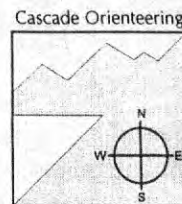




BEARING 315



The Newsletter of Orienteering in the Pacific Northwest

September, 1996

Convention and O'Roundup Report

by Bill Cusworth

The 1996 USOF Convention was held in conjunction with American Orienteering Roundup on August 17-25, 1996. The convention took place at Camp Smith, an Army National Guard camp located near Peekskill, NY, just across the Hudson River from where the Roundup events were being held in Harriman State Park and West Point. Several Washington State orienteers were in attendance - Eric Bone, Nic Bone, Ardis Dull, Ellen Boomer (17-21st only), Bruce McAlister (22-25th only), and myself.

The convention was fairly low-key as it had been in July, 1995 in Colorado. This year there was no registration fee. Camp Smith proved to be a so-so place to hold a convention as the rooms used for the meetings were small, run-down shacks, the food was over-priced and generally greasy, and the barracks were very noisy since we were sharing them with National Guard members. In general, the orienteering events took place in the morning while the convention activities were in the afternoon and evening. The exceptions were the off days, Monday and Friday. Many people participated in a New York City tour all day Monday while Friday was the Annual General Meeting (AGM) of USOF. I did not attend most of the convention talks because I was too

tired from the morning events. I did help run the open forum on the new A-meet course/class structure that I am currently in the process of developing. Most of the time of the USOF Board meetings held during the week was devoted to this issue.

The USOF AGM was highlighted by the election of a new slate of officers - Gary Kraght of BAOC as President, Harvey Lape of DVOA as VP Administration, Beatrice McBride of RMOC as VP Competition, Mike Minium of OCIN as VP Program Development, Betsy Hawes of HVO as Secretary, and Ian Tidswell of HVO as At-Large Board member. Cascade Orienteering Club was awarded 2nd place in the USOF club competition behind the Bay Area OC (I think there were only 2 entries submitted). I was one of two people in attendance to receive a President's Service Award. The new teaching manual for the O' in Schools program was also unveiled at the meeting.

The weather turned out to be merciful with temperatures in the 60-70s in the morning when the orienteering events took place and reaching the 80s by afternoon. The humidity was quite high the whole week as was expected. The first 4 days of competition were held on the WOC '93 maps while days 5 and 6 were on 2 West Point maps. Each day featured very technical terrain with several experienced orienteers giving up because they couldn't find a marker (although there were no course protests that I was aware of). The courses provided by Erik Olson of West Point (who we refer to as "the surfer dude") on days 5 and 6 proved to be very good despite the reputation the military guys have for bad courses. The US Relay Champs were held on Thursday with the team from Cascade Orienteering Club taking 4th place out of 11 eligible teams, just one place out of the prizes. Next year's relay champs are in Colorado and we are already planning revenge for our defeat. The first ever US Night-O Champs were held Thursday evening on a map appropriately titled "Spook Swamp". Many people (including myself) skipped the night-O, in my case because of fear of a debilitating injury. The terrain is plenty treacherous enough during the day! [Results of PNW orienteers are included in the results section].

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Bearing 315 is published six times each year by Cascade Orienteering Club.

A Really GREAT Adventure

Nicholas Bone

Several months ago the hot-line got a call from a man named Roger Johnson. He wanted someone to put on a miniature orienteering clinic for a group of middle school students involved in Bellevue's GREAT Adventure Summer Program (GREAT is for Gang Resistance Education And Training). "Of course," we said, "we'd love to help... we'll find someone to do it." "Great!" he said. Then we forgot about it for awhile. Later, after I had returned from this year's chapter of the Colorado Thousand Day, our beloved President reminded me of our pledge. Alright; I'll do it. But not alone (I've never done this before), I need some help.

The date was set for Thursday, the 25th of July, at Kelsey Creek Park, and we had from 10:00 am to 3:00 in the afternoon to show these kids what orienteering was all about. A few minutes on email and a few hours on the phone scared up many enthusiastic volunteers—as well as some sage advice from Rick Hood, who's an old hand at this sort of thing.

The day before, Jim Siscel and I met to work out our final Plan and to draw up the courses. We didn't have the use of any buildings, and we didn't have a budget, but Sammamish O.C. was kind enough to supply us with color maps—left over from the previous Wednesday's event—and Cascade, Sammamish, and Husky all chipped-in to cover the costs.

The following morning was a bit hectic, as the busload of kids arrived 20 minutes early, and Kean Williams was the only one of us volunteers who managed to make it by 9 o'clock. But we kept the kids busy enough, having them break into three large groups, and within those, into teams of three or four while we finished hanging the markers, marking the maps, and getting the "stations" organized. Thankfully, Jim distracted them a few extra minutes by having them come up with team names as the rest of us finished our preparations.

When the kids had calmed down I gave a short talk on what orienteering is. Each person got a color map (including the six adult chaperones), and we spent a few minutes discussing map symbols and trying to pinpoint our location, which most managed without too much difficulty.

The stations were next, and the three large groups cycled between them, spending around half an hour at each. Station A involved a brief explanation of how to navigate an orienteering course—including using the compass to orient the map, following linear features, and using catching features—then each team went out on a short "mini-O" course (approximately equivalent to course 1 at a local meet). Station B was a pacing exercise and a

brief mention of scale. Station C was a hill-walk and a discussion of contours. I'd say more about Stations B and C, but I don't know the details as I was at Station A the whole time (the leaders of those stations may be contacted for more complete information).

Lunch was next, followed by the main event of the day—a two-hour score-O. Rick explained the scoring system and the rules—have fun, share responsibilities, and (most important) stick together—and each team got a master map, a whistle, and a compass. We set twenty mapped controls—six 100 pointers, seven 200 pointers, and seven 300 pointers—and three mystery controls (one per point zone) which were worth double points if they could accurately mark their locations on the map.

We erred on the side of making it too easy (better that than too hard!), as 9 of the 14 teams got maximum points and almost all came back with plenty of time to spare. But everyone had a good time and learned something in the process. We gave out WIOL brochures and schedules (with the hot-line number) to the kids and adults alike. Perhaps we'll see some of these kids in the WIOL in the years ahead....

I left that afternoon with the wonderful feeling of accomplishment one always has after an event goes well. But this time was special; not only was it a first for me, it also involved teaching children, which is something I have always loved. I recommend this experience to anyone who thinks they might be interested. Remember: no matter how little you think you know, you always know more than a newcomer, and that's enough to teach them the basics.

One final thank you to all the other volunteers:

- ♦ Eileen Breseman Station B co-leader and bringer of neat books "Armchair Orienteering").
- ♦ Rick Hood Station A co-leader, experienced advice giver, and score-o explainer.
- ♦ Bob Reddick Station C co-leader, bringer of contour model, and photocopier.
- ♦ Jim Siscel Station C co-leader, control setter, and invaluable co-organizer.
- ♦ Kean Williams Station B co-leader, control setter, and early bird.

Share Your Knowledge

Eileen Breseman

Please share your knowledge and enthusiasm for our sport by stepping up to speak to interested groups who request a workshop or speaker for their club, troop, or gathering. Specifically, we are looking for people willing to be listed (internally) along with any special interests or hobbies, so that when requests

come in from the hotline, we can quickly and easily match an orienteering speaker to the group. There is no payment involved, except for a real sense of pride in a job well done and you will probably meet some interesting people! The bottom line is that the speaker should encourage folks to come to an in-town meet and give orienteering a try.

If you are interested in participating, please sign up for the "Speaker Bureau List" by calling, faxing or e-mailing Eileen at:

Breseman@msn.com

tel: (206) 483-6592

fax: (360) 668-5004

Include your name, contact numbers, and any special interests such as bird watching, search & rescue, kayaking, hiking, mushroooming, etc. From this list, we will be better able to match groups with speakers.

If you are unsure as to what is involved, attending an already scheduled talk is probably the best way to learn. We can fix you up with someone experienced. Give it a try! You will have fun.

COC Annual Dinner

The annual COC dinner will be held on Tuesday the 19th of November at Coco's restaurant located on 205th between I-5 and Hwy 99. Go west from I-5 at exit #177 (Hwy 104). Continue west until you see Coco's; you will need to bear left at the fork in order to gain access to the parking. (This is *not* the one we used last year in Lake Forest Park.)

Like last year, dinner is the normal menu plus a 15% gratuity. The servers will take and serve by tables. You are welcome to arrive and order any time after 5:45 pm.

The famous "45-second election" will happen around 7:45, with brief remarks from Margie Bone to follow. Presentation of awards, and entertainment, will follow. The formal part of the evening will conclude by 8:30, though you are most welcome to stay longer. Also, though this is a COC dinner, as at all orienteering events, all orienteers are welcome.

Lastly, Margie is looking for someone to serve as the MC or head up the social aspects or both; if you are willing, please call Margie at 634-2279.

Field Notes

- Elis and Susan Eberlein will soon be leaving the Northwest and moving to the deep south, probably South Carolina or Georgia. Elis is the founder and driving force behind the Sacajawea Orienteering Club in the Tri-Cities, as well as being a pretty darn fast orienteer. He has also made several maps in the Tri-Cities area, and has been the course setter for many orienteering events. We wish them the best of luck!
 - The Cascade OC board voted to bid to host the 1998 US Classic Orienteering Championships. The proposed location is a new map about five miles northwest of the existing Cle Elum Ridge map and about six miles north of the town of Cle Elum—the working name for the map is "Teaaway Forks". The area has vegetation similar to the nicest forests in the Cle Elum region with a combination of technically challenging topography and humane terrain. The USOF Board of Directors is schedule to choose the champs location in October.
 - If you enjoyed this year's Oldman Pass Rogaine, mark your calendar now for next year's CROC Rogaine: Sept. 13, 1997, in the lake district just north of the Mt Adams Wilderness area.
 - Knut Olson had a remarkable performance at the Colorado 7-day. He posted the fastest time on the Brown course all four days of the four-day, and 2nd (two minutes behind an F18) on the Long-O. Not bad!
 - This fall, Mike Schuh will once again teach his popular introductory orienteering class. The class will be held on Sundays beginning November 10th in Seattle's Discovery Park, and will be offered twice - from 10:00 AM to noon, and from 12:30 PM to 2:30 PM. Running for four Sundays (skipping Thanksgiving weekend), the class will cover the basics of map and compass use, and elementary tactics and strategies for orienteering.
- Mike has been teaching the class since 1981, and has won praise for the class. Each section is limited to 20 students, and the morning section often fills up early. To register, please call the ASUW Experimental College at 206-543-4375. For other information, call Mike at 206-783-3960.

[Please send your information, announcements, rumors, gossip, or anything else about orienteering or orienteers to Field Notes. I can't print it if I don't know about it. E-mail: petergo@microsoft.com]

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 the new 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 socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

Margie Bone	President	634-2279
Bill Cusworth	Vice-President	322-6693
Sandy Kish Miller	Treasurer	782-1437
Ardis Dull	Secretary	364-4062
Ron Brown	Volunteer Coordinator	821-6801
Aaron Charlop	Memberships	937-5855
Debbie Newell	Mapping Coordinator	488-7471
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	524-3718
Peter Golde	Newsletter	883-3732
Paul Magnus	Executive Board	335-3555
Jim Siscel	Executive Board	778-7202
Eileen Breseman	Publicity and Promotion	483-6592

Sammamish Officers and Coordinators:

Dave Tallent	President	392-3061
John Sincock	Vice President	822-3621
Valerie Enger	Treasurer	822-6254
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Kathy Trost	Memberships	271-5508

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— Ellensburg Orienteering c/o Will Sperry 1006 N. Water St. Ellensburg, WA 98926	Sammamish Orienteering P.O. Box 3682 Bellevue, WA 98009 —OR— Sacajawea Orienteers c/o Frank Scorina 116 Stanton Walla Walla, WA 99362
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Other Club Contacts:

Frank Skorina, Sacajawea Orienteers	(509)522-2770
Will Sperry, Ellensburg O.C.	(509)925-4716
John Beck, Eastern Washington O.C.	(509)838-7078
Terradan Landchild, Columbia River O.C.	(360)254-4090
Eric Bone, Husky O.C.	(206)634-2279
Ken & Joanne Klepsch, Chuckanut Orienteers	(360)299-1010

Event Fees

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.

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

Meet Results and Standings

Inland Northwest Cup

July 20-21, 1996

Riverside State Park, Spokane, WA
Eastern Washington Orienteering Club
Sacajawea Orienteers

Meet Director: John Beck

Course Designer: Elis Eberlein

Registration: Amy & Christina

Graham, Diana Orthouse

Start: Kay Carnes, Lisa Smith, Scott Donald

Finish: Nancy Weller, Don

MacNaughton, Kathy Cruz, Mike Schuh

Result: Bill Gee, Bill Borrie, Amy Burgess

Control Pickup John Harbuck, Kari Jones, Jake Harrison, Mike Schuh

Start water: Bill Cusworth

Road sign pickup: Don Atkinson

Course 1 (2.235 km / 2.220 km)

F Open

Lizzie & Jen Britton 36:49 27:54 64:43

M-12

Mark Charyk# 25:41 72:30 98:11

Ben Robinson 25:50 84:36 110:26

Course 2 (3.090 km / 3.240 km)

F-14

Kristin Harbuck 72:33

F Open

Toko Magnus 52:22 69:11 121:33

Karen MacDonald 80:58 91:13 172:11

Open

Beth &

Randy Meredith 87:25

M-14

Forrest Jespersen 47:28 DNS

M Open

Jesse White 48:45 31:07 79:52

David Ritzenthaler 44:34 42:57 87:31

Kevin Davis DNS 34:15

James Bender 107:27 DNS

Course 3 (2.970 km / 5.490 km)

F-16

Emily Britton 68:35 61:12 129:47

Lisa Boutwell DNF 116:15

F55-

Shirley Donald 59:06 91:46 150:52

F Open

Kari Jones 57:53 108:24 166:17

Amy Burgess 70:31 88:53 167:24

Patricia Charlop 76:42 160:10 236:52

Wanda Howlett 70:11 DNS

Sandra Sharp 69:14

Sally Riggers 142:07

Open

Beth & Randy Meredith 194:33

M55-

Scott Donald 32:41 56:01 88:42

Knut Olson# 42:35 64:55 107:30

M Open

Jake Harrison 40:07 91:21 131:28

Matt Anderson 64:23 80:08 144:31

John O'Brien 80:48 84:22 165:10

Eric Fredrickson 30:04 DNS

Tracy Schoenleber &

Charlie Underhill 98:33

Course 4 (3.945 km / 7.765 km)

F-14

Kristin Harbuck 77:35

F-21-

Kristin Liebich@# 32:03 55:23 87:26

Christina V. White 38:26 62:30 100:56

Eileen Breseman 35:12 68:01 103:13

Debbie Newell 33:38 70:05 103:43

Jana Urbanova 64:36 69:38 134:14

Sandra Sharp 75:38

F35-

Susan Eberlein# 37:54 93:17 131:11

Karen Robinson 111:53 107:18 219:11

F45-

Anne York# 74:24 156:47 231:11

Sally Riggers 182:05

M45-*

Dave Tallent# DNF 65:20

John Harbuck 37:25 67:22

Bill MacDonald 47:01 73:12

Don Atkinson 48:17 87:49

John Charyk 64:48 102:33

R Dennis Leveridge 43:12 103:27

Marshall Nelson 85:02 144:15

Harvey Friedman 69:21 155:04

M Open

Bill Borrie 48:15 80:21 128:36

Aaron Charlop 52:55 100:28 153:23

Steve Stevens 33:54 DNS

Kean Williams 44:25 DNS

Course 5 (4.935 km / 11.100 km)

M-20

Eric Riggers# 69:28 119:54 189:22

M-21-

Bill Cusworth@# 32:20 79:37 111:57

Mark Astridge 34:27 82:15 116:42

Jan Urban 44:14 83:34 127:48

Mark Howlett 42:07 86:50 128:57

Adrian Zissos 45:38 88:11 133:49

Peter Golde 48:53 94:27 143:20

M35-

Paul Magnus# 38:58 83:07 122:05

John Britton 42:39 92:28 135:07

Rick Breseman 42:25 97:43 140:08

Howard Halter 47:33 134:57 182:30

Andy Hill 70:04 165:04 235:08

Mike Schuh 64:26 DNS

*Rankings in M45- are based solely on Day 2 results due to protest of the Day 1 control.

@Inland Northwest Cup winners

#Washington State Champ

Kelsey Creek Park

July 17, 1996

Sammamish Orienteering Club

Meet Director: Dave Enger

Courses: Chris Lum

Registration: Margaret Bolton

Timing: Chris Lum

Course 1

Janna Quinn/Kent Butler 13:40

Jane & Matt Lintner 24:58

Joe Cannon 25:44

Schmidt 31:15

Craig Delphy 32:15

Donald Bolton/Engers 32:30

Course 2

Janna Quinn/Kent Butler 41:01

Dave Petty 44:57

Course 3

Bill Cusworth 24:33

Rick Breseman 30:14

Debbie Newell 32:23

Kean Williams 39:58

Michael Corey 44:52

Ardis Dull 47:35

Ken Lew 52:00

Jim Sisco 57:23

Woodland Park

Course 1

Sprugels 14:13

Fernne & Roger Rosenblatt 15:00

Muggs Monahan 15:28

Doris Heritage/Kelly Marsh/

Nat Turner 16:05

Elizabeth Arnhart 19:51

Carol Johnston 19:46

Pottharsts 22:45

Kay Kriedler 23:25

Course 2

Jeff/Susie Reeves 18:20

Fernne Rosenblatt 28:42

Heritage/Marsh/Turner 31:40

Kathy McDonald 33:47

Johnston 36:29

Michael Dalsing/Sally Riggers 38:25

Muggs Monahan	39:10
Elizabeth Arnhart	40:37
Sprugels	42:03
Ann Carlile	42:57

Course 3

Robert Schmidt	29:04
Dave Petty	32:58
Jackie Ritmire	42:39

Course 4

Mike Fritz	34:05
Richard Staudt	36:34
Michael Corey	37:23
Don Atkinson	37:06
Jonathan Newmark	40:00
Vivien Fritz	41:40
Ross Stevens	42:54
Roger Rosenblatt	47:05
Brian Wingert	47:09
Todd Bohk	50:08
Jim Siscel	50:19
Aaron Charlop	57:54
Larry Keller	58:56
Sayer & Silver Bohlman	91:30

University Of Washington

July 28, 1996

Meet Director: Aaron Charlop

Courses: Aaron Charlop

Course 1

Beth Walker	16:56
Hartley	19:15
DeBee	31:50
Wells	33:45
Jim Siscel	30:23
Steve Layman	34:44

Course 2

Terradan Landchild	38:56
Doug Woods	53:47
Bob & Pat Reddick	60:41
Andy Lippert	85:39

Course 3

Nic Bone	25:38
Debbie Newell	27:03
Peter Golde	29:23
Robert Miller	29:43
Don Denbo	35:31
Sandy Kish Miller	35:40
Don Atkinson	37:09
Dave Petty	38:32
Kean Williams	40:18
Harvey Friedman	44:15
Michael Corey	57:05
Rob & Scott Knudsen	67:58
Margie Bone	no time

Course 2 + 3

Eileen Breseman	22:04+28:02	50:06
Rick Breseman	25:09+27:14	52:23

Bullfrog Pond

August 10, 1996

Sammamish Orienteering Club

Meet Director: Dave Enger

Courses: Mark Howlett

Vetter: John Rogers

Registration: Bob Reddick

Start: Mark Howlett

Finish: John Rogers, Dave Enger

Marker Pickup: Mark Howlett, Jan Urban

Course 1

Donald & Margaret Bolton	80:27
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Course 2

Joanne Sperry	50:30
Harvey Friedman	53:40

Course 3

Debbie Newell	78:10
Gail MacDonald	105:56
Doug & June Sohn	DNF

Course 4

Mike Fritz	76:26
Stephen Richardson	76:57
Dale Width	81:26
Mac MacDonald	83:48
Bill Cusworth	87:45
David Ritzenthaler	103:44
Carl Moore	103:13
Don Denbo	105:41
Martin Hocking	110:55
Ardis Dull	111:12
Eric Riggers	117:12
Diana Hocking	132:04
Will Sperry	139:55
Larry Sorenson	140:50
Michael Corey	166:37
John Sincock	175:46
Paul Lescarmure	226:09

Course 5

Paul Magnus	59:00
Kristin Liebich	64:34
Dave Enger	65:56
Arne Skog	66:12
Jan Urban	67:00
Rick & Eileen Breseman	92:35
Chris Lum	110:43
Kean Williams	137:23

Bullfrog Flats

August 11, 1996

Sammamish Orienteering Club

Meet Director: Dave Enger

Courses: John Rogers

Vetter: Mark Howlett

Registration: Bob Reddick

Starts: Mark Howlett

Finish: John Sincock, Dave Enger

Marker Pickup: Mark & Wanda

Howlett, Bob Reddick, Dave Enger

Course 1

Ben Stillo/Maura Connolly	26:34
Ryan Breseman/Donald Bolton	85:51
Kelsey & Dana Breseman/Margaret Bolton	96:27

Course 2

Course 3

Gail MacDonald	47:38
Will Sperry	76:57
Joanne Sperry	82:52
John Sincock	84:00
Dave Petty	MSP

Course 4

Stephen Richardson	61:25
Eric Riggers	62:31
Dale Width	62:40
Mike Fritz	63:25
Mac MacDonald	72:30
Sandy Kish Miller	76:37
David Ritzenthaler	82:02
Mike Schuh	83:47
Don Atkinson	88:18
Don Denbo	93:51
Larry Sorenson	94:14
Martin Hocking	94:45
Maura Connolly/Ben Stillo	106:05
Wanda Howlett	109:39
Diana Hocking	110:40
Harvey Friedman	114:10
M. Schneiderman	128:17
Paul Lescarmure	170:42

Course 5

Paul Magnus	64:27
Bill Cusworth	66:17
Kristin Liebich	67:00
Jan Urban	69:04
Rick & Eileen Breseman	70:47
Ben Hall	80:04
Dave Enger	80:09
Debbie Newell	85:53
Robert Miller	86:52
Peter Golde	87:20
Chris Lum	101:53
Kean Williams	114:29

Oldman Pass Rogaine

Aug. 17, 1996

Ian Kluckow & Rip Heminway	1370.
Jan Urban & Jana Urbanova	1370
Rick & Eileen Breseman	1240
Carl & Linda Moore	1060
Debbie Newell & Kean Williams	1060
Curtis Condon & Walt Roland	1030
MJ Corey	990
Joe Hallet & Dan Miller	860
John & Kristen Harbuck	850
Dave Petty & Don Atkinson	800
Eric Riggers & Tom Bennett	740
Tim Downing & Beth Stark	620
Lee Phipps & Ken Spiegle	610
Anndy Wiselogle & Virginia Church	590
Kevin Johnston & Joe Paul	500
Larry, Priscilla, & Keith Richardson	400
Scott Drum & Mike Normadeau	370
Scott Disher & Karen Downing	370
Dale Hamilton & Louis Boyer	250
Terry & Cera Reusser	180
Larry & Anne Johnson	70

Sacajawea State Park

Sept 15, 1996

Sacajawea Orienteers

Course setter and meet director: Ivar

Husa

Vetter: Elis Eberlein

Control pick-up: Ed and Donna

Gookin

It was a breezy day at the park
with perfect temperature for running.

Advanced Course, 3500 M

1. Edwin Gookin	47.09
2. Donna Gookin	72.00

American Orienteering Roundup

August 17-25, 1996

Included are the results of PNW orienteers and their USOF Club along with the top 3 in the class. Times and total points are for the six days that count in the point total. Total points are based on the best 4 of 6 days. The Relay and Night-O do not count for points.

Day:	-1-	-2-	-3-	-4-	-5-	-6-	Pts.
M-21-A Blue							
1 Mike Waddington	64.50	54.08	74.45	66.45			3968
2 Wil Smith	69.05	63.39	79.15	64.30	83.56	65.01	3941
3 Peter Mohn	66.49	66.47	84.01	DNF	84.04	67.18	3818
4 Eric Bone (COC)	70.41	57.15	DNF	78.31	101.14	83.21	3509
19 Fred Schmitt (COC)	96.50	79.04	103.21	86.24	113.52	92.20	2908
32 Nic Bone (COC)	151.47	118.34	144.49	96.41	145.26	110.42	2346
Bill Cusworth (COC)		85.17		129.51			1132

M-21-B Red-X							
1 Georg Dobler	56.10	52.15	85.13	57.59	66.42	63.20	4000
2 Martin Flynn	63.31	56.31	99.25	70.06	67.50	76.12	3654
3 Paul Whiston		69.08	108.21	61.35	81.09	77.04	3351
Bill Cusworth (COC)			DNF			78.08	795

F-21-B Green-X							
1 Mairead O'Keeffe	83.27	80.55	91.32	86.56	105.38	82.58	3466
2 Rachel Hopkins	100.03	81.56	95.00	85.58	96.25	84.23	3456
3 Fiona O'Hanlon	147.33	81.07	89.29	DNF	89.42	109.46	3355
Ellen Boomer(NISQ)	106.53	115.29	126.24	156.39			2195

F45-A Green-Y							
1 Gail Gagarin	70.58	66.36	73.09	68.33			3978
2 Heidi Read	69.04	74.35	99.15	70.22	71.34	93.25	3973
3 Ardis Dull (COC)	82.05	97.39	97.40	89.44	81.39	99.57	3419

M50-A Green-X							
1 Gord Hunter	49.43	57.20	52.20	45.23	55.16		3987
2 Ruedi Isler	55.48	51.24	63.40	49.35	DSQ	63.29	3808
3 Don Davis		51.36		53.11	59.59	64.57	3744
5 Fred Veler (SAMM)	64.17	61.26	76.08	67.00	54.45	80.27	3394

M55-A Green-X							
1 Tony Federer			55.47	48.35	60.22	63.53	3856
2 Max Read	52.20	57.10	59.22	59.08	51.55	66.21	3822
3 Pekka Syväterä	48.30	50.52	91.10	60.35	63.41	78.49	3622
11 Scott Donald(COC)	81.00	73.10	86.34	86.42	96.10	93.30	2610

M60-A Green-X							
1 Alex Kerr	76.44	68.19	81.44	51.37	59.00	67.06	4000
2 Bruce Case	65.09	63.37			85.55	109.53	3294
3 Olaf Tabur	92.05	74.29	84.10	72.50	87.53	96.28	3231
11 Carl Coger (SAMM)	96.05	115.20	170.42	121.32	DNF	131.06	2212

MOpen Green-X							
1 Stephen Stibler	67.38	61.53	78.38	60.32	77.19	84.13	3929
2 Bill Cusworth(COC)	50.25				51.14		2000
3 Peter Anderson				41.43	56.53		1905

M65-A Brown							
1 Russ Bruce	81.01	54.02	96.49	80.26	79.07	83.03	3873
2 Don Scott	66.42	63.46	129.53	72.02	77.18	84.11	3851
3 Knut Olson (COC)	71.37	84.18	119.59	89.43	85.48	62.20	3641
7 Kenneth Lew (COC)	94.57	67.02	217.19	174.08	106.50	131.05	2708

Night-O Results

Top three in US are marked with a *.

M-21-A Blue

1*	Peter Anderson	52.47
2*	Eric Bone (COC)	54.12
3	Fredrik Stenebo	54.37
4*	Michael Eglinski	59.40
21	Nicholas Bone (COC)	93.55
	Fred Schmitt (COC)	DNF

M65-A Brown

1*	Knut Olson (COC)	70.03
2	Neville E. De Pass	85.37
3*	Kenneth H. Lew (COC)	85.45

Relay results

The "official" teams (4 and 8 points) are the teams eligible for the US Champs. The total times are the combined times for the four team members.

4-POINT OFFICIAL TEAMS

1 HVO-1 (04)		
104-Patrick Shannon		25.34
204-Boris Granovski		15.09
304-Piars de Cléir		40.74
404-Gregory Balter		43.23
Total Time		125.20

2 RMOC (22)		
122-Beatrice McBride		28.41
222-Sandra Zurcher		19.19
322-J-J Coté		37.32
422-Mikell Platt		40.24
Total Time		125.56

3 DVOA-1 (01)		
101-Karen Williams		27.43
201-Anne Fitch		19.05
301-Clem McGrath		40.03
401-Matt Scott		40.04
Total Time		126.55

4 COC (10)		
110-Bill Cusworth		25.10
210-Ardis Dull		24.22
310-Fred Schmitt		53.27
410-Eric Bone		40.44
Total Time		143.43

4 POINT UNOFFICIAL TEAMS

World-10 (87)		
187-Sara Mae Berman		42.21
287-Amanda Crocker		22.27
387-Adrian Baskerville		55.55
487-Nick Bone (COC)		54.40
Total Time		175.23

Upcoming Orienteering Events

(call 783-3866 for latest information and details)

Date/Time	Location and Comments (events close to Seattle in bold)	Type	Club	Map	Contact
Sat., Sept. 21 11am-1pm	Whipple Creek, Clark County, WA.	C	CROC		T.. Landchild (360)254-4090
Sat., Sept. 21 11am-1pm	→NEW← Ros Elum Ridge, Cle Elum. I-90 exit 80, N about 2 miles. Turn right toward Cle Elum on Hwy 903, watch for O-signs on left about 0.1 mile.	C	COC	1:15000	Don Atkinson (206)488-0270
Sun., Sept. 22 10am-noon	Cle Elum Ridge, Cle Elum. Score-O. I-5 Exit 85, N across freeway, east on SR 10.	C	EOC	1:15000	Will Sperry (509)925-4716
Sun., Sept. 22 10am-noon	Washington Park, Anacortes. Take highway from Anacortes toward San Juan ferries, follow signs straight to park when ferry traffic turns right.	C	CHUKO	1:10000	Ken Klepsch (360)299-1010
Sat., Sept. 28 9am	Score-O, Fishtrap Lake, near Spokane. Score-O with 10am mass start.	C	EWOC		John Beck (509)838-7078
Sun., Sept. 29 10am-noon	Lake Sammamish State Park, Issaquah, WA. I-90 exit 15, north to park.	C	SAMM	1:10000	John Sincok
OCTOBER					
Oct. 5-6	→NEW DATE← B.C. Champs. Brandywine, B.C. A-meet and 3-person relay. Route 99 just past Brandywine falls, 10km S of Whistler, BC.	A/X	GVOC	new map	M. Dutkiewicz (604)948-0392
Sun., Oct. 6 11am-1pm	Powell Butte, Portland.	B	CROC		Curtis Condon (503)357-1999
Sat., Oct. 12 10am-noon	Western Washington University, Bellingham.	C	CHUKO		Ken Klepsch (360)299-1010
Sun., Oct. 13 1-3pm	Rooks Park, Walla Walla.	C	SACO		Frank Skorina (509)522-2770
Sun Oct. 13 11am-1pm	Fort Casey State Park, Whidbey Island. Take Mukilteo-Clinton ferry, then highway north from ferry. Or take ferry from Port Townsend; walk to park.	C	COC	1:7500	Paul Magnus 335-3555
Sat., Oct. 19 10am-noon	Farragut State Park, Athol, ID.	C	EWOC	new map	John Beck (509)838-7078
Sun., Oct. 20 10am-noon	Shoreview Park/Boeing Creek, Shoreline Community College, Seattle. From I-5: NE 145th St. exit, west to Greenwood Ave., north to college.	C	SAMM	1:5000	Dave Enger (206)822-6254
Sun., Oct. 27 dusk	Halloween Vampire-O. Woodland Park, Seattle. Night orienteering. Bring flashlight! I-5 NE 50th St. exit westbound, turn right into park before 99.	C	COC	1:5000	Margie Bone (206)634-2279
NOVEMBER					
Sat., Nov. 2 10am-noon	Capitol Hill, Seattle. Volunteer Park, near Asian Art Museum.	C	COC	1:10000	Bill Cusworth (206)322-6693
Sun., Nov. 3 10am-noon	UW Campus, Seattle. Take NE 45th St. exit from I-5, go east to 17th Ave. and turn right into campus; follow signs.	C	HUSKY	1:10000	Bill Cusworth (206)322-6693
Sun., Nov. 3 1pm-3pm	Riverside School, Chattaroy, WA.	C	EWOC		John Beck (509)838-7078
Sat., Nov. 9 11am-1pm	McIver State Park, Estacada, OR.	C	CROC		T.. Landchild (360)254-4090
Sun, Nov. 10 1-3pm	Bennington Lake, Walla Walla, WA.	C	SACO		Frank Skorina (509)522-2770
Sun., Nov. 17 10am-noon	Island Crest, Mercer Island. Take I-90 Island Crest Way exit, turn south (2-3 miles) then follow O-signs.	C	SAMM	1:5000	Jan Urban (206)402-7225
Tue., Nov. 17 6pm-8:30pm	COC Annual Dinner, at Coco's in Edmonds. I-5 exit 177, west until you see restaurant.	X	COC	none	Margie Bone 634-2279
Sat, Nov. 30 1-3pm	Horn Rapids County Park, Tri Citirs.	C	SACO		Frank Skorina (509)522-2770
DECEMBER					
Sat., Dec. 7 10am-noon	Kelsey Creek Park, Bellevue. East from I-405 SE 8th exit, cross Lake Hills Connector onto SE 7th and follow O signs to park.	C	SAMM	1:3500	Dave Enger (206)822-6254
Sat., Dec. 21 10am-noon	Ft. Steilacoom Park, Tacoma. WIOL #1. I-5 exit 129 of I-5 onto 74th W. This becomes Custer, right onto 88th SW, becomes Steilacoom to park.	C	NISQ	1:10000	Carl Moore (206)756-5739
Sat., Dec. 28 10am-noon	O' Lang Syne. St. Edward St. Park, Bothell. NE 141st and Juanita Drive NE. Potluck to follow nearby.	C	COC	1:10000	(206)783-3866

CLUBS:

COC: Cascade Orienteering Club
 EWOC: Eastern Washington O. C.
 CROC: Columbia River O. C.
 HUSKY: Husky (UW) O. C.

SAMM: Sammamish O. C.
 EOC: Ellensburg O. C.
 SACO: Sacajawea O.C.
 SAGE: Sage O.C., Kamloops
 B.C.

NISQ: Nisqually O. C.
 CHUKO: Chuckanut O.C.
 GVOC: Greater Vancouver O. C.
 VO: Victorienteers

MEET TYPES:

C: Regular local meet
 B: Major local meet
 A: National-level meet, must preregister
 R: Rogaine X: Special event

United States Orienteering Federation

P.O. Box 1444
Forest Park, GA 30051/
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!

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