

# Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

Summer 2006

## 25 Years of WIOL!

### Washington Interscholastic Orienteering League

*Jim Siscel, WIOL Director*

This is the 25<sup>th</sup> Year of the Washington Interscholastic Orienteering League (WIOL). We had tremendous participation last year. There were 319 individual participants, teams from 14 schools and participants from 25 schools. I expect that we will grow again this year from inquiries that I have been receiving. Because of the numbers we will provide 6 WIOL courses—elementary, middle school, junior varsity boys and girls, and varsity boys and girls. At the same time and participating on some of the same courses there will be four courses for regular orienteers participating in the Winter O season.

During the past summer three of the WIOL varsity girls traveled with their families to Europe and participated in meets in Sweden, Austria, and Germany. On the WIOL website you can read Catherine Olsson's and Tori Borish's experiences. ([www.wiol.org](http://www.wiol.org))

Many of the WIOL participants are aiming for the US Interscholastic Orienteering Championships March 31/April 1 in north-eastern Maryland. Last year 24 WIOL participants went to the Championships in North Carolina. You can read about Holly Kuestner's, Tori Borish's, Matej Urban's and Catherine Olsen's very interesting experiences on the WIOL website. Their experiences were published in the June/July issue of *Orienteering North America*.

If any adult orienteer knows a young person who you think might enjoy orienteering bring him/her to a meet before the season and see if the orienteering experience is exciting for him/her. If they are excited encourage them to become a WIOL participant. Registration information can be found on the WIOL website.

### Presidents Report

*Jim Siscel, Cascade President*

The fall and winter orienteering season are right around the corner. The National Orienteering Day is scheduled for Saturday, September 16<sup>th</sup>. This is the day that orienteering clubs across the country invite interested people to come out and try the sport of orienteering. Cascade's meet will be a Woodland Park. In October we will have 3 meets. Sunday, October 15<sup>th</sup>, will be a benefit for the US Interscholastic Championship travel fund. This meet will be on an enhanced USGS map in the area of Hyak Lake just west of Snoqualmie Summit on I-90 in the Hyak skiing area. Next on October 21<sup>st</sup> is what we are terming our Founder's Day Meet. This meet will honor Cascade's founders. It will be at Ft. Casey on Whidbey Island. On Sunday evening, October 29<sup>th</sup> is our fun Halloween meet "The Vampire O". Come to Lynndale Park in Lynnwood and bring your garlic and wooden stake to ward off the Vampires.

Starting the first Saturday in November and continuing through February on the first and third Saturday of each month will be the Winter O/WIOL season. The locations are published in the newsletter. These are big meets drawing 250 participants or more. This is a time when we need many volunteers to help perform the different duties to have an orienteering meet. Jana Dvorak has agreed to be Meet Director for all of these meets and we are giving her a monetary stipend to do the job. We felt this was necessary to provide consistency at these large meets. So when you see emails from her asking for volunteers please respond. If you volunteer for a minimum of 1½ hours you will receive an appreciation coupon that you can use for free entry at a later meet.

On Saturday, March 3 we will have another benefit for the US Interscholastic Championships travel fund at Lynndale Park in Lynnwood. Both of the benefit meets will be staffed by youth orienteers. One of the courses will have partners using their cell phones to find the controls in the park. There will be regular courses for those that spend enough time on their cell phones during the week and want a day off.

Finally due to the fact that we did not have anyone volunteer to be Meet Director or Course Setter the COC Board voted to cancel the orienteering meet in the Cle Elum area scheduled for

## Breseman-Hall Death Match 2005 to 2025

Meet Name	Date	Winner's Time	Ben's Time	Rick's Time	Ben's score	Rick's Score
Shoreview	1/8/2005	0:54:58	0:54:58	0:56:15	1000.00	977.19
Anza Borrego Day 1	1/15/2005	0:51:20	0:51:20	1:06:04	1000.00	776.99
Anza Borrego Night	1/15/2005	1:26:15	1:39:10	1:26:15	869.75	1000.00
Anza Borrego Day 2	1/16/2005	1:50:08	1:50:08	2:02:18	1000.00	900.52
Anza Borrego Maze	1/17/2005	0:44:13	0:44:13	0:47:59	1000.00	921.50
South Surrey Prologue	1/30/2005	0:17:01	0:17:01	0:21:39	1000.00	785.99
South Surrey Long	1/30/2005	0:52:08	0:52:08	0:54:05	1000.00	963.94
Forest Park	2/5/2005	0:32:58	0:32:58	0:39:38	1000.00	831.79
Texas Shootout Day 1	2/19/2005	1:48:12	1:49:18	1:48:12	989.94	1000.00
Texas Shootout Day 2	2/20/2005	1:38:01	2:01:27	1:38:01	807.05	1000.00
Ft. Steilacoom WIOL Champs	2/26/2005	0:31:48	0:31:48	0:33:36	1000.00	946.43
Hamlin Park Short-0	3/12/2005	0:25:00	0:25:00	0:27:04	1000.00	923.65
Marymoor Park	3/20/2005	0:45:25	0:45:25	0:57:31	1000.00	789.63
Lord Hill	4/30/2005	1:17:16	1:19:38	1:17:16	970.28	1000.00
Priest Pt	5/14/2005	1700.00	1660.00	1700.00	976.47	1000.00
Sage Day 1	5/21/2005	0:57:02	0:57:02	1:06:38	1000.00	855.93
Sage Day 3	5/23/2005	0:17:36	0:17:36	0:24:26	1000.00	720.33
Lick Creek	6/5/2005	1:58:38	1:58:38	2:03:31	1000.00	960.46
WIOL1 Lincoln Park	11/5/2005	0:32:45	0:35:24	0:32:45	925.14	1000.00
WIOL2 Marymoor	11/19/2005	0:33:31	0:33:31	0:33:51	1000.00	990.15
WIOL3 Celebration Park	12/3/2005	0:26:49	0:27:50	0:26:49	963.47	1000.00
WIOL5 Priest Pt. Park	1/7/2006	0:47:33	0:50:19	0:47:33	945.01	1000.00
WIOL6 Shoreview Park	1/21/2006	0:37:26	DSQ	0:37:26	500.00	1000.00
WIOL Champs St Edwards	2/18/2006	0:43:49	1:00:11	0:43:49	728.05	1000.00
<b>Totals</b>		<b>15:09:21</b>	<b>15:49:10</b>	<b>16:26:57</b>	<b>21947.12</b>	<b>21344.49</b>

Saturday, September 23rd. We have a policy to cancel a meet if the two above positions are not filled within 4 weeks of the meet.

We did not want to take this action. Volunteers are the backbone of Cascade Orienteering Club. But in order for the club to have an active orienteering schedule we need members to step forward and fill these two important positions. If you haven't done one of these two positions previously there are several of us who will mentor you through your first time. During the Winter O/WIOL season we definitely will need Course Setters.

Switching to my Membership Coordinator hat I would like to explain the membership renewal procedure. Every two months beginning in January I send out a letter that your membership is due in that two month time period. Two months after your membership expires I send a reminder. One month later if you have not renewed you are dropped from the membership list. Now this works pretty good except when I take a long vacation in the

summer time period. When I get back I then catch up with the procedure.

## News & Notes

### Breseman-Hall Death Match by Rick Breseman



*Ed. Note: I stumbled upon this competition while looking for orienteering results on Ben Halls' web site. I thought the club might be interested in seeing how two members have a long term friendly competition. So I asked Rick and Ben what it was all about. Here is Rick's reply.*

Friendly, my ass!

Ok, that was just to set the tone - supporting picture attached (see above).

Over the years, (decades, now?) Ben has developed this irritating habit of cycling in and out of the sport. Each time he re-enters he is beatable if I have a decent

run. But, within a few weeks, he picks it up and is usually hanging around the finish area when I finally emerge from the woods.

Over the years we have had some excellent competitions, with several determined by the narrowest (1 second) of margins. So the plan was cooked up for the Death Match.

Rules: Every time we run the same course at a competitive event the winner is awarded 1000 points - loser's points are scaled to winner's time. Minimum of 500 points awarded in any case.

Each year the loser for the year owes the winner a dinner (though I have yet to pay). Winner over the next twenty years gets to put some derogatory comment on his grave stone regarding the loser.

As you may know, I have left gainful full time employment to train for DM competitions - with less than stellar results thus far - but I am hopeful of a comeback over the next two decades. If not, there is always the M80 wheelchair division.



2006 Ultimate Orienteer #1 Classic-O at Pt. Defiance Park March 18, 2006, Tacoma, WA.

## Meet Results

### 2006 Ultimate Orienteer #3: Short-O

#### Lord Hill Park, Snohomish

April 29, 2006

Cascade Orienteering Club

Meet director: Roger Michel

Course setter: Don Atkinson

Epunch Coordinators: Rolf and Sue Kuestner

Starts: Oyvind Naess, Rick Breseman

Finishes and Computer Coordination: Ben

Hall, Mike Olsson, Rolf Kuestner, Sue Kuestner

Registration: Don and Libby Dermenstein, Ardis Dull, Debbie Newell

Beginner Instruction: Chris Whitmyre

Parking: Jake Reeder, Kerie Raymond, Eric Bone

Marker pickup: Steve Miner, Georgia Daniels, Eric Bone, Don Atkinson

#### Course 1 Public (1.1 km, 7 Controls)

Bradley Davis		14:59
Colin Dietrich(2)		17:39
Candace Kaiser	SAMM	24:23
Duane Veler		27:23
Toomas Tennisberg	SAMM	36:20
Oliver Tennisberg	SAMM	46:33

Julie Farris

mp/dnf

#### Course 2 Public (2.2 km, 9 Controls)

Shannon Kelliher		30:18
Ann Davis(3)	COC	34:21
Frank Wilson(2)		34:31
Libby Dermenstein	COC	45:37
Wendy Hodsdon		45:40
Stephanie English	COC	47:11
Natassia Kimbrough	Bothell	51:15
Judy Borish	COC	61:36
Mike Williams(2)		69:44
Connie Savoie(2)		mp/dnf

#### Course 3 Public (3.4 km, 14 Controls)

Janice Klafin		38:40
Jorden Lindquist	Woodinville Mont.	42:09
Gabrielle Lindquist	Woodinville Mont.	42:15
Greg Wallace(2)		46:02
Don Dermenstein	COC	46:22
Robin Wyatt-Stone	COC	47:03
Doug Wyatt	COC	56:25
Ardis Dull	COC	57:37
Dave Petty	COC	63:45
Robert Davis		67:36
Mark Bingham(2)		84:56
Cristi Horning		mp/dnf
Nick Matveev		mp/dnf

#### Course 4 Men(3.6 km, 16 Controls)

Eric Bone	COC	22:58	1000
Alex Frank	COC	23:47	966
Ben Hall	COC	24:29	938
Matej Urban	Bothell	26:16	874
Roger Michel	COC	26:53	854
Oyvind Naess	COC	27:13	844
Rick Breseman	COC	27:55	823
Jake Reeder	COC	28:01	820
Nikolay Nachev	COC	28:37	803
Patrick Nuss	OK	29:26	780
Ryan Breseman	Inglemoor	30:47	746
Dave Enger	SAMM	31:02	740
Kean Williams	COC	31:25	731
Bruce Christopherson	COC	32:36	704
Theo Browne		32:42	702
Bruce Bassett	COC	35:09	653
Targo Tennisberg	SAMM	35:34	646
Peter Golde	COC	37:52	607
Mike Schuh	COC	38:42	593
Steve Miner	COC	38:43	593
David Parsons	COC	38:52	591
Cholo Circulado	Bremerton	39:09	587
Chris Whitmyre	COC	40:12	571
Dave Dummeyer	COC	40:22	569
Tyler Frederickson	COC	41:39	551
Don Willits(2)	COC	42:35	
Greg Whelan		50:26	455
Joseph Spencer	EAS	52:47	435
Colin Dietrich		53:53	426



Nick Graan		54:43	420	Matt Hayes	COC	925	45:06	-10	915	Jeremy Swirsley		91:00
Chris Gerard		56:04	410	Inna Balutsina	COC	900	46:58	-20	880	Justin/Liz		128:00
Darian Davis	COC	58:07	395	Steve Miner	COC	875	47:34	-30	845	Mark Ross		DNF
Doug Sprugel	COC	60:20	381	Kean Williams	COC	825	45:11	-10	815			
Steve Frederickson	COC	63:54	359	Don Atkinson	COC	800	43:32		800			
Brandon Belgin	COC	66:42	344	Aaron Vanderwaal		800	44:50		800			
Colin Campbell(2)	COC	67:12		Chris Ramsborg		800	46:03	-20	780			
Terry Bryant	COC	68:17	336	Chris Whitmyre	COC	800	46:38	-20	780			
Ken Benoit		70:05	328	Jon Karakowski		825	49:3	-50	775			
Rolf Kues	COC	72:09	318	Marissa Roecks	Wdn Mnt	725	45:58	-10	715			
Ken Lew	COC	120:29	191	Connie Savoie		700	44:22		700			
Jon Lebo		mp/dnf		Reid Earmhardt		700	44:24		700			
				Ron Kiel		675	44:12		675			

### Course 4 Women (3.6 km, 16 Controls)

Debbie Newell	COC	33:51	1000
Jana Dvorak	COC	37:52	894
Holly Kuestner	Lakeside	41:09	823
Marissa Roecks	Woodin Mont.	42:41	793
Tori Borish	Lakeside	43:29	778
Anna Urbanova	Skyview JH	44:01	769
Georgia Daniels		47:45	709
Ina Balutsina	COC	48:06	704
Katrin Tennisberg	SAMM	59:17	571
Sue Kuestner	COC	60:24	560
Kelsey Breseman	Woodin Mont.	63:17	535
Shannon Cortez	COC	73:50	458
Sarah Martin		73:55	458
Vivian Bliss(2)	COC	95:32	
Susan Anderson	COC	108:11	313
Kerie Raymond	COC	mp/dnf	
Breana Hall	Bremerton	mp/dnf	
Linda Noble	COC	mp/dnf	

### 2006 Ultimate Orienteer #4: Score-O

#### Ft. Steilacoom Park, Tacoma

May 6, 2006

Cascade Orienteering Club

Meet director: Kerie Raymond  
 Course setter: Fred Veler  
 Epunch Coordinator: Vivian Bliss  
 Starts: Anne York, Ardis Dull  
 Finishes and Computer Coordination: Ben Hall,  
 Vivian Bliss  
 Registration: Sandy Kish Miller, Robert Miller  
 Marker pickup: Don Atkinson, Eric Bone

### Beginner 22 C 1300 Pts

Stephanie English	COC	55:19
Derrick Sanders		67:52
Robert Bartell	COC	70:36
Ron Herr		71:50
Jo Ingram		115:07

### Score-O 45:00 min 22 C 1300 Pts

Name	Club	Points	Time	Pty	Score
Eric Bone	COC	1225	49:49	-50	1175
Targo Tennisberg	SAMM	1300	60:55	-160	1140
Ben Hall	COC	1300	62:19	-180	1120
Roger Michel	COC	1300	64:00	-190	1110
Mike Miller	COC	1100	48:55	-40	1060
Rick Breseman	COC	1300	69:18	-250	1050
Nikolay Nachev	COC	1275	67:06	-230	1045
Bruce Christopherson	COC	1050	45:27	-10	1040
Dave Enger	SAMM	1300	70:25	-260	1040
Peter Golde	COC	1300	72:28	-280	1020
Debbie Newell	COC	1050	49:05	-50	1000
Patrick Nuss	OK	1025	48:48	-40	985
Jake Reeder	COC	950	44:12		950
Tyler Frederickson	COC	975	49:26	-50	925

Jeremy Swirsley		91:00
Justin/Liz		128:00
Mark Ross		DNF
<b>Kid (5.8 km, 10 Controls)</b>		
Tori Borish	Lakeside	63:43
Holly Kuestner	Lakeside	64:46
Don Atkinson	COC	65:53
Fred Veler	SAMM	67:29
Pat Kelly	COC	67:50
Mike Schuh	COC	72:10
Christi Horning		73:24
Marv Nuss		73:55
Ardis Dull	COC	81:47
Dennis Lee		83:54
Don Dermentstein	COC	95:34
Doug Wyatt	COC	96:38
Tom Clymer	COC	98:29
Greg Wallace		100:34
Dave Petty	COC	101:17
Robert Dean		110:48
Svetlana Sergueeva		118:34
Rolf Kuestner	COC	121:40
Sue Kuestner	COC	123:43
Sandy Miller	COC	143:42
Ken Lew	COC	154:40
Gosta Einarsson		154:43
Sally Dow	COC	185:40
Marjorie Stratton	COC	mp/dnf
Joseph Spencer	EAS	mp/dnf
Rachel Elliss	Woodinville Mont.	mp/dnf
Clare McMahon	EAS	mp/dnf
Chris Bean		dnf
<b>Goat (11.1 km, 18 Controls)</b>		
Nikolay Nachev	COC	84:53 1000
Targo Tennisberg	SAMM	89:55 944
Ben Hall	COC	91:24 929
Jake Reeder	COC	91:27 928
Oyvind Naess	COC	91:33 927
Mike Cummer		94:45 896
Rick Breseman	COC	96:57 876
Ryan VanGorder		102:02 832
Bill Cusworth	COC	103:01 824
Dave Enger	SAMM	103:02 824
Alex Frank	COC	107:00 793
Ryan Breseman	Inglemoor	109:04 778
Mikhail Pekour		122:35 692
Theo Browne		123:17 689
Patrick Nuss	OK	127:37 665
John Lee	COC	130:32 650
David Parsons	COC	149:03 569
Chris Whitmyre	COC	149:56 566
Steve Frederickson	COC	150:38 564
Debbie Newell	COC	153:22 1000
Inna Balutsina	COC	153:32 999
Kean Williams	COC	158:18 536
Robert Miller	COC	166:35 510
Dave Dummeyer	COC	168:05 505
Dale Width	COC	175:49 483
Tim Milberger		181:11 468
Chris Ramsborg		181:14 468
Jon Karakowski		181:42 467
Tyler Frederickson	COC	198:29 428
Darian Davis	COC	199:59 424
Jon Lebo		207:58 408
Marissa Roecks	Woodinville Mont.	208:02 737
Scott Sattler		208:44 407
Robin Smith		213:16 398
Kerie Raymond	COC	214:26 715

### 2006 Ultimate Orienteer #5: Long-O

#### Cascade Mountain Goat and Kid

#### Teanaway Forks, Cle Elum

June 10, 2006

Cascade Orienteering Club

Meet director: Debbie Newell  
 Course setters: Peter Golde (Goat and Kid), Mike  
 Schuh (Beginner)  
 Epunch Coordinator: Ben Hall  
 Starts: Dave Tallent, Debbie Newell  
 Finish: Dave Tallent, Ben Hall  
 Registration: Kerie Raymond, Marjorie Stratton,  
 Bill Cusworth  
 Marker pickup: Don Atkinson, Ryan VanGorder,  
 Jennifer VanGorder, Jean-Francois Guertin, Matt  
 Gill, Robin Smith, Yumay Chang, Katie

### Beginner (3.7k, 9 controls, 125m climb)

Libby Dermentstein	68:00
Judy Borish/Yili Hsia	76:00

Ron Kiel (3)		330:00
Kelsey Breseman	Woodinville Mont.	mp/dnf
Brian Piquette	COC	mp/dnf
Susan Anderson	COC	mp/dnf
Jean-Francois Guertien		mp/dnf
Jared Roach	COC	mp/dnf
Jennifer VanGorder		dnf
Jim Probala		dnf

**6° of Navigation****2006 Results****Lord Hill Park, Snohomish****July 29, 2006***Cascade Orienteering Club*

Meet Director: Debbie Newell

Course: Dave Tallent

Marker Placement: Dave Tallent, Peter Golde

Marker Pickup: Dave Tallent, Dave Petty, Ken Lew, Terry Farrah, Don Atkinson

Volunteers: Steve Wort (kayak leg), Jim Siscoel, Don Atkinson, Lori Hope, Janie, Katie Sprugel

**Course with Kayak****Solo Female**

Powerhouse/Hammer	7:53:55
Blonde Moment	7:57:40

**Solo Male**

Determined to Finish	DNF
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**2-Person Coed**

The Pusher and Data	5:26:40
KitsapAR.com	6:58:36
Law and Order	8:41:06
Conway Pack	DNF
Team Hyak	DNF

**2-Person Male**

Unfiltered	6:06:35
Old Soldiers	6:29:44
GD Navigation	6:46:05
Compass Cousins	7:03:58

**4-Person Coed**

nuum Mud & Flesh Wounds	5:18:50
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**Course without Kayak****Solo Male**

Ambiguously Disgruntled	4:53:29
Extreme Detour	7:00:55

**2-Person Female**

Crazy Librarians	DNF
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**2-Person Male**

Trioba.com	4:11:50
Turkey Sandwich	6:19:59
Twisted Odyssey	6:33:43

**4-person Coed**

4000 Spandex	4:20:02
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**Cascade's 2006 Ultimate Orienteer Series**

Final Standings (best 3 results)

**Women**

Name	Club	1	2	3	4	5	Total
Debbie Newell	COC	938	590	1000	1000	1000	3000
Inna Balutsina	COC	-	-	704	880	999	2583
Marissa Roecks	Woodin Mont.	779	698	793	715	737	2309
Holly Kuestner	Lakeside	810	557	823	-	-	2190
Kelsey Breseman	Woodin Mont.	743	676	535	-	-	1954
Jana Dvorak	COC	-	998	894	-	-	1892
Anna Urbanova	Skyview JH	-	1000	769	-	-	1769

Shannon Cortez	COC	669	636	458	-	-	1763
Georgia Daniels	---	983	-	709	-	-	1692
Sue Kuestner	COC	660	386	560	-	-	1606
Eileen Breseman	COC	860	741	-	-	-	1601
Susan Anderson	COC	763	373	313	425	-	1561
Kerie Raymond	COC	-	-	-	560	715	1275
Anneliese	COC	1000	-	-	-	-	1000
Steuben							
Tori Borish	Lakeside	-	-	778	-	-	778
Shannon Porter	---	706	-	-	-	-	706
Connie Savoie	---	-	-	-	700	-	700
Linda Noble	COC	688	-	-	-	-	688
Maria Romero	---	633	-	-	-	-	633
Katrin Tennisberg	SAMM	-	-	571	-	-	571
Sandy Miller	COC	-	-	-	495	-	495
Sarah Martin	---	-	-	458	-	-	458
Cristi Horning	COC	-	430	-	-	-	430
Ardis Dull	COC	-	-	-	425	-	425
Federica Oliver	---	-	-	-	360	-	360
Sally Dow	COC	-	-	-	300	-	300
Tracy Whelen	Washington MS	-	-	-	275	-	275
Marjorie Stratton	COC	-	-	-	25	-	25

**Men**

Name	Club	1	2	3	4	5	Total
Eric Bone	COC	-	1000	1000	1000	-	3000
Ben Hall	COC	-	725	938	953	929	2820
Nikolay Nachev	COC	903	848	803	889	1000	2792
Targo Tennisberg	SAMM	793	-	646	970	944	2707
Roger Michel	COC	-	907	854	945	-	2706
Alex Frank	COC	837	684	966	-	793	2596
Rick Breseman	COC	783	472	823	894	876	2593
Jake Reeder	COC	711	595	820	809	928	2557
Dave Enger	SAMM	845	-	740	885	824	2554
Oyvind Naess	COC	764	680	844	-	927	2535
Patrick Nuss	OK	726	627	780	838	665	2344
Ryan Breseman	Inglemoor	715	561	746	-	778	2239
Tyler Frederickson	COC	770	579	551	787	428	2136
Steve Miner	COC	802	-	593	719	-	2114
Peter Golde	COC	-	616	607	868	-	2091
Kean Williams	COC	-	408	731	694	536	1961
David Parsons	COC	772	387	591	-	569	1932
Chris Whitmyre	COC	639	435	571	664	566	1874
Dave Dummeyer	COC	623	-	569	549	505	1741
Mike Schuh	COC	-	625	593	511	-	1729
Mike Miller	COC	820	-	-	902	-	1722
Ryan Van Gorder	---	824	-	-	-	832	1656
Matt Hayes	COC	859	-	-	779	-	1638
Bruce Christopherson	COC	-	-	704	885	-	1589
Matej Urban	Bothell	-	684	874	-	-	1558
Steve Frederickson	COC	569	230	359	-	564	1492
Bruce Bassett	COC	777	-	653	-	-	1430
Darian Davis	COC	564	371	395	426	424	1414
Theo Browne	---	-	-	702	-	689	1391
Brandon Belgin	COC	-	473	344	566	-	1383
Aaron Rinn	COC	786	433	-	-	-	1219
John Lee	COC	519	-	-	-	650	1169
Chris Ramsborg	---	-	-	-	664	468	1132
Jon Karakowski	---	-	-	-	660	467	1127
Joseph Spencer	EAS	-	248	435	426	-	1109
Dale Width	COC	617	-	-	-	483	1100
Greg Whelan	---	630	-	455	-	-	1085
Andy Dale	ORCA	1000	-	-	-	-	1000
Nick Graan	---	566	-	420	-	-	986
Don Atkinson	COC	-	299	-	681	-	980
Chris Gerard	---	-	-	410	515	-	925
Jon Lebo	---	-	-	-	511	408	919
Robin Smith	---	-	510	-	-	398	908
Mike Cummer	---	-	-	-	-	896	896
Fred Veler	SAMM	469	396	-	-	-	865
Tim Milberger	---	-	-	-	396	468	864
Bill Cusworth	COC	-	-	-	-	824	824
James Roach	COC	817	-	-	-	-	817
Dave Miner	COC	802	-	-	-	-	802
Colin Dietrich	---	-	350	426	-	-	776
Jim Siscoel	COC	-	287	-	468	-	755
Mikhail Pekour	---	-	-	-	-	692	692
Glenn Rogers	COC	-	687	-	-	-	687
Aaron Vanderwaal	---	-	-	-	681	-	681
Ken Lew	COC	-	151	191	302	-	644
Arne Lund	---	642	-	-	-	-	642
Michael Braun	COC	631	-	-	-	-	631

Ken Benoit	---	---	274	328	---	---	602
Andrew Nierman	COC	599	---	---	---	---	599
Reid Earnhardt	---	---	---	---	596	---	596
Cholo Circulado	Bremerton	---	---	587	---	---	587
Ron Kiel	---	---	---	---	574	---	574
Doug Wyatt	COC	---	202	---	370	---	572
Brian Piquette	COC	---	522	---	---	---	522
Robert Miller	COC	---	---	---	---	510	510
Lyndon Heywood	COC	488	---	---	---	---	488
John Lebo	---	483	---	---	---	---	483
Don Dermenstein	COC	---	---	---	417	---	417
Scott Sattler	---	---	---	---	---	407	407
Don Willets	COC	---	402	---	---	---	402
Dave Petty	COC	---	---	---	400	---	400
Doug Sprugel	COC	---	---	381	---	---	381
Chris Oliver	---	---	---	---	374	---	374
Harvey Friedman	COC	---	---	---	362	---	362
Terry Bryant	COC	---	---	336	---	---	336
Rolf Kuestner	COC	---	---	318	---	---	318
C Milsted	---	---	---	---	255	---	255
Colin Campbell	---	---	239	---	---	---	239
Todd Detwiler	---	---	214	---	---	---	214
Robert Bartell	COC	---	---	---	174	---	174

### COC Officers and Coordinators:

Jim Sisco	President/Membership	425-778-7202
Jennifer Knowles	Vice-President	253-845-6588
Don Atkinson	Treasurer/Exec Board/Equipment	425-488-0270
Ardis Dull	Secretary	425-672-8937
Don Denbo	Executive Board/Newsletter	206-366-0624
Peter Golde	Executive Board/Mapping	
Debbie Newell	Executive Board	425-488-3691
Sue Kuestner	Executive Board	
Eric Bone	Training	206-634-2279
Terry Farrah	Publicity	
vacant	Volunteers	
vacant	Land Use	



*Six degrees of Navigation participants try kayaking and mountain biking.*



## Upcoming Orienteering Events

Go to the website at <http://www.CascadeOC.org>  
for latest information and details

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Contact</i>
<b>SEPTEMBER 2006</b>					
Sat, Sep 16 10am - noon	Woodland Park, Seattle (National Orienteering Day event; courses for novices, children, and families) <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		dnewel@verizon.net
Sun, Sep 17	OSU meet, Corvallis, OR <a href="http://www.forestrunner.com/orca/">www.forestrunner.com/orca/</a>	C	OCOK		
Sat, Sep 23	Catherine Creek meet, White Salmon, WA <a href="http://www.croc.org/">http://www.croc.org/</a>	C	CROC		
Sun, Sep 24	Mt Douglas, Victoria, BC	C	VICO		Roger Macleod 250 480-7380
Sun, Sep 24	GVOC Club Champs, Sprint & Long, Vancouver, BC	B	GVOC		Marta Green 604 734-1810
<b>OCTOBER 2006</b>					
Sun, Oct 1 10am - noon	Lake Sammamish State Park, Issaquah <a href="http://www.sammamishorienteering.org">http://www.sammamishorienteering.org</a>	C	SAMM		
Sun, Oct 15 10am - noon	Hyak Lake, Snoqualmie Pass, WIOL Benefit orienteering on an enhanced USGS map <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	X	COC		Sally Dow sallydow@ix.netcom.com
Sat, Oct 21 10am - noon	Founders Day. Ft. Casey State Park, Whidbey Island <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		Bill Cusworth cusworth@chem.washington.edu
Sun, Oct 22	Deep Cove, 2 sprints, North Vancouver, BC	Sprint	GVOC		Marta Green 604 734-1810
Sun, Oct 29 5:30 pm	Vampire O, Lynndale Park, Lynnwood <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	X	COC		Jim Siscel asjs68@earthlink.net
<b>NOVEMBER 2006</b>					
Sat, Nov 4 10am - noon	WIOL 1. Lincoln Park, Seattle <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		Jim Siscel asjs68@earthlink.net
Sat, Nov 18 10am - noon	WIOL 2. Magnuson Park, Seattle <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		Jim Siscel asjs68@earthlink.net
<b>DECEMBER 2006</b>					
Sat, Dec 2 10am - noon	WIOL 3. North Sea-Tac Part, Sea-Tac <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		Jim Siscel asjs68@earthlink.net
Sat, Dec 16 10am - noon	WIOL 4. University of Washington, Seattle <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		Jim Siscel asjs68@earthlink.net
Sat, Dec 30 10am - noon	Bog Slog, St. Edwards State Park, Kirkland <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		Jim Siscel asjs68@earthlink.net
<b>JANUARY 2007</b>					
Sat, Jan 6 10am - noon	WIOL 5. Fort Steilacoom Park, Tacoma <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		Jim Siscel asjs68@earthlink.net
Sat, Jan 10am - noon	WIOL 6. Seward Park, Seattle <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		Jim Siscel asjs68@earthlink.net
<b>FEBRUARY 2007</b>					
Sat, Feb 3 10am - noon	WIOL 7. Fire Mountain Boy Scout Camp, Mt. Vernon <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		Jim Siscel asjs68@earthlink.net
Sat, Feb 17 10am - noon	WIOL Championships. Pt. Defiance Park, Tacoma <a href="http://www.CascadeOC.org/">http://www.CascadeOC.org/</a>	C	COC		Jim Siscel asjs68@earthlink.net

COC: Cascade Orienteering Club  
EWOC: Eastern Washington O.C.  
VICO: Victoria Orienteers  
GVOC: Greater Vancouver  
OCOK: Oregon Cascades Orienteering Klubb

SAMM: Sammamish O.C.  
KOC: Kootenay Orienteering Club  
CROC: Columbia River O.C.  
SACO: Sacajawea Orienteers

A: National Meet  
R: Rogaine  
B: Major Event  
C: Regular Local Meet  
X: Special Event  
SAGE: Sage Orienteering Club, Kamloops B.C.

**Cascade Orienteering Club**

**membership application**

Date  ☐ New ☐ Renewal

Name

Address

City  State  Zip

Home phone  Work

E-mail

Family membership names

Type of membership:

☐ Family/group

☐ Individual

☐ Associate (under 18) \$5.00/yr

☐ Newsletter only \$6.00/yr

☐ \$14.00/yr

☐ \$20.00/yr

If you have questions about membership, please contact the membership coordinator: Jim Siscel.

425-778-7202  
Lynnwood, WA 98036  
19322 73rd Place West  
c/o Jim Siscel  
COC Membership

To join the club, please send your completed application, with payment, to:  
Membership in the Cascade Orienteering Club entitles you to discounted meet fees, voting rights, and a quarterly club newsletter.

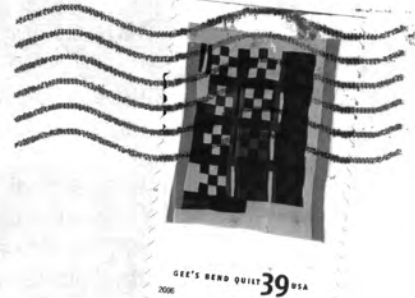
**Join the Club**

Bearing 315 is  
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