

Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

Winter 2007

WIOL

Jim Siscel, WIOL Director

Each year the league gets better. We have 211 registered WIOL participants—186 season and 25 day of meet. We have teams from fifteen schools and individuals from fifteen schools. We are averaging 142 participants for the first four meets. The participants are seeing some new venues this year, which is a challenge that they all seem to be meeting very well. The 25th year Championships will be at Point Defiance Park on February 17th. Come out, run your adult course and cheer these young orienteers as they cross the finish line.

President's Comments

Jim Siscel, Cascade President

We have had a great fall orienteering season. At the National Orienteering Day at Woodland Park we had over 135 participants, including many newcomers the whole point of the meet. The next meet was on a new map produced by Mike Schuh at Hyak Lake above Snoqualmie Pass. Oh what a day, wet, cold, and miserable, but 84 hardy orienteers attempted to complete four great courses. The weather contributed to the highest number of Did Not Finish (DNF) results, including myself, that I have ever seen. Hopefully the weather will cooperate for the next meet at Hyak Lake. At our annual Founder's Day Meet at Ft. Casey the weather improved and we had 139 participants. A family combination Jana Dvorak (mother), Len Englund award, and Matej Urban (son), Bo Powell award, received the two awards named for two of the club's founders. October 29 saw the Vampires out in Lynndale Park for the Vampire O. The weather cooperated again, cold but no rain. There were 174 participants out in the dark trying not to be bitten. Jana and Matej found all 24 controls in just under 36 minutes and they were bitten by a Vampire. They have the task of setting the controls for next year's Vampire O.

November 4th saw the start of the Winter O/WIOL (Washington Interscholastic Orienteering League) season. The first meet at Lincoln Park was blowing and raining, but that did not stop the 132 hardy Puget Sound orienteers on the Public Courses. On to Magnuson Park for the next meet. This was the first time we have had a meet at Magnuson since 1999. Weather cooperated and we had to my knowledge the largest attendance at a local meet ever with 194 on the public courses plus the 161 WIOL participants. North Sea-Tac map, another new map by Mike Schuh, saw a gloomy foggy day at the start and a bright sunny day at the end. With the fog if you didn't have your compass you could tell which way was North by listening to the airplanes landing at SeaTac. They were landing north to south and we were right under both landing paths for the two runways at SeaTac. Winter O #4 saw us at a non-park venue at the University of Washington. Under the circumstances that the previous Thursday was the Big Windstorm and no power for many of us we had a good turnout. The weather was good and maybe you were tired of no power and thought this was a good way to get warm.

In my September Comments, I noted that in order to run these large meets that we need to have many volunteers. For the four Winter O/WIOL meets we have had so far we have had 49 members volunteer to serve for the minimum 1 ½ hours. 27 of these volunteer have helped at two or more meets or two or more positions at one meet. We have a membership of 300 counting individuals as 1 and families as 2. We need to have more people volunteering, so the 27 don't have to work three or more times in the future. Remember if you volunteer for 1 ½ hours you receive a Appreciation Coupon that allows you to attend a future meet for FREE. Please when any meet director asks for volunteers step forward. This is a great way to meet the other members of the club as they come through your position. The meet directors ask for volunteers using our Cascade O List. If you are not a member you can become one by going to our website where on the home page near the bottom you will find the link to become a member. If you do not have email, check at the Registration Area for the volunteer sign-up list.

Earlier the Board decided that the club would require all WIOL participants to have a whistle for safety when competing this year. The Board revisited this idea at the December meeting and has decided that at all COC meets **ALL participants** will be required to have a whistle for safety. Starting with the first meet in March 2007 this policy will be implemented. The club has purchased whistles and will provide one for free to those that do not have them.

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Tips & Techniques

The Run vs. Walk Decision: Some Insight from Parade Magazine (Free with the Sunday Times/PI)

Don Atkinson, Kenmore

If we're fit enough, we don't need to make this decision, we can run the whole course. But some (most?) of us can't do that, so the question is, "when is it best to take a break and walk for a while"?

Several years ago, I read an article in Orienteering North America that suggested that taking a break on hills was the best solution, but without going into the details. A couple of weeks ago, Marilyn vos Savant's column in Parade magazine indirectly addressed this issue with a quiz about how much time is gained by running rather than walking. It did start me thinking about the question again.. Here's the item.

"Ron walks a one-hour round trip from his house and back each day. One day, he decides to run part of the way. Ron runs three times as fast as he walks. If he cut 10 minutes off his usual trip, how many minutes did Ron run?"

This can be solved at a glance with a certain insight. Readers who want to search for it should stop reading here."

Her answer continues at the end of this article.

On a gentle downhill, my running speed is three to four times my walking speed. On an uphill section, the ratio is roughly twice the walking speed. From basic common sense, and with numbers from the Vos Savant item, it's clear that the bigger the ratio between running and walking speeds, the more fatal it is to your elapsed time to walk, rather than run. So it is clear, that you should avoid slowing down on the fast sections of the course unless you just can't keep up the pace, or are worried about making a navigation mistake.

The ONA comment is correct, if you have to, it's best to take a walk break on

the uphill section where the speed ratio is least. That's when you need the break most anyway. When you do slow down, make the most of it by reading the map, and planning your next leg.

Now back to the final paragraph of the Vos Savant item:

Here's the insight: If Ron cut 10 minutes from his trip, he must have run for half that time. Why is this so? Ron runs three times as fast as he walks. If he takes three minutes to walk a distance, he takes one minute to run that same distance. So he gains two minutes of time for every minute he runs. Which means that if he cut 10 minutes from his trip, Ron ran for five minutes.

Successful Orienteering
from the WIOL Newsletter
January 14, 1989

1. Successful orienteering requires the use of skills and strategies that maximize your abilities to find the controls and minimize your errors.
2. To select a route, first select an attack point, a distinct feature near the control from which you can find the control easily. Second, select a safe route to the attack point.
3. Good attack points are distinct, easy to find features, close to the control (within 200 to 300 meters) and afford the best possible view of the terrain.
4. Aiming off is a strategy used to simplify a route by purposely selecting a route to one side of your goal so that you are sure of the direction of your turn.
5. Attacking the control from above gives you the best view of both the control and the best approach to it.
6. Climbing in the beginning of a leg lessens the probability of error caused by poor field of vision and fatigue that comes with climbing at the end of the leg.
7. Contouring around large hills and deep valleys save time and energy.
8. Plan where you want to go, what you should see in the terrain and what strategies you will use to find the control

9. Follow your plan, unless it becomes inappropriate because of the map or terrain, at which time you should select a new plan.

Meet Results

National Orienteering Day
September 16, 2006
Woodland Park, Seattle
Cascade Orienteering Club

Course Setter: Chris Whitmyre
Meet Director: Peter Golde
Registration: Terry Farrah, Lynn Smith, Judy Borish, Harvey Friedman
Start: Sue Kuestner, Alex Kuestner, Dave Petty, Matt Skorina, Rick Breseman
Finish: Anna Urban, Matej Urban, Nattassia Kimbrough, Sally Dow, Don Willits, Marj Stratton
Greeter: Catherine Olsson
Instruction: Mike Schuh, Jana Dvorak, Patrick Nuss

Course 1: 1.3km, 9 controls

Emily Goodrich	18:36
David Harrison	18:45
Natassia & Tasha C.	19:00
Naomi Klinge	19:25
Diane Argyle	20:22
Brandon Hodgen	21:26
Fredrichs (troop 391)	23:21
Isabel Suhr & Emma Howey	23:56
Oliver Tennisberg	25:13
Bill Herman	26:47
Thane Thomas	27:03
Nathan Klinge	27:38
Marcus Rose	29:54
Rosemary Norheim	32:15
Bullard (troop 391)	32:19
Terry Farrah, Lynn Smith & Lauren Peterson	32:38
Wyatt - Stone	32:44
Wyatt - Stone	33:21
Tomas Corey	33:25
Deanta Kelly	33:31
Sophia Orlando	33:35
Marissa Dominguez	34:31
Megan / Rick Johnson	35:03
Erin Campbell	35:09
David Merritt	35:53
Don Willits	36:00
Toomas Tennisberg	38:15
Marissa Roechs	38:47
Charlie Adcock	40:16
Ingvar / Thouhuu	46:44
Allison	53:40
Kirsten D.	53:59
Linda Thorson	54:01
Theresa Valdez	57:09
Mikala Woodward	71:31
Josie	72:54

Course 2: 2.4km, 12 controls

Brian Poon	15:53
Terry Farrah	21:50

Tom Clymer	23:06	Sally Dow	57:45	Sarah Miner	126:40
Mike Klinge	25:01	Khoe Truong & Hy Dang	58:53	Don Atkinson	DNF
Jonathan Bingham	25:37	Ken Lew	61:13	Kelsey Breseman	DNF
Dave Petty	25:58	William Koster	68:56	Ardis Dull	DNF
Roeinh Wyatt-Stone	26:48	Ben Hall & Lisa Niehaus	71:37	Harvey Friedman	DNF
Katie Ewing & Dawn Chandler-Brown	28:12	Don Atkinson	MSP	Jim Howey	DNF
Brian Reiser & William Kostner	29:12	Kelsey Breseman	MSP	Patrick Kelly	DNF
Mark Brigham	29:54	Rick Breseman	MSP	Alex Kuestner	DNF
Anneliese & Steve	30:47	Danh Vo	MSP	Deborah Robinson	DNF
Doug Wyatt	32:36			Jim Siscoel	DNF
John Theiler	33:31	(*) visited controls in order		Joseph Spencer	DNF
Hamalian & Saunders	33:48			Anne York	DNF
Zol & Patrick	34:53	Hyak Lake		Arne Skog	DNF
Franzi Rusch	35:38	October 15, 2006			
Judy Borish	39:55	Hyak Lake, Snoqualmie Pass		Course 4 (5.7k, 16 controls)	
Mike Olsson	40:35	<i>Cascade Orienteering Club</i>		Eric Bone	63:43
Amigiinoth	40:36			Nikolay Nachev	74:54
Nancy & Kelly B.	40:37	Meet Director: Sally Dow		Patrick Nuss	81:17
Tommy Nguyen	43:47	Starts: Breana Hall, Kelsey Breseman		Dave Enger	89:34
Catherine Olsson	47:10	Course Setters: Mike Schuh and Tracy Whelen		Rick Breseman	90:12
Benson Nguyen	48:27	Finishes: Emma Howey, Marissa Roecks, Isabel		Steve Miner	102:05
Pat & John Koller	49:27	Suhr, Tracy Whelen		Roger Michel	109:14
Tami Dean	49:39	Control Pickup: Terry Bryant, Scott Moon, Jim		Dave Parsons	110:51
Isabel Suhr & Emma Havey	51:53	Howey, Bob Forgrave,		Targo Tennisberg	113:32
Albert	54:58	Eric Bone, Roger Michel		Oyvind Naess	114:21
Bob Reddick	55:50	Registration: Scott Moon, Terry Bryant, Holly		Aldo Mett	116:01
James Pyle (group)	57:04	Kuestner, Chris Bean		Kean Williams	128:06
Ron Herd	60:08	Beginner Instruction: Catherine Olsson		Alexander Macleod	131:01
Marissa Doring, Sophia Orlando & Keeanta		Other volunteers: Tori Borish, Becky Forgrave,		Chris Whitmyre	136:51
Kelly	63:04	Joseph Spencer		Murray Maitland	148:25
Josie Kidde	65:00			Dale Width and Debbie Thomas	174:02
Mikala & Simon	67:05	Course 1 (2.2k, 10 controls)		Inna Balutsina	DNF
Brian Crawford	72:13	Bill and Heidi Cusworth	20:36	Tori Borish	DNF
Dennis / Joanne	74:48	Michael Radin	34:00	Mike Cummer	DNF
Nghi Le / Christy	76:44	Cherry Wu	35:03	Tami Dunn and Shannon Cortez	DNF
John Dang	78:35	Cathy Wilkinson	38:45	Sabina Havkins	DNF
		Isabel Suhr	43:40	Holly Kuestner	DNF
		Alex and Heather Collins	47:14	Christopher Ramsborg	DNF
		Leroy Smith and Allan Richter	50:45	Arne Skog	DNF
		Emma Howey	60:05	Huw Stradling	DNF
		Jonathan Brown/Susan Taller/Ian Williams	67:25	Joseph Siracuson	DNF

Course 3: 24 controls freestyle, partial map

Matej Urban	21:40
Patrick Nuss	22:52
Targo Tennisberg	24:55
Ryan Breseman	25:36
Steve Miner	26:45
Brian Poon	27:37
Jake Reeder	27:38
Roger Michel	28:02
Jana Dvorak	29:24
Holly Kuestner (*)	30:31
Debbie Newell	32:18
Tyler Frederickson	32:29
Tory Borish	33:43
Patrick Kelly	34:45
Kean Williams	34:55
Anna Urban	37:00
Rob Snell	37:50
Sue Kuestner	38:55
Fred Stafford & Steve Frederickson	40:42
Soren Olson (*)	41:19
Ardis Dull	41:55
Sture Carlsson	43:11
Alex Kuestner	43:38
Jim Siscoel	44:01
Matt Skorina	45:08
Tracy Whelen	48:38
Markus von Pruse	51:30
James Howey	52:14
Marissa Roecks	53:21
Lukas Corey	56:27
Anne York	56:47

Course 2 (3.5k, 13 controls)

Sergey Markove	50:28
Marissa Roecks	50:37
Dave Petty	67:39
Greg Wallace	72:31
Owen Coutts	73:59
Michael Dubois	84:06
Mike Olsson	92:24
Robert Brandenburg	95:10
Chris Bean	108:37
Franziski Ruesch	114:43
Conan Thornhill	DNF
Judy Borish	DNF
Becky Forgrave	DNF
Andrew Spencer	DNF
Danielle Spencer	DNF
Shawn Wagoner	DNF
Tracy Whelen	DNF
Leroy Smith	DNF

Course 3 (4.3k, 11 controls)

Peter Golde	72:12
Phil Stradling	75:28
Jaromir Stofa	77:03
Nick Graan	88:30
Eileen Breseman	98:49
Catherine Olsson	105:59
Fred Veler	110:12

Founder's Day

Ft. Casey St. Park

October 21, 2006

Cascade Orienteering Club

Meet directors: Bill and Heidi Cusworth	
Course setter: Bill Cusworth	
Epunch Coordinator: Bill Cusworth	
Starts: Dave Petty, Matej Urban	
Finishes and Computer Coordination: Eric Bone, Bill Cusworth	
Registration: Don Denbo, Tony and Ann Amort, Anna Urbanova, Jana Dvorak, Marjorie Stratton	
Beginner Instruction: Mike Schuh	
Marker pickup: Don Atkinson, Bill and Heidi Cusworth	

Course 1 Public (2.0 km, 10 Controls)

Mathew Rogers	COC	29:04
Kathy Burgess(4)		48:02
Toomas Tennisberg	SAMM	54:28
Dan Klebold(3)		64:18
Tad Southard(3)		77:36

Course 2 Public (3.0 km, 14 Controls)

Cheryl Marek	COC	30:10
Aaron Amort(2)	COC	31:18
Danielle Spencer	EAS	37:40

Tony Amort(2)	COC	38:08	Don Dermenstein	COC	89:49	Nina Grossman & John Church	53:56
Sarah Miner	COC	39:16	Libby Dermenstein	COC	90:37	Sergey Markov	54:35
Edward Ostrander	Bremerton	42:31	Caleb Hull(2)		95:03	Kelsey & Eileen Breseman	55:41
Sarah Rogers	Kopachuck MS	42:58	Joseph Kristofzski	Burlington Ed. HS	96:05	18 Controls	
Wyatt Patik	Bremerton	44:56	Jen Dubois(3)		96:13	Debbie Newell	50:12
Tracy Whelen	Garfield HS	45:35	Rollin(5)		103:08	Mark & Emily Gorchels	55:43
Doug Brown	Bremerton	48:04	Kelly Bauer	EAS	105:23	17 Controls	
Anthony Peterson	Bremerton	49:15	Michael Radin		109:44	Kelly Bauer, Becky Forgrave	55:32
Franzi Ruesch		49:39	Michael Bradford	Burlington Ed. HS	113:42	Dana Breseman	57:51
Nick Graan(2)	COC	50:30	Brendin Ailles(2)	Burlington Ed. HS	116:52	16 Controls	
Andrew Spencer	EAS	52:10	Valerie Knutsen(3)		117:04	Rachel Reynolds, Kaydee Kohlhepp	52:03
Cherry Wu	EAS	52:40	Marjorie Stratton	COC	118:18	Mike Schuh	53:20
Mercedes Lucas	Bremerton	56:14	Don Willits(2)	COC	120:51	Vivian Bliss	53:41
Andrea Paulsen	Bremerton	58:20	Vivian Bliss	COC	121:17	David Joyce, Nicole Zuniga	54:42
Macy Ratliff	COC	59:39	Kelsea Tinsley(3)		123:18	Chloe Howard, Karen Case	55:33
Kyle Meade	Bremerton	62:08	Donny Neil(13)		125:30	Matt Broman, Danny Poall, Joao Leite,	
Shelly Eaquina	Bremerton	63:07	Raferty		mp/dnf	Alex Kudebeh, Tim McGowan	58:21
Nancy Bauer(2)	COC	65:34	Brandon Rogers(3)	Burlington Ed. HS	mp/dnf	15 Controls	
Denisha Atkins	Bremerton	67:25	Deborah Robinson	COC	mp/dnf	Colin Campbell, Tsutoma Tsuoamaki	43:36
Clare McMahon	EAS	74:07				M Roklings	54:07
Anne Wilkinson(2)		74:15				Tony Amort, Olaf Ericksen	55:42
Brittany Ortlor	Bremerton	mp/dnf				Garfield HS, Post 84	57:30
Moranda Villas	Bremerton	mp/dnf				Roman Chichian, Bryce Kellogg,	

Course 3 Public (4.1 km, 17 Controls)

Matej Urban	Bothell	28:13
Eric Bone	COC	28:46
Glenn Rogers	COC	35:19
Alex Frank	COC	35:21
Jake Reeder	COC	35:45
Targo Tennisberg	SAMM	36:34
Eugen Groff	COC	37:34
Peteris Ledins		40:07
Steve Miner	COC	40:10
Chris Whitmyre	COC	41:16
Jana Dvorak	COC	42:06
Kean Williams	COC	44:20
Bill Green		46:32
Mike Schuh	COC	47:08
Don Atkinson	COC	49:16
Cristi Horning	COC	51:14
Luis Deffit	Bremerton	51:59
Greg Wallace(2)	COC	54:15
Justin Jansen(3)	Oak Harbor	54:30
Terry Bryant	COC	55:11
Sarah Gross	Bremerton	55:32
Kyle Seifullin	COC	56:23
Della Suttles	COC	58:30
Seth Suttles	Burlington Ed. HS	60:46
Nicholas Hogan	Bremerton	61:02
Sue Kuestner	COC	62:18
Jacob McMannis	Burlington Ed. HS	63:34
Dave Petty	COC	63:39
Brandon Belgin	COC	63:52
Owen Coutts(2)		67:13
Anna Urbanova	Bothell	68:01
Robin Wyatt-Stone	COC	68:16
David Joyce/Nicole Zuniga		70:08
Brittany Berckendorf (2)		70:23
Don Denbo	COC	71:59
Michael Pasewark	Oak Harbor	73:09
Steve Frederickson(2)	COC	73:35
Doug Wyatt	COC	74:51
Ron Kiel(3)	COC	75:07
Brian Nopp	Bremerton	75:12
Chris Rowan(4)	Burlington Ed. HS	77:37
Sally Dow	COC	77:48
Sandy Miller	COC	79:19
Christopher Lorenz(3)	Oak Harbor	84:42
Joseph Spencer	EAS	88:37

Vampire O'

October 29, 2006

Lynndale Park, Lynnwood

Cascade Orienteering Club

Event Director: Jim Siscel, Don Atkinson
 Course Setter: Jim Siscel
 Control Set Out: Peter Golde, Jim Siscel
 Registration: Eileen and Kelsey Breseman, Ardis Dull
 Finish: Matej Urban, Ardis Dull, Jim Siscel, Patrick Nuss
 Beginner Instruction: Kean Williams
 Control Pick-Up: Patrick Nuss, Darien Davis
 Sound System: Mike Schuh
 Conditions: Dark and Cool

Vampire Course

(24 controls, 60-minute time limit, 1-punch penalty for each minute or portion after 60 minutes)

Time Penalty

24 Controls	
Jana Dvorak, Matej Urban	35:52
Patrick Nuss	46:14
Ryan Breseman	46:43
Peteris Ledins	49:23
Rick Breseman	51:43
Brian Poon	55:10
23 Controls	
Darien Davis	43:24
Alex Frank, Cristi Horning	48:22
22 Controls	
Jaromir Stolfa	55:05
Deb Robinson, Dan Conway	58:49
21 Controls	
Brandon Belgin, Lindsey Womeldorf	49:30
Rogers Clan/Collen	
Sullivan/Joanne Moor	55:59
Robin Wyatt-Stone	56:32
20 Controls	
Jeff Gile, Kate Daem	44:32
Tori Borish Arianna Goodman,	
Holly Kuestner, Callie Wade	55:40
Kean Williams	56:36
John & Jeanette Case	60:21
19 Controls	
Steve Price, Erik &	
Canute Haroldson	48:04
Courtney Brown, Liz Pierce	49:54

Nina Grossman & John Church	53:56
Sergey Markov	54:35
Kelsey & Eileen Breseman	55:41
18 Controls	
Debbie Newell	50:12
Mark & Emily Gorchels	55:43
17 Controls	
Kelly Bauer, Becky Forgrave	55:32
Dana Breseman	57:51
16 Controls	
Rachel Reynolds, Kaydee Kohlhepp	52:03
Mike Schuh	53:20
Vivian Bliss	53:41
David Joyce, Nicole Zuniga	54:42
Chloe Howard, Karen Case	55:33
Matt Broman, Danny Poall, Joao Leite,	
Alex Kudebeh, Tim McGowan	58:21
15 Controls	
Colin Campbell, Tsutoma Tsuoamaki	43:36
M Roklings	54:07
Tony Amort, Olaf Ericksen	55:42
Garfield HS, Post 84	57:30
Roman Chichian, Bryce Kellogg,	
Kevin Hodder	60:25
14 Controls	
Bob & Kathy Forgrave, Nancy Bauer	52:34
Robert, Bradley, & Mitchell Davis	52:36
Aaron Blesie, Chris Rose	53:15
Emily Pfaff, Matt Medalid,	
Matty Rathke, Daniel Fong	
Mike Pran, Steve Medalid	53:59
Sonja & Evy Haroldson, Anne,	
Mimi & Olivia Price	58:01
13 Controls	
Daniel Hodge, Alex Kuestner,	
Nathan Birnbaum	51:02
Doug Wyatt, Kevin Wyatt-Stone	53:29
Ann/Andrea Davis/Kathy Anderson/	
Laurie Shiratori	56:02
Chris Bean, Brandon Tolmie	57:07
12 Controls	
Tami Hutheson	58:57
Nick Raney, Aric Reyna,	
Dom Olivaros, Ryan Damirago	61:18
11 Controls	
Paul & Daniil Kulchenko	49:08
Mark Kelly, Nick Jijina,	
Gordon Bran	50:50
Jill, Naomi, & Nathan Klinge	52:23
Greg, Glenn, & Mariah Wallace	52:25
Tracy Whelen, Kelly Thoung	53:52
Sean Rose, Jack Schierle	60:22
10 Controls	
Michael & Dylan Jacobson,	
Cara Berman	50:36
Billy & Laurie Beck	51:11
Susan Schmitz, Drew Schmitz,	
Terran Madsen	52:05
Austin Amort/Justin Jijina/	
Daniel Ericksen	53:37
Roger Michel, Yumay Chang,	
Eric Bone	55:03
Don & Gillian Howard	57:21
Carol & Sierra Brandenburg	58:06
9 Controls	
Judy Borish, Sue Kuestner	55:20
8 Controls	
Laura & Tim Brown	50:13
Brad Hudson	52:31

6 Controls

Lynne Carveth/Chloe/Noah/		
Gillian Lauter	42:00	
Tim, Anne, & Lily Geil	44:12	
Clare McManon, Cherry Wu,		
Anne Wilkinson	53:10	
Doug & Caroline Wells	59:23	
Robert Brandenburg	61:00	-2

Last Vampires

Ivan Frerichs/Sylar & Ishiah Cha/Kyle Cole/Beau Bullard; Kristy Forgrave/Franzi Ruesch; Paige & Chase Packman; Jason & Jack Schierle

No Punchcard Returned

Don Willits, Daisy Wan; Mike Klinge, Cibeli Lima; Andrea, Ron, & Skylar Lindsay, Ali Harvda, Sarah Oishi; Amy & Erik Philipson; Truman Buffet, Simon Egan

2006 Winter O' Series #1**Lincoln Park****November 4, 2006***Cascade Orienteering Club*

Meet director: Jana Dvorak

Course setter: Don Denbo

Starts : Vivian Bliss, Chris Whitmyre, Matej Urban, Paul Cornish

Epunch Coordinator: Patrick Nuss

Finishes and Computer Coordination: Ben Hall, Patrick Nuss, Mike Olsson, Anneliese Steuben, Doug Sprugel

Registration: Peteris Ledins, Ann Amort, Judy Borish, Anna Urbanova

Epunch Rentals: Tony Amort, Ardis Dull

Beginner Instruction: Mike Schuh

Course Vetting: Inna Balutsina, Mike Schuh

Marker pickup: Ardis Dull, Don Denbo, Jennifer and Steve Knowles

WIOL registration: Jim Siscel, Jennifer Knowles

WIOL director: Jim Siscel

Course 1 Public (1.1 km, 7 Controls)

Bradley Davis(2)	COC	12:29
Toomas Tennisbertg	SAMM	20:50
Julie Hall		22:21
Kirstin Piquette(2)	COC	43:04

Course 2 Public (1.5 km, 8 Controls)

Jill Klinge	COC	18:15
Emily Goodrich(3)		21:03
Marshall Suttles		21:07
Mary Alice Theiler	COC	21:22
Emma Howey	COC	30:13
Gordon Wickward(2)		37:27
Della Suttles(2)	COC	40:17
Gene Yore	mp/dnf	
Mark Alexioff(4)	mp/dnf	

Course 5 Public (2.3 km, 11 Controls)

Andrew Gilmour	COC	21:25
Ann Davis(2)	COC	22:35
Sarah Hicks(2)		27:36
Jonathan Bingham(2)		31:15
Marc Hamalian	COC	31:57
Mark Bingham		32:48
Jenny Pearson	COC	36:04
Ryan Johnson(2)		36:46
Gerald Allmaras	COC	40:27
Kate Lawson	COC	42:07

Margie Kaiser		42:30
Macy Ratliff	COC	42:32
Alex Kuestner	COC	44:29
Ed Pottharst(2)	COC	46:21
Natassia Kimbrough		51:10
Lawrie Shiraton(2)	COC	69:31
Sally Dow	COC	74:42
Jon Church(2)	mp/dnf	

Course 7 Public**Women (3.2 km, 13 Controls)**

Anneliese Steuben	COC	27:09	100
Jennifer Knowles	COC	28:04	95
Jana Dvorak	COC	28:28	92
Debbie Newell	COC	33:15	90
Sue Kuestner	COC	35:36	89
Kate Hunter	COC	38:05	88
Susan Anderson(2)	COC	39:05	
Shannon Porter	COC	39:49	87
Ardis Dull	COC	40:35	86
Inna Balutsina	COC	41:29	85
Lindsey Womeldorf	COC	41:35	84
Karen Case	COC	42:23	83
Angela Douglas		44:49	82
Jennifer Geray		47:42	81
Sandy Miller	COC	49:21	80
Marra Kagele(2)	COC	50:18	
Libby Dermenstein	COC	53:07	79
Cristi Horning	COC	55:59	78
Liz Stradling		56:03	77
Darcy Birkeland(2)		58:46	
Shannon Cortez	COC	64:09	76
Deborah Robinson	COC	mp/dnf	
Vivian Bliss	COC	mp/dnf	

Course 7 Public**Men (3.2 km, 13 Controls)**

Huw Stradling*		20:40	
Matej Urban*	COC	20:41	
Nikolay Nachev	COC	21:28	100
Steve Knowles	COC	22:31	95
Bruce Christopherson	COC	23:01	92
Dave Enger	SAMM	23:04	90
Peteris Ledins		23:38	89
Tyler Frederickson	COC	23:54	88
Peter Golde	COC	24:09	87
Ruaraidh Stenson		24:30	86
Bruce Bassett	COC	25:07	85
Jaromir Stofa		25:11	84
Jon Church		25:25	83
Alex Frank	COC	26:07	82
Brian Poon	COC	26:29	81
A.J. Ritter	COC	26:51	80
Targo Tennisberg	SAMM	27:02	79
Matt Hayes	COC	27:19	78
Patrick Nuss	OK	28:05	77
Mike Cummer	COC	28:36	76
Chris Whitmyre	COC	28:55	75
Jake Reeder	COC	29:57	74
Darian Davis	COC	30:32	73
Pat Kelly	COC	30:45	72
Oyvind Naess	COC	30:48	71
Lyndon Heywood	COC	31:03	70
Haldre Rogers(3)		31:18	
Paul Cornish	COC	35:23	69
Fred Veler	SAMM	35:23	69
Tony Amort	COC	36:24	67
Andrew Whitmyre		37:02	66
Brandon Belgin	COC	37:53	65
Tim Milberger	COC	37:59	64

Brian Piquette	COC	38:05	63
Patrick Kern	COC	38:07	62
Steve Leasure(3)	COC	40:25	
Peter Gaylord	COC	40:43	61
Chris Ramsborg	COC	41:10	60
Daniel Harris		43:53	59
Nelson Harbour	COC	44:35	58
James Howey	COC	45:00	57
John Lee	COC	46:03	56
Kyle Seifullin	COC	47:55	55
Don Willits	COC	48:41	54
Terry Bryant	COC	50:53	53
Steve Frederickson	COC	51:21	52
Jeff Power		51:25	51
Tom Clymer	COC	52:09	50
Doug Wyatt	COC	57:28	49
Don Dermenstein	COC	66:36	48
Dave Joyce/Nicole Zuniga		71:51	
Michael DuBois(5)		78:43	
* second course run			

2006 Winter O' Series #2**Magnuson Park****November 18, 2006***Cascade Orienteering Club*

Meet director: Jana Dvorak

Course setter: Jake Reeder

Starts : Chris Whitmyre, Oyvind Naess, Dave Petty, Doug Sprugel

Epunch Coordinator: Vivian Bliss

Finishes and Computer Coordination: Ben Hall, Anneliese Steuben, Eric Bone, Don Willits, Daisy Wan

Registration: Kean Williams, Libby Dermenstein, Sue Kuestner, Judy Borish

Epunch Rentals: Don Dermenstein, Katie Sprugel

Beginner Instruction: Mike Schuh

Course Vetting: Mike Schuh, Eileen Breseman, Don Atkinson, Eugen Groff

Marker pickup: Doug Sprugel, Jake Reeder, Eric Bone

WIOL registration: Jim Siscel

WIOL director: Jim Siscel

Course 1 Public (1.8 km, 8 Controls)

Mikhail Roshal(5)		19:45
Erik Reynolds		23:11
Leroy Smith	COC	24:34
Ed Pottharst(4)	COC	25:14
Mark Bourgeois(3)		26:01
Bradley Davis		28:01
Doreen Farrar(2)		31:28
Suzanne Burnell(3)		33:08
Cheryl Rogers(3)	COC	36:44
Toomas Tennisberg	SAMM	40:46
Peter Maniccia(3)		41:34
Andrea Davis		42:33
Susie Sherburne(2)		44:07
Mark Bulger(3)		48:59
Mary Ellen Cavall(3)		49:31
Carol Dunn(4)		77:25

Course 2 Public (2.5 km, 11 Controls)

Rosemary Angeles		22:03
Stephanie English	COC	30:39
Judy Borish	COC	37:21
Leroy Smith	COC	37:26
Mary Alice Theiler	COC	37:49
Ed Pottharst(5)	COC	38:54

Richard Staudt(2)	COC	39:50
Adam Hunter		40:25
Macy Ratliff	COC	40:27
Marcia Lupton(2)		40:49
Kathy Anderson(3)		44:50
Magnus Giaevev		45:41
Brandi Burnell		45:46
Rolf Kuestner	COC	46:06
Kristee Bingham(2)		53:04
Daniel Ericksen(3)		65:39
Susan Nanninga(2)	COC	69:32
Matt Reed		70:27
Greg Shelton		mp/dnf

Course 5 Public (3.5 km, 14 Controls)

Don Atkinson	COC	30:40
Alex Kuestner	COC	36:25
Clinton Anderson	COC	37:38
Jonathan Bingham		39:55
Robert Davis	COC	40:09
Dave Petty	COC	40:28
Sally Dow	COC	42:50
Jim Siscoel	COC	46:30
Justin Allmaras		46:37
Erik Reynolds		46:37
Karyn Abraham(2)		47:16
Sarah Miner	COC	48:42
Mark Bingham		50:24
Cheryl Marek	COC	52:27
Don Willits(2)	COC	53:14
Margie Kaise		53:46
Melinda Schneider(2)	COC	60:04
Brian Davis(2)		61:29
Emily Goodrich	COC	63:03
Ryan Johnson(2)	COC	63:43
Vivian Bliss	COC	64:32
Tom Clymer(2)	COC	69:23
Christopher Parsons		74:41
Franz Amador(2)		77:11
Maria Romero(2)		84:23
Kate Lawson	COC	91:37
Gordon Wickward(2)		111:14
Ed Pottharst(4)	COC	114:32
Paul Gruen(3)	COC	114:41
Gordon Wickward(2)		115:33
Greg Wallace	COC	mp/dnf
Jacob Clapp		mp/dnf

Course 7 Public**Women (4.2 km, 15 Controls)**

Anneliese Steuben	COC	30:43	100
Tori Borish*	Lakeside	32:03	
Holly Kuestner*	COC	32:51	
Jennifer Knowles	COC	33:21	95
Anna Urbanova*	Bothell	37:27	
Jana Dvorak	COC	40:32	92
Lindsey Wolmendorf	COC	44:22	90
Sue Kuestner	COC	45:47	89
Ardis Dull	COC	46:08	88
Liz Stradling	COC	46:49	87
Julie Collins		48:36	86
Jenny Pearson	COC	48:57	85
Karen Case	COC	49:26	84
Sarah Hicks(2)		53:52	
Susan Anderson	COC	55:14	83
Kate Hunter	COC	60:18	82
Liz Pierce(2)		63:59	
Sabina Havkins(2)	COC	64:51	
Libby Dermenstein	COC	67:52	81
Mara Kagele		72:57	80

Jennifer Geray	COC	83:23	79
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Course 7 Public**Men (4.2 km, 15 Controls)**

Eric Bone	COC	23:09	100
Oyvind Naess	COC	27:12	95
Nikolay Nachev	COC	27:22	92
Targo Tennisberg	SAMM	27:43	90
Peteris Ledins		28:23	89
Ruaraidh Stenson	COC	28:25	88
Matt Hayes	COC	29:33	87
Glenn Rogers	COC	29:50	86
Brian Poon	COC	30:00	85
Roger Michel	COC	30:00	85
Ben Hall	COC	30:07	83
Rick Breseman	COC	30:10	82
Bruce Christopherson	COC	31:11	81
Peter Golde	COC	32:14	80
Arne Skog	COC	32:39	79
Steve Knowles	COC	32:45	78
Bruce Bassett	COC	32:47	77
Dave Enger	SAMM	33:14	76
A.J. Ritter	COC	33:39	75
Hans Frederick	COC	34:07	74
Theo Browne	COC	35:50	73
Ryan Breseman*	Inglemoor	36:07	
Darian Davis	COC	36:56	72
Eugen Groff	COC	37:28	71
Don Atkinson	COC	38:33	70
Richard Wood		39:18	69
Paul Cornish	COC	40:01	68
Chris Ramsborg	COC	40:12	67
Alex Macleod	COC	40:18	66
Steve Miner	COC	40:49	65
Chris Whitmyre	COC	40:51	64
Brian Piquette	COC	41:09	63
Dave Dummeyer	COC	41:25	62
Tyler Frederickson	COC	42:23	61
Tim Milberger	COC	42:29	60
Lyndon Heywood	COC	43:33	59
Michael Dubois	COC	44:12	58
Fred Veler	SAMM	45:14	57
Duncan Sailors(2)		48:37	
Jon Lebo(2)		49:10	
Tony Amort	COC	49:20	56
Peter Gaylord	COC	52:49	55
Don Dermenstein	COC	54:28	54
Ryan Hoet		54:39	53
Colin Campbell(3)	COC	57:52	
Steve Frederickson	COC	59:27	52
Roy Colven(2)	COC	60:18	
Brandon Belgin	COC	61:42	51
Terry Bryant	COC	65:31	50
Ron Kiel	COC	72:00	49
Ken Lew	COC	75:01	48
John St. Laurent		76:14	47
Kyle Seifullin	COC	mp/dnf	
Kean Williams	COC	mp/dnf	
Andrew Gilmour	COC	mp/dnf	

* second course run

2006 Winter O' Series #3**North SeaTac Park****December 2, 2006***Cascade Orienteering Club*

Meet director: Jana Dvorak
 Course setter: Peter Golde
 Starts : Terry Farrah and Rosemary, Catherine Ols-

son, Sally Dow
 Epunch Coordinator: Eric Bone
 Finishes and Computer Coordination: Ben Hall,
 Anneliese Steuben, Eric Bone,
 Terry Farrah, Matej Urban
 Registration: Tyler Frederickson, Ardis Dull, Katie
 Sprugel, Marjorie Stratton
 Epunch Rentals: Mike Olsson, Alex Frank
 Beginner Instruction: Mike Schuh
 Course Vetting: Glenn Rogers, Eileen Breseman,
 Mike Schuh
 Marker pickup: Peter Golde
 WIOL registration: Jim Siscoel
 WIOL director: Jim Siscoel

Course 1 Public (1.0 km, 6 Controls)

Bradley Davis	COC	15:35
Nancy Devine		16:17
Lev Roshal(3)		16:50
Marissa Dominguez		19:10
Deanta Kelly	COC	19:16
Sophia Orlando		20:46
Toomas Tennisberg	SAMM	23:49
Spencer Stromberg(5)		25:52
Skyler Manelski		28:06
Paul Gruen(2)		28:09
Wendy Shackleford(4)		29:07
Brian Piquette(2)	COC	29:51

Course 2 Public (1.8 km, 9 Controls)

Marcia Lupton(2)	COC	18:41
Ann Amort	COC	20:24
Sophia Roshal(2)		21:45
Andrea Davis	COC	25:39
Yili Hsia(3)		25:41
Clara Frederickson	COC	26:43
Garrett Stromberg(6)		27:08
Cameron Devine		30:16
Rick Hue(3)		50:41
Susan Dunn(2)		56:03
Deanta Kelly(4)	COC	59:20
Carol Schultz(2)		mp/dnf
Anders Skog	COC	mp/dnf

Course 5 Public (3.7 km, 13 Controls)

Jacob Clapp		34:47
Arne Skog	COC	35:10
Nick Graan(2)	COC	36:45
Eric Jovan		44:13
James Tomlinsen		44:20
Greg Wallace	COC	46:14
John Ratliff(2)	COC	49:56
Marc Hamalian	COC	50:35
Cooper Johnson(2)	COC	50:46
Gerald Allmaras	COC	51:23
Ted Queen		51:28
Sally Dow	COC	51:46
Robert Davis	COC	53:03
Marcia Lupton(2)	COC	53:17
Dave Petty	COC	57:46
Richard Staudt(4)	COC	57:58
Katie Sprugel	COC	58:23
Harvey Friedman	COC	62:15
Katherine Ratliff(2)	Inglemoor	71:40
Ken Lew	COC	74:36
Michael Radin		77:14
Kate Lawson	COC	77:36
Leroy Smith	COC	80:21
Alex Kuestner	COC	83:09
Melinda Schneider(2)		83:55

Macy Ratliff	COC	88:39
Anne York	COC	mp/dnf
Don Howard		mp/dnf

Course 7 Public**Women (4.5 km, 17 Controls)**

Anneliese Steuben	COC	34:38	100
Jennifer Knowles	COC	37:57	95
Jana Dvorak	COC	44:23	92
Lindsey Wolmendorf	COC	45:24	90
Cristi Hornin		47:57	89
Eileen Breseman*	COC	48:37	
Karen Case	COC	54:39	88
Ardis Dull	COC	55:15	87
Liz Stradling	COC	55:24	86
Cheryl Marek	COC	55:27	85
Shannon Cortez	COC	56:16	84
Jenny Pearson	COC	64:10	83
Sarah Hicks(2)		67:13	
Sue Kuestner	COC	67:35	82
Sandy Miller	COC	84:28	81
Jennifer Geray(2)		96:17	

Course 7 Public**Men (4.5 km, 17 Controls)**

Eric Bone	COC	26:55	100
Peteris Ledins	COC	30:52	95
Brian Poon	COC	31:12	92
Targo Tennisberg	SAMM	31:12	92
Roger Michel	COC	31:34	89
Nikolay Nachev	COC	31:43	88
Steve Knowles	COC	31:51	87
Oyvind Naess	COC	32:16	86
Bruce Christopherson	COC	33:03	85
Patrick Nuss	OK	33:42	84
Alex Frank	COC	34:32	83
Rick Breseman	COC	35:06	82
Glenn Rogers	COC	35:08	81
Jake Reeder	COC	37:21	80
Dave Enger	SAMM	37:39	79
Ben Hall	COC	39:27	78
Darian Davis	COC	41:48	77
Lyndon Heywood	COC	42:15	76
A.J. Ritter	COC	42:56	75
Tyler Frederickson	COC	43:48	74
Paul Cornish	COC	44:14	73
Eugen Groff	COC	44:24	72
Kyle Seifullin	COC	44:40	71
Don Atkinson	COC	45:07	70
Steve Miner	COC	46:50	69
Pat Kelly	COC	47:35	68
Brandon Belgin	COC	48:17	67
Kean Williams	COC	49:16	66
Chris Burk(2)		49:58	
Ryan Van Gorder		51:05	65
Fred Veler	SAMM	53:07	64
Steve Frederickson	COC	56:47	63
Jon Lebo		58:35	62
Peter Gaylord	COC	58:46	61
John Lee	COC	59:03	60
Tony Amort	COC	59:20	59
John Selby	COC	61:01	58
Don Willits	COC	62:38	57
Jim Siscoel	COC	64:56	56
Nelson Harbour	COC	65:33	55
Ryan Hoet		66:50	54
Doug Wyatt	COC	67:24	53
Don Denbo	COC	67:58	52
Tami Dunn(2)		75:27	
John St. Laurent		76:10	51

Robert Miller	COC	76:56	50
Tom Clymer(3)	COC	80:51	
Ed Pottharst(3)	COC	81:01	
Chris Parsons(2)		81:03	
Ron Kiel(2)	COC	81:13	
* second course run			

2006 Winter O' Series #4**University of Washington****December 16, 2006***Cascade Orienteering Club*

Meet director: Jana Dvorak
 Course setter: Patrick Nuss
 Starts: Tony and Ann Amort, Deanta and Patrick Kelly
 Epunch Coordinator: Bill Cusworth
 Finishes and Computer Coordination: Ben Hall, Harvey Friedman, Eric Bone, Peteris Ledins
 Registration: Don Denbo, AJ Ritter, Katie Sprugel, Anna Urbanova
 Epunch Rentals: Ardis Dull, Matej Urban
 Beginner Instruction: Mike Schuh
 Course Vetting: Bruce Bassett
 Marker pickup: Patrick Nuss, Don Atkinson, Sally Dow
 WIOL registration: Jim Siscoel
 WIOL director: Jim Siscoel

Course 1 Public (1.7 km, 8 Controls)

Nicole Haskey(3)		35:43
Toomas Tennisberg	SAMM	36:24
Deanta Kelley	COC	37:47
Henry Gruer		49:33
Skyler Manelski		49:38

Course 2 Public (2.3 km, 12 Controls)

Tom Clymer	COC	22:01
Missing Name		25:41
Gina Pricco		29:00
Bradley Davis	COC	33:37
Mary Theiler	COC	34:03
Stephanie English	COC	35:16
Scott Hartshorn		35:51
Aviva Simon-Pottharst(2)	COC	38:08
Andrea Davis	COC	47:44
Kathy Wickward(2)		72:15
Julie Hall	COC	mp/dnf
Anje Staudt(2)		mp/dnf

Course 5 Public (3.4 km, 12 Controls)

Clint Bjella		25:03
Phil Stradling		25:20
Frank Skorina	SACO	27:41
Nicholas Roberts		28:35
Pat Kelly	COC	30:09
Erik Skorina	SACO	30:48
Ann Davis(2)	COC	32:56
Alex Kuestner	COC	33:14
Sarah Miner		34:42
Matt Skorina	SACO	37:14
Harvey Friedman	COC	39:36
Dave Petty	COC	41:27
Sally Dow	COC	41:44
Tom Clymer	COC	41:59
Doug Sprugel	COC	45:50
Kate Lawson	COC	49:22
Richard Staudt(2)	COC	50:35
Greg Barnes(2)		56:20
Rob Covert(2)		59:30

Aviva Simon-Pottharst(2)	COC	64:34
Macy Ratliff	COC	72:25
Amy Pottharst(2)	COC	79:14

Course 7 Public**Women (4.8 km, 20 Controls)**

Lindsey Womeldorf	COC	42:06	100
Jana Dvorak	COC	42:43	95
Cristi Horning		45:32	92
Debbie Newell	COC	46:30	90
Ruth Anderson		53:21	89
Sue Kuestner	COC	58:25	88
Ardis Dull	COC	58:49	87
Karen Case	COC	59:22	86
Yumay Chang		64:57	85
Emily Goodrich		71:54	84
Linda Fenster	COC	103:14	83
Eileen Breseman	COC	mp/dnf	

Course 7 Public**Men (4.8 km, 20 Controls)**

Eric Bone	COC	30:05	100
Nikolay Nachev	COC	31:22	95
James Roach	COC	31:25	92
Patrick Nuss*	OK	31:27	
Glenn Rogers	COC	32:01	90
Peteris Ledins	COC	32:45	89
Matt Hayes	COC	34:13	88
Alex Frank	COC	34:15	87
Targo Tennisberg	SAMM	34:57	86
Mark Howlett	COC	35:09	85
Roger Michel	COC	35:15	84
Ben Hall	COC	35:25	83
Dave Enger	SAMM	36:36	82
Will Enger	SAMM	37:00	81
Jon Church		37:36	80
Oyvind Naess	COC	37:43	79
Bruce Bassett*	COC	39:59	
Jake Reeder	COC	40:04	78
Bill Allemann	COC	40:17	77
Hans Frederick	COC	40:20	76
Rick Breseman	COC	41:20	75
A.J. Ritter	COC	41:21	74
Dave Dummeyer	COC	41:44	73
Tyler Frederickson	COC	41:58	72
Lyndon Heywood	COC	42:38	71
Darian Davis	COC	43:38	70
Ryan Breseman*	Inglemoor	43:39	
Jon Lebo		44:21	69
Nick Graan	COC	44:30	68
Chris Ramsborg	COC	45:28	67
Peter Gaylord	COC	45:38	66
Steve Miner	COC	45:49	65
Chris Whitmyre	COC	45:51	64
Tim Milberger	COC	45:57	63
Andy Tomascak		47:39	62
Jonathan Bingham		47:55	61
Marty Couret		52:56	60
Roy Colven(2)		53:52	
Tony Amort	COC	54:11	59
Brandon Belgin	COC	54:30	58
Paul Cornish	COC	56:11	57
Kyle Seifullin	COC	56:43	56
Chris Gerard	COC	67:37	55
Don Denbo	COC	69:17	54
Jim Siscoel	COC	69:27	53
Terry Bryant	COC	70:31	52
Robin Wyatt-Stone	COC	71:02	51
Doug Wyatt	COC	74:11	50
Mark Bingham		74:47	49

Ken Lew	COC	89:44	48
Steve Frederickson	COC	mp/dnf	
Fred Veler	SAMM	mp/dnf	
Kean Williams	COC	mp/dnf	
John Ratliff	COC	mp/dnf	

Bog Slog**St. Edwards State Park****December 30, 2006***Cascade Orienteering Club*

Course Design: Katie and Doug Sprugal, Jim Siscel

Starts: Chris Whitmyre, Harvy Friedman, Vivian

Bliss, Dave Petty

Registration: Yumay, Patrick Nuso and girlfriend,

Kean Williams

Finish: Ardis Dull, Eric Bone, Katie Sprugel,

Marjorie Stratton, Aaron Vanderwaal, Sandy

Kish Miller

Marker Pick-up: Don Atkinson, Eric Bone, Sabina

Hawkins, Roger Micheal, Chip

Instruction: Mike Schuh

Course Vetting: Eric Bone

Meet Directors: Roger Micheal, Glenn Rogers

Course 1

Jon Church	0:09:55
Simon Borbe	0:15:24
Terry Barbe	0:21:53
Stephanie English	0:28:44
Gina Pricco	0:30:45
Hoagland	0:37:04
Deanta Kelly	0:49:33
Brenner	0:55:56
Sowers/Root	0:56:34
Selas Araya	0:56:38
Kyra Burke	1:02:43
A. Richmond	1:12:07
DeGallur	1:14:08
Scott Bridges	1:47:43

Course 2

Simon Barbe	0:30:40
Nick Matvecv	0:31:58
Dave Petty	0:36:00
Mark Bingham	0:36:55
Harvey Friedman	0:38:28
Tom Clymer	0:40:43
Mark Jereny	0:42:44
Joan Girever	0:43:29
Nancy Devine	0:45:28
Alex Crist	0:45:46
Barry Crist	0:45:46
Brad Crist	0:45:47
Sigfred Wass	0:46:18
Molly & Madeline Enger	0:48:44
Jonathan Bingham	0:49:15
Terry Barbe	0:49:50
Judy Borish	0:53:11
Petersen Roberts	0:56:17
Connie Amundson	0:58:29
Nancy Bauer	0:59:21
Lisa Farrell-Roberts	0:59:24
Marjorie Stratton	1:00:42
Leroy Smith	1:01:22
Chris Miller	1:01:53
Jamie Miller	1:03:51
Marianne Spencer	1:05:47
Karen Ewing	1:10:06

Mionel reabold	1:13:56
Bob, Pat, & Rita Reddick	1:58:08
Burt Renn	2:07:33

Course 3

Lief Anderson	0:31:54
Eric Bone	0:32:47
Roger Michel	0:33:40
Glenn Rogers	0:34:28
Mike Miller	0:36:46
Bruce Christopherson	0:36:47
Nikolay Nackev	0:37:58
Mark Hololett	0:38:56
Rick Bresseman	0:39:00
Peteris Leding	0:39:38
Alex Frank	0:39:58
Oyvind Naess	0:41:19
Tyler Frederickson	0:41:47
Dave Enger	0:42:20
Huw Stradling	0:43:00
Dave Miner	0:43:32
H. Kuestner/T. Borish	0:44:16
Chip Palzer	0:45:10
Kean Williams	0:45:47
Matt Hayes	0:45:54
Don Atkinson	0:46:34
Eileen Breseman	0:46:54
Peter Golde	0:47:41
Patrick Nuss	0:48:55
Phil Stradling	0:49:05
Roy Colven	0:49:23
Chris Whitmyre	0:52:12
Ryan Breseman	0:52:40
Shannon Porter	0:52:46
John Lee	0:54:54
Susan Anderson	0:55:36
Andrew Gilmour	0:56:13
Lyndon Heywood	0:57:26
Dave Dummeyer	0:58:11
Jason Allmaras	0:59:00
Rick Jerabek	0:59:47
Greg Wallace	1:01:22
Eli Porter	1:01:56
Sarah & Jason	1:02:01
Jon Lebo	1:02:58
Cristi Horning	1:03:57
Carl Ebeliny	1:04:59
Robin Smith	1:06:02
Bob Forgrave	1:06:06
Steve Frederickson	1:06:43
Kelly Richards	1:08:46
Sue Kuestner	1:08:58
Jenny Pearson	1:09:46
Ardis Dull	1:11:04
Justin Allmaras	1:12:09
Alex Kuestner	1:15:29
Rolf Kuestner	1:15:36
Kelsey Breseman	1:17:37
Joseph Spencer	1:17:49
Maitland	1:20:48
Liz Stradling	1:24:10
Kelly Bauer	1:24:41
Andrew Danielle	1:27:29
Nordlund/Boomer	1:28:16
Jennifer Geray	1:29:43
Robert Hemmingsen	1:35:31
Elan Ebeling	1:37:21
Goodman	1:38:10
Kiel	1:40:53
Rea	1:42:26

Sally Dow	1:44:52
Vennaru Cei	1:47:16
Ruesch/Forgrave	1:47:20
SK Miller	1:47:45
Rebecca Byron	1:50:23
Michael Dubois	1:50:26
Ken Lew	1:57:37
Jerry	1:58:19
Jessica	1:58:36
Pierce/Zingmark	2:06:56

Bike O

Chris Gerard	0:37:34
Glenn Rogers	0:46:37
Eric Bone	0:47:55
Matt Hayes	0:57:55
Kevin Axt	1:00:34
Lyndon Heywood	1:08:58
Roy Colven	1:09:58
Robin Smith	1:10:28
Robert Daves	1:14:20
John Church	1:18:12
Kelly Richards	1:19:09
Peter Golde	1:19:12
Peter Leding	1:23:48
Rick Jerabek	1:45:45
Don Willits	2:13:41
Margie Kaiser	2:14:05

Duathlon=Bike O + Course 3

Eric Bone	1:20:42
Glenn Rogers	1:21:05
Matt Hayes	1:53:49
Roy Colven	1:59:21
Peteris Leding	2:03:26
Lyndon Heywood	2:06:24
Peter Golde	2:06:53
Robin Smith	2:16:30
Kelly Richards	2:27:55
Rick Jerabek	2:45:32

Did Not Finish for Various Reasons

Sabina Hawkins, ManHardt, Steve Miner, Murry
Maitland, Milstead, Emily Goodrich, C. Campbell,
Laurie Beck

COC Officers and Coordinators:

Jim Siscel, 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/News-
letter, 206-366-0624

Debbie Newell, Executive Board/
Events, 425-488-3691

Sue Kuestner, Executive Board

Jana Dvorak, Executive Board

Peter Golde, Mapping

Eric Bone, Training, 206-634-2279

Terry Farrah, Publicity

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>
JANUARY 2007					
Sat, Jan 6 10am - noon	WIOL 5. Fort Steilacoom Park, Tacoma http://www.CascadeOC.org/	C	COC		Jim Siscel asjs68@earthlink.net
Sat, Jan 10am - noon	WIOL 6. Seward Park, Seattle http://www.CascadeOC.org/	C	COC		Jim Siscel asjs68@earthlink.net
FEBRUARY 2007					
Sat, Feb 3 10am - noon	WIOL 7. Fire Mountain Boy Scout Camp, Mt. Vernon http://www.CascadeOC.org/	C	COC		Jim Siscel asjs68@earthlink.net
Sat, Feb 17 10am - noon	WIOL Championships. Pt. Defiance Park, Tacoma http://www.CascadeOC.org/	C	COC		Jim Siscel asjs68@earthlink.net
Sun, Feb 18	Teacup Lake Ski-O, Mt. Hood, OR http://www.croc.org/	X	CROC		Mike Poulsen mpoulsen@teleport.com
MARCH 2007					
Sat, Mar 3	Cell Phone O', Lynndale Park, Lynnwood - US Interscholastics Beneift , http://www.CascadeOC.org/	X	COC		Mike Schuh
Sun, Mar 18	Hoyt Arboretum, Portland, OR. http://www.croc.org/	C	CROC		Alan & Gretchen McNeely alan@kargs.com
Sat, Mar 24	Ultimate O 1. Night-O, Lincoln Park, Seattle TENTATIVE: Check at www.CascadeOC.org before attending.		COC		
APRIL 2007					
Sat, Apr 7	Ultimate O 2. Short-O, North SeaTac Park, SeaTac TENTATIVE: Check at www.CascadeOC.org before attending.		COC		
Sat, Apr 7	Royal Roads University http://www.orienteeringbc.ca/vico/	B	VICO		Marie Burgess Linda Hildebrandt
Sat, Apr 28	Ultimate O 3. Classic-O, Washington Park, Anacortes TENTATIVE: Check at www.CascadeOC.org before attending.		COC		
MAY 2007					
Sun, May 6	Camp Thunderbird, 3 hour Score - O http://www.orienteeringbc.ca/vico/	X	VICO		Alan Philip
Sat, May 12	Ultimate O 4. Score-O, Lord Hill Park, Snohomish TENTATIVE: Check at www.CascadeOC.org before attending.		COC		
Sat, May 26	Big Muddy Ranch Rogaine 4 http://www.croc.org/	R	CROC		Mal Harding malvin@pacifier.com
Sat/Sun, May 26/27	Newcastle Island - Nanaimo http://www.orienteeringbc.ca/vico/	B	VICO		Steve Chatwin
JUNE 2007					
Sat, Jun 16	Ultimate O 5. Long - O, Cle Elum Ridge or Moran State Park TENTATIVE: Check at www.CascadeOC.org before attending.		COC		
Sat, Jun 23	Pacific Northeast Orienteering Festival http://www.croc.org/		CROC		TBD

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
SAGE: Sage Orienteering Club, Kamloops B.C.

C: Regular Local Meet
X: Special Event

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 \$20.00/yr

☐ Individual \$14.00/yr

☐ Associate (under 18) \$5.00/yr

☐ Newsletter only \$6.00/yr

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

425-778-7202
Lynnwood, WA 98036
19322 73rd Place West
c/o Jim Sisel
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 news-letter.

Join the Club

Bearing 315 is
Published by:

Cascade Orienteering Club
Post Office Box 31375
Seattle, Washington 98103
<http://www.CascadeOC.org>

