

BEARING 315

November/December 1979
CASCADE ORIENTEERING CLUB

President to be elected
Vice-President Karl Nolte 322-9018
Secretary Lorrie O'Brien 746-4573
Treasurer Jean Hendrickson 722-1211
Publicity Lorrie O'Brien 746-4573
Membership Dave Enger 789-4137
(office) 455-5320
Training office open
Events Len Englund 746-3822

From the Vice-President...

At the Oct. meeting, Rob Corkran gave an interesting talk on Scandinavian Orienteering and showed us some of their maps. They lack topographical slashes to indicate downhill slopes, but are done in the international four color system. The green for vegetation varies from dark (impossible to walk through), to medium green (difficult to run through), to light green (runable) to yellow (meadow). There was marked interest from everyone present in the maps. To print this type of map here would be an initial colored proof cost of \$60.00. The possibility of increasing the dues and/or meet fees to cover the colored maps will be discussed at the Feb. annual meeting.

In Nov. Mike and Corrie Fiedler moved to Cedar Rapids, Iowa. They were two of the more active and enthusiastic members of our COC and we will greatly miss them. With the possibility of internationally colored orienteering maps to soon(?) become a reality, they left us with a most generous monetary gift towards that end. Thanks again.

Dues...

Those of you, who joined the club before July 1979, have dues due in Jan. for the coming year. Membership fees are \$4.00.. single member and \$7.00 for a family. Mail early or see Dave in December...

Meetings...

On Monday, Dec. 10th at the Greenlake Library. A 7pm orienteering talk for new members, the 7:30 PM business meeting, and a short talk by Goran Larsson on "Map Making and International colors and Symbols" are planned.

A little background on Goran...better known as the Flash at the Score Orienteering meets. Goran started the sport of orienteering at 14 yrs. of age in Sweden...about 15 yrs. ago; he taught it for 8 yrs. and was an elite team coach for 2 yrs. In the latter capacity, he was responsible for his team's diet, five days a week training, and keeping them in fit shape (10,000m. runs in less than 32 min.). The teams compete every weekend from spring to fall...and all on a volunteer basis. WOW. Now the good news, less than 10% of those participating in orienteering in Sweden do so on teams, most do it as recreation.

EVENTS

On Oct. 13th. Corrie and Mike Fiedler set three courses at Seward Park, one being a Score Orienteering Meet, i.e. as many pts. in 60 min. as possible. Karl Nolte drew up the improved map of Seward that now contains all the paths. Great map Karl!

White Course (beginner)

1. Pam Stewart :33:45
2. Cathy Rouso :37:15
3. Liz Yates :45:14

Yellow Course (Beg.-Inter.)

1. Richard Lacy :26:45
2. Debbie Newell :47:00
3. Carter/Duvall :56:30
4. the MacDonalds :57:30
5. the O'Briens :87:00
6. Carol Johnson :91:00

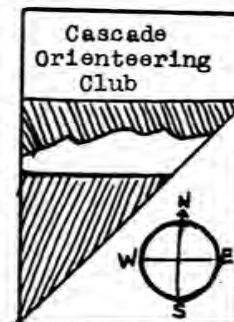
Orange Course-Score Orienteering

- 10 controls..62 possible pts.
1. Goran Larsson :39:30 62 pts.
2. Mike Schuh :55:30 62 pts.
3. Dave Enger :57:00 62 pts.
4. Berith Larsson :57:15 52 pts.
5. Richard Lacy :59:30 18 pts.

Coming Events...

Saturday, Nov. 17th at 10 Am Charlie Bock will direct a meet at the St. Edwards State Park in Kirkland. This will be our first meet there and Charlie and the MacDonalds have been working hard on an initial map. There is lots of open terrain...so bring a friend and plan to leap frog around the course. There will be a beginner's and an inter.-advanced course.

Directions: Driving time...30 min. Take the NE 85th exit off Rte. 405 N and go west, follow Central Way to Kirkland Center. Then right onto 98th Ave. NE and follow to NE 116th then take left onto Juanita Dr. and follow up to NE 145th (Park entrance). Follow the red/white markers to the registration area.



Membership

Information

Individual...\$4.00/yr.

Family.....\$7.00/yr.

The CASCADE ORIENTEERING CLUB is now about to enter its fourth year and continues to grow. If you would like to join in the fun and learn this sport, we would be happy to have you as a member.

Interests:(Please check)

- ☐ Publicity
- ☐ Training
- ☐ Map making, site selection
- ☐ Newsletter

Cascade Orienteering Club

P.O. Box 3572, Bellevue Washington 98009

Name: _____

Address: _____

Phone: _____

**Cascade
Orienteering
Club**

P.O. BOX 3572
BELLEVUE, WASHINGTON 98009



COMING EVENTS

Saturday
November 17
10 AM
Orienteering meet at St. Edwards State Park in Kirkland. Some rough terrain; lots of open areas. Meet Director: Charlie Bock. Directions inside. Follow red/white markers through main gate to registration area.

Saturday
November 17
10AM to 7PM
Chief Seattle Council Boys Scouts of America Annual Scouting Show at Seattle Center Coliseum
Donation \$1.50

Len Englund will man a booth for the COC. He'll answer questions, have a little display and pass out our newsletter to any interested scout or his family. So if you can attend this exciting scout event be sure to stop by our booth.

Monday
December 10
7PM
December meeting at the Greenlake Library. At 7PM there will be a short discussion of orienteering for new members. At 7:30PM will be the general business meeting, followed by Goran Larsson's short talk on Map Making and International colors and Symbols.

Saturday
January 19th
10AM
A Beginner's meet at Lower Woodland Park. More details to follow, but meet at the picnic area inside NE 50th St. entrance. Meet director is Dave Enger. Let's take advantage of our year 'round mild weather by doing a meet in the middle of January.

Monday
February 11
7PM
THE ANNUAL COC meeting to review the year and elect new officers. Place...the Greenlake Library. A 7PM workshop will precede the business meeting at 7:30PM. More details to follow.