)

Kathy Trost	55:42	DNS
Margie Bone	78:25	DNS

Course 3 (Day 1: 3.7k, Day 2: 4.5k)

Kathy Trost	DNS	70:17
Margie Bone	DNS	126:32
Valerie Enger	DNF	
1. Nicholas Bone	45:31	54:33 100:03
2. Steve Madsen	76:53	76:28 153:21
4. Bruce McAlister	85:20	122:57 208:17

Course 4 (Day 1: 5.2k, Day 2: 5.4k)

Ardis Dull	DNS	118:00
1. Eric Bone	71:21	67:22 138:43
John Beck	103:47	DNF
Gary McCausland	DNS	84:13

Course 5 (Day 1: 5.9k, Day 2: 7.2k)

Debbie Newell	DSQ	91:37
1. Dave Enger	65:08	76:17 141:25
2. Brian Hart	65:01	76:29 141:30
5. Ben Hall	69:20	86:55 156:15
7. Arne Skog	81:11	90:41 171:52
11. Dave Tallent	103:35	108:02 211:37
12. Dave Lilly	105:27	110:16 215:43
14. McMacDonald	120:31	115:37 236:28

Union Bay Canoe-O - June 12

Meet Director, Registration, Start, and
Finish: Rick Hood
Course Design: Katie Sprugel, Sandy
Kish Miller

Seven brave boats set sail (o.k., paddled)
on Katie and Sandy's Trivia-O course.

Short Course (2k, 6 controls)

Two-Person Team	
1. The Stan Spurgen Crew	37:00.
Solo Paddler	
1. Don Atkinson	48:00

Long Course (4k, 10 controls)

Kayak	
1. Dave Lilly	43:00
Two-Person ROTC	
1. Jeff Coker/Doug Bassett	48:00
Family	
1. Eric and Terry Bone	66:00
Three-in-a-Boat	
1. M/ N Bone/J Hopper	79:00
1. Neil Smith and Crew	79:00

Ros-Elum Ridge (Day 2) May 12 Meet Director: Will Sperry; Courses: Rick Breseman, others next month

White

Susan Williams	93:37
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Yellow

James Hopper	48:30
Linda Hood	97:28
Pam & Kim Oard	99:12

Orange

Andy Hill	41:42
Margie Bone	58:01
Carl McNabb	78:10
Linda Moore	80:52
Bruce McAlister	80:55
D. Klein/K. Wiebler	85:12
Bao Ying	98:45
Kathy Trost	141:10

Green

Peter Golde	44:25
Alex Kerr	45:45
Nicholas Bone	49:23
Rachel Tharp	49:57
Sandy Miller	56:34
Ken Lew	57:22
Ardis Dull	57:30
Steve Madsen	58:22
Andy Hill	58:41
John Sincok	66:02
Rick Hood	68:41
Kent Verbeck	69:42
Shirley Donald	80:27
Harvey Friedman	116:00
Weis/Young	DNF

Red

Debbie Newell	91:20
Mike Tharp	96:01
Eric Bone	98:52
Dave Lilly	107:18
Jessica Rykken	122:30
Mac MacDonald	123:30
Jerry Grieve	135:31
Glenn Gordon	143:06
Art Rausch	145:31
Tom McKay	161:47
Carl Moore	163:36

Blue

Dave Enger	93:13
Ben Hall	98:02
Nathan Tharp	101:01
Ed White	108:34
Arne Skog	122:07
Mark Howlett	126:41
Steve Miner	128:48
Brian Hart	128:49
Dave Tallent	153:53

Membership Report

compiled by Harvey Friedman

Course 3 (3.8 km, 16 controls)

Debbie Newell	26:50
David Tallent	31:15
Robert Miller	31:20
Eric Follett/Russ Caldwell	32:30
Fred Veler	38:17
Ken Lew	42:58
Sandy Kish Miller	46:04
Doug Taylor	46:20
Ralph Caldwell (2)	47:58
Eric Frieden	52:59
Brian O'Flynn	54:38
Gary Turk	69:19
Joe Amick Family (4)	96:40
Norm & Gerri King	97:32

As usual, we'll start with positive roster changes as of 28 August 1991. Words of both thanks and welcome go to the following new or renewing club members: Margie, Eric, & Nicholas Bone, Bonnie Brannon, Bettye Christian, Becca Crofton & Wayne McDonald, Ann Dacy, Mickey Fowler, John Giaever, Mary & Michael Kenny, Pat Kennedy, Norm & Gerri King, Israel Kloss, Amanda Kolehmainen, Pete Kynion, Eric Lawson, John Ledington, Bob & Suzy Lynch, Brad Miner, Carl & Linda Moore, Debbie Newell, Dot Newell, Brian O'Flynn, Elizabeth Prindle, Jessica Rykken, Joseph Schneider, Cabe Shepard, Mark Sinclair, Gail Smith & Craig Wyss, David Soper & Denise Klein, Bob Sunderland, Walt & Nancy Turley, Sid & Janet Whaley, Jerry Wilson, Mike Wilson, Bill Yost family.

If you want to get your handsome membership card, introduce yourself to the membership coordinator, me (Harvey), at a Cascade sponsored meet.. I do not have blank membership cards with me when I attend other clubs' functions. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost).

IOF ADOPTS NEW CONTROL DESCRIPTION SYMBOLS

Several years ago the International Orienteering Federation adopted a graphic language to describe control locations. These symbols make it possible for an orienteer to understand the control descriptions regardless of the language he speaks. These are the symbols we use on the advanced and intermediate courses at most of our meets.

Recently the IOF adopted the following ne international symbols for course descriptions:

MOVE TO COLUMN G:

END - Moves from Column E to G

BETWEEN - Moves from Column C to G



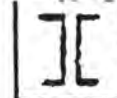
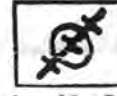
In Column D (the control feature)

HEDGE

PILE OF STUMPS
, BRANCHES OR DEBRIS

POWER POLE

NARROW PASSAGE



In Column G (location of the marker)

RAZED OR WRECKED OBJECT
(NOT YET A RUIN)



You can pick up a complete explanation of all IOF symbols at any Cascade Meet. All you have to do is ask.

CATFISH

by Bollen & Peterman



MEET RESULTS

The Dancing Lady ROGAINE

It was a cloudless sky, but the temperature in the 30s held more than a hint of fall when 26 teams set out on the Dancing Lady Rogaine at White Pass, Saturday, August 24. This was COC's first Rogaine (the 1989 Rogaine was a WSOA event). Forest Service requirements to use the wilderness area posed constraints which limited the course design, and there were several less than optimally placed controls. Still, the area was spectacularly beautiful, offered great orienteering terrain, and minimal mosquitoes. All competitors finished with only three overtimes (although Mac and Karen MacDonald picked their own finish at Dog Lake), there were no injuries, and no lost teams. Glitches notwithstanding, everyone appeared to have a good run, with Alan Philip (VO) and Jim Traynor (CVOC) collecting all the controls in a little over seven hours (of the 8-hour Rogaine).

The Cascade Board will be considering whether to schedule Rogaines as regular features, or whether COC should schedule Rogaines at all. Preparing and running a Rogaine takes more time and effort than two or three regular orienteering events, and COC has no surplus of either volunteers or money. If a Rogaine is scheduled, what should be the time limit(s)? Should the site be a wilderness area or should an east slope area with logging, roads, etc. be used. Let your Board know your feelings.

Dancing Lady Rogaine

August 24 8-hr, 4-hr 19 controls, 1000 pts maximum

Meet Directors: Bruce McAlister, Bob Reddick
Course Setting: Kevin Finney, Anne York, Mark Howlett, Peter Golde, Dave Petty
Registration: Rick Hood, Dave Petty
Timing: Bruce, Dave Petty
Marker Pickup: Bruce, Dave Petty, Eric Bone, Margie Bone, Nicolas Bone, Debbie Newell

4-Hour Novice	Time	Controls	Points
Scott Chisa	32h47m	4	280
Ellen Boomer			
Margie Bone	4h27m	4	253
Nicholas Bone			
Lynn Usciski			
Sandy Kerr	4h27m	4	253
Danny Kerr			
Becca Crofton	3h37m	3	180
Wayne MacDonald			

8-Hour M Open	Time	Controls	Points
Mike Tharp	7h5m	16	880
Nathan Tharp			

Name	Time	Controls	Points
John Nitardy	7h11m	12	740
Paul Nitardy			
Ben Hall	7h37m	12	740
Klaus Wersin			
Eric Frieden	7h41m	10	640
John Wilkerson			
Carl Coger	8h35m	10	605
Gar Fisher			
Eric Bone	8h22m	8	390
Steve Madsen			
Gary Turk	6h29m	5	280
Barnett Turk			
Glen Cafferty	7h38m	3	140
Terradan Landchild			

8-Hour W Open

Linda Hood	8h31m	6	125
Sandy Kish Miller			

8-Hour Mix Open

Kris Battistuzzi	7h15m	14	740
Brian Stott			
Carl Moore	7h24m	11	640
Linda Moore			
Mac MacDonald	8h0m	11	620
Karen MacDonald			
Debbie Newell	7h41m	11	600
Michael Kerr			
Ardis Dull	8h4m	10	560
Doug Sprugel			
Mike Fritz	6h46m	10	520
Vivian Benning			
Sid Whaley	7h49m	9	520
Janet Whaley			
Bobby Bonds	7h55m	10	480
Bertha Sullivan			
David Tallent	6h24m	6	300
Nicholas Tallent			
Angela Tallent			

8-hour Masters

Allen Philip	7h7m	19	1000
Jim Traynor			
Fred Veler	7h58m	17	900
Gerry Boren			
Rick Hood	7h47m	8	540
Robert Miller			
Bob Lynch	6h23m	4	200
Suzy Lynch			

Schedule

Date/Time	Location	Type	Club	Map	Information
SEPTEMBER					
AUG 31-SEP 1	Western Canadian Championships Aspen Grove, B.C.	A	OABC	color	Ron Green 1:15,000 (604)224-6132
SEP 7/8	Washington State Championships, Pig War #1	B	COC	color	Rick Hood 1:15,000 (206)367-2606
12/2 Sat; 9/11 Sun	Moran State Park, Orcas Island				
Sat, SEP 14	Mt. Tabor Park - "Crater Fest"	C	CROC	b/w	Glen Cafferty (503)281-5137
12-2	Portland				
Sun, SEP 15	Riverside State Park, Spokane	C	EWOC	color	John Beck 1:15,000 (509)536-0650
1-2pm	At Camp Seven Mile - Mass start for score meet at 2:00				
Fri, SEP 20	Bi-Monthly Meeting - Potluck				
6:30 - ?	At Rick Hood's Hot Tub, 19708 15th NE (see story)				
Sat, SEP 21	Cle Elum High School Cle Elum	C	EOC	color	Will Sperry 1:15,000 (509)925-4716
Sat, SEP 28	Manito Park (by the picnic shelter)	C	EWOC	color	John Beck (509)536-0650
10 - noon	Spokane				
Sun, SEP 29	Lk Sammamish State Park	C	SAMM	color	Dave Enger 1:10,000 (206)822-6254
10-noon	Exit 15 on I-90				
OCTOBER					
OCT 5/6	Mt Douglas Park, Cordova Bay, 3 mi from downtown Victoria	B	VO	3 color	Carl Coger 1:10,000 (604)380-6562
12/2 Sat-11/1 Sun	Pig War #2				
OCT 12/13	US Championships, Camp Lakewood YMCA Potosi, Missouri	A	SLOC	color	Rhea Jacobs 1:15,000 (314)644-3735
OCT 12/13	B C Championships Savona, Six Mile Lake	B	CVO	color	Peter Smith 1:15,000 (604)748-3235
Sat, OCT 19	Fort. Casey State Park, Whidbey Island	C	COC	b/w	Bruce McAlister 1:5,000 (206)783-3866
10 - noon	Near Keystone, about 25 miles north of Clinton-Mukilteo ferry landing				
Sat, OCT 26	Marymoor Park, Redmond	C	SAMM	color	Dave Enger 1:10,000 (206)822-6254
10 - noon	Exit SR 520 at Lake Sammamish Parkway				
NOVEMBER					
Sat, NOV 2	Hamlin Park (North Seattle)	Night-O	COC	b/w	Bruce McAlister 1:7,500 (206)783-3866
6 - 8 pm	15th N.E.; Entrance at about NE 160th				

CLUB KEY

COC - Cascade Orienteering Club

SAMM - Sammamish Orienteering Club

EOC - Ellensburg Orienteering Club

EWOC - Eastern Washington Orienteering Club

OABC - Orienteering Association of British Columbia

CVO - Cowichan Valley Orienteers

SLOC - St. Louis Orienteering Club

VO - Victorienteers

CROC - Columbia River Orienteering Club

COMING "A" MEETS and SPECIAL EVENTS

September 28/29	Troll Cup, Upton, MA
October 19/20	Heartland Championships, Kellings Lake S.P., Campbellsport, WI
Nov 2/3	US Long-O and 2-day Individual, Letchworth S.P., New York
November 23/24	Western States Championships, Sunol Regional Park, Fremont, CA
December 29	Bob Slog, St. Edwards State Park, Bothell

COC continues to rely upon a small and dedicated group for meet directors and course designers. With a club membership of about 150 and only about 15 events per year, one should only have to be a meet director once every 10 years or so. So, sign up now and rest for 9 years. We have how-to-do-it manuals, and people to help, so let's get a few more volunteers to help out.

Denise Klein (322-7797) is our Volunteer Coordinator, and will be happy to take your name and line you up with a job in need of a volunteer.

For the latest meet information, call the ORIENTEERING HOTLINE at 783-3866

COC OFFICERS AND COORDINATORS

Bruce McAlister	President (206) 821-6862
Peter Golde	Vice President (206) 883-3732
Ardis Dull	Secretary (206) 364-4062
Katie Sprugel	Treasurer (206) 365-8742
Mike Schuh	Executive Board (206) 783-3960
Glen Gordon	Executive Board (206) 868-2975
Dave Petty	Executive Board (206) 822-4223
Denise Klein	Volunteer Coordinators (206) 322-7797
Dan Soper	Mapping Coordinator (206) 488-7471
Debbie Newell	Membership Coordinator (206) 784-2774
Harvey Friedman	Newsletter Editor (206) 328-1269
Dan Klein	Trim Course Coordinator (206) 778-7202
Jim Siscoel	Hot Line Coordinator (206) 634-2279
Margie Bone	Publicity Coordinator
Vacant	Equipment Coordinator (206) 488 0270
Don Atkinson	

COC "C" MEET FEES

	b/w map	color map
Orienteering club members	\$2.50	\$3.00
Non club members	3.50	4.00
Novice (first time orienteering)	1.00	1.00
Families (regular fee for first 2 family members, \$1.00/person thereafter)		

Special events, such as the State Championships and "A" meets, have higher fees.

Cascade Orienteering Club

Membership Application

Name _____

Address _____

Phone _____

Other family members _____

Club activities _____

Other interests _____

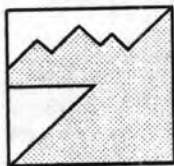
Membership Category

Yearly Fee

- | | |
|---|----------|
| <input type="checkbox"/> Family | \$ 15.00 |
| <input type="checkbox"/> Individual | 10.00 |
| <input type="checkbox"/> Associate (under 18) | 5.00 |
| <input type="checkbox"/> Newsletter Subscription only | 6.00 |

Mail this form, along with your payment to:

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



Cascade Orienteering Club
P.O. Box 31375
Seattle, WA 98103
(206) 783-3866

Has your membership expired?

If the label is marked with yellow, the answer is yes



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