

Bearing 315

The Newsletter of the Cascade Orienteering Club

September - October, 1990



Drunken Charlie Lake Meet

Sunday, September 16

Now that everyone has more or less recovered from APOC, PNWOF and World Cup events, and while the weather is still bright and warm, is an ideal time to orienteer at Drunken Charlie Lake. This is one of our best maps for non-trail orienteering. The courses will use a largely unlogged portion of the map. There will be novice, yellow, green and blue courses.

Registration is 10 to 12 noon. The road will be marked from Cherry Valley Road, about 3 miles north of Duvall.

We still need help with both start and finish. Remember, when you run a course that someone set all those markers, picks them up, and times you on the course. Orienteering is a very volunteer labor intensive sport, and our success depends on your help. Volunteer today!



1990

107 competitors from 18 countries (USA, USSR, Sweden, Norway, Finland, Great Britain, Hungary, Ireland, France, Belgium, Switzerland, Czechoslovakia, Denmark, Japan, Canada, Austria, Australia and New Zealand) ran in the World Cup event on Saturday August 18 at Cle Elum.

Winner of the Men's World Cup was Niklas Löwegren of Sweden with a winning time of 77:59 minutes. Havard Tveite of Norway was second with a time of 82:36 and Rolf Vestre of Norway third with 82:40. Mikell Platt was the best US runner, placing 38th with a time of 103:31 minutes.

Winner of the Women's World Cup was Kerstin Haglund of Sweden with a winning time of 72:53 minutes. Ragnhild Bente Andersen of Norway was second at 72:59, and Yvette Hagne of Great Britain was third with 74:27. Peggy Dickison had the best US time, placing 32nd with a time of 111:53 minutes.

The World Cup was run on the new Ros-Elum Ridge map. Ros-Elum Ridge maps with the World Cup courses and winning routes overprinted are available from Harvey Friedmann for \$7.50 plus postage.

Club Notes

Board Meeting

July 9

The Board met July 9 at Debbie Newell's. Present were Debbie Newell, Mike Schuh, Ardis Dull, David Soper, Denise Klein, Don Atkinson, Harvey Friedman and Bruce McAlister. Membership at about 150. There were reports on upcoming meets, and meet directors and course designers were appointed for most meets this year. A picnic and short run at St Edwards will be held on August 25.

Ardis reported on the 1990 USOF Convention in Connecticut. Next year's USOF convention will be the last week in June in Pennsylvania. WSOA may write a proposal to host the 1992 USOF Convention.

September 10

Next Board meeting, Monday, September 10, 7:30 pm at David Soper and Denise Klein's. All club members are welcome to attend Board meetings.

Monthly Club Meeting

The regular bi-monthly club meeting will be held on Tuesday, September 18 at 7:00 pm at the University Library at NE 50th and Roosevelt Way. We will review PNWOF and the World Cup and the winning course choices.

Elections

If its November, it must be elections. The November annual meeting and elections will be held on Thursday, November 29 at the University Branch Seattle Public Library at 7:00 p.m. We need a full slate of officers, including a president, as Mike Schuh has indicated he would prefer to take a less active role next year. If you would like to be President - or Vice President - or serve on the Board in some capacity, please let someone on the Board know. In any event, everyone is urged to come to the meeting to review the past and decide the future of Cascade Orienteering.

We will be electing new officers in November. However, in addition to the elected offices, there are a number of important appointed offices, several of which are vacant: Mapping Coordinator, WSOA Rep, Publicity Coordinator, Hotline coordinator, Newsletter Editor (in January). If you are interested either in helping as an assistant, or taking charge in these area, please let any present member of the Board know, and you have a job.



Pacific Northwest O'Festival Report

Over 800 competitors ran in the PNWOF meet at Cle Elum. With 15 courses each day, this was the largest non-junior meet ever held in the US. With 30 courses in two days, plus the World Cup, there was opportunity for a few glitches, but all the courses got off. The weather, which had been hot (100+) for weeks turned cool earlier in the week, with rain during the model event on Friday. Saturday, however, the weather was perfect for running, light clouds with temperatures in the 60s. Saturday was run on the new Ros-Elum Ridge map. The new map was challenging. There is more topography and more green than on the Cle-Elum Ridge map and the old mine tailings make for interesting topography. The PNWOF finish was next to the World Cup finish, so PNWOF finishers could watch the World Cup finishers.

The afternoon was taken up with the World Cup presentations. Following dinner, there was contra-dancing in the gym, and an opportunity for review of the days success (or mistakes) and a chance to meet orienteers from around the world.

Sunday's meet was held on the updated Cle-Elum Ridge map. This is basically an all new map. The meet start was across the river. The first orienteering obstacle was negotiating the log foot bridge. Everything was started and finished under another cloudy and cool day.

Finally, Sunday afternoon saw this intrepid band of orienteers, many of whom had started at Kamloops 16 days earlier scatter to cities and airports around the world.

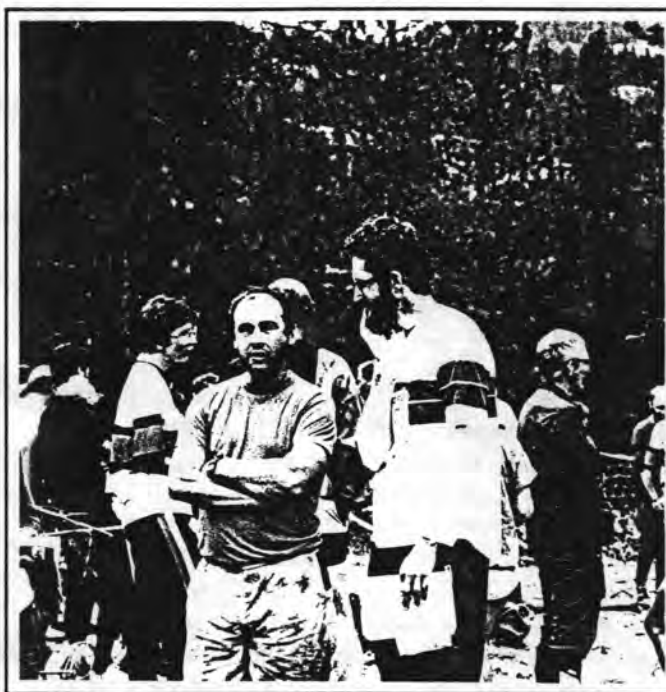
Out of State Meets of Interest

US Championships November 3/4 Philmont - October 6/7

The 1990 US Championships are November 3, 4 at Harriman State Park, New York. Several Cascade members are planning to attend. Registration and accommodation information in the next issue of ONA. October 6/7 is the date for a two day "B" meet at Philmont Scout Ranch near Cimarron, New Mexico. Bruce McAlister (821-6862) is looking for someone to share costs.

O - Ringen - Swedish Five Day Scottish Six Day

We have registration information for the Swedish five day O-Ringen near Stockholm, July 22-26, 1991, and for the Scottish six-day near Dumfries in the west border country south of Glasgow. Check your vacation schedule and join in two of the premier orienteering events of 1991.



Dave Enger reviews routes with Jim Webster (Calgary) at PNWOF. Scott Donald (Rossland) at right

Travelling? Check for Discounts

UNITED AIR LINES DISCOUNTS. United Air Lines offers discounts on all flights to "A" meets and some "B" meets. To get a discounted ticket, you or your travel agent simply call (800) 521-4041 and give the name United States Orienteering Federation, our account number "0097D" and then make your discounted reservation.

Discounts are 45% off unrestricted coach fares. Some excursion fares may be lower, but have more restrictions. If so, you get 5% off lowest applicable fare. For example, a 45% discounted round trip to Newark for the Nationals is \$503. By comparison, an excursion fare is available for \$427 (\$449-5%), but is not refundable, and is only available on limited flights.

By comparison, the 45% discounted coach tickets are refundable and exchangeable, and you can travel on most flights. The only restriction is that travel is limited to 3 days before to 3 days after each meet.

MUTUAL TRAVEL - the Official Travel Agency for WSOA. WSOA has an agreement with Mutual Travel that refunds 20% of their commissions received from air travel made by orienteers to WSOA. This covers any travel you book through Mutual and identify as WSOA travel. Our travel agent is Shelli Wehrwein at Mutual, and you must identify yourself as WSOA when you call.

[illegible]

I hereby affirm that I have fulfilled all of the requirements for the Presidential Sports Award in _____
Name of Sport

Signature _____

I obtained my fitness log at/from

Fill In Below (Please print name exactly as it should be typed on certificate):

Age (check one)

15-17

18-25

26-34

35-44

45-54

55-64

65-Up

Sex (check one)

_____ Female

Male

Name _____

Street/P.O. Box _____

Apt. City State

Zip Code -

Send additional Fitness Log _____ Yes _____ No

Presidential Sports Award, P.O. Box 68207,
Indianapolis, IN 46268

DID YOU REMEMBER TO:

Complete and sign Fitness Log? Print name and address clearly? Enclose \$6.00 per award? (United States currency – Make check/money order payable to "AAU/Presidential Sports Award")

Notes/Comments

8/90

PRESIDENTIAL SPORTS AWARD

What do the following sports have in common: Aerobic Dance, Archery, Back Packing, Badminton, Baseball, Basketball, Bicycling, Bowling, Canoe-Kayak, Climbing, Equestrian, Fencing, Field Hockey, Figure Skating, Fitness Walking, Football, Golf, Gymnastics, Handball, Team Handball, Ice Hockey, Ice Skating, Jogging, Judo, Karate, Marathon, **ORIENTEERING**, Racquetball, Rifle, Roller Skating, Rowing, Rugby, Running, Sailing, Skuba-Skin, Skeet-Trap, Skiing (Alpine), Skiing (Nordic), Soccer, Softball, Sports/Fitness, Squash, Swimming, Table Tennis, Tae Kwon Do, Tennis, Volleyball, Water Skiing, and Weight Training? The answer is that they are the 49 categories of sports or fitness activity which qualify for the **PRESIDENTIAL SPORTS AWARD** developed by the President's Council on Fitness and Sports, and administered by the Amateur Athletic Union.

You can earn the Award in any one of the 49 sports and fitness activities. Any individual 15 years of age and older is eligible to participate.

To earn the Award: 1) Select your sport or fitness activity (Orienteering, naturally). 2) Keep a record of your participation on the fitness log (see Page 6, copies of the fitness log are acceptable). 3) When you have fulfilled the qualifying standards, send the completed and signed fitness log and \$6.00 per award to: Presidential Sports Award, P.O. Box 68207, Indianapolis, IN 46268. Allow six to eight weeks for delivery.

You will receive:

- 1) A certificate of achievement from President Bush, personalized with your name and suitable for framing.
- 2) A letter of congratulations from Arnold Schwarzenegger, the Chairman of the Copuncil, suitable for framing.
- 3) A blazer patch (embroidered emblem) signifying the sport or fitness activity in which you earned your award.
- 4) A sports bag identification tag, imprinted with the award logo.
- 5) A "shoe pocket" to hold your valuables and an identification card while you're working out.

The Qualifying Standards for Orienteering are:

1. Practice orienteering skills for a minimum of 50 hours.
2. No more than two (2) hours in any day may be credited to the total.
3. Participate in at least four (4) organized orienteering events and locate all checkpoints within the allotted time.

Bruce McAlister has more information if you are interested

Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 4 September 1990. Words of both thanks and welcome go to the following new or renewing club members: Mark Hartinger, Francisco & Ana Lazo, Doug & Katie Sprugel. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; also, membership cards are only available in person at a club function such as regular meet, meeting, pot-O-luck, but not at any ski-O meets, nor night-O meets, nor canoe-O meets (unless you are lucky), nor training events, nor workshops. If you want to get your handsome membership card, contact the membership coordinator, me (Harvey), at a Cascade sponsored meet or at one of the above-mentioned happenings. I do not have blank membership cards with me when I attend other clubs' functions. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost).

Now on to the fun stuff...Doug & Katie Sprugel are proud new parents of Ben, born shortly before the World Cup & PNWOF excitement....Before that, Pat Jarvis Albright wnet when A to Z when she married Peter Zurcher from the Rocky Mountain O' Club (Colorado). The wedding was in Mt. Vernon and the reception party at the Sons of Norway lodge up there. Pat now goes by Pat Albright-Zurcher but she goes to Colorado to live with Peter and will only visit us here occasionally....Goran & Berit Larsson and their children, Robert & Fredrik, along with her parents, Elsie & Karl-Ake Eriksson, all attended PNWOF. As meet director, I was too busy to chat much, but I hope all their old friends made them feel welcome again....Speaking of making folks feel welcome, Bruce McAlister, had a Brit, a Dane, 2 Swedes, 3 Czechs, and a couple of Americans staying with him after PNWOF. Robert & Sandy Miller stored bicycles for some New Zealanders. Dave Tallent had Austrian visitors, and I'm sure there are others I missed. There were plenty of foreign visitors to host from 20 different countries....Orienteering is a sport of navigation, true, but it is more than just going thru the woods with a map; making new friends and renewing acquaintances with familiar faces are also important factors making O' the wonderful activity that it is. Families meeting families make for travel experiences to other countries that might be otherwise too costly to afford. Contact me if you need more information....If you want more news about people in the club, you'll have to tell me something or preferably write or scribble me something that is for this column since I have such a bad memory.

Meet Results

RIVERSIDE STATE PARK - August 16

Novice Course

Paul Frith, WREKIN/NZE	26:45
Marta Green, GVOC/CDN	29:33

Course 1

Tania Robinson, SA/NZE	21:38
Val Robinson, SA/NZE	23:56
Keg Good, QOC/USA	26:17
Kathy Farquhar, ROC/NZE	27:06
Lisa Frith, WREKIN/NZE	38:02
Cynthia Jameson, ROC/	40:29
J. Wingham, South Ribble O.C./GBR	45:00
Clendan & Davies, Central/NZE	48:27
P. Malley, NN/GBR	61:27
Cheryl Bluett/	70:50

Course 2

Rolf Vestre, NOR	23:21
Petter Thoresen, Halden/NOR	25:27
Ragnhild Bente Andersen, Halden/NOR	26:12
Hanne Sandstad, NOR	26:44
A. Landels, NZE	27:14
Kevin Ireland, NZE	28:14
R. Garden, NZE	28:55
Anne Line Nydal, NOR	29:04
Siri Størmer, NOR	29:05
Andrea & Fraser Mills, Red Kiwis/NZE	29:55
Rod Gray & G. Lawford, AUS	31:41
Rolf Wagner, OLG Pfaffikon/SUI	33:29
Torunn Fossli, A. Moland IL/NOR	34:59
Geoff Mead, NWOC/NZE	36:35
Ian Hassall, Sydney O.K./AUS	37:04
Pam James, CDN	37:22
Girinskaite, Verstone/LIT	37:37
Guy Cory-Wright, NZE	39:11
Magne Hagen, O-52/NOR	39:28
Eileen Breseman, COC/USA	44:07
Royce Mills, RK/NZE	44:39
Kay Haarsma, Tintookies/AUS	45:35
John Robinson, S. Auckland/NZE	48:24
K. Wraa-Hansen, DEN	53:58
J. Davies, HVOC/NZE	55:14
John Charlow, Ramblers/CDN	56:33
Dylan Green, GVOC/CDN	57:01
Gar Fisher, VICT/CDN	57:13
Ethel Anderson, AUS	58:23
P.W. Whipp, Mole Valle/GBR	58:58
G. Farquhar, Rotorua/NZE	61:19
Dagmar Binder, WAT Vienna/AUT	61:39
Peggy Earley, SLOO/NZE	63:51
Gloria Charlow, Ramblers/CDN	65:21
Jasmin Froschl, TVN Vienna/AUT	65:41
G. Peters, NW/NZE	67:23
Katherine Lewis, Halifax Hustlers/CDN	67:31
Eileen Frith, WREKIN/NZE	68:04
Eileen Traynor, CVO/CDN	69:45
Stephen Madson, G.D.I./	74:13
Ulla Larsen, HSOK/DEN	74:39
R. Sidney, LAU/CDN	75:43
Suzanne Federer, UNO/USA	88:29
Nicholas Bone, COC/USA	92:46
Margie Bone, COC/USA	94:46
Carl Moore, NISQ/USA	96:19
A. Allen, Victorienteers/CDN	97:32
Sara Mac Berman, CSU/USE	103:34
Terry Coombs, KOC/CDN	108:05
Karen MacDonald, SAMM/USA	DNF
Marquita Gelderman, RKOC/NZE	DNF
Lynda Sidney, CDN	DNF

Course 3

Bjørn Håvengen, NTHI/NOR	36:42
Mårten Berglia, NOR	40:23
Tomas Prokes, VS Praha/TCH	42:00
Keijo Parkkonen, FIN	42:53
Håvard Tveite, NTHI/NOR	43:23
Ross Burnett, YOA/CDN	46:07
Anders Ericson, Falkenbergs OK/SWE	48:41
Bo Michaels, LYNX/FIN	48:50
Ken Daly, LOC/	49:41
Ada Kucharova, TCH	50:11
Ian Duncan, VICT/CDN	50:02
Rhys Stanwix, WCDC/GBR	52:10
Terry Bluett, BN-N/	53:12
Espen LOE, Kongsberg OL/NOR	53:18
Ingvar Bråten, Kongsberg OL/NOR	53:55
Peter Burt, M.V./GBR	54:31
Kacmarcik, TCH	54:41
Frank Anderson, AUS	54:55
Tony Federer, UNO/USA	55:09
Bernt O. Myrvold, IF STURLA/NOR	55:19
P.O. Bengtsson, PAN/SWE	56:10
Jan Dahlin, SOIK HELLAS/SWE	56:56
Mike Morffew, HAVOC/AUS	61:52
Harald Wibye, OK MOSS/NOR	62:45
Mark McMill, GVOC/CDN	64:35
Ray Weekes, GBR	64:58
Olli Rauste, Kalevan Rasti/FIN	65:51
Debbie Newell, COC/USA	67:38
Larry Berman, CSU/USA	68:33
Thomas Wesley	69:40
Rick Breseman, COC/USA	70:03
Adam Vyse, SAGE, CDN	72:13
Robert Bengler, Falkenbergs OK/SWE	72:19
Orlyn Skrien, SLOC/USA	73:18
Jenny Anderson, AUT	73:43
Joel Thomson, LAOC/USA	79:27
Eric Bone, COC/USA	79:43
I. Smith, LOC/	79:52
Graham Frith, WREKIN/NZE	81:23
Ronan Cleary, LOK/GBR	81:36
Mark Earley, SLOO/USA	82:42
Julie Cleary, LOK/GBR	83:36
Ron Green, GVOC/CDN	85:21
FL Larsen, HSOK/DEN	89:10
Peter Snell, NTOA/USA	92:56
Jim Traynor, CVO/CDN	98:38
Guy Olsen, HVO/USA	99:47
Craig Brooks, GVOC/CDN	108:15
Ardis Dull, COC/USA	110:07
Shahbazian, BRG/USA	113:44
Marshall Nelson, EWOC/USA	125:44
Ben Traynor, CVO/CDN	126:48
Miki Snell, NTOA/USA	173:22
Jim Graves, Spokane/USA	DNF
Ben Sidney	DNF
Oivind Naess	DNF
Christine Brown, Esk Valley O C/AUS	DQ

Course 4

Sixten Sild, OK Triangeln/EST	55:22
Fredrik Stenebo, Vasteras SOK/SWE	58:21
Grote Andreas, SKOC/SUI	59:40
Peter Zurcher, RMOC/USA	61:45
D. Williams, HOC/GBR	62:11
Paul Pacque, ASUB/BEL	63:58
K. Sidney, Laurentian/CDN	68:04
Lars Baklid, IF Sturla/NOR	68:39
Gert-Michael Binder, WAT/AUT	71:21
Mike Elliot, Mole Valley/GBR	75:16
Paul Watson, WCOC/GBR	75:28
George Pugh, GVOC/CDN	81:27

Mike Hampton, Octavian	
Droobers/GBR	87:47
Gary Kraght, BAOC/USA	91:58
David Tallent, SAMM/USA	94:18
Mac MacDonald, SAMM/USA	DSQ
Judy Martin, N.W. New Zealand/NZE	DSQ
Kukkonen, FIN	DNF
Reno Mattinen, FIN	DNF
Neil Schafer, Bennielong	
Northside/AUS	walking

Countries

AUS	Australia	GBR	Great Britain
AUT	Austria	LIT	Lithuania
BEL	Belgium	NOR	Norway
CDN	Canada	NZE	New Zealand
DEN	Denmark	SUI	Switzerland
EST	Estonia	SWE	Sweden
FIN	Finland	TCH	Czechoslovakia

TROLLHAUGEN - July 15

Meet Directors: Denise Klein, David Soper
Courses: Fred Veler

Course 1 (7 controls)

Virginia Finney	72:51
Lisa Grossman	81:20
Jennie Carton	85:21
Margee McEleney	DNF

Course 2 (8 controls)

J. Pope	104:12
Stuart Bradshaw	106:17
Kent Verbeck	108:31
Brett Anibaldi	109:26
Dave Petty	111:41
Will Sperry	119:44
Kevin Finney	131:27
Ken Lew	148:28
Gail Smith/Craig Wyss	DNF
JoAnne Sperry	DNF
Margie Bone	DNF
Jessica Rykken	DNF

Course 3 (10 controls)

Dave Enger	63:04
Dave Tallent	69:44
Mike Sharp	76:53
Debbie Newell	78:07
Dale Width	78:14
Ben Hall	86:32
Rick Breseman	91:51
Rick Donaldson	102:43
Peter Golde	109:20
Ardis Dull	109:26
Mac MacDonald	109:44
Sandy Kish Miller	119:09
Steve Miner	134:27
Harvey Friedman	144:27
Carl Moore	DNF
Brad Miner	DNF

More Results:

Note - APOC and PNWOF results will be in next issue of Bearing 315

ST EDWARD STATE PARK - August 25

Meet Director: Bruce McAlister
Courses: Bruce McAlister
Start: Bruce McAlister, Margie Bone
Finish: Robert Miller, Rick Hood

Course 1 (1.9k, 7 controls)

S. & D. Miner	78:07
Dave Petty	82:25
Roger Sharp/Marti Kanna	DNF

Course 2 (3.2k, 8 controls)

Brian Hart	39:38
Debbie Newell	42:59
Eric Bone	45:49
Ardis Dull	48:54
Steve Miner	49:11
Margie Bone	54:25
Steve Madsen	63:02
Nicholas Bone	65:02
Brad Miner	84:30
Kathy Miner	79:00
Jim & Karen Sissel	98:34
Dave, Willie, & Madeline Enger	107:00
Tim Miner	DNF

UNION BAY CANOE-O - August 26

Meet Director: Don Atkinson
Courses: Mike Schuh
Marker Pickup: Jeff Coker, Sid Whaley, Don Atkinson, Mike Schuh

Course 1 (9 controls)

Brent Turner	26:07
Dick & Sophie Eitel	43:59
Mike Odom/Leanora Rines	44:35
Debbie Newell	47:16
Tanar & Sue Ulric	57:45
Ana & Francisco Lazo	59:00
Dave Enger, Jim Hunt & kids	60:45
Norm & Gerri King	76:38
Neil & Lael Smith	102:40

Course 2 (score-o, 16 controls, 150 points possible, 1 pt./min. deduction over 60 minutes)

	Time	Points
Katherine Lewis/Pam James	56:41	150
Rick, Eileen, & Ryan Breseman	61:30	148
Jeff Coker/Dave Bassett	64:07	145
Sid & Janet Whaley	67:51	132
Carl Moore/Linda Rimbach	106:52	103

Clue Sheets Move into the Computer Age

Have you ever had a control description sheet (commonly known as the clue sheet) with numbers and symbols that took more time to decipher than finding the next control? Cascade has moved into the computer age with two clue sheet programs. "Clue Sheet" by David Dana is a Macintosh program which was reviewed in ONA for August. "Condes" is a program developed by Finn Arildsen of the IOF computer group. It is an IBM compatible program for either dot-matrix or Postscript laser printers. The clue sheet at right is from the August 25 St Edwards meet, and was prepared using the "Condes" program. If you are a course designer, "Condes" is available from Bruce McAlister and "Clue Sheet" is available from Katie Sprugel. Both programs are simple to use, cover the entire set of IOF symbols, and allow typed descriptions if desired.

The first line lists the course class designation, the shortest practical length and the optimum climb. The last line shows the distance and markings, if any, to the finish. Distances are in meters.

The individual control descriptions have 8 columns. Column 1 shows the number of the control as it appears on the map. Column 2 shows the number on the control marker itself.

The remaining columns contain symbols from the list to the right. Column 4 is the most important and shows on which type of feature the control is located. If there are several similar features in the vicinity, column 3 is used to show which one. Columns 5 and 6 are used to further describe the feature. Column 5 may show a second feature present, or, if the control is at an junction or crossing of dissimilar features, Column 6 may be used for the second feature. Column 6 is usually used to show the feature's size (in meters). Column 7 shows on which part of the feature the marker is located, and Column 8 is used for non-navigational information (such as water) about the control.

St Edwards August 25

Long		3.2 Km		30 m	
1	H1				
2	H2				
3	H3			0.5m	
4	H4				
5	H5				
6	H6				
7	H7				
8	H8			Man made	
O <		350		> O	

"BEARING 315" PUBLICATION SCHEDULE

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are encouraged to submit orienteering related material for publication. Send items for publication to the address below by the scheduled deadline. Material received after the deadline may not appear in the next newsletter issue.

Issue	Publication Date	Submittal Deadline
JAN-FEB	December 31	December 10
MAR-APR	February 28	February 20
MAY-JUN	April 30	April 20
JUL-AUG	June 30	June 20
SEP-OCT	August 31	August 15
NOV-DEC	October 31	October 20

Mail material to:

Bruce McAlister

14014 81st Pl. NE

Bothell, WA 98011

Schedule

<i>Date/Time</i>	<i>Location</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Information</i>
SEPTEMBER					
Sun, SEP 9 10 - noon	Marymoor Park, Redmond, RELAY Meet, Mass start (10:30-11) Exit SR 520 at W. Lake Sammamish Parkway	C	SAMM	color	Dave Enger 1:10,000 (206) 822-6254
Mon, SEP 10	Cascade Board Meeting, 7:30 pm, David Soper and Denise Klein, 652 12th Ave. E.				Mike Schuh (206) 783-3960
Sun, SEP 16 10 - noon	Drunken Charlie Lake, Duvall Use Cherry Valley Rd 3 mi N Duvall or Kelley Rd/Stoessel Rd 3 mi N Carnation	C	COC	color	Mike Schuh 1:15,000 (206) 783-3960
Sun, SEP 16 1-3 pm	Riverside State Park (Camp Seven Mile) ~ Spokane, WA	C	EWOC	color	John Beck 1:15,000 (509) 536-0650
Tues, SEP 18	Club Meeting University Branch, Seattle Public Library, 50th and Roosevelt, 7:00 pm				Mike Schuh (206) 783-3960
Sun, SEP 30 10 - noon	Cle Elum Ridge - Pine Hills Ranch Area ~ Exit 85 on I 90; SR 970 to East Masterson Road, follow O signs to park, 1 km walk to start	C	EOC	color	Will Sperry 1:15,000 (509) 925-4716
OCTOBER					
Sat, OCT 6 10 - noon	Lake Sammamish State Park, Issaquah Use Exit 15 on I-90	C	SAMM	color	Dave Enger 1:10,000 (206) 822-6254
Sat-Sun OCT 6/7	Western Canadian Championships Manitoba	A	AOA	color	1:15,000 (403) 270-7557
Sat-Sun OCT 6/7	Heartland Two-Day Individual Philmont Scout Ranch, Cimarron, New Mexico; info: Steve Williman, 710 Sunnywood Pl, Woodland Park, CO 80863	B	RMOC	color;	1:15,000
Sun, OCT 7 10 - noon	Fort Casey State Park, Whidbey Island Near Keystone, about 25 mile north of Clinton-Mukilteo Ferry landing	C	COC	b/w	Mike Schuh 1:5000 (206) 783-3960
Sat-Sun OCT 13/14	☆ Mt. Douglas Two-Day Vancouver Island	B	VO	color	(604) 658-2231
Sat-Sun OCT 20/21	Heartland Championships Cuivre River St Park, Troy, Missouri	A	SLOC	color	Rhea Jacobs 1:15,000 (314) 644-3735
Sun, OCT 21 Noon - 1:30	University of Washington UW campus	C	COC	color	Mike Schuh 1:10,000 (206) 783-3960
Sat-Sun OCT 27/28	New England Championships New map - Townsend State Forest	A	NEOC	color	Vivien Benning 1:15,000 (617) 648-1321
NOVEMBER					
Sat-Sun NOV 3/4	US Championships New map, Harriman State Park, Bear Mountain NY	A	HVO	color	Jon Nash 1:15,000 (914) 941-0896
Sun, NOV 11 10 - noon	Bridle Trails State Park 116th NE and NE 53rd, Kirkland	C	SAMM	color	Dave Tallent 1:10,000 (206) 392-3061
Sat, NOV 17 10 - noon	Hamlin Park 15th Ave. NE and NE 161st, Seattle	C	COC	b/w	Debbie Newell 1:7,500 (206) 488-7471
Sat, NOV 24	WIOL Clinic, WIOL MEET 1 Location to be announced	S	WIOL		Mike Tharp (206) 459-9231
Sat-Sun NOV 24/25	Evergreen Cup Two-Day Individual Location to be announced	B	NISQ		Fred Veler (206) 522-4498
Thurs, NOV 29	Club Meeting, ELECTIONS University Branch Library, 50th and Roosevelt, 7:00 p.m.				Mike Schuh (206) 783-3960
DECEMBER					
Sat, DEC 1 10 - noon	Kelsey Creek Park, Bellevue; WIOL MEET 2 Use Exit 12 on I-405, Cross Lake Hills Connector Road on SE 8th	C	SAMM	color	Dave Tallent 1:5,000 (206) 392-3061
Sat, DEC 8 10 - noon	Farrel McWhirter Park, Redmond; WIOL MEET 3 SR 520 to end at Redmond, Avondale Rd N 1 m, Novelty Hill Rd 1/2 m to Redmond Rd	C	COC	color	Mike Schuh 1:3,500 (206) 783-3960
Sun, DEC 16 11 - 1 p.m.	Trollhaugen Ski-O, Snoqualmie Pass Exit 62 on I-90, park in Sno-Park Lot (permit required)	S	COC	color	Mike Schuh 1:15,000 (206) 783-3960
Sun, DEC 30	11th Annual Bog Slog, Pool Swim and Holiday Bash Potluck St Edwards State Park, NE 141st and Juanita Drive NE, Kirkland	B	COC	color	Bruce McAlister 1:10,000 (206) 821-6862

Club Key:

COC - Cascade Orienteering Club
 EWOC - Eastern Washington Orienteering Club
 EOC - Ellensburg Orienteering Club
 NISQ - Nisqually Orienteers
 CROC - Columbia River Orienteering Club
 SAMM - Sammamish Orienteering Club
 WSOA - Washington State Orienteering Association

Event Key

A - major event on good quality color map, 5 course minimum
 B - major local event, 3-4 courses minimum
 C - local club event, 3 or 4 courses
 S - special event (bicycle, canoe, ski, night, etc.)
 WIOL - Washington Interscholastic O'League meet (everyone welcome)

Symbols:

☆ Vancouver Island Series Meet
 ~ Added Meet

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

COC OFFICERS AND COORDINATORS

Mike Schuh	President (206) 783-3960
Vacant	Vice President
Ardis Dull	Secretary (206) 364-4062
Katie Sprugel	Treasurer (206) 365-8742
Vacant	Mapping Coordinator
Harvey Friedman	Membership Coordinator (206) 784-2774
Bruce McAlister	Newsletter Editor (206) 821-6862
Vacant	Training Coordinator
Pat Albright	Publicity Coordinator (206) 285-8674
Don Atkinson	Equipment Coordinator (206) 488-0270

COC MEMBERSHIP DUES

Single	\$10.00/year
Family	15.00/year
Associate (under 18)	5.00/year
Newsletter Only	6.00/year

COC "C" MEET FEES

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

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



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

ADDRESS CORRECTION REQUESTED
