

# BEARING 315

The Newsletter of the Cascade Orienteering Club

November-December 1989



## North American 7-Day Event to Include Cle Elum World Cup Meet

Next summer, the world's best orienteers will converge on the small eastern Washington town of Cle Elum to take part in a World Cup orienteering meet, only the second such event ever held in the U.S. Teams from Norway, Sweden, Denmark, Switzerland, the U.S.S.R., Australia, and Canada are expected to attend the Cle Elum event, the fifth stop on the eight-meet World Cup circuit.

The World Cup meet will be held in conjunction with the Pacific Northwest Orienteering Festival, and will be part of the North American 7-day Event, a two-week series of orienteering meets to be held in the western U.S. and Canada. Awards will be given for each individual event as well as for the best 5 of the 7 days of competition.

This will be a rare opportunity for you to see (and meet) the world's elite orienteers, as well as a good chance to run on some great maps. Many people from the Seattle area plan to attend the entire two weeks of events, so there should be plenty of opportunity for carpooling. Below is the entire schedule of North American 7-day events.

| Date      | Event  | Location       | Day # |
|-----------|--|----------------|-------|
| Aug 4-5   | Canadian Orienteering Championships                                      | Kamloops, B.C. | 1, 2  |
| Aug 6     | Relay - Asia-Pacific/Canadian  | Kamloops       |       |
| Aug 8     | Asia-Pacific O' Championships  | Kamloops       | 3     |
| Aug 11    | North American/Asia-Pacific Champs                                       | Innisfail, AB  | 4     |
| Aug 12    | North American O' Championships  | Innisfail      | 5     |
| Aug 13-14 | ROGAINE (Rugged Outdoor Group Activity Involving Navigation & Endurance) | Longview, AB   |       |
| Aug 18    | Pacific NW O' Festival/World Cup   | Cle Elum, WA   | 6     |
| Aug 19    | Pacific NW O' Festival   | Cle Elum       | 7     |

For more information or an entry form, contact Harvey Friedman at (206) 784-2774.

## O' maps at REI

The next time you visit REI (Recreational Equipment, Inc.), you may see orienteering maps for sale. REI has purchased a selection of Puget Sound area orienteering maps to sell in their Seattle, Bellevue, and Federal Way stores.

## High School League Begins 7th Season

The Washington Interscholastic Orienteering League will begin its 7th season with a meet on November 25 at Pt. Defiance Park in Tacoma. Nine regular meets hosted by the three Western Washington clubs will be held at various Puget Sound area parks, ending with the league Championships at St. Edward State Park in February. Anyone is welcome to attend the league meets, which are always held in conjunction with a regular club meet.

*Sure to be the meet of the decade!*

## 10th Annual Bog Slog

at

## St. Edward State Park

December 31, 1989

homemade pie to the fastest male and female on each course

special 10th anniversary awards

potluck and party from 12:00 at  
6216 N.E. 154th St.  
1 mile north of park

showers and swimming pool available from 12-2 p.m. for \$2.00/person (bring your own towel)

## Club Meeting and Elections November 28

The November club meeting will feature officer elections, another installment of "Course Setting For Beginners," "See How They Ran the U.S. Championships," and a short talk by Mike Schuh about "How to Explain Orienteering in 5 Minutes." So, come to the University Branch of the Seattle Public Library at 50th and Roosevelt on November 28. And after the meeting, of course, will be the ever-popular gathering at Donna's Ice Cream Parlor in Roosevelt Square.

We are facing a severe shortage of candidates, so if you think you're officer material, please let Bruce McAlister (821-6862) or Eileen Breseman (522-1098) know as soon as possible. Or, just show up at the meeting. Nominations will be accepted from the floor.

## From the President

Doug Sprugel

As you can see from the income/expenses detail, the down side of holding an "A" meet is that producing a new, first-class map costs a great deal of money, which one cannot hope to recover from just one meet. The Western States Championships was no exception. The map cost a lot more to produce than we took in in registration fees. We have over 1500 copies of the map left over, which will produce income over the next decade as we hold meets on it, but for the moment, we have a severe cash flow problem. Specifically, we received a \$3,000 map loan from USOF before the meet, and we are presently able to repay only \$2,000 of it. We have requested an extension from USOF on the repayment and expect to receive it, but we would like to be able to pay the remainder of the loan back as soon as possible.

If you are in a position to make a donation or an interest-free loan to the club to help retire our debt, it would help a great deal. Because we are designated a 501(c)3 organization, donations are tax deductible. Any amount would be helpful. Bruce McAlister has generously loaned the club \$200 to start a map fund, and has offered to put up another \$300 as a matching gift, meaning that he will match any contributions we receive up to that amount. If you would like to make a contribution, please send checks to the club post office box (COC, P.O. Box 31375, Seattle, WA 98103), indicating whether it is a donation or a loan. Any contributions will be greatly appreciated.

## What Does An "A" Meet Cost?

The budget for a large event such as the Western States Championships is correspondingly large. The review below is not intended to be a strict accounting, but rather an informative view of the scale of costs associated with large meets and new maps.

| EXPENSE             | AMOUNT        | INCOME       | AMOUNT        |
|---------------------|---------------|--------------|---------------|
| Map                 |               | Registration | \$3072        |
| Aerial Photos       | \$ 436        | T-shirts     | 909           |
| Base Map            | 2021          |              |               |
| Fieldchecking       | 2494          |              |               |
| Drafting Supplies   | 40            |              |               |
| Printing            | 1387          |              |               |
| Publicity           |               |              |               |
| Distribution in ONA | 113           |              |               |
| Fliers              | 60            |              |               |
| USOF Fees           |               |              |               |
| Insurance           | 50            |              |               |
| Sanctioning         | 177           |              |               |
| Miscellaneous       |               |              |               |
| T-shirts            | 707           |              |               |
| Awards              | 120           |              |               |
| Portable Toilet     | 90            |              |               |
| Supplies            | 30            |              |               |
| <b>TOTAL</b>        | <b>\$7726</b> | <b>TOTAL</b> | <b>\$3981</b> |

## We lost the Pig War, but who cares?

### Western States Championships a Success

by Katie Sprugel

Clear blue skies, temperatures in the high 70s, views of water and islands abounding, a new map, good courses, good food, and good fun. What more could an orienteer ask?

The Western States Championships were held on September 9-10, 1989 on our new map of Moran State Park on Orcas Island in the San Juans. This was a two day, U.S. Orienteering Federation (USOF)-sanctioned class "A" meet. What that means is that there were 6 courses each day, the courses met USOF standards for distance and difficulty, and that those of you who belong to USOF accumulated ranking points by participating. This meet was held in conjunction with the British Columbia Championships held the preceding weekend on Vancouver Island. The two meets together constituted the Pig War Challenge.

We had 139 participants on Saturday (20 of them trying orienteering for the first time) and 124 participants on Sunday (14 for the first time). There were 86 people from Washington participating, 61 Canadians, 18 people from other states, and two folks far from home: Keith Curry was here from Australia in anticipation of next year's Asia-Pacific Orienteering Festival and Johann Hanssen of

Sweden is here for a year as an exchange student living with the Dillons in Yelm. The local folks faced stiff competition from the Californians and Canadians, but still did pretty well. See the results in this issue for details.

Most people stayed at YMCA Camp Orkila, taking advantage of the package that co-meet director Sandy Kish Miller had arranged there. For those of you who missed it, Orkila is a superior YMCA camp. It is situated on the northwest coast of Orcas, with splendid views and sunsets over the straits. The food and amenities were great. Saturday night, Pat Albright arranged a contradance with Home Brew, a local band, and Lois, a caller from Seattle.

We are hoping that a two day meet at Moran will become an annual event. If you couldn't make it this year, start planning now so you don't have to miss all the fun next year.



## Cascade Chatter

*compiled by Harvey Friedman*

As usual, we'll start with positive roster changes as of 16 October 1989. Words of both thanks and welcome go to the following new or renewing club members: **Boy Scout Troop 398, Dean Coonrod, Steven Hoffman, Larry & Judy Swan, Buck Wales family**

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.

Now on to the fun stuff. I received even less material this time than last...**Don Denbo**, former Seattle resident and still a member of Cascade, will be returning to the Northwest in November to accept a job at Battelle Northwest in Sequim. Don has been living in Boston for the past three years while working at Harvard University. We look forward to seeing some new maps on the Olympic Peninsula soon... **Elleen & Rick Breseman** will probably just be returning from a trip back East by the time you get this; they will do some orien-

teering in New York and New England. They did pass on a letter from **Thomas Gloor**, the Swiss mapper who was here for a few months in 1987. Even though he is very busy with school work, he found time to put in 500 hours to field-check and draft a map in Switzerland that was used for the Swiss relay championships. He was quite pleased that the competitors thought he produced a good map. Anyway, for the next 2 years he won't accept another mapping project - so maybe school will be a little easier with all that extra time to study. He will try to come out here again next August for the full 2 week APOC90 tour and especially for our own PNWOF....Speaking of next August, I think it would be a good idea if all the club members not helping put on the **World Cup and PNWOF** (if not, why not?) would try to "adopt" non-local orienteers by offering to share rides and campsites and/or motels in Canada. One of the themes for PNWOF and APOC90 generally is "western hospitality," so be friendly towards everyone and you will discover a friend or two. We all want people leaving our meet with the thoughts - good map, good courses, good organization, great bunch of people.....See what happens when you all don't give me enough news to write about you - I start pontificating. O, well.... 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.

### ORIENTEERING NOVEMBER 25/26

**Beginners/Intermediates Workshop** - Saturday, November 25 9:00 a.m. - noon at Wilson High School, Tacoma (Orchard & N. 26th).

**TUNEUP Event** - Saturday, November 25 11:00 a.m. - 1 p.m. at Pt. Defiance Park, Tacoma (west end of park).

|              |               |        |
|--------------|---------------|--------|
| <b>Cost:</b> | Adult         | \$35.0 |
|              | Junior/Novice | 2.50   |

|                 |        |      |
|-----------------|--------|------|
| <b>Courses:</b> | Open   | 5-6k |
|                 | WIOL   | 3.5k |
|                 | Novice | 2.5k |

**Washington State Open 3-Person Relay Championships** - Sunday, November 26 10:00 a.m. at Pt. Defiance Park, Tacoma

|                     |                        |      |                  |
|---------------------|------------------------|------|------------------|
| <b>Time:</b>        | Mass start, 10:00 a.m. |      |                  |
| <b>Classes:</b>     | Senior                 | 21 + | 3-5k legs long   |
|                     | Masters                | 35 + | 3-4k legs medium |
|                     | Junior                 | -21  | 2-3k legs short  |
| <b>Cost:</b>        | \$10.00/team           |      |                  |
| <b>Awards given</b> |                        |      |                  |

**Pre-entry For Relay Required by November 18** - No day-of-race or individual entries accepted.

**By phone:** (206) 572-4498 (leave message)

**or mail to:** Fred Veler  
2918 S. Adams #A  
Tacoma, WA 98409

#### Washington State Open Relay Championships Entry Form

*fill out and return before November 18 (make checks payable to Nisqually Orienteers)*

|            |                     |             |
|------------|---------------------|-------------|
| Name _____ | Team _____          | Class _____ |
| Name _____ | Club _____          |             |
| Name _____ | Contact Phone _____ |             |





## Centennial Games/State Champs

Take a great new map, add interesting, enjoyable courses, mix in some nice weather, then sprinkle on some suspense. The result: a fun, exciting Washington Centennial Games.

The meet site, Riverside State Park in Spokane, is an orienteer's paradise: open, runnable pine forest with an abundance of knolls, boulders, and contour details to add interest. The courses, designed by Scott Donald of B.C.'s Kootenay Orienteers, were short but technically challenging.

To add excitement, a "chase start" was used on the second day. In a chase start, the first day's leader starts first, the person with the second-fastest time starts second by the same amount he was behind the first day, and so on. The first person to cross the finish line, then, is the winner.

The Masters Men's category provided the most excitement. Robert Miller surprised everyone (except possibly himself) by taking the lead the first day. At local meets, Miller usually walks (although very quickly, mind you), but went all out at this meet to finish the 4.1-kilometer course in 31:05, with Dave Tallent 2:06 behind, and Fred Veler only 9 seconds behind Tallent. However, an unfortunate route choice by Miller on the second day allowed both Veler and Tallent to pass him on the second half of the course. Veler had a very good run (33:00 for the 4.6-kilometer course) to take the gold medal, while Tallent got the silver, and Miller the bronze.

In the Junior Females' race, Melissa Moffett edged out Rachel Tharp by 11 seconds for the gold medal, and Shawn Perkins finished two minutes back to take the bronze.

And in the Junior Males' division, Bill MacDonald won the gold by 19 minutes over Keith Bittner, with Lee Lopez less than a minute behind Bittner.

### CENTENNIAL GAMES/WASHINGTON STATE CHAMPIONSHIPS

August 12-13

Riverside State Park, Spokane

#### Cent. Games State Champs.

Cat./Place Cat./Place Name Day 1 Day 2 Total

#### Course 1 (Day 1: 2.1k; Day 2: 2.1k)

|    |        |                   |       |       |        |
|----|--------|-------------------|-------|-------|--------|
| -- | Novice | B. Blanke         | 44:00 | 90:18 | 134:18 |
| -- | Novice | Jean Emery        | 13:30 | DNS   |        |
| -- | Novice | Brigita McDermott | 26:34 | DNS   |        |
| -- | Novice | Giesler/Nelson    | 27:35 | DNS   |        |
| -- | Novice | M. Salvatori      | 39:24 | DNS   |        |
| -- | Novice | McManus           | DNS   | 38:45 |        |

|    |       |                 |       |       |       |
|----|-------|-----------------|-------|-------|-------|
| -- | F12/1 | *Angela Tallent | 20:05 | 20:59 | 41:04 |
| -- | F12/2 | Lorna MacDonald | 36:15 | 21:12 | 57:27 |

#### Course 2 (Day 1: 3.0k; Day 2: 3.1k)

|    |      |                   |     |       |  |
|----|------|-------------------|-----|-------|--|
| -- | Open | Jean Emery        | DNS | 37:00 |  |
| -- | Open | Tyler Felgenhauer | DNS | 63:13 |  |

|      |       |                      |       |       |        |
|------|-------|----------------------|-------|-------|--------|
| JF/1 | F17/1 | *Melissa Moffett (g) | 25:17 | 28:56 | 54:13  |
| JF/2 | F15/1 | *Rachel Tharp (s)    | 27:31 | 26:53 | 54:24  |
| JF/3 | F17/2 | Shawn Perkins (b)    | 29:24 | 27:05 | 56:29  |
| JF/4 | F17/3 | Ellen Boomer         | 39:56 | 54:39 | 94:36  |
| JF/5 | F19/1 | *Natalie Payne       | 59:40 | 36:00 | 95:40  |
| --   | F15/2 | Amber Payette        | 46:06 | 58:44 | 104:50 |
| JF/6 | F15/3 | Lisa Nordlund        | 61:36 | 51:07 | 112:43 |
| --   | F13/1 | Carman Benoit        | 53:26 | 62:39 | 116:05 |
| --   | F17   | Delphene Coombs      | 51:04 | DNS   |        |

#### Course 3 (Day 1: 3.4k, Day 2: 3.5k)

|    |      |                     |        |        |        |
|----|------|---------------------|--------|--------|--------|
| -- | Open | B. Sherman/C. Morit | 45:17  | 30:27  | 75:44  |
| -- | Open | Gary MacDonald      | 47:38  | 43:20  | 90:58  |
| -- | Open | Pat Reddick         | 92:37  | 130:03 | 222:40 |
| -- | Open | Jason Rasku         | 54:22  | DNS    |        |
| -- | Open | Trisha Rasku        | 58:45  | DNS    |        |
| -- | Open | Steven Rasku        | 82:56  | DNS    |        |
| -- | Open | Mary B. Thompson    | 104:45 | DNS    |        |
| -- | Open | Joseph Thompson     | 109:45 | DNS    |        |

|      |       |                       |       |       |        |
|------|-------|-----------------------|-------|-------|--------|
| MF/1 | F35/1 | *Ardis Dull (g)       | 30:28 | 31:53 | 62:21  |
| MF/2 | F35/2 | Sandy Kish Miller (s) | 32:07 | 32:29 | 64:36  |
| MF/3 | F45/1 | *Pat Albright (b)     | 60:56 | 48:00 | 108:56 |
| --   | F35/3 | Debra MacDonald       | 63:21 | 89:05 | 152:26 |
| MF   | F45   | Sherrill Pattee       | 78:40 | DSQ   |        |

|      |       |                     |       |       |       |
|------|-------|---------------------|-------|-------|-------|
| JM/1 | M15/1 | *Bill MacDonald (g) | 24:34 | 20:34 | 45:08 |
| JM/2 | M17/1 | *Keith Bittner (s)  | 33:45 | 30:43 | 64:28 |
| JM/3 | M17/2 | Lee Lopez (b)       | 33:10 | 31:37 | 64:47 |
| JM/4 | M19/1 | *Tien-Dat Nguyen    | 32:36 | 32:45 | 65:21 |
| JM/5 | M17/3 | Mike McManamna      | 28:07 | 56:16 | 84:23 |
| JM/6 | M15/2 | Tang Pham           | 28:11 | 56:19 | 84:30 |
| JM/7 | M19/2 | Jason McDermott     | 35:25 | 58:06 | 93:31 |

#### Course 4 (Day 1: 4.1k; Day 2: 4.6k)

|    |      |                 |       |       |        |
|----|------|-----------------|-------|-------|--------|
| -- | Open | John Sincok     | 50:39 | 62:27 | 113:06 |
| -- | Open | Stuart Bradshaw | 54:14 | 61:09 | 115:23 |
| -- | Open | Jim McNamara    | 50:07 | 65:56 | 116:03 |
| -- | Open | Karen Rasku     | 70:40 | DNS   |        |
| -- | Open | Roger Ross      | DNS   | 51:00 |        |

|       |       |                    |       |       |        |
|-------|-------|--------------------|-------|-------|--------|
| MM/1  | M45/1 | *Fred Veler (g)    | 33:18 | 33:00 | 66:18  |
| MM/2  | M35/1 | *Dave Tallent (s)  | 33:11 | 35:51 | 69:02  |
| MM/3  | M40/1 | *Robert Miller (b) | 31:05 | 38:44 | 69:49  |
| MM/4  | M35/2 | Dale Width         | 36:28 | 39:15 | 75:43  |
| MM/5  | M40/2 | Mac MacDonald      | 36:55 | 39:48 | 76:43  |
| MM/6  | M40/3 | Scott Coble        | 35:36 | 48:32 | 84:08  |
| MM/7  | M40/4 | Kent Verbeck       | 42:13 | 43:52 | 86:05  |
| MM/8  | M45/2 | Don Atkinson       | 41:47 | 47:19 | 89:06  |
| MM/9  | M50/1 | *Bob Reddick       | 53:44 | 49:00 | 102:44 |
| MM/10 | M40/5 | Doug Sprugel       | 48:21 | 55:12 | 103:33 |
| MM/11 | M50/2 | Carl Moore         | 52:07 | 53:45 | 105:52 |
| MM/12 | M60/1 | *Knut Olson        | 40:40 | 73:13 | 113:53 |

#### Course 4 (Day 1: 5.1k; Day 2: 5.4k)

|      |       |                     |        |       |        |
|------|-------|---------------------|--------|-------|--------|
| --   | Open  | Tim Benoit          | 133:30 | 35:22 | 168:52 |
| OF/1 | F21/1 | *Debbie Newell (g)  | 46:20  | 38:07 | 84:27  |
| OF/2 | F21/2 | Mary Forbes (s)     | 52:37  | 48:49 | 101:26 |
| OF/3 | F21/3 | Eileen Breseman (b) | 49:07  | 69:29 | 118:36 |
| OF/4 | F21/4 | Katie Sprugel       | 70:22  | 63:00 | 133:22 |
| OF/5 | F21/5 | Laura Skog          | 83:52  | 68:43 | 152:35 |

#### Course 5 (Day 1: 8.2k; Day 2: 8.6k)

|       |        |                    |       |        |        |
|-------|--------|--------------------|-------|--------|--------|
| OM/1  | M21/1  | *Dave Enger (g)    | 54:00 | 54:30  | 108:30 |
| OM/2  | M21/2  | Nathan Tharp (s)   | 58:30 | 58:40  | 117:10 |
| OM/3  | M21/3  | Mark Hartinger (b) | 67:37 | 63:37  | 131:14 |
| OM/4  | M21/4  | Mike Schuh         | 62:47 | 69:09  | 131:56 |
| OM/5  | M21/5  | Jeff Coker         | 64:03 | 71:48  | 135:51 |
| OM/6  | M21/6  | Bob Forbes         | 70:12 | 70:47  | 140:59 |
| OM/7  | M21/7  | Dave Lilly         | 68:06 | 73:58  | 142:04 |
| OM/8  | M21/8  | Mark Howlett       | 73:49 | 82:32  | 156:21 |
| OM/9  | M21/9  | Arne Skog          | 66:46 | 96:33  | 163:19 |
| OM/10 | M21/10 | Rick Breseman      | 77:50 | 94:22  | 172:12 |
| OM/11 | M21/11 | Paul Bullard       | 99:36 | 110:57 | 210:33 |
| OM    | M21    | Rick Donaldson     | 77:28 | DNF    |        |

#### Abbreviation Key:

JF = Junior Female  
JM = Junior Male  
OF = Open Female  
OM = Open Male  
MF = Masters Female  
MM = Masters Male  
g = gold medal  
s = silver medal  
b = bronze medal  
\* = State Champion



Riverside State Park, Spokane

# Meet Results

## MANITO PARK RELAY - August 11 Eastern Washington O' Club

Meet Director: Scott Coble  
Course Setter: John Beck  
Registration: Marshall Nelson  
Timer: Joe Thompson  
Weather: Sunny, warm

### Course 1 (1.1k, 5 controls)

|   |       |
|---|-------|
| Stephen Gearheart   | 15:18 |
| Valerie Moffett, Tracey Clark, John D. Clark, John J. Clark | 16:08 |
| Jean Emery  | 17:02 |
| Judy Dowd   | 18:45 |
| Matt Greff  | 26:12 |
| Barbara Blanche   | 38:19 |

### Relay (4 legs, 5.2k, 16 controls)

|                                     |       |
|-------------------------------------|-------|
| Dave Lilly/Mark Howlett             | 31:01 |
| Billy MacDonald/Thanh Pham          | 34:20 |
| Dave Tallent/Debbie Newell          | 35:31 |
| Paul Bullard/Mike Schuh             | 36:20 |
| Rick Breseman/Eileen Breseman       | 36:21 |
| Fred Veler/Mark Hartinger           | 37:50 |
| Sandy Kish Miller/Robert Miller     | 40:12 |
| Jason McDermott/Melissa Moffett     | 40:40 |
| Rick Donaldson/Lee Lopez            | 41:57 |
| Keith Bittman/Mike McManamna        | 44:27 |
| Dat Nguyen/Bill Sullivan/Carl Moore | 48:52 |
| Ardis Dull/John Sincok              | 51:10 |
| Laura Skog/Bill MacDonald           | 51:32 |
| Fred Waples/Marshall Nelson         | 58:20 |
| Judy Dowd/Jean Emery                | 62:56 |
| Natalie Payne/Shawn Perkins         | 71:00 |
| Ellen Boomer/Lisa Nordlund          | 80:56 |
| Kent Verbeck/Dale Width             | DQ    |
| Dave Enger/Arne Skog                | DQ    |

## WESTERN STATES ORIENTEERING CHAMPIONSHIPS - September 9-10 Moran State Park, Orcas Island, WA

Meet Directors: Sandy Kish Miller, Katie Sprugel  
Course Designer: Mike Schuh; assisted by Thurston Miller  
Publicity and Beginner Instruction: Pat Albright  
Registrar: Debbie Newell  
Seattle Hospitality: Bruce McAlister  
On-site Information and Housing: Ardis Dull  
Awards and T-shirts: Pat Albright, Dave Lilly  
String Course: Eileen Breseman  
Transportation Coordinators: Dave Enger and Dave Petty  
Starts and Finishes: Jean Davis, Harvey Friedman, Doug Sprugel, Rick and Eileen Breseman, Ardis Dull, Mark Hartinger, Carol Johnson, Paul Kish, Bruce McAlister, Ruth McCormick, Mac and Karen MacDonald, Robert Miller, Knut Olson, Don Stonack  
Control Pick-up: Ardis Dull, David Irving, Bruce McAlister, Robert Miller, Carl Moore, Bob Reddick, Doug Sprugel, Dan Waugh

### Blue Course (Day 1: 6.1 km, 290 m, 19 controls Day 2: 7.1 km, 355 m, 18 controls)

#### M21A

|                   |        |        |        |
|-------------------|--------|--------|--------|
| *Michael Burton   | 66:50  | 66:53  | 133:43 |
| Bruce Wolfe       | 70:34  | 89:36  | 160:10 |
| Nathan Tharp      | 77:45  | 86:30  | 164:15 |
| Mark Hartinger    | 95:55  | 83:07  | 179:02 |
| Rich Kelly        | 104:29 | 93:31  | 198:00 |
| Ken Moore         | 96:34  | 107:48 | 204:22 |
| Adrian Zissos     | 88:12  | 117:54 | 206:06 |
| Volker Bodegom    | 108:46 | 99:36  | 208:22 |
| Tom Strat         | 101:42 | 107:02 | 208:44 |
| Bryan Chubb       | 66:44  | DNF    |        |
| Roger Lott        | 97:10  | DNS    |        |
| Dave Hetherington | 142:19 | DNF    |        |
| Arne Skog         | DSQ    | 105:58 |        |
| Bob Sagar         | DSQ    | 117:15 |        |
| Tom Slocum        | DNF    | DNS    |        |

### Red Course (Day 1: 5.8 km, 255 m, 16 controls Day 2: 6.7 km, 325 m, 17 controls)

#### F21A

|                |        |        |        |
|----------------|--------|--------|--------|
| *Debbie Newell | 86:29  | 101:16 | 187:45 |
| Hannah North   | 102:29 | 99:19  | 201:48 |
| Nancy Pease    | 156:56 | 105:40 | 262:36 |
| Pam Bendall    | 153:12 | 135:57 | 289:09 |
| Sheryl Lehman  | 149:29 | 162:04 | 311:33 |
| Annette Lott   | 119:11 | DNS    |        |
| Laura Skog     | DNF    | DNS    |        |

#### M35A

|                 |        |        |        |
|-----------------|--------|--------|--------|
| *Joel Thomson   | 85:00  | 76:42  | 161:42 |
| Ron Green       | 76:56  | 85:20  | 162:16 |
| Dave Enger      | 81:32  | 84:47  | 166:19 |
| Tim Benoit      | 80:21  | 87:20  | 167:41 |
| David Tallent   | 126:13 | 81:28  | 207:41 |
| Gary Kraght     | 112:36 | 117:34 | 230:10 |
| Joseph Halloran | 137:27 | 106:18 | 243:45 |
| Gerry Grieve    | 121:40 | 154:49 | 276:29 |
| Martin Mellish  | 168:53 | DNS    |        |
| Steve Chatwin   | DSQ    | 109:5  |        |

#### M40A

|                  |        |        |        |
|------------------|--------|--------|--------|
| *Ron Hudson      | 82:41  | 79:56  | 162:37 |
| Fred Veler       | 80:31  | 88:04  | 168:35 |
| Ray Weekes       | 84:56  | 85:33  | 170:29 |
| George Pugh      | 99:23  | 85:53  | 185:16 |
| Jim Swadling     | 74:10  | 114:47 | 188:57 |
| Tony Byrne       | 96:36  | 94:59  | 191:35 |
| George Minarik   | 100:40 | 113:48 | 214:28 |
| Dennis Fedoruk   | 108:39 | 120:30 | 229:09 |
| Mac MacDonald    | 98:52  | 139:44 | 238:36 |
| Brian Livsey     | 120:28 | 133:09 | 253:37 |
| Kent Verbeck     | 123:39 | 154:38 | 278:17 |
| Michel Tharp     | 88:21  | DSQ    |        |
| Dennis Wildfogel | 142:47 | DSQ    |        |
| Jim Martin       | 147:45 | DSQ    |        |
| John Rance       | DSQ    | 88:42  |        |

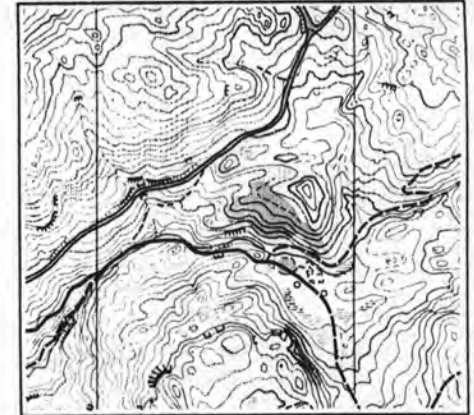
#### M45A

|                  |        |        |        |
|------------------|--------|--------|--------|
| Alan Philip      | 85:48  | 82:37  | 168:25 |
| Alan Vyse        | 116:21 | 85:15  | 201:36 |
| *Dan Waugh       | 101:26 | 105:13 | 206:39 |
| Murray Foubister | 125:41 | 118:20 | 244:01 |

|               |        |        |        |
|---------------|--------|--------|--------|
| Douglas Brown | 133:04 | 119:29 | 252:33 |
| Scott Donald  | 124:30 | 132:33 | 257:03 |

#### M21B

|                 |        |        |        |
|-----------------|--------|--------|--------|
| Dave Lilly      | 104:22 | 100:57 | 205:19 |
| Phil Dunning    | 98:57  | 113:54 | 212:51 |
| Don Jeffers     | 141:57 | DNF    |        |
| Miroslav Novak  | 149:20 | DSQ    |        |
| Arnold Dreiharr | DNF    | OVT    |        |
| Benjamin Hall   | DNF    | DNS    |        |



Moran State Park, Orcas Island

### Green Course (Day 1: 3.9k, 13 controls, 220m climb; Day 2: 5.4k, 13 controls, 170m climb)

#### F35A

|                  |        |        |        |
|------------------|--------|--------|--------|
| Kris Battistuzzi | 80:31  | 112:31 | 193:02 |
| Ilze Rupners     | 72:28  | 120:51 | 193:19 |
| *Ardis Dull      | 95:01  | 113:44 | 208:45 |
| Karen Lachance   | 107:52 | 123:57 | 231:49 |
| Joan Foubister   | 128:43 | DNS    |        |

#### F40A

|              |        |        |        |
|--------------|--------|--------|--------|
| Marian Munro | 101:50 | 109:13 | 211:03 |
| Pam Ralston  | 138:15 | DNF    |        |
| Karen Dennis | 163:54 | DNF    |        |

#### F45A

|              |        |        |        |
|--------------|--------|--------|--------|
| Frances Vyse | 112:53 | 158:08 | 271:01 |
| Gail Hanna   | 165:24 | DSQ    |        |
| Anne York    | DNF    | 145:00 |        |
| Pat Albright | DSQ    | DNS    |        |

#### F50A

|                |        |        |        |
|----------------|--------|--------|--------|
| Shirley Donald | 95:21  | 135:40 | 231:01 |
| Donna Gookin   | 171:09 | OVT    |        |

#### F21B

|                      |        |        |        |
|----------------------|--------|--------|--------|
| Eileen Traynor       | 93:31  | 111:36 | 205:07 |
| Leslie Rodgers       | 90:46  | 127:53 | 218:39 |
| Eileen Breseman      | 113:41 | 105:21 | 219:02 |
| Vanda Chiammaichella | DSQ    | 134:11 |        |
| Laura Skog           | DNS    | DNF    |        |

#### M17-18A

|               |        |        |        |
|---------------|--------|--------|--------|
| Mike Pastula  | 64:30  | 82:51  | 147:21 |
| *Daniel Veler | 106:28 | 114:42 | 221:10 |
| Johan Hansson | 50:46  | DNS    |        |

**M50A**  
David Irving 102:16 139:00 241:16  
Carl Coger 142:14 124:33 266:47  
Martin Hocking 124:30 155:44 280:14

**M55A**  
Al Smith 66:59 76:03 143:02  
\*Carl Moore 90:57 99:14 190:11  
Edwin Gookin 77:02 123:53 200:55  
Bob Reddick 105:10 148:17 253:27

**M60A**  
\*Knut Olson 122:00 93:24 215:24  
Ken Lew 133:24 122:51 256:15

**M40B**  
Ted Truscott 108:17 112:25 220:42  
Doug Sprugel 116:09 107:18 223:27  
Robert Miller 89:51 DNS  
John Beck OVT DNF  
Dave Petty DNF DNS

**M45B**  
Harvey Friedman 163:22 OVT

**MOpen**  
Rick Breseman 95:54 101:03 196:57  
Jim McNamara 112:36 127:11 239:47  
John Sincock 103:21 160:48 264:09  
Craig Brooks 124:02 156:39 280:41  
Benjamin Hall DNS 106:47  
Jim Slyfield DNS 133:26  
Larry Wade DNF DNS  
Norman Eldridge DSQ DSQ

**Orange Course** (Day 1: 4.1k, 12 controls, 165m climb; Day 2: 4.0k, 9 controls, 100m climb)

**F15-16A**  
Rachel Vyse 62:42 65:46 128:28  
\*Rachel Tharp 100:01 55:04 155:05

**F35B**  
Sandy Kerr 84:58 104:43 189:41  
Ingrid Dagis 146:12 88:34 234:46  
Carol Johnson 133:04 117:16 250:20

**F45B**  
Denise Klein 167:58 DSQ  
Nancy Lewis DNF 129:50  
Sherrill Pattee DNS 109:04

**FOpen**  
Kelli Grant 117:12 96:54 213:57

**M17-18B**  
Mike McManamna 54:28 62:35 117:03  
Keith Bittner 62:49 94:28 157:17  
Lee Lopez 62:53 DSQ

**M19-20B**  
Sean Olmstead 101:02 55:47 156:49

**M50B**  
Jim Traynor 58:26 51:46 110:12  
Keith Curry 87:19 66:48 154:07  
Bruce McAlister 110:02 116:18 226:20

**Wayfarer**  
David Walton DNS 108:32

Bao Ying OVT 135:34  
Mike Hurwicz DNS 151:26  
Jane & Hi Stickney DNS 153:02  
Ralph Deitrick DNS 177:49  
Christine Pester DNS 177:50  
Mari McMahon/  
Martin Miller DNS DNF  
Clay Philbrick DNS DNF

**Yellow Course** (Day 1: 2.2k, 8 controls, 105m climb; Day 2: 3.5k, 7 controls, 100m climb)

**F13-14A**  
Tina Lynch 21:09 54:40 75:49  
Carman Benoit 47:16 90:00 137:16

**FOpen**  
Faith Leather 37:01 56:30 93:31  
Jude Halloran 46:48 54:58 101:46  
Karen MacDonald 31:28 98:28 129:56  
Mary Reigel 60:26 82:19 142:45  
Linda Skog 60:25 82:36 143:01  
Li Huang 65:28 78:53 144:21  
Pat Reddick 90:46 83:01 173:47  
Ruth McCormick 35:56 DNS  
Sherrill Pattee 45:38 DNS

**M13-14A**  
Dylan Green 18:52 38:15 57:07  
Michael Kerr 23:28 38:02 61:30  
Daniel Swadling 28:33 63:44 92:17  
Chris Young 69:55 82:48 152:43

**Wayfarer**  
Jan Bate 50:56 81:39 132:35  
Mark Brownstein 61:27 120:25 181:52  
Ralph Deitrick/  
Chrissie Pester 29:15 DNS  
David Walton 35:10 DNS  
Penny Yee 49:26 DNS  
Earl Hunt 56:42 DNS  
DeForest Eveland DNS 82:29

**White Course** (Day 1: 2.0k, 8 controls, 85m climb; Day 2: 2.8k, 6 controls, 25m climb)

**F12A**  
\*Angela Tallent 22:28 32:32 55:00

**M12A**  
David Battistuzzi 21:48 36:10 57:58  
Joel Truscott 28:38 32:26 61:04  
Danny Kerr 25:43 39:20 65:03

**MOpen**  
Mark Bownstein 21:01 DNS

**Wayfarer**  
Elizabeth/Ellen Murray 72:24 73:57 146:21  
Trevor Pugh 23:06 191:55 215:01  
Marta Green 23:06 DNS  
Matt Dillon 24:27 DNS  
Mike Hurwicz 26:13 DNS  
Clay Philbrick 31:36 DNS  
Jan Bate 31:36 DNS  
Ted Braun & Enid 32:13 DNS  
Sherrill Wade 39:40 DNS  
Jill Sherman 40:27 DNS  
Zapper King 40:32 DNS  
Elsa King & family 41:29 DNS

Ralph Deitrick 46:37 DNS  
Sunny King 46:39 DNS  
Christine Pester 48:37 DNS  
Damerons DNS 45:17  
R. Magner DNS 46:03  
Annie Torza DNS 52:28  
Daniels DNS 63:53  
Westmonts DNS 64:34  
Kevin Pugh DNS 71:21  
Pat Pugh DNS 71:48

\*Western States Champion

**U.S. CHAMPIONSHIPS - October 7-8**  
Annadel State Park, Santa Rosa, California

*local finishers in italics*

**Course 1** (Day 1: 2.6k, 6 controls, 90m climb; Day 2: 2.5k, 6 controls, 40m climb)

**F12A**  
1 \*Angela Tallent 144:15 31:51 176:06

**Orange Course** (Day 1: 4.5k, 12 controls, 115m climb; Day 2: 3.9k, 9 controls, 110m climb)

**F15-16A**  
1 \*Rachel Tharp 101:18 78:33 179:51

**F35B**  
1 Patty Clemo 140:31 113:10 253:41  
Charlotte Green OT OT

**M15A**  
1 \*Craig Murray 54:15 49:56 104:11  
2 James Scarborough 54:01 51:31 105:32  
3 Wyatt Riley 58:55 52:12 111:07  
Bill MacDonald 51:29 DNF

**Green Course** (Day 1: 4.7k, 11 controls, 105m climb; Day 2: 4.2k, 10 controls, 120m climb)

**F21B**  
1 Lex Bundschuh 72:56 68:45 141:41  
2 Mary Schaad 110:19 81:10 191:29  
3 Katie Sprugel 85:27 108:41 194:08

**F35A**  
1 Annette Lott 58:21 62:54 121:15  
2 \*Virginia Lehman 65:46 72:32 138:18  
3 Margo Wykoff 76:08 81:09 157:17  
4 Ardis Dull 102:09 87:21 189:30

**F45A**  
1 \*Pat Albright 164:12 146:07 310:19

**M40B**  
1 Doug Sprugel 79:41 77:15 156:56  
2 Dave Petty 71:46 101:59 173:45  
3 Claude Winborn 96:32 101:19 197:51

**M45B**  
1 Douglas Magde 88:54 82:36 171:30  
2 Louis Pataki 116:07 129:26 245:33  
3 Harvey Friedman 169:12 122:49 292:01



|             |            |       |       |        |
|-------------|------------|-------|-------|--------|
| <b>M55A</b> |            |       |       |        |
| 1           | *Al Smith  | 61:32 | 56:49 | 118:21 |
| 2           | Russ Bruce | 61:31 | 67:45 | 129:16 |
| 3           | Carl Moore | 70:20 | 62:48 | 133:08 |

|             |            |        |       |        |
|-------------|------------|--------|-------|--------|
| <b>M60A</b> |            |        |       |        |
| 1           | *Jim Plant | 77:50  | 72:35 | 150:25 |
| 2           | Knut Olson | 77:45  | 93:08 | 170:53 |
|             | Ken Lew    | 107:59 | DNF   |        |



Annadel State Park, Santa Rosa, California

Red Course (Day 1: 6.4k, 12 controls, 170m climb; Day 2: 6.2k, 12 controls, 220m climb)

|             |                  |       |       |        |
|-------------|------------------|-------|-------|--------|
| <b>F21A</b> |                  |       |       |        |
| 1           | *Sharon Crawford | 72:00 | 78:19 | 150:19 |
| 2           | Peggy Dickison   | 63:25 | 89:40 | 153:05 |
| 3           | Beatrice Zurcher | 71:10 | 84:34 | 155:44 |
| 4           | Debbie Newell    | 72:43 | 85:23 | 158:06 |

|             |               |       |        |        |
|-------------|---------------|-------|--------|--------|
| <b>M35A</b> |               |       |        |        |
| 1           | *Dave Enger   | 57:33 | 72:02  | 129:35 |
| 2           | Knut Ericksen | 58:38 | 72:08  | 130:46 |
| 3           | Arild Orseie  | 65:49 | 74:47  | 140:36 |
| 10          | Mike Schuh    | 83:36 | 98:43  | 182:19 |
| 12          | Dave Tallent  | 82:29 | 123:57 | 206:26 |

|             |                 |       |        |        |
|-------------|-----------------|-------|--------|--------|
| <b>M40A</b> |                 |       |        |        |
| 1           | Gord Hunter     | 62:27 | 68:29  | 130:56 |
| 2           | *Malvin Harding | 69:07 | 76:07  | 145:14 |
| 3           | Ron Hudson      | 66:40 | 96:54  | 163:34 |
| 6           | Mac MacDonald   | 84:32 | 100:21 | 184:53 |

|             |              |       |        |        |
|-------------|--------------|-------|--------|--------|
| <b>M45A</b> |              |       |        |        |
| 1           | *Fred Veler  | 76:34 | 82:35  | 159:09 |
| 2           | Orlyn Skrien | 87:57 | 102:37 | 190:34 |
| 3           | Dan Waugh    | 79:54 | 115:02 | 194:56 |

|             |               |        |        |        |
|-------------|---------------|--------|--------|--------|
| <b>M19A</b> |               |        |        |        |
| 1           | *Nathan Tharp | 58:24  | 87:51  | 146:15 |
| 2           | Jeff Coker    | 68:36  | 86:45  | 155:21 |
| 3           | Sean Olmstead | 118:18 | 166:47 | 285:05 |

|             |                |        |       |        |
|-------------|----------------|--------|-------|--------|
| <b>M21B</b> |                |        |       |        |
| 1           | Ian Tidswell   | 62:50  | 84:08 | 146:58 |
| 2           | Raeustlin Veli | 63:59  | 99:27 | 163:26 |
| 3           | *Mark Frank    | 82:12  | 85:50 | 168:02 |
| 1           | Rick Breseman  | 133:24 | 99:07 | 232:31 |

\*U.S. Champion

# U OF WASHINGTON - October 15

Meet Director: Katie Sprugel  
Course Design: Doug Sprugel  
Registration: Harvey Friedman  
Start: Bob Williamson  
Finish: Jeff Coker  
Beginner Instruction: Pat Albright  
Control Pickup: Harvey Friedman, Pat, Doug

|                                     |       |
|-------------------------------------|-------|
| <b>Course 1 (2.2k, 12 controls)</b> |       |
| Scott Miller                        | 22:51 |
| Mark Gamache                        | 24:35 |
| Holmberg family                     | 28:44 |
| Sandy Kraus                         | 39:43 |
| David George                        | 41:33 |
| Gary Teale                          | 41:35 |
| Jack Mathews                        | 45:15 |
| Larry Houch                         | 46:27 |
| Rick Donaldson                      | 46:59 |
| George & Nancy Lilly                | 48:40 |
| Diane Pulfrey/Christina Sorenson    | 57:12 |
| Anna Coles                          | 60:57 |
| Bettina Troy                        | 61:25 |

|                                     |        |
|-------------------------------------|--------|
| <b>Course 2 (4.6k, 13 controls)</b> |        |
| Debbie Newell                       | 30:02  |
| Mark Howlett                        | 31:05  |
| Mac MacDonald                       | 32:14  |
| Dean Coonrod                        | 34:35  |
| Steve Herber                        | 40:19  |
| Bill Yost                           | 42:25  |
| Ken Lew                             | 43:15  |
| Peter Guttorp                       | 43:29  |
| John Sincock                        | 48:10  |
| Scott Miller                        | 49:17  |
| Paul Herber                         | 52:25  |
| Chris Olmstead                      | 57:12  |
| Mark Gamache                        | 58:00  |
| Barbara Sherman                     | 73:45  |
| Ruth McCormick/Else Mans            | 82:49  |
| David Soper                         | 89:39  |
| Denise Klein                        | 91:55  |
| Buck Wales                          | 97:55  |
| Glenn Gordon & kids                 | 100:50 |
| Harries family                      | 102:09 |
| Goetsch family                      | 102:28 |
| Oberloh family                      | 105:45 |

|   |       |
|---|-------|
| <b>Course 3 (4.2k, 13 controls; corridor/memory o')</b> |       |
| Mark Howlett  | 33:00 |
| Robert Miller (on bicycle)                              | 33:55 |
| Bob Williamson  | 35:25 |
| Mac MacDonald   | 40:34 |
| Ross Stevens  | 43:10 |
| Sandy Kish Miller                                       | 43:33 |

# FORT CASEY STATE PARK - October 28

Meet Director: Katie Sprugel  
Course Designers: Pat Albright, Bruce McAlister  
Starts: Ruth McCormick  
Finish: Ardis Dull, Bruce McAlister  
Beginner Instruction: Mike Schuh  
Setup: Buck Wales  
Control Pickup: Paul Herber, Ed & Melissa Dunning, Chris Pester, Sean Olmstead

|                                    |       |
|------------------------------------|-------|
| <b>Course 1 (1.5k, 8 controls)</b> |       |
| Dan Beach                          | 19:53 |

|                    |       |
|--------------------|-------|
| Layman/Morin/Grass | 24:25 |
| Diane Pulfrey      | 43:45 |

|                                     |       |
|-------------------------------------|-------|
| <b>Course 2 (2.3k, 12 controls)</b> |       |
| Randy Mahr                          | 26:25 |
| Jacob Carton/Ben Hall               | 30:28 |
| Else Mans/Ruth McCormick            | 57:48 |
| Cory Pulfrey                        | 62:24 |
| Diane Pulfrey                       | 66:35 |

|                                      |        |
|--------------------------------------|--------|
| <b>Course 3 (6k, 23 controls)</b>    |        |
| Debbie Newell                        | 54:12  |
| Dave Tallent                         | 55:34  |
| Ken Lew                              | 59:11  |
| Jacob Carton/Ben Hall                | 59:16  |
| Brian Hart                           | 64:35  |
| Scott Elich                          | 72:45  |
| Mac MacDonald                        | 72:47  |
| Dan Beach                            | 75:57  |
| Ardis Dull                           | 87:22  |
| Don Atkinson                         | 92:50  |
| Harvey Friedman                      | 109:40 |
| Barbara Sherman                      | 113:27 |
| Katy Trost                           | 132:33 |
| Ted Branstetter                      | 159:57 |
| Matt Branstetter                     | 174:32 |
| Denise Klein                         | 187:00 |
| George & Nancy Lilly (1st half only) | 105:50 |

|  |       |
|--|-------|
| <b>Course 4 (freestyle, 28 controls)</b> |       |
| Sean Olmstead                            | 46:25 |
| Dave Lilly                               | 46:37 |
| Steve & Paul Herber                      | 56:32 |
| Buck Wales                               | 86:55 |

# B.C. CHAMPIONSHIPS - September 2 Camp Thunderbird, Sooke, B.C.

|                            |        |
|----------------------------|--------|
| <b>local finishers</b>     |        |
| <b>Course 3 (2.3k)</b>     |        |
| Rachel Tharp (1st, D15-16) | 37:53  |
| Karen MacDonald            | 95:12  |
| Charlotte Green            | 141:39 |

|                              |        |
|------------------------------|--------|
| <b>Course 5 (4.5k)</b>       |        |
| Carl Moore (1st, H55)        | 78:56  |
| Knut Olson (3rd, H55)        | 107:00 |
| Katie Sprugel (1st, DOpen)   | 116:58 |
| Eileen Breseman (2nd, DOpen) | 129:03 |

|                              |        |
|------------------------------|--------|
| <b>Course 6 (4.8k)</b>       |        |
| Ardis Dull (2nd, D35)        | 96:22  |
| Doug Sprugel (2nd, HOpen)    | 97:48  |
| Sandy Kish Miller (3rd, D35) | 105:22 |

|                            |        |
|----------------------------|--------|
| <b>Course 7 (5.0k)</b>     |        |
| Nathan Tharp (1st, H19-20) | 83:55  |
| Dave Enger (2nd, H35)      | 98:05  |
| Dan Waugh                  | 107:28 |
| Debbie Newell (1st, D21)   | 115:06 |
| Fred Veler                 | 135:59 |
| Robert Miller              | 143:21 |
| Mac MacDonald              | 147:06 |
| Dave Tallent               | 148:02 |
| Dave Lilly (1st, HOpen)    | 161:56 |
| Mike Tharp                 | 185:46 |
| Rick Breseman              | DSQ    |

|                        |        |
|------------------------|--------|
| <b>Course 8 (6.1k)</b> |        |
| Mike Schuh             | 115:55 |

## Schedule

| <i>Date/Time</i>                        | <i>Location</i>   | <i>Type</i> | <i>Club</i> | <i>Map</i>        | <i>Information</i>                |
|---|---|-------------|-------------|-------------------|-----------------------------------|
| un, NOV 12<br>10 - noon                 | + Marymoor Park, Redmond<br>North end of Lake Sammamish   | C           | SAMM        | color<br>1:10,000 | Dave Tallent<br>(206) 392-3061    |
| Sat, NOV 18<br>10-noon                  | + Manito Park score-o, Spokane  | C           | EWOC        | b/w<br>1:5,000    | John Beck<br>(509) 536-8742       |
| Sat, NOV 25<br>9-12 noon                | Novice/Washington State Orienteering League clinic<br>Wilson High School, Tacoma                | S           | WSOA        |                   | Fred Veler<br>(206) 572-4498      |
| Sat, NOV 25<br>11 a.m. - 1 p.m.         | Evergreen Cup, Pt. Defiance Park, Tacoma  | W           | NISQ        | color<br>1:10,000 | Fred Veler<br>(206) 572-4498      |
| Sun, NOV 26<br>10 a.m.                  | Washington State Relay Championships, Pt. Defiance Park,<br>Tacoma                              | C           | NISQ        | color<br>1:10,000 | Fred Veler<br>(206) 572-4498      |
| Tue, NOV 28<br>7:00 p.m.                | + General Meeting and Officer Elections<br>University Branch Library, 50th & Roosevelt, Seattle |             | COC         |                   | Doug Sprugel<br>(206) 365-8742    |
| Sat, DEC 2<br>10-noon                   | Luther Burbank Park, Mercer Island  | W           | SAMM        | color<br>1:5,000  | Dave Tallent<br>(206) 392-3061    |
| Sat, DEC 9<br>10-noon                   | Volunteer Park, Seattle   | W           | COC         | b/w<br>1:3,000    | Doug Sprugel<br>(206) 365-8742    |
| Sat, DEC 16<br>11 a.m. - 1 p.m.         | Ski-O, Trollhaugen<br>I-90, exit 62   | S           | COC         | color<br>1:15,000 | Debbie Newell<br>(206) 488-7471   |
| Sun, DEC 17<br>10-noon                  | Ft. Steilacoom, Tacoma  | W           | NISQ        | color<br>1:5,000  | Bob Reddick<br>(206) 581-0009     |
| Sun, DEC 31<br>10-noon                  | 10th Annual Bog Slog and Christmas Bash potluck<br>St. Edward State Park, Kirkland              | C           | COC         | color<br>1:10,000 | Doug Sprugel<br>(206) 365-8742    |
| Sat, JAN 13<br>10 - noon                | Marymoor Park, Redmond<br>North end of Lake Sammamish   | W           | SAMM        | color<br>1:10,000 | Dave Tallent<br>(206) 392-3061    |
| Sat, JAN 20<br>10 - noon                | Seward Park, Seattle  | W           | COC         | color<br>1:10,000 | Doug Sprugel<br>(206) 365-8742    |
| Sat, JAN 27<br>10 - noon                | Spanaway Park, Tacoma   | W           | NISQ        | color             | Fred Veler<br>(206) 572-4498      |
| Sat, FEB 10<br>10 - noon                | Lake Sammamish State Park, Issaquah<br>South end of Lake Sammamish                              | W           | SAMM        | color<br>1:10,000 | Dave Tallent<br>(206) 392-3061    |
| Sat, FEB 17<br>10 - noon                | Naval Ammunition Depot (NAD) Park, Bremerton  | W           |             | 1:5,000           | Sean Olmstead<br>(206) 697-4303   |
| Sat, FEB 24<br>10 - noon                | WIOL Championships, St. Edward State Park, Kirkland<br>Juanita Drive at N.E. 145th St.          | W           | COC         | color<br>1:10,000 | Doug Sprugel<br>(206) 365-8742    |
| <b>NORTH AMERICAN 7-DAY COMPETITION</b> |   |             |             |                   |                                   |
| Sat-Sun<br>AUG 4-5                      | Canadian Orienteering Championships<br>Kamloops, B.C.   | A           | SOCK        | color<br>1:15,000 | Charlie Fox<br>(604) 533-3352     |
| Mon, AUG 6                              | Canadian Relay Championships<br>Kamloops, B.C.  | A           | SOCK        | color<br>1:15,000 |                                   |
| Wed, AUG 8                              | Asia-Pacific Orienteering Championships<br>Kamloops, B.C.                                       | A           | SOCK        | color<br>1:15,000 |                                   |
| Sat, AUG 11                             | North American Orienteering Championships &<br>World Cup event, Innisfail, Alberta              | A           |             | color<br>1:15,000 | Adrian Zissos<br>(403) 274-6259   |
| Sun, AUG 12                             | North American Orienteering Championships<br>Innisfail, Alberta                                 | A           |             | color<br>1:15,000 |                                   |
| Tue-Wed<br>AUG 14-15                    | ROGAINE, Innisfail, Alberta   |             |             |                   | Kitty Jones<br>(403) 282-5235     |
| Sat, AUG 18                             | Pacific Northwest O' Festival & World Cup event<br>Cle Elum, Washington                         | A           | WSOA        | color<br>1:15,000 | Harvey Friedman<br>(206) 784-2774 |
| Sun, AUG 19                             | Pacific Northwest O' Festival<br>Cle Elum, Washington   | A           | WSOA        | color<br>1:15,000 | Harvey Friedman<br>(206) 784-2774 |

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

### Event Key

- A - major event on good quality color map, 5 courses 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.)
- W - Washington Interscholastic O' League meet (everyone welcome)

### Club Key

- COC - Cascade O Club; EOC - Ellensburg O Club; EWOC - Eastern Washington O Club; NISQ - Nisqually Orienteers;
- SAMM - Sammamish O Club; WSOA - Washington State O Assoc.

### Changes from last issue:

- + meet added





## COC OFFICERS AND COORDINATORS

|                        |                 |                |
|------------------------|-----------------|----------------|
| President              | Doug Sprugel    | (206) 365-8742 |
| Vice President         | Linda Botich    | (206) 241-9338 |
| Secretary              | Ardis Dull      | (206) 364-4062 |
| Treasurer              | Katie Sprugel   | (206) 365-8742 |
| Mapping Coordinator    | Bruce McAlister | (206) 821-6862 |
| Membership Coordinator | Harvey Friedman | (206) 784-2774 |
| Newsletter Editor      | Debbie Newell   | (206) 488-7471 |
| Training Coordinator   | Pat Albright    | (206) 285-8674 |
| Publicity Coordinator  | Tony Saulewicz  | (206) 784-5398 |
| Equipment Coordinator  | Don Atkinson    |                |
| Volunteer Coordinator  | Betty Berreth   | (206) 546-2128 |

## 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) |                |                  |

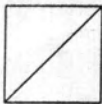
Special events, such as the State Championships and "A" meets, have higher fees.

## "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.

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

Mail material to: Debbie Newell  
6216 N.E. 154th St.  
Bothell, WA 98011



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



ADDRESS CORRECTION REQUESTED