

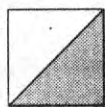
Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

July/August 1997

Convention and A meet!

Don't forget the August 23rd "A" meet and the State Relay Chammps on August 24th, both on the new Trollhaugen map. You'll want to be sure that you attend the only local "A" meet this summer. Cascade Orienteering Club is also hosting the annual United States Orienteering Federation Convention starting Sunday afternoon, August 24th, and continuing through Tuesday the 26th. See the registration flyer enclosed for more details. See you there!



News and Notes

National Team Camp Report

Fred Veler, Sammamish O' Club

The United States national team training camps were held in three locations during the Memorial Day weekend, May 24 - 26, 1997. The idea was sparked by national team coach, Fred Veler, who convinced former U.S. team coach Bob Turbyfill of Virginia to conduct a camp in the West Point, New York area along with former Russian team coach, Stanislav Rachitsky, who conducted a camp in the Cleveland, Ohio area. Fred conducted his camp in the Cle Elum, Washington State area and all training camps followed a similar program. All profits were directed towards supporting the 1997 team attending the World Orienteering Championships in Grimstad, Norway on August 9 - 16.

These camps were designed to cater to competent orienteers with emphasis on fast running and effective technique which would improve overall performance. The theme of the program was **short and fast** with the philosophy that U.S. orienteers need a paradigm change to compete at a quicker pace for better

results. All activities encouraged fast and effective orienteering over short distances.

Saturday saw short 1.1km+ **tempo** loops and short relay legs during the day with technical exercises examining mistakes and a map memory activity in the evening. Sunday started with a 'flat-out' 2km loop with 4 controls (participants running as fast as possible, some repeating a second time). After lunch, a control punching exercise was a warm-up to a 'Norwegian' style memory course. In the evening, a team map memory activity was held. On the final Monday morning, a 'Starburst' exercise was held where each participant ran out to place a control, then had to visit everyone else's control point, then return to pick up their own control and take it back to the start.

Sixteen individuals came to the Cle Elum camp with U.S. Team member Eric Bone and Andrew Dale, a nationally ranked British orienteer in attendance. Ilze Rupners came down from Vancouver, B.C., John Harbuck came in from Idaho, and Andrew came with John Britton, another well known British orienteer, both of whom are presently living in Oregon. U.S. team alternates Debbie Newell and Eileen Breseman were also in attendance.

There were fourteen attendees in the New York camp and only six at the Cleveland camp.

1.1km Tempo loops	1	2	3	4
Eric Bone	6:38	6:10	5:59	5:37
Andrew Dale	9:33	7:26	9:45	6:33
Debbie Newell	8:33	10:53	13:49	8:06
John Britton	10:27	10:20	8:49	9:56
Bill Cusworth		10:15	9:01	
Eileen Breseman	16:37	8:00	9:58	8:14
Bill MacDonald	14:30	10:57	9:26	13:53
Ilze Rupners	15:26	19:55	17:00	9:05
John Harbuck	14:36	16:37	8:26	12:46
Carl Moore	15:05	15:17	11:09	11:49
Linda Moore	20:00	11:18	14:03	12:39
Ken Lew	24:47	16:15	15:55	18:57

2km Flat-out	1	2
Eric Bone	7:25	7:14
Andrew Dale	8:20	7:50
John Britton	16:15	8:24
Debbie Newell	10:27	9:22
Eileen Breseman	11:20	10:00
Bill MacDonald	10:42	9:44
Ilze Rupners	10:17	9:29
Dave		9:44
Carl Moore	12:50	12:07
Linda Moore	15:39	12:18
Ken Lew	17:40	14:41
Fred Veler	12:15	

2.7km Norwegian	
Andrew Dale	17:35
Eric Bone	18:30
Debbie Newell	22:47
John Britton	22:56
Eileen Breseman	24:17
Bill MacDonald	27:58
Ilze Rupners	28:31
Linda Moore	29:17
Carl Moore	30:22

In This Issue

Convention and A meet! 1
News and Notes 1
Cascade OC Club News 2
From the Internet 2
Meet Results 3

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A Kids Eye View of Orienteering

John Rogers, Sammamish O' Club

I presented a discussion about orienteering to a classroom of 4th and 5th graders at Sherwood Forest Elementary School in Bellevue during April. The kids seemed to really enjoy my props (awards, orienteering clothes and other equipment, orienteering maps), as well as the responses I provided to there seemingly infinite questions and comments. They each sent me a thank you letter. Here are some priceless excerpts from their letters, which are given verbatim, spelling errors and all.

"Thank you for coming to our class. I really appreciate it. Orienteering is cool. It isn't a popular sport is it?"

"Using maps and their symbols are very interesting when you actually take time to look at them."

"How many trophies did you get? Is a compass good?"

"My mom said I could orienteer. It sounds like a fun yet unusual sport. I'm going to try to find some places were I can bring and do it with my dog I'm getting in two weeks."

"Thank you for taking the time to come and talk to us about orienteering. I think it would probably as safe sport except for the scratches."

"Is orienteering a winning sport? Or is it just for fun and exercise?"

"Has anyone ever fallen on a rock before?"

"When I grow up I want to be a orienteering person. That compass that you got is a unusual compass it is cool because it goes on your thumb. Orienteering is a unusual sport."

Orienteering in New England

Donald Denbo, Cascade O' Club

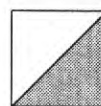
Saturday, June 14, 1997. Pine Hill, Medford, MA. NEOC. The Pine Hill map covers part of Middlesex Fells. The map, updated in 1991, is very detailed and complete. The Fells is a fairly large area that has been left undeveloped because of the rugged (cliffs and boulders) terrain. Back in ancient times (7+ years ago) I lived nearby and commuted past

the Pine Hill area every day to work in Cambridge, MA. I regularly stopped on the way home and ran the trails in the Fells. On weekends, I would take my mountain bike and ride from home to the Fells and range over the roads and major trails. Needless to say, at one time I knew the terrain very well.

Several courses were available, white, yellow (short and long) and orange. I chose the orange at 4.3 km with 10 controls. I had forgotten that the NEOC has the orange and above runners copy the map under time. (I mentioned to the meet staff that it had been a long time since I had copied a map while being timed and thought that the way we did it back home was the best. After all I have never read anywhere that copying control locations is an orienteering skill.) The area hadn't changed much since the last time I had run in the park. While running the course I often recognized trail junctions. I don't think that I went over a single trail that I didn't remember running on years earlier. However, running a trail system for exercise and fun (without a map) isn't exactly like running the same area during an O-meet. I did pause several times when off-trail to get my bearings and figure the best route to the next control. (These much too frequent pauses are an area in which improvement would help my times.) I had a good time, a little nostalgia, a lot of exercise... lots of fun. (I wish we had some urban parks with terrain like Pine Hill's!!!)

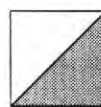
Sunday, June 15, 1997. Beaver Brook Association, Hollis, NH. UNO. This was a new area for me and the course, the "Daddy-O", was a new format. The map, originally for cross country ski trails, was not very accurate. The lack of a base map forced the cartographers to field check and draw the contours by hand. I found several problems with the map (only one caused me to lose time, I had paced down a trail looking for a re-entrant, found too many re-entrants, and not mine! I went back to a trail junction and tried again, finally to find the correct re-entrant at least 75 m, further down the trail than the map indicated! Ouch!!!). Oh, well. The rather unusual format of the "Daddy-O" caused me not to care very much about the lost time.

The Daddy-O. You proceed to control 1. There you find a question with 2 possible answers. Choose your answer and proceed to the control indicated. If your answer was correct, you punch and answer the next question. If you weren't right, your told to go to the other control. Some interesting strategies regarding how right you feel you are and how much of a chance your willing to take. Most controls were placed so that knowing the right answer would definitely be fastest. However, the controls were placed so that if you weren't sure of the correct answer you could minimize the time spent going to the wrong control. I had a great time, and if the comments I heard are an indication, so did most other people. Oh, the questions were all related to Fathers Day. I knew all the questions, but not all the answers!



Cascade OC Club News

The COC equipment locker has been successfully moved from Bruce's house to Bill Cusworth's house (7811 3rd Ave. NW, Seattle). It is located on the south side of the front yard and can best be accessed from the front of the house on 3rd Ave.



From the Internet

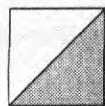
CROC Says Thanks and Farewell to the Britton Family

Scott Drumm President Columbia River Orienteering Club

CROC members John, Jennifer, Emily, and Elizabeth Britton are returning to their home in England next month (July). The Brittons have been a fixture at CROC events and have added their considerable talents and expertise to our club, which we will sorely miss. We are sad to see them leave, but we have a great reminder of their contributions in the brand new Hoyt Arboretum map, which John completed mapping for us earlier this year.

CROC is thanking the Brittons and saying farewell with an informal dessert

gathering on Tuesday, July 8 at 7 pm at Scott Drumm's house (3325 NE 80th Ave., Portland). Anyone planning on attending is asked to RSVP to Scott (503/261-1493) and bring their favorite dessert. For directions, contact Scott at the number listed above (evenings and weekends).



Meet Results

Forest Park, April 13, 1997 Everett

Sammamish Orienteering Club

Meet Director: Bob Reddick
Courses: Bob Reddick
Registration: Pat Reddick
Start/Finish: Howard Halter
Vetter/Marker Pickup: Mac MacDonald

The Western Washington Rules, first used back in Dec. 1987 at Ft. Steilacoom Park, were used to set a 22-control score course, where your course selection was decided after you finished! The four courses, or categories, were Red for any 20 of the 22, Orange for 14, Yellow for 10, or White for 8. A two-hour limit was set, to insure reasonable finish times. Only the rootstock at #6 gave anyone problems, and that was due to the flag being hung on the inside part of one of its three pieces - somewhat hard to see at any distance. Many beginners visited, after seeing articles in the Everett Herald.

Name	#	Time
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Course White (8 controls)

Eric Svaren	8	38:10
Leon Johnson	8	47:13
Ellen & Gary Suffern	9	86:30
R. Sovers	9	127:30 OT

Course Yellow (10 controls)

Ardis Dull	10	44:05
David Guiles	13	73:30
Therese & Ty Evans	12	107:15
Trish Fairchild	13	111:00
Ned Ludington	11	118:30

Course Orange (14 controls)

R. Rosenblatt	15	72:45
Don Denbo	14	73:00
Paul Gurian	17	80:10
Ken Lew	18	86:50
Ernie Moore	18	94:40
Randy Brasfield	16	97:45
Burr Knapp	18	106:35
Jim Laurel	19	120:00
Mike Drouillard	17	123:20 OT

Course Red (20 controls)

Paul Magnus	20	51:50
Rick Breseman	20	54:10
Eric Bone	22	59:40

Name	#	Time
Eileen Breseman	20	62:07
Mark Howlett	20	72:40
Kean Williams	20	74:35
Fred Veler	21	78:20
Nathaniel Heeg	20	84:45
Patrick Kelly	20	94:20
Daniel Parr	22	116:30

Also participating:

Fred Amsbury	5	44:15
Joe Buck	6	111:00
Mark, Ian, Katie Klingensmith	7	115:00
Jim Lundean	?	
Brian Somes & Jenessa Cole	?	

Western Washington Univ April 20, 1997

Chuckanut O' Club

Meet Director, Courses: Ken Klepsch
Registration, Timing: Johanne Klepsch
Control collection: Mike Schuh, Tyler Fredrickson

Course 1 (1.3 km, 5 controls)

Deborah Frost & Lora Eckert	23:30
Frank, Michael Handy	28:53

Course 2 (2.2 km, 8 controls)

Mike Drouillard	26:50
Harvey Friedman	35:38
Gary & Ellen Suffern	40:40
Tim Binderup & family	47:50
Lora Eckert & Deborah Frost	49:00
Tjalling Ypma & boys	63:58

Course 3 (3.3 km, 13 controls)

Tyler Fredrickson	26:27
Mike Drouillard	36:48
Mike Schuh	36:48
Roger Mertens	37:35
Roger Rosenblatt	38:04
Don Atkinson	38:05
Alexander Boltnev	39:25
Dave Petty	43:48
Anne York	70:43

Bennington Lake, April 26, 1997 Walla Walla

Sacajawea Orienteers

Meet Director, Course Setter: Frank Skorina
Instruction: Michel Billaux

A good turn-out is often a function of the weather. For this meet, the temperature by the afternoon reached the 70's under mostly sunny skies. The number of participants climbed to 27 including the kids who went along for a walk with their parents. For this meet a Score-O was substituted for the intermediate and advanced courses. The object was to find as many controls (a.k.a. flags) as possible within 80 minutes. National team member Eric Bone of Seattle found all 24 and easily won. He'll be representing the United States at the Orienteering World Championships in Norway in August.

For this meet, *Points* were calculated by awarding 1000 points for every control found, and subtracting 5 points for every second over 80 minutes.

Short/Beginners Course

Matt Grue	19:25
Steve, Peggy, Sonrisa, and Phelicia Wagner	40:15
Tim and Beth Toon Parker, Kevin, Caleb	50:16
Jennifer Nelson, Stephanie Wagner, and Mia Summers	56:26

Score-O

Name	#	Time	Points
Eric Bone	24	56:33	24,000
Robert Gruel	23	77:50	23,000
Don Atkinson	23	79:26	23,000
Jean Meyer	22	70:58	22,000
Michel Billaux	22	79:02	22,000
Ivar Husa	20	59:32	20,000
Dick Morgan	20	75:18	20,000
Tom Moran & Coda the dog	13	63:15	13,000
Mike Lehmann	9	79:22	9,000
Kim & Kristina Oakes, Mary & Therasa York	10	86:13	8,153
Dan & Robin Kenney, Val-entine & Scout the goats	20	146:12	140

FishTrap Lake, April 27, 1997

Eastern Washington O' Club

Course designer: John Harbuck
Event director: John Beck
Control collection: Scott Coble, Tracy Schoenleber & Jan Urban

Eric managed to get all the controls in less than 3 hours. We can only speculate what Kristin might have done if she didn't have to quit after 93 minutes in order to get back to Pullman by 1:30.

Novice Course (2.5 km, 7 controls)

Stuart & John Eberle, Eric Schaller, David & Bob Harvego	75:10
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3-hr Score O (38 controls, 1195 possible points)

Eric Bone	1195
Jan Urban & Jana Urbanova	1065
Debbie Newell & Rick Breseman	1025
Kean Williams & Eileen Breseman	850
Don Atkinson	795
Tracy Schoenleber	645
Dennis Leveridge	545
Scott & Shirley Donald	525
Marshall Nelson	445
Larry Sorenson	305
Ben, Brent, Gretchen & Laura Lockwood	260

93-min Score O

Kristin Liebich	630
Dave Ritzenthaler	375

Bullfrog Pond, May 3, 1997

Sammamish Orienteering Club

Meet Director: Dave Enger
Course Setter: Mark Howlett
Registration: Bob Reddick
Start: Mike Schuh
Finish: Mark Howlett

Course 1 (3.19 km, 10 controls)

Ryan Breseman	50:37
Donald Bolton	51:21
Bob Reddick	54:45

Course 2 (4.42 km, 11 controls)

Dave Petty	43:28
Kent Verbeck	50:04
Harvey Friedman	51:23
Bruce McAlister	DNF

Course 3 (6.36 km, 13 controls)

Fred Veler	58:49
Mac MacDonald	63:47
Don Atkinson	64:03
Maureen de Camp	79:12
Vivian Fritz	81:15
Doug Sprugel	84:12
Scott Donald	84:40
Ken Lew	88:53
Michel Billaux	96:36
John Sincok	125:50
Knut Olson/Heath McHenry	106:44
Roger Rosenblatt	117:05
John Beck	120:30
Shirley Donald	157:38
Alex Hall group	163:37
Arne Skog	DNF

Course 4 (8.07 km, 14 controls)

John Rogers	57:48
Eric Bone	58:40
Bill Cusworth	62:32
Rick Breseman	66:30
Dave Enger	68:22
Eileen Breseman	78:40
Marvin Eng	81:25
Steve Chatwin	86:52
Mike Fritz	89:11
Kean Williams	90:45
Kris Dartnell	91:46
Peter Golde	93:44
John Chatwin	102:45
Brett Aniballi	113:56
Chris Lum	122:02
Don Denbo	127:15
Dan Parr	156:18

Bullfrog Flats, May 4, 1997

Samamish Orienteering Club

Meet Director: Dave Enger
Course Setter: Jan Urban
Registration: Bob Reddick
Start: Jan Urban
Finish: Bob Reddick, John Beck
Pickup: Dave Enger, Bob Reddick, John Sincok

Course 1 (2.1 km, 6 controls)

Marie Totten	94:10
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Course 2 (2.6 km, 8 controls)

Grant Verbeck	65:08
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Marie Totten DNF

Course 3 (5.4 km, 10 controls)

Alex Hall	33:38
Dale Width	41:44
Mac MacDonald	44:15
Fred Veler	48:34
Scott Donald	54:39
Don Denbo	54:52
Howard Halter	55:22
Maureen de Camp	60:02
Kent Verbeck	61:21
Dave Guiles	62:18
Michel Billaux	66:14
Harvey Friedman	66:52
Knut Olson	68:55
Tim Rioux	69:04
Ted Richan	69:46
Troy Beardslee	73:33
Anne York	75:08
P. Welles	78:28
Shirley Donald	80:53
Ken Lew	81:22
John Beck	85:26
John Sincok	110:48

Course 4 (8.7 km, 14 controls)

Martin Pardoe	46:14
Eric Bone	50:12
Bill Cusworth	59:35
Chris Ivauciuk	62:05
Rick Breseman	70:38
Kris Dartnell	74:47
Steve Chatwin	75:18
Eileen Breseman	78:26
Marvin Eng	84:14
Peter Golde	84:46
John Chatwin	92:30
Brett Aniballi	104:19
Kean Williams	105:53
Sandy Kish Miller	112:44
Larry Sorenson	129:30
Mike Drouillard group	DNF

Lynndale Park, May 11, 1997

Cascade Orienteering Club

Meet Director, Course Setter, Registration, Start,
Finish, Pickup: Rick Hood

Four Loop Modified Trim Course O

Jan Urban	37:21
Eric Bone (informal self-timed)	43:19
Rick Bresmean	47:07
Jana Urbanova	49:10
Howard Halter	49:23
Tyler Fredrickson	51:25
Water Dapp	53:36
Gorden Bowen	54:20
Alex Hall	60:05
Don Denbo	60:24
Robert Miller	61:42
Eillen Breseman	61:43
Sandy Kish Miller	64:46

Four Loop Modified Trim Course O

Jan Urban	37:21
Pat Kelly	65:19
Jim Sissel	65:20
Ardis Dull	70:00
Team Roseblat	71:23
D Guiles	72:15
Steve Fredrickson	78:50
Larry Sorenson	82:32
Ken Lew	82:45
Bill Cusworth, Map Sprinter	
Margie Bone & Bernie, Map Sprinters/Hikers	
Fred Amdury, Map Sprinter/Hiker	
Jim Howey, Map Sprinter/Hiker	
Toni Rich, Map Sprinter/Hiker	

Cornwall Park, May 18, 1997

Chuckanut Orienteering Club

Meet Director, Controls: Ken Klepsch
Registration, Timing: Johanne Klepsch

Course 1 (0.85 km, 6 controls)

Wallace Hoyt-Whitaker	10:54
Larry Stratton	11:29
Jack Flancer & Richard Griffin	11:39
Lisa Halter	12:31
Carl Moore & group	19:50
Marjorie & Larry Stratton	45:47

Course 2 (1.8km, 9 controls)

Jack Flancher & Richard Griffon	19:26
Dan Parr	20:26
Ken Lew	25:26
Bill & Alison Bowers	28:31
Wallace Hoyt-Whitaker	35:50

Course 3 (3.5km, 15 controls)

Howard Halter	28:51
Ken Lew	36:10
Sven Stroosma	37:52
Dan Parr	41:10
Carl Moore	44:20

Rooks Park, May 18, 1997

Walla Walla

Sacajawea Orienteers

Meet Director, Course Setter: Frank Skorina

The weather gods smiled upon us from sunny skies and temperatures in the 80's. Those gods were also snickering as long-course runners sought shade and refreshments upon finishing. The cottonwoods were releasing huge clouds of windblown seed giving Rooks park a surreal winter appearance.

Daughter/father dual Nancy and Jim Pinnell won the unofficial distance award by coming from Yakima for the meet. Nancy read about orienteering in a girl's magazine and wrote the United States Orienteering Federation in Georgia for more information before arriving in Walla Walla.

Four club members battled the long course finishing within 27 minutes of each other with Robert

Gruel coming out on top. Control 5 of this course may have caused some confusion because of a nearby unmapped feature.

Our next meet is for Saturday, May 24, 1997 at Sacajawea Start Park with starts between 9:00 am and 1:00 pm. The meet is designed for scouts, with two intermediate courses, and is not on our schedule. The meet is open to the public.

We do not have any other meets scheduled until after the hot summer. We do not want the weather gods to be laughing hysterically.

Short/Beginners Course, 1.5 km, 9 controls

Kally, Maya, & Steve Rapp, (Walla Walla) 38:17
Sh-errie Kamara

Nancy and Jim Pinnell (Yakima) 45:20

Medium/Intermediate Course, 3.9 km, 9 controls

Chris Howard (Walla Walla) 53:16

Mike Lehmann (Walla Walla) DNF

Josh Holland (Kenniwick) DNF

Long/Advanced Course, 6.3 km, 11 controls

Robert Gruel (Richland) 68:35

Ivar Husa (Richland) 73:02

Jean Meyer (Walla Walla) 85:20

Michel Billaux (Pasco) 95:14

Sacajawea State Park, May 24, 1997 Pasco, WA.

Sacajawea Orienteers

Meet Director and Course Setter - Ivar Husa
Control Pickup - Ivar (its hard to find good help on a holiday weekend).

Nineteen Boy Scouts and four dads participated in a special event tailored to their needs. Most were seeking an orienteering merit badge (requiring participation in three events). Two intermediate courses were run by all. As most of the Scouts were young, these course were run by teams of 2 or 3. Next time we will get them out on their own!

Weather and wildlife were a near exact repeat of our last event at this site (sweet). The only complication was the flood waters from the Snake River (taken into account when course setting). Still, some feet got wet in an area known to grow prickly pear cactus. Ironic?

The top finishers of Course A, Intermediate difficulty, 2.6km, 9 controls

Todd (Tank Boy) Brown (dad) 29:00

Todd Johnson & Joey Conway 49:00

Eric Forsyth & John Miller & Brandon Miller 60:00

The top finishers of Course B, Intermediate difficulty, 2.2km, 8 controls

Todd Brown (dad) & Mike Edudson 24:00

Tim Haggett (dad) & Greg Corbaly 41:00

Andy Rodeman & Bob McBride 43:00

Cle Elum Ridge, June 14-15, 1997 Cle Elum

Cascade Orienteering Club

Meet Director: Mike Schuh
Course Setter: Eric Bone
Registration: Bill Cusworth
Timing: Mike Schuh
Marker Pick-Up: Ardis Dull, Rick Breseman,
Carol Swanson, Bill Cusworth, Eric Bone,
Mike Schuh

Saturday, June 14.

Beginner (Yellow), 3.4 km, 80 m, 6 controls

Fred & Ruth Miller SACO DNF

Intermediate (Orange), 4.0 km, 125 m, 8 controls

Will Sperry EOC 91:24

JoAnne Sperry EOC 103:33

Katie Peckham SAMM 157:54

Shannon Peckham SAMM 167:54

Short Advanced (Green), 5.39 km, 200 m, 9 controls

Scott Donald KOC 66:19

Shirley Donald KOC 81:30

Kent Verbeck EOC 85:22

Diana Hocking VICO 103:49

Martin Hocking VICO 114:12

Harvey Friedman COC 157:39

Advanced (Red), 7.77 km, 330 m, 12 controls

Rick Breseman COC 81:46

Eileen Breseman COC 101:52

Thurston Miller OLOU 106:49

Rob Knudsen OVT

Long Advanced (Blue), 10.45 km, 420 m, 16 controls

Peter Golde COC 127:43

Roger Rosenblatt COC DNF

Sunday, June 15.

Novice

Kelsey Breseman (with Uncle Kean) 65:29

Carol Swanson DNF

Beginner (Yellow), 2.17 km, 75 m, 8 controls

Thurston Miller OLOU 25:22

Ryan Breseman (with Eileen) COC 79:46

Fred & Ruth Miller SACO 155:46

Short Course (Advanced), 4.19 km, 150 m, 14 controls

Bill Cusworth HUSKY 24:40

Fred Veler SAMM 30:23

Rick Breseman COC 32:22

Peter Golde COC 32:52

Thurston Miller OLOU 34:53

Debbie Newell COC 35:22

Eileen Breseman COC 38:08

Ben Hall 40:30

Dave Tallent SAMM 42:02

Kean Williams COC 43:02

Scott Donald KOC 46:07

Martin Hocking VICO 48:38

Ardis Dull COC 50:12

Diana Hocking VICO 50:44

Shannon Peckham	SAMM	63:24
Harvey Friedman	COC	66:22
Ken Lew	COC	67:57
Will Sperry	EOC	76:52
Shirley Donald	KOC	78:47
Anne York	COC	81:28
JoAnne Sperry	EOC	96:27
Knut Olson	COC	DNF
Katie Peckham	SAMM	MSP

The "One Kilometer Challenge" (1.04 km, 30 m, 3 controls)

Rick Breseman	COC	5:34
Bill Cusworth	HUSKY	5:48
Ben Hall		MSP

1997 Pacific Northwest Short Course Champs

A short course race and a free public event was held on Saturday, June 21 at Horizon View Park in the City of Lake Forest Park which is located near the King County and Snohomish County line just east of the I-5. A new map was produced by Fred Veler with OCAD by Eric Bone in conjunction with the City's first Summer Solstice Festival. 22 competitors raced in the morning and 145 people walked/jogged in the afternoon on this very tiny map.

Many thanks to those that helped: Debbie Newell, Dave Tallent, Ardis Dull, and Bob Reddick. A special big thanks to Rick Hood who handled the start and Eric Bone at the finish and everywhere else. Just under \$200 was raised towards the U.S. Team to WOC '97. Congratulations to all!

1.7km with 42m climb.

Open men

Paul Magnus	8:19
Jan Urban	9:26
Arne Skog	11:22
Rob Knudsen	21:40
Dan Parr	MSP

Open women

Debbie Newell	10:48
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Junior men

Sean Conto	21:25
Matt Pantig	31:22
Anthony Camacho	33:47

Junior women

Becky George	39:26
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Masters men

Dave Tallent	11:34
Bill MacDonald	11:51
Dave Petty	14:23
Don Atkinson	17:41
Bob Reddick	22:37
Ken Lew	18:30
Knut Olsen	33:18

Masters women

Ardis Dull	15:54
Margie Bone	23:34

Map hike

Charlop Family	44:04
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Where and what are these Orienteering Clubs?

The Orienteering clubs listed here are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue and Redmond) area, while Cascade (the largest club) operates in the greater Seattle area. Ellensburg is centered in that town, Sacajawea is based in the Tri-Cities area, and Chuckanut O.C. is based in Bellingham. Husky Orienteering is for University of Washington students, faculty, and staff. Cascade and Sammamish clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains; the other clubs hold events in their areas. Membership is open to everyone, and entitles you to event discounts, club voting rights, and includes a subscription to Bearing 315, published six times per year.

What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for loan (with deposit) at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair of socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

Bill Cusworth	President	206-789-1346
Eric Bone	Vice-President	206-634-2279
Sandy Kish Miller	Treasurer	206-782-1437
Ardis Dull	Secretary	206-364-4062
Rob Simpson	Volunteer Coordinator	206-361-9316
Aaron Charlop	Memberships	206-937-5855
Debbie Newell	Mapping Coordinator	425-488-7471
Don Atkinson	Equipment	425-488-0270
Eric Bone	Training Coordinator	206-524-3718
Don Denbo	Newsletter	206-366-0624
Paul Magnus	Executive Board	425-335-3555
Jim Siscoel	Executive Board	425-778-7202
Eileen Breseman	Publicity and Promotion	425-483-6592
Rick Hood	Environmental Coordinator	206-367-2606

Sammamish Officers and Coordinators:

Dave Tallent	President	425-392-3061
John Sincok	Vice President	425-822-3621
Valerie Enger	Treasurer	425-822-6254
Dave Enger	Mapping Coordinator	425-822-6254
David Lilly	Newsletter Coordinator	425-454-4136
Kathy Trost	Memberships	425-271-5508

Event fees are charged on a per-registration basis: two people running together with the same map and punch card pay a single fee. Additional maps are available; the charge varies depending on the map. Fees vary, but the following are typical fees for local ("C") events with color maps. "A" and "B" meets, state championships, rogaines, and other events will cost somewhat more.

Orienteering Club Membership Application

- ☐ Cascade O.C. ☐ Sammamish O.C.
☐ Ellensburg O.C. ☐ Sacajawea O.C.

Name _____

Address _____

Home phone _____ Work (opt.) _____

E-mail _____

Family Members _____

Optional Information: _____

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

- Event Participation Improving Skills Writing Teaching
 Event Organization Map Making Publicity Coaching
 Course Setting Field Checking Exploration of new areas

- ☐ Family or Group \$15.00/year
☐ Individual \$10.00/year
☐ Associate (under 18) \$5.00/year
☐ Newsletter only [COC only] \$6.00/year

Mail this form, along with payment, to one of:

Cascade Orienteering **Sammamish Orienteering**
P.O. Box 31375 **P.O. Box 3682**
Seattle, WA 98103 **Bellevue, WA 98009**
—OR— **—OR—**
Ellensburg Orienteering **Sacajawea Orienteers**
c/o Will Sperry **c/o Frank Skorina**
1006 N. Water St. **116 Stanton**
Ellensburg, WA 98926 **Walla Walla, WA 99362**

Other Club Contacts:

Frank Skorina, Sacajawea Orienteers	509-522-2770
Will Sperry, Ellensburg O.C.	509-925-4716
John Beck, Eastern Washington O.C.	509-838-7078
Scott Drumm, Columbia River O.C.	503-261-1493
Eric Bone, Husky O.C.	206-634-2279
Ken & Joanne Klepsch, Chuckanut Orienteers	360-299-1010

Club members (any club)	\$4.00
Non-club members	\$5.00
Junior (under 18)	\$3.00
Families	map fee only after first two

USOF Convention and Trollhaugen A-Meet Registration Form

Please use one form per entrant. Mail registration to: **Bill Cusworth • 7811 3rd Ave NW • Seattle WA 98117-4006.**
To avoid a late fee, your registration and payment must be postmarked by August 12th.

Name _____ Year Born _____ Sex _____
Address _____ Club _____
City _____ State/Province _____ Postal Code _____
Phone # _____ Fax # _____ E-mail _____
Current USOF/COF/IOF member? ☐ Yes ☐ No Member Number _____ Expiration date _____
Offer/Request _____

CAMP WASKOWITZ HOUSING AND MEALS

Price		Item	Friday	Saturday	Sunday	Monday	Tuesday	Total \$
Adult	Child <13							

☐ PACKAGE

\$85	\$55	Includes 4 nights housing/tenting (Friday through Monday) • 4 breakfasts (Saturday through Tuesday) • 2 lunches (Monday and Tuesday) • 3 dinners (Saturday, Sunday, and Monday) • 4 evening snacks (Friday through Monday); bring towel and sleeping bag/bedding						
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☐ INDIVIDUAL COMPONENTS - Check appropriate box

\$10/night	\$6/night	Housing - bring towel and sleeping bag or bedding						
\$10/tent/night		Camping - up to 4 people/tent; bring tent, towel, and sleeping bag/bedding; please, no cooking						
\$5.25/meal	\$3.25/meal	Breakfast						
\$5.85/meal	\$4.00/meal	Lunch						
\$9.50/meal	\$5.50/meal	Dinner						
\$11.00	\$6.00	Salmon Dinner						

CONVENTION

\$30.00		includes Camp-mandated facility use fee					
\$20.00	\$10.00	Camp Facility Use Fee ¹					

TROLLHAUGEN "A" MEET

Adult	Under 19	Item	Saturday		Sunday		
			Class	Course	Class	Course	OR Relay
\$12.00/day	\$6.00/day	Member of USOF/COF/IOF					
\$15.00/day	\$9.00/day	Non-member					
\$5.00/day		Map hiker					
Relay Team		Leg 1 (orange)	Pts. ²	Leg 2 (yellow)	Pts. ²		
Members (if known)		Leg 3 (green)	Pts. ²	Leg 4 (red)	Pts. ²		
\$10.00/person		Late Fee (entries postmarked after 8/12 - does not apply to map hikers)					
\$3.00/map		Color photocopy (11" x 17" covering primary competition area) of previous version. No. of copies _____					
\$12.00/shirt		Short-sleeve T-shirt No. of shirts _____ M _____ L _____ XL					
\$2.00/hr/child		Babysitting (offered at selected times by prior arrangement—see web page or call for information)					

TOTAL

Please enclose a check made out to "Cascade Orienteering Club" for this amount

- ¹ Camp Waskowitz requires anyone remaining at the camp (outside of sleeping and eating periods, providing the associated items are purchased) to pay a facility use fee. This fee is not required to attend the Annual General Meeting.
- ² Age/Gender Relay Handicap Points: under 21 or 35 and over = 1 point; under 17 or 50 and over = 2 points; under 15 or 60 and over = 3 points; and females receive an additional 2 points. (For example: a 15 year old girl is worth 4 points; a 45 year old man = 1 point; and a 23 year old man = 0 points.)

Waiver - Must be signed by all participants

In consideration of the acceptance of this entry, intending to be legally bound, I do hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the United States Orienteering Federation, the Cascade Orienteering Club and its members, the U.S. Government and Forest Service, the State of Washington, Camp Waskowitz, Highline School District, Plum Creek, Sons of Norway, and other private land owners and lessees, their representatives, successors, and assigns for any injuries resulting from this event. I further attest that I recognize that participation in orienteering events may pose a risk of injury, and I attest that I accept that risk and further attest that I am physically fit, able, and qualified to participate in this event.

Signature (if under 18 by parent or guardian) _____ Date _____

Cascade Orienteering Club extends a warm invitation to you for the
1997 USOF Convention & A Meet
August 23rd through August 26th

Please join us at our two-day A-meet for a single-day classic event on Saturday and relay event on Sunday. Both A-meets will take place at Trollhaugen, 62 miles east of Seattle. The USOF Convention will follow, starting Sunday afternoon and running through Tuesday, at Camp Waskowitz, conveniently located 30 minutes closer to Seattle.

(Both venues are within 2 miles of Interstate 90.) The scenic camp will serve as the event center, primary accommodations, and dining facility from Friday night through Tuesday afternoon.

Saturday & Sunday Trollhaugen Events

Map – On dry side of Cascades, nice mix of fast flat semi-open areas, point features, slopes with mixed conifer forest, and some logged areas. Mapped in 1986; revised 1997. Approx. elevation 2500 ft. Primary coverage color photocopies of previous version available at \$3.

Saturday Courses – Standard 7 USOF courses offered (white/novice through blue/long advanced as described in the USOF standard entry form but with distances about 20% longer than usual). Start times from 11 am; posted on website or call registrar. Map Hiker option on white/novice through brown/short advanced course.

Sunday Courses – Defacto USOF Relay "Standard" for award class: four-person teams needing 4 or 8 team age/gender points as explained on registration form; leg 1/orange, leg 2/yellow, leg 3/green, and leg 4/red; approximately 120 minute team winning time. Team registration closes at 8 pm Saturday evening. Relay earns A-meet credit day for rankings. First leg starts at 10 am. Participants may run two legs for a team, but team will not be eligible for awards. Individual courses (white/novice, yellow/beginner, orange/intermediate, and brown/short advanced) will also be offered for Map Hikers only.

Washington State Championships – Saturday will also be the state one-day classic champs and Sunday will serve as the state relay champs. (Details in regional newsletter.)

Awards – Top three finishers in all competitive classes with separate awards for Washington state champions.

Staff – Mike Schuh, Meet Director; Eric Bone, Course Designer; Bill Cusworth, Registrar.

Packets – Available at Camp Waskowitz from 7-10+ pm on Friday and at Trollhaugen after 9 am on Saturday and Sunday.

To Reach Trollhaugen – Take I-90 to exit #62, which is 62 miles east of Seattle, and follow orienteering road signs southwest. (75 minutes, without traffic delay, from Seattle/Tacoma Airport or 30 minutes from Camp Waskowitz.)

Daily Fees – \$15/day for adults and \$9/day for youths under 19, \$3/day USOF discount applicable. \$10 late fee if entry postmarked after August 12th; no day-of-event registration.

Map Hiker Exception – \$5/day for map hikers; no USOF discount; day-of-event registration allowed; no late fee, but may have to mark own map.

Meals & Housing – See registration form for details.

Offers or Requests – Please use the provided blank or attach a note with your entry form if you are willing to help at the meet or have any special needs or requests (including baby-sitting, other shirt sizes, start times, etc.).

Sunday through Tuesday Convention

Format in Brief – USOF Annual General Meeting on Sunday afternoon, major workshop sessions Monday morning and afternoon and Tuesday morning. Convention Orienteering events late morning on Monday and Tuesday. Closing session mid-afternoon on Tuesday. Evening social events.

Camp Waskowitz – Well-maintained, scenic environmental camp in North Bend, Washington. 230 acres of mixed open and wooded area along river, excellent conference and dining facilities, swimming pool, hot showers, volleyball/sports fields, and rich trail network. Housing consists of 16 5-bunk rooms with shared restrooms. (Need to bring own bedding and towel.) On-site camping, but not cooking, is also an option.

Meals – Upgraded from normal camp offerings. (Saturday banquet features salmon, for example.) Vegetarian option at all meals. Door prizes at selected meals.

Sessions – Fewer but more in-depth than in years past; most sessions interactive or hands-on. (Led hikes available as alternative to formal sessions.) Committee and informal session rooms readily available.

Fees – \$30 for convention (\$10 to COC for sessions, social O events, etc. and \$20 to Camp Waskowitz for required facility use fee). Does not include meals or housing, as detailed on registration form, at package or component pricing.

Nearby Distractions Within 20 Minutes – Snoqualmie Falls, Winery, and Train Museum; Little Si hiking and climbing area; Snoqualmie Pass mountain biking and tunnel hike; and "Twin Peaks" famous cherry pie.

To Reach Camp Waskowitz – From SeaTac Airport, take SR 518 East, which becomes I-405 freeway North, to I-90 East, take exit #34, which is 34 miles east of Seattle, and follow orienteering road signs. (Allow at least 45 minutes.)

Staff – Rick Hood, Convention Director; Peter Golde, Orienteering Events; Sandy Kish Miller, Sessions Coordinator; and Bill Cusworth, Registrar.

Alternative Housing Within 20 Minutes of Camp W. – Approximate price of room for two; ask about USOF discount. Edgewick Motel (\$60, 206-888-9000), North Bend Motel (\$40, 206-888-1121), Sunset Motel (\$42, 206-888-0381), Norwest Motel (\$48, 206-888-1939), Snoqualmie Summit Inn (\$65, 206-434-6300) or Motel 6 (\$40, 206-382-8405).

Baby-sitting – Offered by prior arrangement during session hours at \$2 per hour per child (ages 2 to 10).

Deadlines – Registrations must be postmarked no later than August 12th to insure availability of items and at stated prices. Thereafter a sizable camp surcharge, if the item is available at all, will apply.

Upcoming Orienteering Events

Call the Hot Line at 206-783-3866 (or the website at

<http://www.eskimo.com/~halter/orienteering/pnw.html>) 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>
JULY					
Jul 3-13	Colorado "1000-day" w/ 4 Champs. Lake George, CO	A	BSK		Dan Walker 303-828-3491
Sat/Sun, Jul 5-6	Alberta Champs, MacKenzie Crossing, Edmonton	A	EOOC		Doug Dowell 403-435-2351
Sat, Jul 12 1-3pm	University of Washington Campus, Seattle. Take 45th St. Exit from I-5 east to 17th Ave., turn right into UW.	C	COC	1:5000	Harvey Friedman 206-784-2774
Wed, Jul 16 5:30 - 7 pm	Luther Burbank (mass start). Exit I-90 at the Island Crest Way exit. North one block to 26th St. east to park.	C	SAMM	1:5000	Dave/Val Enger 206-822-6254
Sun, Jul 20 11am - 1pm	Battle Ground State Park, Battle Ground WA. Travel to Battle Ground from I-5, turn North on Grace Ave., follow signs to park.	C	CROC	1:10000	Terradan Lanchild 360-254-4090
Sat/Sun, Jul 26/27 11-1pm, 10-noon	Bullfrog. Near Cle Elum. Take exit 80 on I-90. About 2 miles N to site.	B	SAMM	1:15000	Dave/Val Enger 206-822-6254
AUGUST					
Sat, Aug 9 11am - 1pm	Whipple Creek Park, Clark Co., WA. Exit I-5 at the Clark County Fairgrounds Exit. Go east 1.5 miles on 179th St to NW 31st Ave.	C	CROC	1:7500	Peter Kehoe 360-256-5328
Sat, Aug 23 10am - noon	Trollhaugen, Stampede Pass exit I-90. Exit I-90 at Exit 62, watch for signs.	A	COC	1:15000	Mike Schuh 206-783-3960
Sun, Aug 24 10am - noon	Trollhaugen, Stampede Pass exit of I-90. State Chammps Relay. Exit I-90 at Exit 62, watch for signs.	X	COC	1:15000	Mike Schuh 206-783-3960
Sun-Tue, Aug 24-26	USOF Convention, North Bend, WA. (see inclosed flyer for details)	X	COC		Rick Hood 206-367-2606
Tue, Aug 26 4:30-6pm	Lake Sammamish State Park. Issaquah, WA. Exit I-90 at Exit 15. Head north on 17th Ave NW towards park. Turn left onto NW Sammamish Rd. Travel about 0.4 miles and watch for signs.	C	SAMM	1:10000	Dave/Val Enger 425-822-6254
Sat/Sun, Aug 30-31	B.C. Chammps - Grasslands. Kamloops, B.C.	A	SAGE		Wilma Stonehocker 250-376-0162
SEPTEMBER					
Sat, Sep 6	Mt. Washington ROGAINE, Vancouver Island, B.C.	R	VicO		Steve Chatwin 250-592-3559
Sun, Sep 7 10am-noon	Lincoln Park, Seattle, WA. Exit from I-5 at Spokane St. Head west until you reach Fauntleroy Way, head south to the park.	C	COC	1:5000	Hot Line 206-783-3866
Sat, Sep 13	Takhlakh 6-hr Rogaine, Mt. Adams, WA	R	CROC		Les Stark 360-693-9379
Sat/Sun, Sep 13-14	Thetis Lake / Royal Roads, Victoria, B.C.	A	VicO		Alan Philip 250-478-3659
Sun, Sep 14 1-3pm	Sacajawea State Park, Pasco, WA. Take Sacajawea State Park Road off SR 12 near Pasco.	C	SACO	1:10000	Frank Skorina 509-522-2770
Sat/Sun, Sep 20-21	Logan Lake, Logan Lake, B.C.	C	GVOC		Mark McMillan 604-708-9119
Sun, Sep 21 11am-1pm	Cornwall Park, Bellingham. I-5 exit 256 (Meridian St. Ramp) South 1/2 mile. First left past railroad track.	C	CHUCKO	1:5000	Ken Klepsch 360-299-1010
Sun, Sep 28	Lake Sammamish State Park, Issaquah. (see August 26 for directions)	C	SAMM	1:10000	
OCTOBER					
Sep 30 - Oct 4	Vet. World Cup + 2 Day "A", Camp Ripley, MN.	A	MNOC		Maggie Vogel-Martin 612-869-4001
Sun, Oct 5 1-3pm	Rooks Park, Walla Walla, WA. Take Mill Creek Road off SR 12 east of Walla Walla.	C	SACO	1:10000	Frank Skorina 509-522-2770
Sat, Oct 11 11am - 1pm	McIver State Park, Estacada, OR. I-205 exit for Hwy 224 to Estacada. Hwy 224 to Carver, cross Clackamas River and follow signs to Park.	C	CROC		Mal Harding 503-638-8977

COC: Cascade Orienteering Club

EWOC: Eastern Washington O.C.

VO: Victoria Orienteers

GVOC: Greater Vancouver

SAMM: Sammamish O.C.

CHUCKO: Chuckanut

CROC: Columbia River O.C.

SAGE: Sage Orienteering Club, Kamloops B.C.

A: National Meet

R: Rogaine

B: Major Event

C: Regular Local Meet

X: Special Event

United States Orienteering Federation

P.O. Box 1444

Forest Park, GA 30051/

MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

As a U.S. Citizen or U.S. Resident, I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the IOF. Please print.

Date _____ Yr. Born _____

Name _____

Address _____

Home Phone (____) ____ - _____

If family membership, list other persons:

Name _____ Year Born _____

Member of a chartered club? Club _____

☐ Individual \$25 member of a chartered club

☐ Individual \$30 at-large

☐ Family \$30 members of a chartered club

☐ Family \$35 at-large

☐ Student \$10 (21 & under)

☐ Junior \$5 (18 & under/no vote/no magazine)

☐ Individual Life \$450 ☐ Family Life \$540

For mailing O/NA overseas (except APO & FPO):

☐ \$5 extra surface ☐ \$25 extra airmail

What is USOF?

Often in this newsletter, or in orienteering conversation, you will hear references to "yousoff," and you may have seen the magazine "Orienteering/North America." But why do they need so much money, you ask? We charge \$10/year for local dues, so why should it cost an extra \$25 to join an organization that doesn't seem to do much? The answer, of course, is that USOF does quite a bit.

The largest part of USOF dues goes for the O/NA subscription. This is not only a great source of information, it is well written and edited, and has many articles of general interest on health, exercise, and training. From time to time, we reprint articles from O/NA, and there are always copies available at major meets and club meetings. Most of the rest of USOF dues goes to pay for insurance. Although we, as individuals, might be willing to waive insurance, virtually all land owners, both public and private, require insurance as a precondition even to talking about using their land for orienteering. USOF members get a small rebate, about \$2 per national meet, to help balance out the insurance, but, basically, USOF subsidizes our meets. Without USOF, I doubt that either Cascade or Sammamish could afford the insurance to hold another meet.

So we encourage you not only to join your local club, but to join and support USOF. The magazine along is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501c(3) corporation. Which means that donations, including costs, are fully tax deductible. JOIN NOW!

Bearing 315 is
Published by:

Cascade Orienteering Club
Post Office Box 31375
Seattle, Washington 98103
(206) 783-3866



If your label is marked with high-
lighter, your membership has lapsed!