



# BEARING 315

Cascade Orienteering



The Newsletter of Orienteering in the Pacific Northwest

May, 1994

## Northwest Teams Strong at Intercollegiates

Eric Bone

This year saw the biggest showing yet of Washington State collegiate orienteers at the U.S. Intercollegiate Championships. The 22<sup>nd</sup> annual running of the event, hosted by Southern Michigan Orienteering Club, was held on April 9 & 10 at Yankee Springs Recreation Area near Grand Rapids, MI. Ten orienteers representing four Washington colleges, accompanied by their die-hard travel buddies, Cascade O.C. members Bruce McAlister, Paul Magnus and Peter Golde, enjoyed the great weather, beautiful open woods and interesting courses at this smoothly-run event.

The large turnout was facilitated greatly by the travel support generously contributed by Bruce, Peter, and WSOA. The gang flew in on the red-eye Friday morning, then stopped for breakfast on the

way to their heated cabin, which was conveniently located on the competition area. Participants enjoyed nearby starts and finishes on both days, as well as a delicious pasta dinner on Saturday. (The alfredo sauce was heavenly!)

A few special happenings punctuated the trip for the Washington crew. Gabe Wingard from Pacific Lutheran University had his 23<sup>rd</sup> birthday—complete with cake, singing and good cheer—on Saturday after the dinner. Also, Paul Magnus (apparently happy about seeing his brother John, who came to stay with the group in the cabin) had a phenomenal first day run in the men's open competition (M-21-A) on the Blue course. Paul placed third on Saturday among a strong field, coming in just seconds behind U.S. Team member Tom Bruce and beating Canadian Mark Adams, one of the top orienteers in North America. Way to go, Paul!

As team captain Bill Cusworth prophesied after last year's nationals, the U.W. Huskies continued to build their dynasty, again fending off a challenge from long-time orienteering powerhouse West Point. The Huskies' winning effort was spearheaded by graduate student Rune Hoel, who posted the fastest overall time in the two day competition. Joining him in a purple and gold sweep of the top two places was returning Individual Men's Champion Eric Bone, who was awarded the title again since Rune, a Norwegian citizen, is not eligible for individual honors. Also turning in solid performances for the Husky team were returning graduate student and captain Bill Cusworth and John Whitmer, a talented newcomer who blazed his way to an amazing fifth place finish on day two—only his third day of orienteering competition ever!

Aside from the U.W. team, the Washington squad was graced by some familiar faces. This year two seasoned school league alumni came for their first time to challenge the collegiate women's field. True to form, both Lisa Nordlund representing Western Washington University and Ellen Boomer of the University of Puget Sound garnered medals

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in the individual competition. Rumor has it that Lisa has signed with the UW and will be helping keep the winning tradition alive next year.

Another former WIOL competitor was Gabe Wingard, whose PLU team achieved a fourth place finish in their national debut. Other PLU athletes were Norwegians Harald Gunderson, who lead the team by placing well on both days, Kjell Thompson, and Arilg Jacobsen.

Although the PLU team was bested by three teams from the formidable field of orienteers, they left no doubt that nobody outparties them. Taking full advantage of the three-hour time zone change, they went out late Saturday evening to check out the night life at a tavern in the nearby town of Hasting ("wasting" as some locals say). Gabe, apparently exhausted by the effort of growing a whole year older, had retired to his bunk to digest his birthday cake and the pasta from dinner. Rather than calling it quits when the tavern closed at 2 a.m., the Norwegian trio—who had quickly become the center of attention—went to a private party they had been invited to. The devoted party animals finally crashed on their bunks not long before everyone else got up.

All-in-all, everybody had a great time in Michigan. Tune in next year when the Intercollegiates are being hosted by Land of the Vikings Orienteering Club.

## The Charlie Challenge #3

*by Rick Hood, Meet Director*

For the third year in a row, COC is hosting a 6 and 3 hour Rogaine at Drunken Charlie Lake this May 14<sup>th</sup>. Oh sure, you've heard a few rumors about the area like, "it's not for the faint of heart or foot" but ask around and most will also say, "it is an event not to be missed as it is some of the best challenging fun around".

If the term Rogaine is new to you, think of it as an extended team navigation score orienteering event. Basically, you are given some planning time prior to the mass start as you team determines which of the 20 or so controls to go to and in what order. Each of the controls has an announced point value and the team that come back on time with the most points wins. (Just like in chess, the rules are easy, now as to strategy...)

Since last year's event was so successful (judging from your comments) we elected not to modify our approach too much. The mass start for the six hour event is again at 11am at the lake, with

the finish in the same place by 5pm. Any team can come back early or for a break, but those on the competitive edge will take advantage of the full 6 hours. (Like last year pre-marked maps will be available at 10:15 for those teams that pre-registered with Rick at 367-2606 by Thursday the 12<sup>th</sup> of May.)

For those looking either a little less of or a more compressed challenge, try the 3 hour option. Your team may start at either 11:30, 12:00, 12:30, or 1:00. (Again, if you pre-register, you get a pre-marked map and are assured of food at the finish.)

Of course we will again have Great Harvest Bread with honey and PB, fruit, and drink available throughout the day, with our BBQ starting around 4:00. Like last year, the fee is \$10 per person, which includes your map and food. We are limiting the event to 50 teams, where at least one team member must be an experienced orienteer over 18 years of age; 40 team slots are reserved for pre-registered teams and 10 team spaces for day-of-event registration, but the latter will have to mark their maps (please allow 45 minutes for this and if you are running the six hour event, this will eat up most of your planning time.) Note, for safety reasons, we require every participant to be a part of a team; if you need a partner(s) please give Rick a call, we'd love to match you up and have you try the Challenge of Charlie this year.

As to the course, look for a little different flavor from the new DCLR design team of Bill Cusworth and Paul Magnus. (Both Bill and Paul are partial, as the rumor goes, to chocolate chip cookies, so if you are thinking of a bribe... Actually, these guys are above reproach but they do like cookies. Moreover, their course is rumored to be fun and fast, but you be the judge.)

We will have the road signs starting at the town of Duvall at the corner of the Woodinville-Duvall and State #203, just like last year. Please allow 75 minutes from Seattle to reach the event center at the Lake as well. Lastly we will have two water controls and water at the event center, but you may want to carry your own water as well.

## Night Navigation Training

On Friday, May 13th (the night before Drunken Charlie), the Sammamish O' Club is running a night navigation training event. The Night Nav event will be at Farrel-McWhirter Park in Redmond, WA, starting at 8 PM, finishing by 11 PM. Pre-registration is required, so we can plan pre-



marked maps and figure the entry fee to cover park costs—about \$5.00 per person. Call (206)487-0099 to pre-register, and call the O' Hotline for any schedule changes at (206)783-FUNO.

The parking lot at Farrel-McWhirter will be locked up after about 9 PM, and reopened when the event finishes. Try to arrive between 8 and 8:30 PM, or come early if you wish. We'll offer informal training in how to move around and not get lost at night. There will be a score course laid out around the meadow area and in the forest. Most controls will be quite easy, and there is almost no chance of getting lost in this small Redmond park. One or two hard controls will be set for advanced navigators, based on ideas received from various people.

You will need to bring a good compass, a headlamp if you have one, or flashlight(s). This event is set up for teams who will be doing 12 or 24-hour rogaines in the future, so bring your partner, or we will match you with someone. Please carry the mandatory whistle.

If you're visiting from out of town, check with locals or leave a message on the Hotline (783-FUNO) for guest quarters somewhere. To get to Farrel-McWhirter Park, go east on 520 through downtown Redmond to Avondale Road, then north to turn right on Novelty Hill Road, east to Redmond road and follow park signs.

## Bellingham Area Orienteers

*by Lisa Nordland*

We of the Bellingham area have decided that we are tired of driving down to Seattle for most of the meets, so we formed our own club: The Chuckanut Orienteers, or CHUKO.

Our first meet was held in Cornwall Park in April. This generated some interest from Whatcom County people who had never seen orienteering before. CHUKO is now 7 members strong and growing. We are working on mapping the Western Washington University campus, where we hope to have a meet soon, and we are investigating other potential sites.

CHUKO will have a club meeting on May 2, at 7pm. We'll be in room 461 in the Viking Union Building at WWU.

Right now we still have more T shirts than members, but a high percentage of our members are new or newly active orienteers. We expect to

keep growing quickly as more people in the area find out about us.

If you know someone in the Bellingham area who is interested, let them know about our meeting or have them call us at 734-6712.

## Cle Elum Ridge Big Event

As most of you know, this Sept. 10/11, COC will host two great days of orienteering on the fast and fun Cle Elum Ridge terrain. We can use all the help we can get in hosting this event and save for the key meet staff, we won't ask anyone to pass up competing on the fine courses set by Peter Golde. Especially on Saturday, when we will host the first-ever US Orienteering Federation Short Course Championships, where each participant will run two short courses with a few hours rest between, we really want to do a super job for our out-of-state visitors. But given our "quality yet simple" approach, we think the event will be a fun time, even for our meet staff; especially if we can get a lot of you to pitch in.

On Sunday, there will be traditional one-day A meet offerings, from white to blue course, that will also include a super blue course of 14km for those male elite orienteers. (The women elite will run the regular blue at 10.5km.)

We have booked the entire camp Koinonia for camping/bunkspace and dinning with a special package for meet staff. So whether you are coming just to compete or are willing to help out as well, we think we can promise you a good time in the woods (OK, open woods with nice fields) with some super folks this Sept. 10/11th.

Our complete flyer, with all the details will be available in June. If you want more information though, please just give me a call at 367-2606.

### Submission Guidelines

Bearing 315 welcomes submissions of articles, letters, or photographs about orienteering. If you would like your submission returned, please include a self-addressed envelope. The submission deadline is the 23rd of each even month for the issue to be mailed on the following 1st. Submissions should be mailed to:

Bearing 315  
c/o Peter Golde  
14422 NE 42nd Pl. #801  
Bellevue, WA 98007

If possible, please submit on an IBM or Macintosh diskette, or submit via electronic mail to [petergo@microsoft.com](mailto:petergo@microsoft.com). If you use a word processor, please submit in Microsoft Word (Mac, DOS, or Windows), WordPerfect, or RTF format; plain text format is also an option. Meet directors, please send meet results to Debbie Newell for compilation.

## Mapper Sought

We are doing a lot of the early work to get ready for COC's "A" meet this fall at Cle Elum. One of the important tasks is to bring the map up to date with the new trails, logging roads, vegetation changes, etc. By May 15<sup>th</sup> we would like to find out if anyone in the local area who has mapping experience would be interested in doing the work. We would like to give preference to COC members and local area mappers before we have to reach out farther. The timing is tight so we hope someone local will jump on this.

We've been out to the area recently and expect that the field checking effort would involve one weekend of work (approximately 15 hours) and probably 5 hours of drafting at home. The club will compensate the mapper here especially given the importance of the event that this work is targeted for.

Please give Mike Fritz a call (481-5877) if you are interested and have some idea in mind about what type of compensation you would think reasonable for this. Also consider that this work is going to have to be done in a timely fashion with high quality. You should plan on doing the field checking in May and early June with a deadline of June 15<sup>th</sup>. The drafting needs to be finished by August 5<sup>th</sup>.

## Two Day Events Fill Summer

As usual, as the summer weather starts to roll around, the orienteering focus begins to shift from our urban parks to multi-day events in the *real* outdoors. This summer is no exception, and a host of great two (and more) day events fill most of the summer, especially May, June, and September. If you are interested in going to any of these events, I suggest you call either the meet organizers or someone from the local area to get information on lodging, carpooling, and so forth. It both increases the fun and decreases the expense to drive and stay with other people. Here are the main highlights of the summer season:

- The 6-hour Drunken Charlie Lake Rogaine kicks off the summer season this year on May 14. Although not strictly a two-day, there is a night-O training event the evening before and a following Canoe-O; it should be quite a weekend. Besides, six hours at Drunken Charlie is more tiring than most two-day events.

- May 21-22 is the annual Sage Stomp event in Kamloops. If you've never been to a Kamloops event, you really should try one—they're loads of fun and the orienteering is always excellent. The cost is CAN\$10/day for USOF members and is well worth it; there is a BBQ at Knutsford on Saturday for CAN\$7. The deadline for pre-marked maps is May 16, so call Murry in BC at 604 374-6497 ASAP.
- Newcastle Island hosts a two-day on the May 28-29; I don't know too much about this one.
- June 11/12 is the ever popular Aspen Grove area between Hope and Merritt. This map is literally in the middle of nowhere, so you'll want to bring your tent and some food along to stay at the primitive (pit toilets only) camping right next to the meet site. The nearest lodging and food is in Merritt, about 30 miles away. The map here is *really* nice.
- June 20-23 is the U.S. Championships in Anchorage. This is a three-day event; an individual "A" on Monday, then the Championships proper on Wednesday and Thursday.
- June 25-26 is the 24 hour North American Rogaine Championships near Kamloops. The ultimate test! I've heard the terrain there is ideal for Rogaining. The deadline is June 18<sup>th</sup> if you want to save \$5 (\$35/person).
- June 27-July 3 is the Colorado five-day, which actually features six days of orienteering in the high-country of Colorado on some excellent maps there, if you can make the drive. In the other direction the Blue Lake training camp in Alberta is also this weekend on July 1-3.
- On July 30-31 Sammamish hosts what should be an excellent two-day at Ros-Elum ridge near Cle Elum. Ros-Elum is always both a physical and technical challenge (many call it the overall hardest O map they've ever run on), and the Sammamish crew will make it fair and fun, I'm sure.
- August appears to be a fairly quiet month around the Northwest (does someone want to course-set an August event? We would love to have some more). Some of us will go back east for the six-day Canadian champs/North American champs/USOF convention in the Rochester/Ontario area.



- The pace picks up again in September: the 3rd and 4th are the dates for the BC O' Champs at Prince George.
- Following that up on Sept. 10-11 is COC's Cle Elum Ridge "A" meet, featuring the U.S. Short Course Championship. Rick's article in this issue previews this one.
- Finally, the summer season officially closes with the always enjoyable Inland Empire Cup at Riverside State Park in Spokane, October 1-2. This map boasts some of the fastest and most open forest ever seen in orienteering, but doesn't sacrifice the technical challenge either. And the Bowl & Pitcher campground across the river is a fantastic place to stay.

## Training Events

*by Eric Bone*

Greetings, fellow orienteering fanatics. As the Cascade O.C. training coordinator, I'm happy to tell you that a few orienteering training sessions are being tentatively planned to fill the voids in the summer schedule. These will probably involve some low-key, fun exercises on a couple of weekends or Wednesday evenings when there are no other events going on. More information on this will be posted at upcoming meets and on the orienteering hot-line (783-FUNO), so stay tuned. Call Eric at (206) 634-2279 with any questions or comments. See you in the forest!

## Membership Report

*by Aaron Charlop*

Howdy folks. This month I have many renewals and a few new memberships to report. The new inserts for notifying members when their memberships have expired seem to have worked well. Most of the renewals in the last 2 months have been from the new notices.

First lets start with the new memberships. Let's all give a hearty welcome to Ric and Kristin Ewing, Ric and Rene Ewing, David Muerdter, Kathy Pravitz, and Maxwell, Lidsay, and Amy Wells.

Now for the long list of renewing members Rick Anter, Steve Avolio, Rick and Eileen Brese-

man, B. J. Deering, Dick Diesner, S. Donald, Dave Enger, Sally Evans, Rick Fowler, Addie Graaff, Norm and Gerri King, Pete Kynion, Ken Lew, Bruce McAlister, Steve McConnell, Dorothy Neville and Franz Amador, Debbie Newell, Dave Petty, Bill Sperry, Einar Storakers, Kent Verbeck, Betty Wiberg, Dale Width and Jay Zimmerman. Thank you all for your prompt response.

Also for all you members who have access to the "Information Super-Highway" (i.e., electronic mail service), we are compiling a list of e-mail addresses for club members. This list may eventually be used to update event information and possibly to distribute the newsletter electronically. So all you who have access please send me a note at "charlop@u.washington.edu". I will include your e-mail address in our database. In the near future I will compile the list and make it available to other members on the "Information Super-Highway".

One final note to all meet directors. Please be sure to send me all new and renewing memberships ASAP.

## Bird-a-thon

Marti Anderson is participating in a "bird-a-thon" fundraiser for the Seattle Audubon Society. SAS, founded in 1916, in one of the largest and oldest environmental groups in the Pacific Northwest. It's goal is preservation of our natural history through study, education, and sharing enjoyment with others. Its focus is both local and international.

Marti will be doing her bird-a-thon at everyone's favorite O venues, Marymoor State Park and Bridle Trails State Park (well her favorites, anyway). If you would like more information on how you can lend your support, please call or write Marti at 284-4549; 2323 W. Boston #8, Seattle 98199.

## Field Notes

*by Rick Hood*

- On Sunday the 5<sup>th</sup> of June, we would love to have your help with our trail project; we will be building a 20 foot bridge that spans a creek bed. We hope to finish the bridge by mid-afternoon and your help would really make a difference! Not only with this bridge effort open up the new South Canyon trail that we build last year, is a great way to demonstrate how interested the local orienteering commu-

**Correction:** Ardis Dull's e-mail address was incorrectly listed in the last issue of Bearing 315. The correct address is: ardisd@u.washington.edu

nity is in preserving and enhancing our rapport with the St. Edward Park (the site of COC's annual Bog Slog) specifically and all public land in general. In brief, it confirms we are the good guys. So please, give a day of your time for this worth cause. We will meet in the swimming pool parking lot at 8:30 Sunday morning on the 5<sup>th</sup> of June and plan to wrap things up at 3:30; please bring a lunch and wear work clothes. Call at 367-2606 if you are planning to come.

- On Saturday the 4<sup>th</sup> of June, more folks will be hearing about and trying orienteering. The Washington Trails Association has organized an outdoor fair in North Bend at the elementary school. Hiking, climbing, conservation, canoeing, x-c skiing clubs, and others plus both media and political representatives will converge to celebrate National Trails Day. Mike Schuh is preparing a small map of the area and Rick Hood and Dave Lilly will be hosting a booth and running a micro-O event. If you would like to help out or want to check out some of the other fine offerings, give me a call.
- Saying "new maps are underway" is music to an orienteers ears. Sammamish is gearing up for the Bull Frog flats area between Ros Elum Ridge and the freeway and Shoreline Community College. Cascade's new OCAD Fire Mountain map will get an update and the San Juan English/American Camp project has crossed another hurdle. Got some mapping ideas, give SAMM's Dave Enger or COC's Debbie Newell a call, as mapping coordinators, they always are on the lookout for worth projects. Please note, that once an area is announced as a future map site, running/training on said area is generally considered bad form until the first meet is held there. Thanks for your understand and cooperation.
- Linda and I got a nice card from Peter Bonek and Claudia Kunzel. They are settling in Vienna; Peter has started work for Phillips and Claudia is finishing her studies as well as traveling with the national team. If anyone is traveling that way, give us a call and we will pass on their address.
- And best of luck to the some 20 orienteers that are flying to Alaska this June for the US Orienteering Championships! Debbie Newell, Eric

Bone, Fred Veler, and others are psyched for this event. Please join me in wishing them much success and a whale of a good time

- Our Debbie Newell, not only a member of the US Orienteering Federation national team, is now also their "Team News" editor. Power to the press and the Northwest. (By the way, the rumor about her sneaking in a COC and SAMM membership form in each issue of the "Team News" is not true, nor is the one about her an Mel Gibson teaming up for the Drunken Charlie Lake Rogaine this May 14<sup>th</sup>.)

## Upcoming Meetings

Sammamish O.C. will be having a club meeting on Tue, May 10 at Bob Reddick's house at 7:30pm. All members are invited. Call Bob at 487-0099 for directions.

COC will host a BBQ potluck and short O-meet in Finn Hill Park on Wednesday, June 8, starts begin at 5:30. The event will be at Bruce McAlister's, 14014 81<sup>st</sup> Pl. NE, Bothell. His home is adjacent to Fill Hill Park north of the ball fields, and is reached off of NE 141<sup>st</sup> (821-6862 if you get lost. A COC board meeting will follow at 7:30. Bruce and Bill Cusworth have updated the sketch map some of you may be familiar with from past years, and will have their own map of the part of Finn Hill Park east of Juanita Drive (we keep hearing rumors that Nathan Tharp has drawn a complete Finn Hill OCAD map). This will be your last chance to see "old" Finn Hill Park, as Fill Hill Park is currently under construction). Starts will be 5:30 to 7:00 pm in Bruce's driveway; the potluck barbecue starts at 6. A gas grill will be available, and beverages will be provided.

Those who wish may attend the board meeting, or just hang out at the barbecue.

## Airline Discount Available

For 1994 USOF has arranged a 5-10% discount with United when travelling to "A" meets including the convention. You need not be a USOF member. Call the Meeting Reservations Center 1-800-521-4041 & reference ID Number 541YG. There is also a discount on Hertz cars when using this service.



### 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 the new 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 rent 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 socks and shoes are nice. Bring a watch so you can keep track of the time.

### COC Officers and Coordinators:

Margie Bone	President	634-2279
vacant	Vice-President	
Sandy Kish Miller	Treasurer	782-1437
Ardis Dull	Secretary	364-4062
vacant	Event Coordinator	
Debbie Newell	Mapping Coordinator	488-7471
Aaron Charlop	Memberships	440-1497
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	634-2279
Peter Golde	Newsletter	883-3732
Mike Schuh	Executive Board	783-3960
Paul Magnus	Executive Board	522-0919
Bill Cusworth	Executive Board	322-6693
Jim Siscel	Trim Course Coordinator	778-7202
Mark Anderson	Publicity and Promotion	286-9136

### Sammamish Officers and Coordinators:

Dave Tallent	President	392-3061
John Sincok	Vice President	822-3621
Valerie Enger	Treasurer	822-6254
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Kathy Trost	Memberships	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 P.O. Box 31375 Seattle, WA 98103	Sammamish Orienteering P.O. Box 3682 Bellevue, WA 98009
—OR—	—OR—
Ellensburg Orienteering c/o Will Sperry 1006 N. Water St. Ellensburg, WA 98926	Sacajawea Orienteers c/o Elis Eberlein 520 Meadows Drive S. Richland, WA 99352

### Other Club Contacts:

Elis Eberlein, President Sacajawea O.C.	(509)627-0378
Will Sperry, President Ellensburg O.C.	(509)925-4816
John Beck, President Eastern Wash. O.C.	(509)838-7078
Terradan Landchild, Columbia River O.C.	(206)696-9486
Eric Bone, President, Husky O.C.	(206)634-2279
Lisa Nordlund, Chuckanut O.C.	(206)734-6712

### Event Fees

Club members (any club)	\$3.00
Non-club members	\$4.00
Junior (< 18, except WIOL)	\$2.00
WIOL (school league) participants	\$3.00
First time orienteering participants	\$2.00
Families	\$1/person after first two

# Meet Results and Standings

## Kelsey Creek Park

March 20

Sammamish Orienteering Club

Meet Director: John Sincock

Courses: Jana Urbanova

Registration: John Sincock

Timing: Jan Urban, Jana Urbanova,  
Dave TallentMarker Pickup: Jana Urbanova, Jan  
Urban, Debbie Newell, Dave Tallent

### Course 1 (1.3k, 8 controls)

Cyprian Ogbu	12:20
Sally Riggers	25:07
Ted Tomita	32:35
Pat Bostick	36:00
Elliot Rosenberg	37:37
Aiko Vail & Carrie Peterson & Jacquie Bushway	39:10
Tony Amort	52:13

### Course 2 (1.6k, 10 controls)

Tim Randall	26:44
Mary Campbell	40:35
Mary-London Eldred	42:02
Kynion	50:37
Leslie Wright	81:29

### Course 3 (2.2k, 13 controls)

Tomas Clark	27:09
Eric Riggers	32:43
Margie Bone	40:30
Rob Cranfill	48:22
Philip & Lynne Wolstenholme	54:20
Engers	74:20
Elliott Rosenberg	80:48
Norm & Gerri King	87:10
Peter Belimer	Map hike

### Course 4 (3.8k, 23 controls) (Courses 2 & 3)

	Leg 1	Leg 2	Total
Mark Howlett	10:44	16:32	27:16
Paul Magnus	11:04	16:48	27:52
Jan Urban	13:26	19:26	32:52
Debbie Newell	14:00	21:14	35:14
Dave Tallent	12:28	24:14	36:42
Rick Breseman	14:10	23:01	37:11
Howard Halter	21:46	18:03	39:49
Kristin Liebich	21:08	23:47	44:55
Sture Carlsson	16:47	28:59	45:46
Fred Veler	16:27	30:20	46:47
Mark Anderson	17:45	29:23	47:08
Bjarne Steensgaard			49:54
Don Atkinson	22:18	32:43	55:01
Mac MacDonald	20:48	35:41	56:29
Jackie Ritmire	20:00	40:02	60:02
Marti Anderson	21:13	40:09	61:22
Ken Lew	24:10	38:36	62:46

## Farrel-Mcwhirter Park

March 27

Cascade Orienteering Club

Meet Director: Mike &amp; Vivien Fritz

Courses: Mike &amp; Vivien

Registration: Linda Hood, Harvey  
Friedman

Timing: Rick Hood

### Course 1 (1.6k, 8 controls)

Troop 615 #2	14:45
Troop 615 #1	22:01
Tom Chapman/Ryan Lynch	24:36
Kathy Pravitz	25:37
Ann, Caitlin, Lauren, Jennifer	25:41
LASI	27:28
Marcia Snyder	27:58
Kevin & Joe	28:12
Ric Ewing	29:31
Martinez	30:33
Roslyn Rice	32:40
Woodcutters	33:54
Susan, Stacia, JR Michaels	34:15
Tamar Ulric	34:27
Debbie Frame	35:38
Behmer	36:12
Ahern	39:40
Katie VanderZee/Aleena Walker	40:01
Chris Roubinot/Daisuke Sakuma	51:14
Troop 615 #3	86:10
David Carver	89:43

### Course 1 + 2 (3.8k, 17 controls)

Ros & Tom	42:12
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### Course 2 (2.2k, 9 controls)

Stephanie Martinez	25:54
David Muerdter	29:04
Jim Snyder	32:15
Caitlin, Jennifer, Ann, Lauren	33:14
Looi Sifferman	33:53
Tony & Ann Amort	34:05
Tommy Stainsby	34:18
Troop 615 #2	34:28
Gretchen Hull/Cyndee Hein	35:34
Pete Kynion	36:42
Mike Bostick	60:25
Woodcutters	53:01
Engers	54:49
Norm & Gerri King	70:09
Karen Nordeng	DNF

### Course 3 (2-loop Motala, 3.7k, 14 controls)

Jackie Ritmire	43:38
Pam Carlsson	44:44
Tom Chapman	49:45
Eric Riggers	51:03

Dave Petty	51:34
Harvey Friedman	53:36
Doug Sprugel	55:37
Neil Smith	55:42
Marti Anderson	55:43
Ron Brown	62:04
David Stainsby	62:41
Philip Wolstenholme	72:43
Anne York	73:35
David Nichols	73:45
Janet Prentice	82:50
Art Boll	101:42
Bill Yost	DNF

### Course 4 (3-loop Motala, 5.8k, 22 controls)

Mark Howlett	43:23
Steve McConnell	47:17
Rick Breseman	47:51
Debbie Newell	51:36
Jan Urban	51:37
Sture Carlsson	51:48
Howard Halter	53:14
Peter Golde	54:38
Jana Urbanova	56:42
Dave Tallent	57:53
Dave Hull	58:12
Mark Anderson	68:25
Don Atkinson	71:35
Ardis Dull	74:51
Seth Kolloen/Nick Bone	76:25
Jim Siscel	88:16
Ken Lew	111:42

## Cornwall Park

April 2, 1994

Chuckanut Orienteering Club

Meet Director: Mike Schuh

Courses: Mike Schuh, Lisa Nordlund

Registration: Johanne Klepsch

Timing: Ken Klepsch

### Course 1 (6 controls)

Dave Scholten	8:20
Tollef Winslow	9:40
Julie Melton/Dave Henken	15:04
John Gray	29:28

### Course 2 (9 controls)

Derek Mansell	9:50
Dave Schulten	20:31
Tollef Winslow	22:18
Mark Young	22:40
Johanne Klepsch	25:09
Dave Henken	28:00
John Gray	30:48

### Course 3 (12 controls)

Derek Mansell	18:13
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## U.S. Intercollegiate Championships

April 9-10, 1994

Yankee Springs Rec. Area, Michigan  
Southern Michigan Orienteering Club

Northwest participants listed (place number is overall placing in class).

### Collegiate Men

1	Hoel, Rune	51:06	34:28	85:34
2	Bone, Eric*	50:52	37:09	88:01
8	Gundersen, Harald	61:35	51:17	112:52
9	Whitmer, John	73:03	42:53	115:56
12	Thompson, Kjell	70:21	52:48	123:09
14	Cusworth, Bill	80:37	46:50	127:27
26	Wingard, Gabe	127:38	58:59	186:37
	Arlig Jacobsen	DNS	107:04	---

### Collegiate Women

3	Nordlund, Lisa	94:14	64:37	158:51
5	Boomer, Ellen	99:49	85:30	185:19

### Blue

6	Magnus, Paul	66:05	60:32	126:37
11	Golde, Peter	100:52	76:54	177:46

### Brown

4	McAlister, Bruce	114:56	79:16	194:12
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### Intercollegiate Teams

1	289:30	University of Washington*
2	308:40	USMA #1
3	363:29	USMA #2
4	422:38	Pacific Lutheran Univ
5	468:51	USMA #3
6	546:38	Texas A & M ROTC
7	DSQ	Indiana University of Penn.

\*U.S. Intercollegiate Champion

## Sacajawea State Park

April 9, 1994

Sacajawea Orienteering Club

Meet Director, Courses: Elis Eberlein  
Registration: Mark Lockhart

### Course 1: 2855m, Intermediate

1.	Frank Skorina	25.25
2.	Robert Gruel	27.35

### Course 2: 2735m, Easy

Gena, Jose, Jacob & Isaac Cardona	41.45
Mike Collopy	43.40
Rick Collopy	45.20
Waylon Collopy	69.10

### Course 3: 1275m, Easy

1. Waylon Collopy	15.00
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2. Lauri, Callie & Matthew Gruel	16.20
3. Gena, Jose, Jacob & Isaac Cardona & Monica Cordero & Eric Elfner	21.00
4. Rick Collopy	23.00
5. Collopy family	34.30

## Fire Mountain

April 16

Cascade Orienteering Club

Meet Director: Jim Siscel

Courses: Jim Siscel

Registration: Darlene Odell, Norm King

Start: Gerri King, Bruce McAlister

Finish: Bruce McAlister, Eric Bone, Rick Hood, Dave Petty, Ken Klepsch

Instruction: Rick Hood

Control Pickup: Mike Schuh, Peter Golde

Weather: morning - sunny and cool,  
afternoon - sunny and warm

Numbers: 74 scouts, 30 adult scouts, 58 public

### BOY SCOUT COURSES

#### Scout Course 1 (1.8k, 6 controls)

Mike Miroslavich	Troop 50	22:34
J. Murzolf/J. Beaty	Troop 45	24:34
Jeffery Evan	Troop 35	30:30
Robert Morse	Troop 118	32:02
Mack	Troop 23	36:15
T. Stainsby/K. Clark	Troop 316	48:00
Art Miller	OdTroop 1	49:00
W. Estep/C. Odland	Troop 50	57:00
Jacob Neufeld		65:45
J. Kraemer/K. Gerry	Troop 180	72:10
Kyle Byrne	Troop 180	73:10
	Troop 43	94:51
R. Kennedy/K. Abbot		108:10

#### Scout Course 2 (1.8k, 6 controls)

Mark Reis	Troop 50	24:43
D. Grimes/G. Nalli	Troop 316	26:30
Brad Shimek		29:40
Justin Gough		34:15
A. Vincent/B. Landon		36:05
Russ Leighton	Troop 1342	36:17
C. Borm/I. Norberg		36:36
Mehl	Troop 300	38:10
Justin Nielsen	Troop 118	44:55
E. Sipher/D. Dewitt	Troop 342	46:05
S. Stanley/J. Eidemiller	Troop 35	46:10
Garnet & Duncan Hizzey	Troop 50	46:20
James Jenkins	Troop 23	48:00
T. Lucas/D. Beaty	Troop 43	52:45
M. DeFreese/J. Awtry	Troop 289	53:00
Wes Kennedy/Alex Popp	Troop 81	60:00
Patrick Daniels	Troop 180	78:22

#### Scout Course 3 (1.8k, 6 controls)

Chris Pakkala	32:15
Windward & Sudweeks &	

Turner	Troop 289	32:40
Huddle	Troop 23	38:40
Brad Shimek		43:05
Huffington	Troop 300	55:16
Barrett Landon/M. White		55:40
Gregg Storwick/Jamie McPheters		62:05
Robert Atterton	Troop 118	83:15

### PUBLIC COURSES

#### Course 1 (1.3k, 6 controls)

Gargan	14:45
David Muehlnew/Alan Schermerhorn	20:24
Lael Smith	21:13
Debra Leslie/Bill Dowe	23:56
Anna & Matej Urban	31:08
Bresmans (Eileen, Ryan, Kelsey, Dana)	61:23
Bob & Pat Reddick	83:42
David McMillen	83:59
Mike Pearl	87:59
Travis Pearl	119:25
Linda Moore	Map hike
Kathy O'Connell	Map hike
Carol Bohmbach	Map hike
Jean Davis	Map hike

#### Course 2 (3.2k, 8 controls)

Gargan James	30:03
Debra Leslie/Bill Dowe	62:00
Ron & Andy Brown	66:00
Norm & Gerri King	73:15
Anne York	74:54
Johanne Klepsch	75:20
Mike Pearl	Map hike

#### Course 3 (4.3k, 9 controls)

Erwin & Sven Stroosma	55:31
David Stainsby	57:26
Casey Paniols	59:52
Tor Gilje	70:15
Dave Lilly/Garth	73:04
Greg Woodward	79:50
Ardis Dull	81:00
Neil Smith	84:51
Alan Schermerhorn/D. Muehlman	86:49
Harvey Friedman	89:00
Beth Elliott	89:16
Margie Bone	103:20
Bob & Pat Reddick	103:36
Dave Henken	110:56
Chris Burns/Jenn Moss	Map hike

#### Course 4 (8.3k, 16 controls)

John Rogers	86:04
Mark Howlett	87:00
Eric Bone	89:34
Arne Skog	92:17
Bill Cusworth	97:25
Peter Golde	98:06
Jan Urban	99:56
Max Wells	110:41
Rick Breseman	113:40
Debbie Newell	115:44

Don Atkinson	121:10
Fred Veler	121:30
Howard Halter	125:04
Dave Tallent	129:44
Mark Anderson	132:00
Carl Moore	132:06
Jackie Ritmire	141:26
Sandy Kish Miller	143:36
Marti Anderson	177:01
Nick Bone	178:40
Lisa Nordlund	180:35
Tim Randall	201:20
Ken Lew	207:57
Robert Miller	DNF
Mac MacDonald	DNF

## Forest Park

April 23

*Sammamish Orienteering Club*

Courses: Fred Veler

Registration: Pat Reddick

Timing: Mac MacDonald, Jan Urban,  
Jana Urbanova, Bob Reddick

### Course 1, Sprint-O (1.9k, 10 controls)

Eric Bone	15:08
Debbie Newell	15:55
Jan Urban	16:30
Mac MacDonald	17:37
Dave Tallent	24:42
Sandy Kish Miller	28:26
Ardis Dull	29:20
Caitlin Andrews	30:00
Margie Bone	37:50
Elizabeth Bailey	49:25
Ken Lew	49:40
Engers	62:00
Steve Bevins	113:00

### Course 2 (10 controls)

Elizabeth Bailey/Jim Slyfield	28:48
Don Andrews	33:09
Robert Spalding	47:50
Rick Brigman	53:00
David Broadbent	53:00
Martin Wasserfallen	53:00
Ross Hunt	66:20
Paul Meisenheimer	66:20
Cheri & Jody Bywater	86:40
Karen Nordeng	DNF

### Course 3 (3.8k, 11 controls)

Kjell Thompson	37:51
Alison Keyes	45:00
Margie Bone	62:06
Ardis Dull	62:25
Randy Coe	64:50
Ken Lew	65:20
Jake Harrison	73:00
Sally & Eric Riggers	79:55
Daniel Baird	87:58
Tony & Ann Amort	98:30

Ardis Dull	62:25
Jim Slyfield	52:02
Kynion	115:20
Wade Suly	DNF

### Course 4 (6.6k, 13 controls)

Paul Magnus	50:57
Eric Bone	61:35
Jan Urban	65:05
Jana Urbanova	81:05
David Wasserfallen	87:20
W. Wasserfallen	89:05
Don Atkinson	98:24
Lisa Nordlund	100:30
Tor Gilje	103:33
Toko Magnus	122:55
Neil Smith	124:55

The following people did not find Marker #5. Since there was an unresolved discussion about whether or not it was misplaced, they will be recorded as map hikers.

Bill Cusworth	Map hike
David Henken	Map hike
Sandy Kish Miller	Map hike
Debbie Newell	Map hike
Jackie Ritmire	Map hike
Dave Tallent	Map hike

## USOF Rankings

The following Northwest Orienteering were nationally ranked for 1993. To be ranked, you must either compete in or receive credit for at least 4 days of 'A' meets. In each category, the top 3 receive gold awards. Those within 10% of the top three receive silver awards, and those within 20% receive bronze awards.

### M-21-A

17 Eric Bone	HUSK/COC	silver
20 Elis Eberlein	SACO	silver
54 Arne Skog	SAMM	

### F-21-A

12 Debbie Newell	COC	bronze
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### M19-20A

2 Eric Bone	HUSK/COC	gold
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### M35A

13 Ben Hall	SAMM	
18 Arne Skog	SAMM	
21 Rick Breseman	COC	
26 Mike Fritz	COC	

### M40A

3 Dave Enger	SAMM	gold
8 Mike Schuh	COC	silver
22 Dave Tallent	SAMM	

### M45A

25 Mac MacDonald	SAMM	
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### M21B

3 Steve McConnell	COC	
9 Bill Cusworth	HUSK/COC	

### M17-18A

2 Nick Bone	COC	gold
M50A		
3 Fred Veler	SAMM	gold
M55A		
9 Carl Moore	NISQ	bronze
18 Carl Coger	SAMM	
M60A		
8 Bruce McAlister	COC	
F35A		
1 Debbie Newell	COC	gold
F40A		
5 Ardis Dull	COC	bronze
6 Vivien B. Fritz	COC	bronze
F50A		
5 Linda Moore	NISQ	silver
M45B		
1 Robert Miller	COC	
F21B		
1 Eileen Breseman	COC	
M65A		
7 Knut Olson	COC	bronze
8 Ken Lew	COC	bronze
M50B		
6 Harvey Friedman	COC	
F35B		
4 Margie Bone	COC	
F45B		
6 Anne York	COC	

## Beyond Orienteering

Wanda Howlett (SAMM) recently won a bicycle time trial race in Ravensdale. She completed the 4-mile course in 10:08, beating not only everyone in her category, but also everyone (including the men) in the next-highest category. Since learning in January that, because of bone problems she can't run any more, Wanda has focused her energies on bicycling, and her ultimate goal is to compete at U.S. Nationals.

In March, she and husband Mark (SAMM) won the coed team division at the Vance Creek Duathlon (3-mile run, 13.5-mile bike, 2-mile run), where Wanda had the fastest women's bicycle leg (and was in the top 3 overall). Debbie Newell (COC) and Dave Tallent (SAMM) competed as solo participants in the Vance Creek race.



## Upcoming Orienteering Events

**(call 783-3866 for latest information and details)**

Date/Time	Location and Comments (events close to Seattle in bold)	Type	Club	Map	Contact
<b>MAY</b>					
Fri., May 13 8pm-11pm	Night navigation training; call to pre-register. Hwy 520 to end, straight on Avondale Way. Right on Novelty Hill Rd, then left and follow signs to park.	X	SAMM	color 1:3500	Bob Reddick (206)487-0099
Sat., May 14 10am	Drunken Charlie Lake 3/6 hr. Rogaine, Duvall. Start at 11am sharp. I-405 to Bothell, 522 to Woodinville-Duvall Rd E to Duvall, N to Cherry Valley Rd.	X	COC	color 1:15000	Rick Hood (206)367-2606
Sat., May 14 noon-2pm	Champoeg State Park, Newberg, OR.	C	CROC		T. Landchild (206)696-9486
Sun., May 15	Canoe-O, University of Washington Canoe House, east side of Montlake Blvd, near stadium. Trim Course.	X	COC	color 1:10000	Rick Hood (206)367-2606
Sun. May 15 1:00-3:00pm	Riverside High School, near Spokane. N 34525 Newport Highway, Chattaroy.	C	EWOC		John Beck (509)838-7078
May 21-22	Sage Stomp, Kamloops, BC. The latest installation of the classic event. Pre-registration deadline for pre-marked maps: May 16th.	A	SAGE	color 1:15000	Alan Vyse (604)372-8607
Sun., May 22 10am-noon	Central Washington University, Ellensburg.	C	EOC		Will Sperry (509)925-4716
Wed., May 25 5:30-7:00pm	Lake Sammamish State Park. I-90 exit at Hwy 900 and north to park.	C	SAMM	color 1:10000	Dave Enger (206)822-6254
May 28-29	Newcastle Island, Nanaimo, B.C.	B	VO	color 1:15000	Jim Traynor (604)743-9854
<b>JUNE</b>					
Sat. June 4 1:00-3:00pm	Cornwall Park, Bellingham. I-5 North to Bellingham, take Bellis Fair/Meridian Exit going west, drive down Meridian for a mile or two and the park is on the left.	C	CHUKO	color 1:5000	Lisa Nordlund (206)734-6712
Sun. June 5 8:30am-3:30p	Trail work, St Edwards State Park, Kirkland. Call Rick for more information or see article this issue.	X	COC		Rick Hood (206)367-2606
Sun. June 5 1:00-3:00pm	Lincoln Park, Spokane. On 17th Ave.	C	EWOC		John Beck (509)838-7078
Wed., Jun. 8 5:30-7:00pm	Casual O event in Big Finn Hill park, and pot-luck BBQ. Cascade meeting follows. At Bruce McAlister's house: 14014 81st Pl. NE, Bothell.	X	COC	color	B. McAlister (206)821-6862
Sat., June 11 noon-2pm	Whipple Creek Park, Vancouver, WA.	C	CROC		T. Landchild (206)696-9486
June 11-12	Aspen Grove/Hamilton Corrals, Merritt, BC.	B	GVOC	color 1:15000	Mike Ackersfeldt (604)987-3239
Wed., Jun. 15 5:30-7:00pm	Luther Burbank Park, Mercer Island. I-90 Island Crest Way exit. North one block to 26th St., east to park.	C	SAMM	color 1:5000	Dave Enger (206)822-6254
Sat. June 18 10:00am-noon	Riverside State Park at Camp Seven Mile.	C	EWOC	color 1:15000	John Beck (509)838-7078
June 18-19	Ruckles Park, Saltspring Island.	B	VO	color 1:15000	Jack Carson (604)592-6964
June 20-23	U.S. Championships, plus one-day Individual "A". Anchorage, AK.	A	ARCT	color 1:15000	Dick Sheasley (907)279-9678
June 25-26	North American Rogaine Championships, Kamloops, BC.	X	SAGE	color 1:30000	Bernie Ivanco (604)372-9263
<b>JULY</b>					
July 1-3	Blue Lake training camp. Training to help you become a better, faster orienteer. Intermediate to advanced level.	X	AOA		Barb Johnston (403)453-8577
Sun., July 3 10am-noon	Cle Elum High School, Cle Elum. I-90 east to Cle-Elum. School is on road between Roslyn and Cle-Elum.	C	EOC	color 1:7500	Kent Verbeck (509)674-2755
Sat. July 9 10:00am-noon	Riverside State Park, Spokane.	C	EWOC	color 1:15000	John Beck (509)838-7078
Sun. July 10 10:00am-noon	Brandywine Falls, near Whistler B.C. on Sea to Sky highway.	C	GVOC	color 1:15000	M. Dutkiewicz (604)948-0392
Wed., July 13 5:30-7:00pm	Howarth Park, Everett. West on 41st St. which becomes Mukilteo Blvd. Follow for several miles until near the water.	C	SAMM	color	Dave Enger (206)822-6254
July 30-31	Ros-Elum Ridge, near Cle Elum. Follow directional signs from Cle Elum High School, between Roslyn and Cle Elum just off I-90 east of the pass.	B	SAMM	color 1:15000	John Sincok (206)822-3621
<b>MAJOR NATIONAL EVENTS (See Orienteering North America for additional listings)</b>					
June 28-July 3	Colorado 5-day. Lots and lots of Orienteering in Colorado high country.	A	BSK	1:15000	(303)494-8695
Aug. 13-21	Canadian Champs, North American Champs, O-Fest, USOF Convention	A/X	ROC	1:15000	(716)865-2161
Sept. 10-11	USOF Sprint Champs, Individual "A", Cle Elum Ridge, Cle Elum, WA.	A	COC	1:15000	(206)367-2606

**CLUBS:**

COC: Cascade Orienteering Club  
EWOC: Eastern Washington O. C.  
CROC: Columbia River O. C.  
HUSK: Husky O. C.

SAMM: Sammamish O. C.  
EOC: Ellensburg O. C.  
SACO: Sacajawea O. C.  
SAGE: Sage O. C., Kamloops B.C.

NISQ: Nisqually O. C.  
CHUKO: Chuckanut O. C.  
GVOC: Greater Vancouver O. C.  
VO: Victorienteers

**MEET TYPES:**

C: Regular local meet  
B: Large local meet, more courses  
A: National-level meet, must preregister  
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 \$300    ☐ Couple Life \$450

For mailing O/NA overseas (except APO &amp; 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 501(c)(3) corporation. Which means that donations, including out-of-pockets costs, are fully tax deductible. JOIN NOW!

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