

BEARING 315

Newsletter of the Cascade Orienteering Club



AUGUST/SEPTEMBER 1981

Pacific Northwest O Festival UPDATE

In many projects a lengthy period of hard work with little or no encouragement is followed by a very short period in which a lot of really good things happen. Such is the case with the 1981 Pacific Northwest Orienteering Festival.

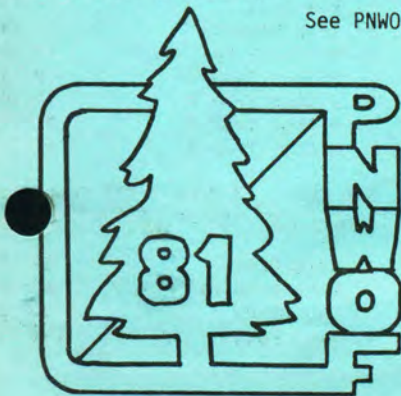
At the committee meeting on July 12 we were shown the completely drafted map by COC Mapping Coordinator Debbie Newell. She has invested a lot of her spare time on the drawing and has produced a map of which both COC and Ellensburg OC can be quite proud.

Dave Enger announced that Recreational Equipment Incorporated has agreed to pay for the printing of the map in Massachusetts. It would be an understatement to say that I am merely overjoyed by their support - the festival will be one step closer towards solvency due to their generous support. (If anyone needs compasses or running shoes, please visit PEI. Thanks.)

Finally, Willard Sperry reported that he and Addie Graaf of EOC have secured sufficient advertising to pay for the cost of printing the festival program. This program will be the next issue of both the COC and EOC newsletters and will include full details on the festival as well as registration forms and various feature articles.

Since the committee meeting we have received offers of assistance from members of the Palouse Empire OC (Pullman). They will loan us markers and other equipment. The festival has also begun to receive registrations, the first from a member of the Pose OC (New Jersey) who has moved to Oregon. Clayton Smith and I have taken a scale photocopy of the map and spent a

See PNWOF, page 2.



Mike Schuh returns from 3 Day National Meet in Midwest

Day 1

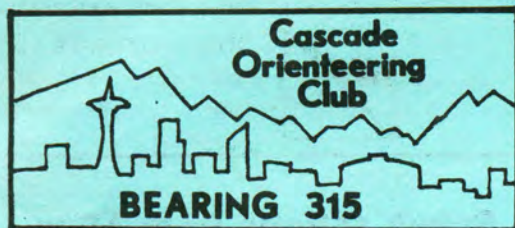
After a night of listening to metal bunk beds and their ladders clang with every toss or turn, I got up at 6am for breakfast. Please note that 6am Central time translates into 4am Pacific time (sound familiar?). The other West Coasters had early start times as befits trials invitees. Me, I had to wait 'til 12:10. So I just kind of lolly gagged around the start area, gamboling about the greensward as it were, taking pictures of this and that. Shortly I heard my name being called and turned to see Mike Fielder, one of Cascade's founders and past presidents, approaching me. Seems that he and Corrie were down from Iowa for the final meet in the "Midwest Orienteering Circuit." Mike, I believe, had won his class on Orange by just finishing at Kansas. We talked for a while, bringing each other up to date on friends and events. Then they left to suit up for their run as they had more reasonable start times than I.

My run was enjoyable though less than spectacular. My time of 160 minutes placed me 29th of 47 starters, better than 11 trials invitees, but nearly an hour behind current U.S. champion, Eric Weyman. I remember thinking as I neared the map change that my split time at that point would be close to the splits for Day 1 front runners Turbyfill and Mike Platt. This prompted all sorts of interesting fantasies as I ran. When I saw that the map change had no radio I realized that the announced splits were coming from another control nearly 2 km away. So much for fairyland. The first day Blue course was 11.5 km, 405 m climb with 24 controls. The area was bounded on the north by the Missouri River, "an excellent collecting feature," as Dave Linthicum described it. It was mapped as uncrossable.

Saturday evening found me watching big name orienteers challenge each other at mechanical bull riding at the Country Palace in Leavenworth. The tavern was sponsoring an "O-Rider's Challenge" with awards to the best riding orienteers. Community support also came from a local A & W Root Beer spot with their readerboard proclaiming "Welcome Orienteers."

A brief note on Day 1 weather. The morning was definitely cooler than the previous evening and I looked forward to a pleasant romp

See MIDWEST CLASS A, page 4.



PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
PUBLIC RELATIONS
MEMBERSHIP
EVENT PUBLICITY
TRAINING
MAPPING

Dave Enger 455-5320(W), 789-4137
Susan Hamilton 322-2850
Jean Hendrickson 772-1241
Harry Morgan 283-6498
Carol Johnson 881-3271
Harvey Friedman 524-3437
Debbie Newell 824-7250

PNWOF

From page 1

day checking out control locations. We had an enjoyable day at it and were more than delighted to accept an invitation to jump into the Flying Horseshoe Ranch's pool.

More work needs to be done. William and Judith Connett have the registration process well under control. Einer Storakers and others will handle the finish area. Needed are individuals to arrange for publicity - simply a matter of calling various media contacts - and to spread flyers and registration forms throughout the Seattle - Tacoma area. Workers on October 3 and 4 will staff the start and finish areas and the manned controls (essential in such a large area as Cle Elum Ridge). These persons can either

work one day and compete for free the next or work both days and run noncompetitively all weekend. We also need a lot of gallon plastic containers - please wash out and keep any milk bottles and let me know how many we can use. (We need them for water controls.)

One last note on the weekend of the festival itself. Besides orienteering, the ranch offers everything from horseshoes and archery to volleyball and swimming. Friday night will feature an informal jam session in the barn followed on Saturday night by a slide show on Orienteering in the Northwest and a barn dance. The latter will feature square dancing with other folkdancing thrown in. It will definitely be a fun time for everyone.

Mike Schuh, Meet Director, 783-3960

SEWARD PARK

May 30

Despite complaints about the accuracy of the map and some of the course design, most people enjoyed themselves at this sparsely attended meet (perhaps because of the new start area). All who ran the novice memory course liked it very much. Meet directors and course setters were Anne York and Harvey Friedman. Registration was handled by Robert Barnes and timing by Nancy Lewis. Three people ran 3 of the courses and four people ran 2 of the courses.

- Harvey Friedman

Editorial Comment

PNWOF - Without a doubt this is one meet you do not want to miss. If you are an active COC orienteer and haven't already volunteer to work as a meet official, call Mike Schuh today! On the overhand, if you haven't been too active lately, why not re-introduce yourself to the fun of orienteering at a meet that doesn't begin to compare to any other meet to date in the northwest by sending in your application today! To the best of my knowledge, PNWOF-81 will do somethings never done before at 0 meets in USA.

Yours in orienteering and PNWOF-81

YELLOW CRS 3.0 Km 9 Controls

ORANGE CRS 1.3 Km 5 Controls
NOVICE MEMORY COURSE

WHITE CRS 1.3 Km 5 Controls

1. Frank Wyckoff 68:24
*2. John Nitardy 72:01
3. Ron Ryel 75:00
4. Debra & Gary MacDonald 75:38
*5. Gary Goltz EOC 82:30
6. Marina Waugh 84:40
7. Leroy Knapp 88:54
8. Jean Barker 98:54
9. Ian McCrystal 102:55
10. Pam Zupan EOC 182:33
11. Barry Caruthers EOC 187:33

1. John Nitardy 16:28
2. Ron Ryel 17:01
3. Ian McCrystal 17:48
4. Frank Wyckoff 19:49
5. Leroy Knap 20:58
6. Gary & Debra MacDonald 26:44
7. Nancy Lewis 28:20
8. Marina Waugh 30:19

1. Ron Ryel 11:12
2. John Nitardy 12:08
3. Marina & Max Waugh 18:50
4. Miller Team C 50:43
5. Miller Team D 54:18
6. Miller Team A 62:17
7. Miller Team B 69:32

RED CRS 3.0 Km 12 Controls
ADVANCED MEMORY/WINDOW CRS

1. Mike Schuh 38:21
2. Debbie Newell 85:52
3. Dan Waugh 98:22
4. Jean Davis 113:09

* Control marker no. 9 was missing before anyone got there. A note was put up after the meet director was notified. -HF

Fun Trek '81 attracted many newcomers on a warm, mostly sunny day. Meet Director and course-setter Dave Enger was gratified that the event ran very smoothly, despite the theft of one control marker toward the end of the meet. Following the pleasant picnic, T-shirts and COC ribbons were awarded to the winners. Many thanks again to Tom Trueblood of the Redmond Parks and Recreation Department, meet co-sponsors, and to Jean Davis, who organised the registration and the picnic. Thanks also Anne, Harry, Harvey, Ron, Carol, Bob, and Debra for assistance with registration and timing, Frank, Linda, Martin, and Iris for help with the picnic, and Dan for picking up the markers.

FREESTYLE COURSE - 23 controls (any order)

<u>Men:</u>	
Harry Morgan	30:28
Dennis Holloran (Northeast Ohio O Club)	31:51
Dan Waugh	32:42
Ron Ryel	33:30
John H. Nitardy	39:26
Göran Ohlanders (Ljusdals Ok - Sweden)	41:09
John Vraspir	45:11
William Connett	46:41
LeRoy Knapp	49:28
Olle Ohlanders (Ljusdals Ok - Sweden)	50:02
Al Sjogren	56:56
Will Sperry (Ellensburg OC)	59:56
<u>Women:</u>	
Judith Connett	55:29
Anne York	63:16
Irma Agner (Ljusdals Ok - Sweden)	73:48

YELLOW COURSE - 2.7 Km, 10 controls

<u>Men:</u> (and teams including a man):	
Ron Ryel	24:20
John H. Nitardy	28:43
Rich Greenwood	29:53
John Vraspir	31:10
Toms & Uhrich	31:11
Hans & Martin Saxer	31:46
Tom Trueblood	35:03
Wyckoff - McCrystal	35:56
Jim Moy	36:31
Brad Payne	37:48
Jack Roberts	40:40
Bruce Wendt	41:03
Bill Hendrick	48:27
Bill Fritz	56:06
Jim Harris, Everett Harris	71:41
Al Sjogren	72:23
Tom Moy	72:57
Tom & Elsa McLain	75:21
M. Mahoney	80:38
John, Linda & Charles Sperry (EOC)	86:03
Bill Hendricks	91:45
<u>Women:</u>	
Tanya Pilichowski, Nancy Jackson	39:35
Debra MacDonald	56:22
Cheryl & Janine Barrett, Kippy Frannson	70:25
Kris Pike, Jessica Rykken	83:10
Linda Joy Hendricks	86:53
Mabel Moy	88:59

"Fun Trek '81"

June 20

Farrel-McWhirter
Park

WHITE COURSE (Adult) - 2.2 Km, 11 controls

<u>Men</u> (and teams including a man):	
John H. Nitardy	21:29
Brad Payne	32:16
Bill Toms team	43:37
Bruce Wendt	45:10
Elsa & Tom McLain	65:03
Chuck Fowler, Jean & Kathy	66:00
Susan & Jay Rogers	69:37
Walt Hickey, Shaw	83:13

<u>Women:</u>	
Cheryl & Janine Barrett, Kippy Frannson	42:06
Nancy Jackson, Tanya Pilichowski	49:28
Maryann Roberts	54:14
Margrit & Iris Saxer	58:33
Barbara Vraspir, Joanne Tilley	65:45
Betsy Beierl, Lynn Ward	72:41
Linda Joy Hendricks	74:59
Helen Estoque	78:09
Victoria Brown	94:35
Lin Mara Bluebird	161:50

WHITE COURSE (18 & under) - 2.0 Km, 9 controls

<u>Boys:</u>	
Billy Fritz	40:21
Timmy & Devon	59:28
Patrick Bradley	59:49
Brian Schuldt	104:48

0 MEETS IN BC

BRANDYWINE FALLS AUGUST 9
Whistler, BC
Sass Peepre Memorial Event

LUNDSBOM LAKE AUGUST 12
Herritt, BC

ASPEN GROVE AUGUST 13
Herritt, BC

CANADIAN ORIENTEERING CHAMPIONSHIPS

AUGUST 15-16, 1981

KAMLOOPS, B.C.



Midwest Class A: From page 1

in the forest. The clouds arrived 'bout noon and the thunder began somewhere near control 18 with the rain following shortly thereafter. A down-pour at control 21 was followed by a sprinkle towards the finish. COC members will recall that I have no running gear and compete in gym shorts and t-shirt. As I left the finish area, I was asked "How did you like the rain?"

"I'm from Seattle."

"Oh. I guess that answers the question."

Day 2

After a very restful night (I had removed all the noisome ladders from the bunks) I broke fast with the rest of the camp and then attended Easter services conducted by Rev. Carl Graesser from Saint Louis OC with assistance from Anne Zimmerman. A very nice and well attended ceremony in the church camp's outdoor chapel.

My start time was 2:52pm (Central time) so after church I retired to my bunk for a nap. 'Round noon or so I caught a ride with a fellow cabin resident who was orienteering for the first time. Nonetheless, with two other experienced orienteers in the car, MOTE came into play (see above). Several miles beyond the turn into Camp Naish, the Day 2 meet site, we began to wonder if we had gone a bit too far. We decided to turn around as we neared the outskirts of Kansas City.

My run was better than Saturday's, 141 minutes, less than 50 minutes behind Eric. I wonder if he was beginning to get scared? I ran steadily throughout the entire course and noticed for the second day in a row that many times I would first see a marker directly in front of me as I ran through the woods. Technically, then, I could handle the competition. Now if I would only train as Goeran Larsson always exhorted me to do. The course was 10.4 km, 21 controls with 515 m of climb. Somewhere along the route I had banged my left ankle and it hurt enough to cause me to limp slightly.

The West Coast Wanderers were in second place at the end of Day 1, just a few minutes ahead of third but way behind a womens team on Red. Seems that somebody somewhere had equated womens times on 7.7 and 6.4 km courses to the times on the longer Blue courses. My only hope as Day 2 ended (with the Wanderers firmly in third place) was that a few more teams would DQ, DNF, or at least OT. Well, it didn't happen and the Wanderers have dropped into the obscurity of also rans.

After dinner, Sharon Crawford and others showed slides of previous World Championships. Among those winning medals in years past were Svein and Wenche Jacobsen of Norway that I had the honor of meeting at the Reno Class "A" last April. Daniel Girding then conducted a "Post Meet Massage" for the battle worn. Bruce and I listened while we played the "Orienteering

Game" from Austrailia. He won with 48 moves to my 58. I certainly wasn't winning any medals that weekend.

Day 3

My schedule for Monday looked something like this (in Central time):

6:30am breakfast

11:01am start (in Leavenworth)

3:02pm flight to Denver/Salt Lake City

By adding three hours (the overtime limit) to my start time, tossing in an allowance for confusion getting away from Leavenworth, and a margin of error at the airport, I foresaw a very tight timetable. Time to go grovel in front of Meet Director Gene Wee and beg for an earlier start. Part of my argument: late starts every day including last on Day 2, cute looks, and good behavior. Gene graciously granted a half hour change. I would start at 10:30am (Central time). Well, this was better. I was to be met in Salt Lake City at 5:30pm (Mountain time) by a friend who would leave to pick me up before my first flight would reach Denver - no chance to call if things went awry. Very well, on with the orienteering.

My ankle still hurt and even after receiving a new start time I considered not starting. But thoughts such as "you spent several hundred dollars getting here, the you can do is start" prompted to attempt to alleviate the pain if possible and give it a try. If I did not start, I would no longer have any options. If I grew lame after I started, I could always quit then. So - put on another pair of socks and stick some paper towels under my heel. This helped and I did reasonably well through most of the course. A sore right calf slowed me down after control 12 but the real delay came on control 16. What follows is sort of a personal growth story.

I crossed the road halfway between 15 and 16 to find that what was mapped as "forest" was actually "fight/difficult running." Tired, somewhat muddy, and definitely crippled, this seemingly impenetrable thicket was extremely discouraging. I WALKED to 16, missing it badly. I figure I consumed as much as 20 minutes on that leg. It was now 12:50pm (Central time) and I had 40 minutes to get to the finish if I wanted my run to count. It was 2.5 km and eight controls away. When I finally found 16 another runner was just leaving it. I reached 17 before he did, thanks to some detailed mapreading, but he passed me between 20 & 21. He was perhaps 200 m ahead of me as I left 23 but due to a different route choice I was close enough to him for him to hand me the punch at 24. I next saw him as he crossed the finish five minutes behind me. His time for the day was some 20 minutes faster but he silently shook my hand as he finished. I received no other awards

Cont'd next page

that weekend but to push myself as I did at the end of 34 km and 70 controls and finish with two minutes to spare - fulfilling my goal to "merely finish each day" - and then to be congratulated by a better runner on my strong finish - well, I don't think I really need any other awards.

My time was 178 minutes, the course 11.6 km, 25 controls with 470 m of climb. Technically the easiest of the three days. I will bring my maps to our club meets over the next few months and will gladly share them with anyone who might be interested.

I crossed the finish line at 1:28pm (Central time) and was photographed by Mike Fielder. He promised to send me a copy and I likewise promised to send him some photos and then went to find my ride. Turbyfill and I were in a bit of a hurry to get to the airport and at about 2pm we left. I had packed a change of clothes in my rucksack with the idea of changing at Leavenworth. No time for such frivolities so I packed in my duffel and sleeping bags while wearing gym shorts, t-shirt, orienteering shoes, and Orienteer Kansas mud. I then found a shower, cleaned up, and hoarded my flight with about ten minutes to spare. Remember, orienteering is sometimes called "cunning running."

Dave Linthicum has wondered about the effects of small events on larger things. Bob had a sore back after Day 1 and sought medical help at the Fort Leavenworth hospital Saturday afternoon. They had no whirlpools available for him but gave him some aspirin. He had a slower time on Day 2 with a shorter course and was most attentive that evening during Daniel's massage presentation. He asked Mr. Girding to work on his back both Sunday night and again on Monday morning. Unfortunately for Bob, this was too little too late. Just two minutes behind third place final finisher Steve Tarry at the end of Day 2, Bob had a slow first half on Day 3. Having the fastest second half helped, but he finished four minutes behind Tarry to end up nearly six minutes away from making this year's U.S. team. What if he could have had the massage on Saturday night when he first needed it?

I enjoyed my trip to Kansas and back. I may not have been serious competition but I did have fun and met a lot of truly nice people. This is the real point in what we do - to exercise both our bodies and our minds and to do so in friendly competition. I've started training seriously - I'll be back for more.

- Mike Schuh

PNWOF-81



Club lays plans for orienteer course

By CRAIG TROIANELLO
Kittitas County Correspondent

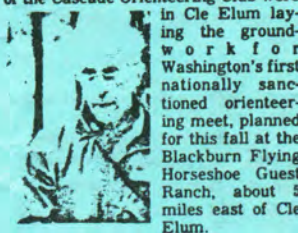
CLE ELUM — James Bratt knelt in the soft dirt and balanced a map and compass on his knee while he took his bearings.

Pointing towards a clump of trees near the summit of the ridge, he announced, "The marker should be in there someplace."

The four teen-agers accompanying Bratt walked over to the clump and quickly spotted the white and orange marker.

"Here it is," one of the girls shouted. So ended their first lesson in orienteering.

Bratt, president of the Ellensburg Orienteering Club, along with members of the Cascade Orienteering Club were



in Cle Elum laying the groundwork for Washington's first nationally sanctioned orienteering meet, planned for this fall at the Blackburn Flying Horseshoe Guest Ranch, about 5 miles east of Cle Elum.

ORIENTEERING has been called the sport of the future. In short it is the art of traveling from one point to another guided only by a map and compass. Whoever completes the course first wins.

But there's more to the sport than that, according to Bratt, who first became interested in orienteering 15 years ago while living in Sweden.

"I had a desk job and I wanted to exercise but just running was not enough," he said.

It's an intellectual sport in which participants must choose their routes.

"It's not always the fastest runner who wins. It stimulates the mind as much as it does the body," said Mike Schuh, an enthusiastic member of the Seattle club.

"Orienteering provides the whole gamut. You can go out and participate in highly competitive events or you can be in it strictly for recreation," said Clayton Smith, another member of the Seattle club.

Orienteering has been slow to catch on in the Northwest but in other areas of the country the sport has been booming.

"East of the Mississippi there is a major meet every weekend somewhere," said Schuh.

In the Ellensburg area there might be one event a month according to Bratt.

Bratt, Schuh, Smith and others are hoping this fall's meet will help stir up local interest in an event that is considered the national sport of Sweden.

For over a year, their organizations have been working out the details in order to meet the rigid standards of a national Class A orienteering meet.

Aerial photographs of the race area were sent to Norway where special, high detail maps were made. After the maps were made, two Swedes spent an entire month walking over every foot of the designated 5-square mile area, recording details missed by the aerial survey. After their findings are recorded, the final drafts will be sent to a special printer on the East Coast.

The final maps used by participants often include such detailed items as stumps, boulders and pits.

The total cost of producing such a map will be high, according to Smith. But he adds:

"It will be the largest orienteering map in the West."

Organizers of next fall's meet are expecting about 200 participants from around the country and from Canada.

But despite the large numbers, the organizers are quick to point out that with 78 separate categories there will be plenty of opportunities for both the novice and the expert.

The kind of terrain and the physical and technical demands establish the course rating. Colors are used to indicate the difficulty of a course. They begin with white, the simplest, and progress from yellow, orange and red to blue, the most difficult. Steep hills, swamps, longer distances and complex route decisions will increase the rating of a route.

The categories are further divided by age and sex.

"Anyone who starts a white course should be able to finish," according to Schuh.

Does anyone ever get lost?

"It's like what Daniel Boone used to say, 'I've never been lost, but I've been a mite bit confused once or twice,'" said a grinning Schuh.

Each map has a bail-out procedure in case the participant gets lost. But according to meet organizers, few people ever get lost and that includes a large number of children who participate in orienteering events. Besides, they say, having to rely on yourself is one of the selling points on orienteering.

"I'd like to see orienteering taught, along with emergency survival, in every school in the state," said Pat Malloy, who teaches orienteering to students at Central Washington University. For more information regarding this event contact Will Sperry, 1006 N. Water St., Ellensburg.

Schedule of upcoming events

GENERAL INFORMATION - Unless otherwise noted, novice (white), intermediate (yellow or orange) and advanced (green, red or blue) courses will be available at all COC local club meets. Registration and start times occur from 10:00am until noon unless noted otherwise. The fee is usually \$1.50 per map for COC members and \$2.50 per map for non members. Instruction for new people is always available at all events.

SATURDAY, AUGUST 8 - Greendale (Ft. Lewis) B Meet

COC ribbons will be awarded to the top three male and the top three female finishers on each course. 1:15,000, five color map. For carpooling meet at 9:00 AM at the Sea-First bank in the north-east corner of the Southcenter Shopping Center parking lot in Tukwila. South of Tacoma, take exit 127 off I-5, head east on Highway 512 for 2 miles, exit onto Highway 7 southbound toward Mt. Rainier, after 5 miles veer right onto Highway 507 south toward Roy and continue for about 5 miles to O-signs indicating a left turn into a dirt road leading to the start area. Meet Directors and course setters are Mike Schuh and Clayton Smith.

SUNDAY, AUGUST 9 - Brandywine Falls, BC

100km NW of Vancouver, BC. Competitive and non-competitive classes using a 5-color, 1:10,000 map in a pine forest with multitude of ponds and moss covered lava flow.

WEDNESDAY, AUGUST 12 - Lundbom Lake, BC

20km SE of Merritt, BC. Rolling hills with open grassland and sparse Ponderosa Pine trees. The forest is thicker in the gulleys and on the north facing slopes. Marshes, ponds and small lakes dot the 5-color, 1:15,000 map. Full range of classes.

THURSDAY, AUGUST 13 - Aspen Grove, BC

30km SW of Merritt, BC. Rolling pine forested hills and open grassland is typical on a new 5-color, 1:15,000 map.

SATURDAY/SUNDAY, AUGUST 15-16 - Kamloops, BC

Canadian Orienteering Championships. New 5-color 1:15,000 map of rolling country with a mixture of forest and open land and lots of small lakes. 26 different classes.

THURSDAY, AUGUST 20 - REI Co-op clinic

An introduction to orienteering 7:00-8:45 PM at Recreational Equipment, Inc., 1525 11th Avenue, in Seattle.

SUNDAY, AUGUST 23 - Lincoln Park Meet

The first meet on our new 1:5000 five color map of Lincoln Park, located on Puget Sound just north of the Vashon ferry terminal in Seattle. Park in the south parking lot off Fauntleroy Way SW and meet in the nearby picnic area.

SUNDAY, AUGUST 30 - EOC Blackburn Ranch Meet

Novice and intermediate courses available on 1:5000 five color map. Registration from noon until 2:00 PM. East of Cle Elum, take exit 85 off I-90 and follow Highway 970 for about four miles to the northeast, then turn left into the Blackburn's Flying Horseshoe Ranch.

THURSDAY, SEPTEMBER 10 - Green Lake Clinic

An introduction to orienteering, 7:00-9:00 PM at the Green Lake Community Center, 7201 E. Green Lake Drive N., in Seattle.

SUNDAY, SEPTEMBER 13 - Woodland Park Meet

The advanced participants will use a map which shows only contours! Meet at the picnic area inside the N. 50th St. entrance to Lower Woodland Park in Seattle. Meet Director: Mike Schuh.

SATURDAY, SEPTEMBER 19 - Hatter Creek, Idaho Meet
University of Idaho ROTC O Club

SUNDAY, SEPTEMBER 20 - Meet to be announced

SAT./SUN., SEPTEMBER 26,27 - OSU Class B Meet
Put on by the Oregon State University O Club at Crescent Lake in central Oregon.

SAT./SUN., OCTOBER 3,4 - FIRST PACIFIC NORTHWEST ORIENTEERING FESTIVAL, CLE ELUM RIDGE CLASS A MEET - Orienteer for two days in beautiful ponderosa pine country on what may well be the biggest and best orienteering map in the western United States. This will be real cross-country orienteering in an ideal setting, unlike anything ever before held in this area. There will be fun and challenging courses suitable for everyone. Send in the enclosed registration form and give one to a friend!

SAT./SUN., OCTOBER 10,11 - Class A Meet

Held at Big Basin by the San Francisco Bay Area O Club.

MONDAY, OCTOBER 12 - Club Business Meeting

7:00-9:00 PM at the Green Lake Library, 7364 E. Green Lake Drive N. in Seattle.

SATURDAY, OCTOBER 17 - Seward Park Meet

SAT./SUN., OCTOBER 24,25 - U.S. Championships
Buffalo, New York

MEET RESULTS

UNIVERSITY OF WASHINGTON

Urban Orienteering Meet

JULY 12

Good weather, well-placed advertising, and a promising new location for attracting new orienteers brought a fine turnout at the "urban orienteering" meet on the UW campus. For the advanced runners, the inadequacies of the map were compounded by the decision to use small juice cans instead of the usual controls and by my tendency to make the courses too much of a treasure hunt. The result was a great many somewhat peeved non-finishers. Mea culpa! I did learn a great deal from this, my first attempt at course setting, not the least being that I can appreciate as never before the immense amount of effort planning even a lesser meet involves.

Should we use the UW campus again? I think it is an excellent place to recruit new members, but like some of the smaller local parks, it is likely to bore the more experienced orienteers after a couple of meets. Setting good advanced courses at UW, with sufficient route choice and any kind of subtlety in control placement is rather hard, because there are too many buildings and paths. It is hard to avoid legs that are little more than a test of running speed. Obviously the map needs as a bare minimum the addition of vegetation boundaries and minor paths, but it may be that we should not spend a lot of effort on improvements.

Dan Waugh

WHITE 1.9 km. 8 controls

1 Susan St. John	26:10
2 D. Oakland/B. Thomas	28:05
3 Stone/Ulrich	28:40
4 Susan Aspinwall	30:09
5 Waite family	32:07
6 Esro Cate	36:10
7 Jan Goodpaster	37:47
8 Sandra Jacob	39:46
9 Janet Schwartz	39:47
10 Betsy Beierl	41:04
11 Lynn Ward	56:17
12 Ardis Dull	56:35
13 Barbara Vraspir	56:47
14 Mia and Joe Schneider	59:18
15 Nancy Jackson	63:28
16 Paul Natardy	71:41
17 Lorna MacDonald	84:00
18 Miller/Sorenson	88:58
Steve Hubert, Alan Smith, and James Canna/Carol Carfrae--DNF.	

YELLOW 2.6 km. 10 controls

1 Lynn Ward	36:00
2 Susan Aspinwall	40:03
3 Barry Gager	41:00
4 Susan St. John	43:53
5 Steve Hubert	55:01
6 Brad Payne	56:47
7 Esro Cate	60:24
8 Janet Schwartz	71:53
9 John Vraspir	83:28
10 June Morita	86:40
11 Davenport/Erickson	92:03
12 Perlman family	94:00
D. Moushegian-Smith, Ardis Dull	
--DNF.	

RED 7.3 km. 19 controls

1 Clayton Smith	84:15
2 Jeff Kelly-Clarke	97:23
3 Dave Enger	101:56
Peter Guttorp, Mike Schuh, Robert Miller, Will Sperry, Jessica Rykken, Göran Larsson--DNF.	
ORANGE 4.5 km. 13 controls	
1 Brad Payne	66:03
2 Harvey Friedman	106:36
3 Jim Moy	119:50
4 Leroy Knapp	135:12
5 Mabel Moy	192:36
Anne York, Bill Taylor, Gary MacDonald, John Nitaly, and James Canna/Carol Carfrae--DNF.	

CRYSTAL SPRINGS

July 26

Meet Directors Dave Enger and Harry Morgan set the courses using Dave's partially completed 1:15,000 black and white map. Though much more field mapping work is needed to revise contours and add vegetation, some trails, boulders, and other small features, the event participants were able to use the map with good results. The July heat greatly increased the times, though the drinking water control provided some welcome relief. As the Crystal Springs map is improved, the one mile by four mile potentially useable area (about half of which is shown on the present map) holds promise for many challenging future courses.

Dave Enger

RED Course - 6.7 km. - 12 controls

1. Mike Schuh	83:24
Jeff Kelly-Clarke	DNF
(retired after #8)	

ORANGE Course - 4.1 km.- 9 controls

1. Esco Cate (second course)	75:35
2. Brad Payne	92:45
3. Jessica Rykken	96:00
4. Harvey Friedman	98:05
5. Anne York	112:45
6. Joe & Mia Schneider	148:55
7. Debbie MacDonald	156:10
Max Meyring	DNF
(122:00 - missed #1)	

YELLOW Course - 2.8 km.- 8 controls

1. Gary MacDonald	39:50
2. Susan St. John	41:57
3. Barry Caruthers	43:40
4. Esco Cate	57:20
5. Pam Zupan	68:35
6. Gary Goltz	81:57
7. Wyckoffs (3)	108:08

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 USOF:

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 USOF. 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 USOF at P.O. Box 1039, Ballwin, MO 63011.

Time Dated Material

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

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, Seattle, WA 98103

BULK MAIL

