

BEARING 315

Newsletter of the Cascade Orienteering Club



APRIL/MAY 1981

OL East of the Cascade Mountains

It all began in a Cle Elum Committee meeting in February. "Where shall we meet next?", the members asked. Out of fairness, it was decided to meet in Ellensburg on a weekend that COC did not have an event. This became March 15 as Ellensburg OC had an event on the CWU campus that afternoon. Well, good ol' COC President Dave drags out a calendar on which he has carefully marked every known OL meet in the western hemisphere and announces that the University of Northern Idaho ROTC would be sponsoring a meet on the 14 just outside of Moscow. "Great!" we all cry, "let us make an orienteering weekend out of it." Göran adds that Gunnar Larsson and Lars Sjökvist will arrive in Seattle on March 13 and might be interested in stringing along. So that is what happened. Dave drove Jessica Rykken and myself to Pullman while Clayton drove Göran, Lars, and Gunnar. This latter group could be called the "Larsson, Lars, and Larsson Intensive School of Swedish". When we paused at a rest stop near Vantage, Clayton was saying things like "god dag" and upon arrival in Moscow at midnight he may have been uttering something like "hvor er vi?"

Our hosts at UNI had just witnessed their basketball team lose a NCAA playoff game by one point in overtime but invited us to a "wild" party anyway. Unfortunately the guests must have heard that we were coming as they had all left before we got to the party.

Saturday dawned sunny and warm. Most of us, however, had already been awake two or more times already. Seems that the UNI dorms where we spent the night are quite close to the railroad tracks and both Göran and I (in different rooms) were awakened by the 5:45 Fast Freight. Not wishing to miss our ride, we routed our respective roommates out of bed and were promptly informed of the correct hour of the day and cordially invited to retire for another couple of hours. At 7:00, Clayton ventured down to Jessica's room only to have her appear fully dressed and ready to rip up the country side. Needless to say, this was not something for which Clayton had mentally prepared himself.

After a MacDonalds breakfast, we drove out to the Hatter Creek area and met various members of the UNI and WSU orienteering clubs. They are working together on forming a Palouse Empire OC and I wish them every success.

Dave Rudakewich of WSU set the courses ranging up to a 6.7 km Red course. This was

(cont'd on page 4)

Larssons Return to Sweden



Göran Larsson explains his route choice at a Woodland Park meet as Berith looks on.

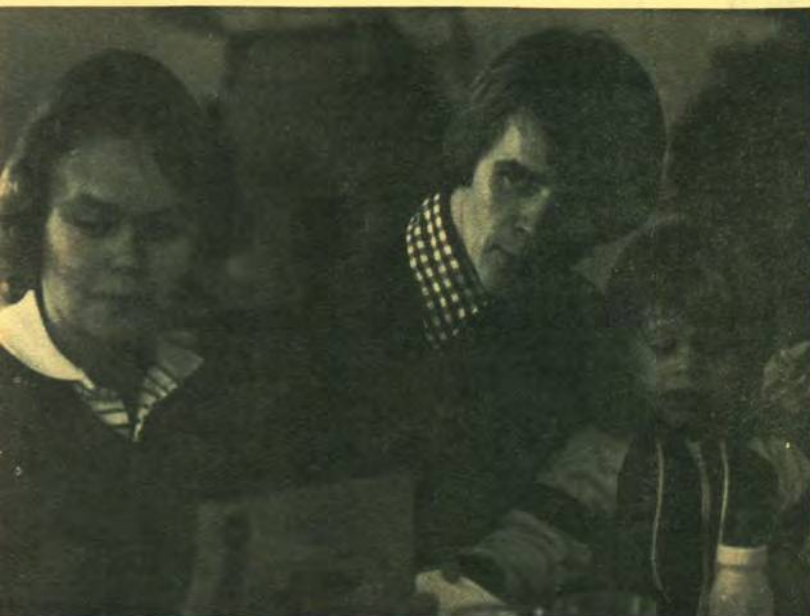
SEE PHOTO AND LETTER FROM GÖRAN TO THE MEMBERS OF COC ON PAGE 2.

THIS IS THE LAST NEWSLETTER FOR MEMBERS WHO HAVE NOT PAID THEIR 1981 MEMBERSHIP DUES, CHECK YOUR EXPIRATION DATE ON YOUR ADDRESS LABEL.



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Berith, Robert and Goran Larsson at a party in their honor before their return to Sweden.



Logo of Goran's home OL club (above) and Berith's home OL club logo (below) in Sweden.



Thanks to all members of COC.

As most of you know I'm going to leave Seattle on the 14th of April. My wife and son are already back in Sweden and preparing for me to arrive and the OL-Spring season to start.

When we are looking back at the time we have spent here we are very grateful to have had the opportunity to join the club and we really want to thank you ALL for ALL the nice times and fun we have spent together with you at the meets and other club activities. There are a couple of key people in the club we specially would like to thank. Len, who introduced us to the club and helped us out in the beginning. There is Dave and Mike who has really made things going and organized in the club.

I'm also very glad to see that Clayton is putting in all his effort and taking over everything that I use to do in the club including being the best overall orienteer in the club. Therefore I think this club has the best opportunity and possibility to be the greatest OL-Club here on the west coast. Since everything seems to be going our way in growth and new development of maps I know that you will make it.

There is one point where I think the club needs to put in more effort in the future if we really want to become the greatest - that's is among the younger orienteerer. There is a few of them in the club and we need more, but the biggest thing to do is to support them and help them out so that they really get going and bring their friends. We should also try to reach out to them through schools and other outdoor activity clubs. Right now we only have one young girl, Jessica, who seems to have a very bright future. But I am sure that it will be sure that there will be more is we support them and help them out in getting to meets and instruct them how to improve their skills in orienteering.

Berith, Robert and I wish you all good luck and hope to be back over here someday to see you all again. We will try to keep in contact.

My address at the orienteering position I will have when I go back to Sweden is;

Västmanlands Orienteringsförbund
ATTN: Göran Larsson
P.O. Box 16036
720 16 Västerås, Sweden



Pacific Northwest O Festival UPDATE

The base map has arrived! And at this writing, Gunnar and Lars are busy at work with the field checking. The base map was prepared by Svein Bakken of Rakken & Helgesen in Norway from air photos we sent him in December. Svein's comments: "Hope you will find the Cascade O' map good. It should be and I did put much work in plotting of open areas and single trees. There is a lot of semi-open and open areas that you must try to map. I hope that the two Swedish mappers will understand that they are not in Sweden and so should be careful to map the vegetation." And Pat Dunlavey, who acted as our contact with Rakken & Helgesen, had this to say: "I think you will be pleased with the quality of the job he did. With corresponding commitment to quality in the fieldwork and drawing, this could be a truly great map." I must admit that I am somewhat excited too. The base map has been paid for, thanks in part to loans from Coran and Dave.

We will begin drafting the map in mid-April and forward it to the USOF map committee and the printer in May. We should have the completed map ready by July. This will allow us to meet the USOF sanctioning deadline of August.

The "Cle Elum Committee" met at Willard's Sperry's house in Ellensburg Sunday, March 15, and we met Gunnar Larsson and Lars Sjökvist. We also met George and Penny Blackburn who will be directing the Flying Horseshoe Ranch this year. Full of children during the summer, the ranch will be empty throughout the fall except for the weekend of October 3rd and 4th when, as competition center, it will be filled with a hundred or more orienteers from, well, everywhere. The Blackburn's have agreed to pay for a 1:5000 map of their property that will be sent to all registrants as a training map and to all USOF chartered clubs this summer. The children who visit the ranch this summer will use the map and will be taught orienteering with the assistance of Ellensburg Club OC members. They may even try horseback orienteering!

The committee is still looking for charismatic volunteers. We need someone to: handle start and finish timing, help with pre-registration, coordinate car-pools, work on publicity, and find a sponsor for our map.

The First Pacific Northwest Orienteering Festival will be a fun and exciting event. Come and help with the work - even if you might not have a large endowment of charisma.

Mike Schuh
Home: 783-3960
Work: 322-9330



ARE YOU AN USOF MEMBER ?
(SEE BACK PAGE)

from the President

I would like to congratulate our own Clayton Smith for being invited to the 1981 United States Orienteering Team trials to be held April 18-20 in Lawrence, Kansas. The trials will be held in conjunction with a tree day Class A meet which anyone may attend. However, participation in the trials themselves is by invitation from USOF only based on the orienteers past performances at major meets. Congratulations also to Bruce Wolfe from San Diego OC, Bob Turbyfill from Bay Area OC, Bob Turbyfill from San Diego OC and Dennis Holloran from Oregon as the only other west coast invitees besides Clayton.

The Executive Committee of USOF has invited 40 men and 30 women to the team trials. These orienteers are the best in the US and selection requirements also included US citizenship and USOF membership. The men will run blue courses (H21E) and the women will run red courses (D19E) at the 3-day trials. According to the results, five men and five women (with one alternate for each) will be selected to represent the US at the World Orienteering Championship in Switzerland in September. We all wish Clayton the best of luck!

Dave

USOF Convention Needs COC Rep

The club is looking for somebody to represent COC at the annual USOF Convention and Class A meet to be held June 4-7, 1981 in Pennsylvania. COC may be willing to pay this person's entry fees for the meet. Contact a Club Officer.



Aerial view looking south over about a quarter of the competition area where the 1st Pacific Northwest Orienteering Festival will be held this fall.

chosen by the men in our expeditionary force while Jessica, who normally runs Orange at club events, chose Yellow on Goran's advice (new terrain, questionable map). While we were waiting our start times, we saw how orienteering is done ROTC style: with helicopters. The military science students from WSU were being flown to the meet site by Army MAST units on training flights. This provided a very large turnout, well in excess of a hundred or more. This mode of transportation seemed to impress our hard-to-impress Swedes. Impressed me too.

After leaving the master map table, I found the first marker with little difficulty. I noticed Lars right behind me so I left in a bit of a hurry, up over a ridge and down a reentrant towards the second control. After crossing a stream and plunging into the forest on the far side and wandering around for a while, I decided to clear off to the stream and try again. As I did so, I noticed first Goran then Lars coming out of the woods. Great, I think, they have found the marker and are on their way to number 3. I flounder around for awhile and then clear off again, this time up the ridge to a road. Well, I found a road that was not on the map (I thought) and followed it to a very large reentrant. Thinking (hoping, actually) that this was the reentrant which contained the magic marker, I took off down it only to find a road just 200 meters from the start that I had crossed half an hour earlier on my way to the first control! Knowing where I really was, I was then able to find control number 2 without much more delay. But whom do I find approaching the control at the same time? Goran! He had made the same mistake that I and every other runner on Ped had made ('cept Gunnar) and had gone down the wrong reentrant while leaving the first control. This was a course which required conservative running and pacing. We took the first six places and Jessica placed sixth out of over 40 runners on the Yellow course.

The trip to Ellensburg was not nearly as eventful. Willard and JoAnne Sperry proved to be gracious hosts and their food excellent.

The committee meeting on Sunday morning proved productive as reported elsewhere and the CWI event was a more gentlemanly affair. After a quick lunch we visited the Flying Horseshoe Ranch and then headed home. With the close of three days that had more driving in them than orienteering I began to wonder if there does not exist a better way to get to and from OL meets. I think next time I'll go by helicopter.

Mike Schuh

TYPES OF OL TRAINING EVENTS PART I

Some variations on the standard cross-country orienteering are going to be tried in upcoming events (see schedule) both to sharpen specific orienteering skills and to vary the ways in which we use some of the well-known Seattle parks. In some parks that have been used so often that many members know the area too well to make route choice much of a contest anymore, map memory courses will be put on in the next few months. Map Memory is an exercise meant to increase one's concentration on the map while selecting a route to the next control. For example, one should look at the map and determine what features will be passed on the way to the next control along one's desired route. Then, without stopping to check the map each time one comes to one of these features, the orienteer can proceed more swiftly on his/her way. In a map memory course, the runner studies the master map and memorizes the route to the first control. If the participant forgets or becomes confused on the way, he will have to return to the map. Upon reaching the first control, the piece of the map that shows the way to the next control is available. The runner carries a compass but no map.

Another improvement exercise that will be used in the coming months is Line Orienteering. In this case, runners have to follow a route that is shown on the master map. Along this route are placed unmarked, easily visible controls. Participants try to follow the given route closely and carefully mark each control they find on their maps. Missed controls result in penalty time. At the finish the markings of where the orienteer thinks he/she found the controls are compared with the "answer" map. Points are deducted for misplaced controls. This type of exercise is aimed to improve the accuracy of one's map-reading and also makes one aware of the value of pace-counting.

There are a number of other ways to vary the basic orienteering event and some others may be tried in the summer and fall if the first few are successful.

SKI O MEET

FEB 22
SNOQUALMIE PASS

Keith Barton and Dave Enger set a wayfarer's course consisting of 7 controls in obvious locations. The dozen participants enjoyed the great weather, leisurely side trips up the hillsides and picnic lunches beside the trails. Next year, with more snow and a better map, we will be able to set several more challenging courses.

Schedule of upcoming events

SATURDAY, APRIL 4 - ST. EDWARDS CLASS B MEET

This will be a regional meet with prizes for the top finisher in each class. St. Edwards State Park is on the eastern shore of Lake Washington north of Kirkland, on some older Seattle road maps it is marked as St. Edwards Seminary. The meet director is Einar Storackers. White, Yellow, Orange and Red courses will be set. The fee will be \$2.00 per map for COC members and \$3.00 per map for non-members. Come win a T-shirt, USOF or COC Membership.

MONDAY, APRIL 6 - CLUB MEETING

The bi-monthly meeting will be held at Greenlake Library, 7364 E Green Lake Dr N. in Seattle (across from Green Lake). Dave Enger will conduct the program and discussion on the process of producing and printing a 5-color orienteering map based on his experience with the Carkeek Park map. The program begins at 7 pm followed by a business meeting.

SUNDAY, APRIL 12 - BRIDLE TRAILS STATE PARK

MAPPING CLINIC The club is beginning to develop a map of this area. If you would like to get in on the start of a new map and learn how the field work and the drafting are done, come to this clinic which will be conducted as a field exercise in small groups of two or three people per instructor. There will be limited space for the clinic so please call to register for this by April 9 - call Jean Davis at home 525-5773. The clinic will begin at 10:30 and last for about two hours.

SATURDAY, APRIL 18 - FARREL-MCWHIRTER PARK RELAY MEET

Co-sponsored with the Redmond Parks and Recreation Department. COC will offer its first relay event which should be an exciting type of orienteering for this small, open park. Competitors will be grouped in teams of three - one person each on a novice, intermediate and advance course. As in a typical relay race, the second and third members of the team do not start until the previous team member returns. There is a lot of action with the many starts and finishes. Bring a picnic and enjoy the afternoon in this pretty spot. Registration begins at 10:00 am. Teams will be formed by the registrars and the start will be at 11:00 am and a second start at 11:30 id necessary. Directions: From Redmond, go NE on Avondale Rd, turn right onto Novelty Hill Rd, then left onto 192nd Ave NE.

SAT/SUN/MON, APRIL 18-20 - US TEAM TRIALS AND CLASS A MEET, LAWRENCE, KANSAS. For more information contact Mike Schuh or Clayton Smith if you are interested in going.

SUNDAY, MAY 3 - FT LEWIS, GREENDALE MEET

Novice and intermediate courses in addition to a long-0 course for advance orienteers will be set using the 5-color, 1:15,000 Greendale map. Long-0 is designed with long legs between controls of about 2 Km in length for this meet. Course total length will be designed for a winning time of 2 hours (normally Long-0 courses are 3-4 hours long). This is an opportunity to develop map reading on the run as well as long distance route selection. Directions: Take exit 127 off I-5, head east on Hwy 512 for 2 miles, exit onto Hwy 7 southbound toward Mt. Rainier, after 5 miles veer right onto Hwy 507 south toward Roy and continue for about 5 miles to O-signs indicating a left turn onto a dirt road and follow the O-signs to the start area. Meet Director: Clayton Smith.

SAT/SUN, MAY 9 & 10 - BRANDYWINE FALLS CLASS B MEET

A group from the club will drive to this meet sponsored by the Orienteering Association of British Columbia at Brandywine Falls Park, north of Vancouver, BC, Canada. It is a gorgeous alpine area with vegetation much different than we see in the Seattle-Tacoma area and the map is good. Call a club officer if you would like to go and we will arrange carpools.

MONDAY, MAY 11 - EXECUTIVE BOARD MEETING

All club officers and coordinators should attend. Other members are always welcome. Optional potluck at 6:00 with the business meeting at 7:00 at Dave Enger's home.

SAT/SUN, MAY 16-17 - SAN DIEGO CLASS A MEET

For more information contact Dave Enger.

SATURDAY, MAY 30 - SEWARD PARK MEMORY COURSE

A special event to train intermediate and advance orienteers in more efficient use of the map. There will be a conventional novice course also. The start will be at a new area located on the lower end of the south loop road.

SATURDAY, JUNE 6 - FORT STEILACOOM PARK

A new area in Tacoma on a black & white map, for more information see the next issue of the newsletter. Meet Director: Clayton Smith.

SATURDAY, JUNE 20 - FUN TREK '81

This year's Fun Trek will be at Farrel-McWhirter Park on a new 5-color map, co-sponsored by the Redmond Parks and Recreation Dept. Celebrate the beginning of summer at this orienteering festival and bring a friend who is new to orienteering. (More news on this event in the next newsletter - we are exploring the possibility of T-shirts for all participant, awards for each class winner and a barbecue picnic for all.

MEET RESULTS

SEWARD PARK

MARCH 8

A sunny spring Sunday drew a remarkably large turnout on the red course including several of our friends from British Columbia. Three of our regular orange course runners moved up to red for this meet also.

Meet Director: Jean Davis

Course Designers: Bill Hall and
Debra McDonald

Registrar: Harry Morgan

Timer: Mike Schuh

RED 5.8 km 21 controls

1. Göran Larsson	60:54
2. Clayton Smith	61:32
3. Mike Schuh	68:36
4. Dave Enger	73:14
5. Egon Nordholm	81:15
6. Magnus Wretman	84:54
7. Pat Berting	89:51
8. Henrik Nordholm	97:34
9. Mark McMillan	99:34
10. Harry Morgan	109:59
11. Keith Barton	119:16
12. Jeff Kelly-Clarke	125:28
13. Debbie Newell	147:08
14. Peter Guttorp	160:26
15. Nancy Lewis	188:01
16. Rob Skarin	206:41
Richard Lacy	DNF

ORANGE 3.7 km 11 controls

1. Harvey Friedman	76:21
2. Cooper & Wemer #1	76:58
3. Frank Wyckoff	79:55
4. Yvette Barnes	89:36
5. Jim Moy	94:22
6. Randy Taylor	108:10
7. Jessica Pykken	118:52
8. Debra MacDonald	137:54
9. Fverett & Verlyn Harris	144:54
10. Bill Taylor	148:12
11. Bill & Gene Fritz	189:03
12. Mabel Moy	194:00
Mike & Dave Perlman	DNF
Jeannit Nordholm	DNF
Suzy Landreville	DNF
Cooper & Wemer #2	DNF
Anne York	DNF
Tom Hardin	DNF

YELLOW 2.5 km 10 controls

1. June Morita	56:26
2. Susan Aspinwall	60:15
3. John Middleton	100:22
4. Leroy Nnapp	121:57

WHITE 2.1 km 8 controls

1. June Morita	39:45
2. Bill & Susan	45:11
3. Dan A. Williams	46:41
4. Frank Wyckoff	49:58
5. Cooper & Wemer	58:08
6. Colette Butterfield	60:22
7. Jeanne Goings	62:06
8. Karen Madsen	65:20
9. Mac Bledsoe	65:32
10. Sam Bledsoe	65:38
11. Kathy Newell	72:44
12. Joan Remington	83:42
13. Donald DeSantis	*96:00

*control #1 was missing

GREEN 5.7 km 13 controls

1. Harry Morgan	58:30
2. Debbie Newell	71:29
3. Harvey Friedman	95:20
Richard Fawcett	DO

ORANGE 4.7 km 11 controls

1. Jeff Kelly-Clarke	45:03
2. Sandy Fish-Miller	63:17
3. Dwight Jacobson	63:45
4. Jessica Rykken	64:24
5. Judith Connett	67:30
6. Jim Moy	68:39
7. Anne York	68:40
8. Susan Hamilton	69:55
9. D. & G. MacDonald	77:30
10. Susie Landreville	82:30
11. Mabel Moy	91:20
12. Larry Dunlap	111:05
Jeannit Nordholm	DNF
Annin & Dean	DO
Gabe Patterson	DO

LINCOLN PARK

FEBRUARY 1

The club's first Lincoln Park meet was well attended on this first fair day of February. The five courses proved to be challenging in terms of up-hill climbing and hidden control markers, a weakness of the meet, but considered necessary by meet director Richard Lacy because of potential vandalism. Unfortunately, there was some of this; one control was torn and one was found high in a tree when the marker markers were collected after the meet. This continuing problem will have to be addressed by the club if such places as Woodland and Lincoln Park are still to be used for meets. Registration was capably managed by Judith and Bill Connett, timing duties were shared by Debbie Newell, Billie Butterfield and Yvette Barnes. After the meet, club members enjoyed a gathering at Richard's apartment for hot broth and some refreshments.

YELLOW 2.2 km 7 controls

1. Paul Mocha	28:18
2. Yvette Barnes	28:18
3. Dave Meyer	34:36
4. Al Riggs	38:10
5. Cooper team	42:04
6. M Waugh & G Taranovski	55:36
7. Susan Bottles	56:08
8. M. Annin & P. Dean	59:26
9. David Perlman	60:13
10. Sam Bledsoe	62:13
11. Aaron Tate	75:59
12. Michael Rogdon	95:50
13. Bob & Jenny Voening	111:08
14. W. Turner & T. Simons	129:41
15. Jo Ellen Fuipers	131:05
16. Marcia Voening	141:58
Johnson & Peters	DO

WHITE 1.3 km 5 controls

1. Yvette Barnes	22:36
2. Waugh & Taranovski	25:55
3. Al Riggs	31:00
4. Becky Patterson	38:05
5. Sam & Caroline Bledsoe	38:21
6. Dave Meyer	39:45
7. Robert Cooper	46:40
8. Billie Butterfield	50:40
9. Paul Mocha	55:15
10. Jeanne Goings	71:09
11. Kenn Hassling	74:38

RED 7.3 km 19 controls

1. Göran Larsson	58:07
2. Dave Enger	60:58
3. Daniel Waugh	71:05
4. Henrik Nordholm	80:55
5. Egon Nordholm	81:42
6. Kim Bottles	85:06
7. Tony Paulson	108:36
8. Peter Guttorp	117:06
9. Eric Dasaro	124:25
Robert Miller	DO
Tom Hardin	DO

MEET RESULTS

FARREL-MCWHIRTER PARK

FEBRUARY 28

WHITE 1.2 km 8 controls 20 m

1 Francis	29:24
2 Leroy Knapp	31:13
3 Moore	47:55
4 Zylman family	49:41
5 Chuck & Sue Doby	50:00
6 Joan Pemington	50:02
7 May Chesk	54:40
8 Ford	63:41
9 Jervert	66:55
10 Susan Diamondstone	96:00
Bazal	DNF

I am not saying that I think right but having the right to think, I think:
+ weather
+ Piedmont Park & Recreation Dept
+ all but two finished
+ hard fight on blue course
- that a couple escaped without notice
- some irritation for waiting for common start time
Besides I think it would be possible for switch over registration and other administrative work so all but course-setter can participate.

New comers should maybe be taken around a micro-course before start of white course. Even more essential is to follow up after (esp. white course) the run to make certain that all participants know what they have "been doing". That would make them enjoy it and come back.
Planning and running a meet is an excellent way of involving and teaching new members. Later on they can take over and make it possible for those more active to better organize taking care of beginners, esp. young ones.

Egon Nordholm
(with assistance from Jean Davis)

YELLOW 2.2 km 7 controls 35m

1 John Francis	22:30
2 Yvette Barnes	24:33
Leroy Knapp	30:20
4 Billie Butterfield	38:45
5 Dorothy Bouyle, WSU	46:04
6 Brent & Susan Bottles	52:14
7 Richter	53:22
8 Layne Hilpert, WSU	55:57
9 O'Bryan & Hamilton	70:20
Devel Bottles	DNF

RED (= white + yellow + orange)

1 Anne York	18:35 + 23:00 + 42:48 =	84:23
2 Willard Sperry	19:32 + 28:51 + 41:25 =	89:48

BLUE (= yellow + orange + green)

1 Göran Larsson	13:18 + 17:28 + 19:24 =	50:10
2 Clayton Smith	17:03 + 19:13 + 23:32 =	59:48
3 Dave Enger	15:00 + 21:28 + 23:32 =	60:00
4 Rich Lacy	16:17 + 20:56 + 25:08 =	62:21
5 Mike Schuh	16:08 + 23:26 + 24:08 =	63:42
6 Dave Pudakievich	17:24 + 22:19 + 25:10 =	64:53
7 Henrik Nordholm	21:21 + 20:54 + 33:14 =	75:29
8 Bo Powell	39:17 + 55:48 + 75:55 =	171:00

ORANGE 2.9 km 10 controls 65 m

1 Ed O'Shaughnessy WSU	41:36
2 James J. Cox, WSU	42:46
3 Les C. Brisbois	43:00
4 Chris Johnson, WSU	45:46
5 Stalnaker, WSU	50:02
6 Lorraine McConell	60:50
7 Dennis McConell	60:50
8 R Taylor	63:15
9 Len Englund	70:39
10 Kelley Miller	79:56
11 Shelton	82:50
12 J Sperry	83:16
13 Perlman's	91:58
14 Bill & Gene Fritz	101:32

GREEN 3.4 km 11 controls 60 m

1 Les Brisbois	26:55
2 Debbie Newell	31:43
3 James Smith, WSU	33:26
4 Kim Bottles	35:40
5 Guttorp	36:44
6 Glen Englund	38:59
7 Harvey Friedman	39:09
8 William Connett	39:48
9 Clifton L. Dickey WSU	44:30
10 Judith Connett	54:39
11 Lewis	57:34
12 Tom & Mark Fisher	67:25
13 Jeannit Nordholm	96:38
14 J. & R. Hendrickson	115:50

FT LEWIS

FEBRUARY 15

BLUE 7.5Km 15 controls

1 Göran Larsson	56:54
2 Dave Enger	72:39
3 Mike Schuh	96:32
4 Richard Lacy	137:06
5 Egon Nordholm	165:15
6 Peter Guttorp	185:31
7 Tom Hardin	197:40
Herb Peddicord (142:48) DQ	
Henrik Nordholm	DNF
Daniel Waugh	DNF

WHITE 2.2Km 8 controls

1 Yvette Barnes	36:34
2 Leroy Knapp	41:51
3 JoEllyn Kuipere	43:01
4 Marina Waugh	43:27
5 Kurt & Richard	56:17
6 Madsen	59:09
7 Neyring Family	60:25

ORANGE 4.5Km 9 controls

1 Keith Barton	50:16
2 Beverly Rice UIOC	63:58
3 Anne York	81:45
4 Jeannit Nordholm	98:29
5 Suzy Landreville	101:01
6 Leroy Knapp	102:18
7 Andy Zalla UIOC	108:51
8 Holli Glidden UIOC	108:64
9 Kelly & Miller	122:13
10 Nancy Lewis	123:03
11 David & Michael P.	123:29
12 Fritz Family	132:30
Bob Barnes	DNF
Daniel Waugh	DNF
Fouts UIOC	DQ
Michael Bogden	DNF

GREEN 4.4Km 9 controls

1 Robert Miller	56:08
2 Debbie Newell	105:56
3 Harvey Friedman	203:19
Jean Davis (73:46) DQ	
Anne York	DNF
Levanger UIOC	DNF



CLUB LOGO NEEDED

The Cascade Orienteering Club does not have a standard logo design, at the present there are a variety of designs, although they are all similar in general layout, as yet there is not an accepted standard design in use on all club related material. The club executive board decided to wait and hear what you the members thought about the various designs as well as an opportunity to send in designs for consideration before the final logo design is decided upon by the board members on May 11th. Written comments and designs for consideration will be accepted by any club officer until May 3rd at the Fort Lewis, Greendale meet.



***** ROUTE SELECTION *****

Due to limited space in this issue the article on Route Selection will be printed in the next edition of BEARING 315.

- Editor

Editorial Comment

In the early months of 1980 I participated in a meet at Woodland Park and it marked the beginning of my reinvolvement in orienteering after three years and more important to me it was the beginning of a friendship with Goran Larsson. He introduced the idea of color maps in addition to redrawing existing USGS maps of Seattle parks to the club. I know I learned a great deal more about orienteering through him. It was his efforts that resulted in Gunnar Larsson and Lars Sjökvist visiting the Pacific Northwest and do the field work for the Cle Elum Ridge map. Goran and Berith produced the St Edwards Park 5-color map with Anders Haglund, another visiting Swede. I could go on about Goran's dedication and service to the Cascade Orienteering Club, but I think every member is more than aware of his many contributions to the club. With the Larsson's departure, COC loses three great friends both in and out of the forest. Goran, Berith and Robert, I look forward to our many meetings in the future, in the mean time best wishes in all your endeavors.

Yours in orienteering,

Clayton



MEET RESULTS

CARKEEK PARK

MARCH 21

YELLOW

OPAUCE

1. Peter Hoffman	52:45
2. John Francis	61:17
3. Jim Slyfield	65:27
4. Cobe Patterson	66:30
5. David V. Lewis	67:56
6. Debbie Newell	70:00
7. Frank Wyckoff	72:52
8. Terry Berting	74:11
9. Jessica Pykken	75:12
10. Anne York	82:42
11. Wm. Connett	84:35
12. Hardin	88:45
13. Curt Porterfield	90:20
14. Jean Parker	95:36
15. Sandy Fish-Miller	97:46
16. Carol L. Johnson	98:38
17. M. Mahony	104:40
18. Steve & Les Brisbois	105:00
19. Harvey Friedman	113:35
20. Judith Connett	119:58
21. Verlyn & Everett Harris	120:35
22. Jeannit Nordholm	131:20
23. Bill Fritz	178:00

WHITE

1. Jan McCrystal	16:00
2. Frank Wyckoff	18:58
3. John Price	20:54
4. Bill Toms	23:00
5. Leroy Knapp	28:20
6. Hough & Botten	29:24
7. Wilson, Andrews & co.	29:45
8. Les Brisbois	29:58
9. Becky Patterson	30:35
10. Dan Kaylor	31:32
11. Heather & Dickert	34:59
12. Pat Morgan	35:00
13. Robert & Kathy Micham	41:25
14. Mike & Dave Perlman	44:40
15. Millard, Bailey & co.	49:30
16. M. Waugh & son	49:33
17. Dennis Ying	51:30
18. G. Brown	54:30
19. Pick Ying	56:00
20. Powell	62:39
21. Grey & Jim Snyder	67:37
Karen Madsen	DNF

RED

23 controls

1. Gunnar Larsson	46:31
2. Lars Sjökvist	52:03
3. Clayton Smith	54:33
4. Jeff Lewis	56:46
5. Goran Larsson	57:22
6. Mike Schuh	65:10
7. Richard Lacy	67:10
8. Mark McMillan	71:12
9. Dan Waugh	77:40
10. Henrik Nordholm	81:01
11. Pat Berting	83:42
12. Jeff Kelly-Clarke	95:06
13. Egon Nordholm	97:46

Free Meet Registration Exchange Idea

At its March 9 meeting, the Executive Board established a policy whereby members who work at a meet doing registration, timing, or course-setting may enter that meet without paying the usual fee. This privilege is a small measure of thanks from the Club to its members who volunteer their valuable time. Everyone who works at a meet, except the Meet Director, should be able to also run a course at that meet and it is the responsibility of the Meet Director to coordinate the workers' schedules so that each one has the opportunity to compete.

To obtain this benefit -- free registration in exchange for assisting for an hour or two -- keep an eye open for the new "Coming Events" board which will be posted at each meet. There will be an area on the board for signing up for the meet and work assignment of your choice. It will sure help if the club officers can cut down on their phone calling to solicit volunteers by relying on members to sign up for a future meet while attending a current one. Are you contributing one hour of work for every four meets that you attend? -- this is a guideline against which to evaluate whether you are doing your share.

We don't ask for experience, we give it! You may sign up for either registration or timing with no previous experience and you will receive instruction the day of the meet. People who are new to registration and timing should show up at 7:45 a.m. for 15 minutes of instruction before the meet begins.

Persons interested in course-setting who have no experience may sign up and they will be contacted about three weeks before the meet for instruction. If you are thinking of becoming a course-setter but are unsure of what is involved or the skill level necessary, please call Jean Davis (525-5773).

***** TECHNICAL TIP *****
The symbol for "between" (for example; "between the knolls") has been changed by IOF from $\frac{1}{2}$ to $\frac{1}{1}$. See page 6 of 1979 IOF booklet Control Descriptions.

***** INDIVIDUAL RANKINGS *****
Mike Schuh was still computing the individual ranking when this issue went to the printer, so they will be published in a later edition.

a reminder....

At most COC meets, the start runs from 10 a.m. to noon. It is a convention in orienteering that three hours is the limit to finish a course. Therefore, even if you have not finished when three hours have elapsed since your start, you should report in to the finish. If the last start is at noon, all competitors should be back by 3 p.m. whether or not they found all the controls. The Meet Director may begin to retrieve controls starting at 3 p.m. Please keep in mind that the Meet Director and Course Setter have probably been at the meet site since 6:30 a.m. and will be there for an hour or two after the last finisher returns in order to pick up controls. It is both sensible and courteous to return to the finish if you have not completed the course in three hours.

Membership

Mike Schuh is becoming engulfed in preparations for the Cle Elum Class A meet and needs assistance with membership. The main duty will be to periodically update our mailing list using Mike's computer at his home in Ballard. For a reasonably proficient typist this is an opportunity to learn about using a computer and to help out the club. Contact Mike or Dave Enger if you are interested.

and...

Prior to the March 21 Carkeek Park meet, COC had 162 members, including 64 who had not paid their dues for 1981. This total includes 3 Life, 94 Single, 56 Family, and 9 Associate members. Our total mailing list is over 300 with newsletters sent to all parts of the United States and to Canada.

As described elsewhere in this issue, I am becoming rather busy with the Pacific Northwest Orienteering Festival and can no longer devote the energy to membership functions that are required to do a decent job. Anyone with an interest in membership duties who would like to either takeover the role of membership coordinator or help until after the October 3-4 meet will be welcomed heartily and given the very best in training. Just give me a call.

Mike Schuh Home: 783-3960 Work: 322-0330



United States Orienteering Federation

P. O. BOX 1039
BALLWIN, MISSOURI 63011

Application for Membership - Date _____

Please check - New Member () Renewal ()

I hereby apply for membership in the U.S. Orienteering Federation. I understand that I am entitled to all benefits of the organization, including membership in the International Orienteering Federation. I am applying as follows:

A. As a member of a club chartered with USOP:

Club _____

Club officer's signature _____

() Student \$4 () Individual \$8
() Family \$12 () Lifetime \$125
() Contributing \$40 or more

B. Member-at-large (not a club member):

() Student \$5 () Individual \$10
() Family \$15 () Lifetime \$125
() Contributing \$40 or more

Name (print) _____ Sex _____

Address _____

Zip _____

Year of Birth _____ Home phone _____

(If family membership, please list other members)

Name _____ Sex _____ Yr born _____

Membership expires one year from date of receipt by USOP. For renewals, membership is for one year from the expiration date shown on the front of your card. Please make checks payable to the United States Orienteering Federation and mail to USOP at P.O. Box 1039, Ballwin, MO 63011.

Time Dated Material

Cascade
Orienteering
Club

P.O. BOX 3572
BELLEVUE, WASHINGTON 98009

Cascade Orienteering Club

MEMBERSHIP APPLICATION

Check one: ☐ New Member ☐ Renewal

Name _____

Address _____

Zip _____

Phone _____

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

If family membership, list other members;

Send application and check payable to the Cascade Orienteering Club to COC, PO Box 3572, Bellevue, WA 98009.

BULK MAIL



REVISED SCHEDULE

Sunday, May 3 - Ft. Lewis Meet.

Clayton Smith, meet director. See newsletter for directions.

Sat-Sun, May 9-10 - Brandywine Falls Meet has been CANCELLED.

Sat/Sun, May 9-10 - Pineville, Oregon Meet. A two-day meet sponsored by the Oregon State University club. Jeff Lewis, meet director. Some people from the Cascade Club will be driving there. If you want a ride, call Dave Enger.

Monday, May 11 - Executive Board meeting. 7 p.m.

Friday, May 15 - Deadline for material for the next newsletter. Please send articles and photos to Clayton Smith or Dave Enger.

Sunday, May 17 - Lincoln Park Meet. A new type of event -- line orienteering. Start is open 10 a.m. - noon. Lincoln Park is in West Seattle not far from the Fauntleroy Ferry Dock.

Saturday, May 30 - Seward Park Memory Course. A new type of event -- map memory. For an explanation of this type of event, see the recent newsletter. Starting area will be the lower picnic area on the South Loop Road.

Saturday, June 6 - Ft. Steilacoom Park, Tacoma. A new area, mapping by Clayton Smith. More information and directions will be in the next newsletter.

Sunday, June 7 - Cle Elum Meet and "A" meet organizational meeting. A small meet followed by a meeting of the Cle Elum committee will be hosted by the Ellensburg O Club at the Flying Horseshoe Ranch.

Monday, June 8 - Club meeting. Green Lake library, 7 p.m.

Saturday, June 20 - Fun Trek '81 at Farrel McWhirter Park, Redmond. More details in next newsletter. This will be a big festival with prizes and special events.