

## Skyscrapers and Contours

by Pat Albright

*Pat Albright and Amy Loomis recently attended an intensive orienteering training camp in New York. The following is Pat's account of what happened.*

All of our foreknowledge, anticipations, and expectations for the 7th annual Intensive Orienteering Training Camp were converging at a thunderous rate as our airplane descended at LaGuardia Airport. The horror stories of an unfriendly city and a "torturous" training camp run by the Gestapo were lumping together in the bottom of my stomach, with the barbed wire that I had apparently swallowed. My partner in this adventure, Amy Loomis, and I looked at each other, took deep breaths, and stepped into awesome New York City for the first leg of orienteering--city style.

We were fortunate in having previously arranged lodging with a friend in Queens and it was a "simple" task of finding the right combination of buses and subways to locate the apartment. The first thing Amy and I learned involved packing. It is not necessary and can even be detrimental in some situations to carry 3 weeks' worth of clothing under each arm. Taking the kitchen sink to O-camp is not essential. The remainder of Thursday, March 24th and Friday morning started the Great New York Exploration. Trying to absorb as much as possible in a very short time, we rushed through Central Park, 5th Avenue, subways, skyscrapers, people, graffiti, and taxis. We dashed back to Grand Central Station to reclaim our luggage, only to find that the line of people with similar intentions had grown considerably, and we missed our train by 2 minutes (sigh).

The next train to Cold Spring still gave us plenty of time to check in at the camp. The train ride paralleled the Hudson River and piqued our interest in the terrain as we got closer to Cold Spring. A phone call to Bill Shannon, Camp director, introduced us to our designated ride to camp and new friend, Elliot. Arriving at Fahnestock (camp headquarters), we located our cabin, checked out the dining area that would become our center of indoor activity, and received a large packet of valuable information. A

brief orientation session unveiled expectations from the training camp. We watched a flimstrip entitled "Orienteering, What's That?" and discussed the accompanying listener's guide that broke down the orienteering skills. We met Gestapo officers Damon Douglas and Jon Rogers, and control setter Jim Plant. It was emphasized that we were at camp not for physical skills, but technical skills, the mental side of orienteering: planning, map reading, terrain reading, distance and direction estimation, route choice, and navigation.

Bright and early Saturday morning... well, early (8 a.m. to be exact) we began a full day of exercises. We divided into two groups; beginners and intermediate/advanced. Then we ventured out for some "hands on" experience on the Moneyhole Mt. map. We started with a map walk and talked about verbalizing, imaging, map orientation, estimating, and map reading, progressing into the day with planning, handrails, line-o, route-o, map memory, observation, and recovery. The steady rain didn't seem to dampen any spirits. Reinforcing the intended training method was accomplished by our instructors unexpectedly popping out of the woods to ask questions such as "What's your plan?" or "What are you going to see in your next control circle?" We also learned that we could do 4 courses in one day (in the rain) and still like our instructors.

The evenings were consumed by review of the day's courses, learning about commode-o (or living room training), teacher sessions, and enjoying the camaraderie. The timed route choice exercise was an example of an indoor training method to sharpen orienteering skills. The evening sessions also included suggested reading, equipment, and the opportunity to purchase wonderful o-things from Ed Hicks of Orienteering Unlimited, Inc., who thoughtfully had a booth set up for us.

*continued →*

Sunday, we carpoled to Silvermine. The weather had cleared and we were ready. We did more map walking, pace counting, contour exercises, relocating, and had a handicap event starting at the top of the ski area. It proved to be an exhilarating day.

Monday March 28, we went to Blue Mountain Reservation. We had a terrain walk, talked about which features might be mapped, watched John Rogers run a short course, and had an actual competition. WOW! It was quite helpful re-running the course in a small group led by Damon, talking about different route choices, land formations, and using as many of the techniques we learned as possible.

The incredibly detailed maps that we ran on must be mentioned. We had to cultivate an open mind on the wide range of forms that rock features can take, and which features the mappers decided to show. I found myself using my compass less and reading the map more thoroughly. Relocating and articulating what we saw without looking at the map was useful in understanding the fine detail.

It was the general consensus that orienteering camp redefined "intense" in a positive way and was a fun and rewarding experience. We were impressed

that all skill and age levels were accommodated, and at how everyone blended in together. Some of the things we learned other than those previously mentioned:

Generally, the accommodations were great. The cabins were warm and comfortable.

Winning the night-o with partners Linda and Amy was a real incentive to do more night meets.

Having an original Cascade bandana for autographs was fortuitous.

The instructors were flexible enough to cover some aspects of physical training also.

There is so much detail on the Moneyhole Mt. map that there isn't much white left.

What boulder fields and swamps *really* are.

Bring lots of money for o-gear and books.

Helping each other learn in a competitive situation is a great way to train.

Even *serious* female orienteers can be distracted by long, suntanned, male California legs running through the forest.

Holly, Aina, Linda, Kendra, Elliot, Paul, and others will always have a special place in our hearts.

Given another hour, we would have accurately remapped the Metropolitan Museum of Art.

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## Equipment Mumbblings

by *Arnold Kay, Equipment Coordinator*

Orienteering meets require certain specialized equipment in order to run smoothly. First and most notably are orienteering markers. Our club presently has 71 markers, some of which are ready to be retired. The markers by far take the most abuse of all our equipment. They are subject to a considerable amount of tugging, dragging, and tearing, in addition to the ever-present possibility of being stolen. Due to the high cost of purchasing ready-made markers, we have chosen to sew our own. In March, a group of industrious sewers got together and cranked out 32 new markers. So when you see those shiny new markers out in the forest, be sure to thank **Pat Albright, Robin Harvard, Arnold Kay, Sandy Kish Miller, Debbie Newell, Mike Schuh, and Katie Sprugel** for the fine job they did.

In other equipment news, this issue of the newsletter was produced on the club's new Xerox copy machine. Last year, the company that employs **Rick Breseman, SeaLaska**, donated an old Xerox copy machine to the club. The machine was in fair condition, but would not stand up to the rigors of newsletter production. So we traded it in on a new copy machine and will now be able to produce the newsletter, timing and registration forms, and

brochures. If you can think of any other uses for the machine which will save COC money, let me know. The machine lives at 6216 N.E. 154th St. in Bothell. All members are welcome to come over and use the machine for club business, but pick up and delivery service is *not* available.

Everyone has experienced the feeling of joy when they see the finish line after a hard orienteering course. It is not an easy job to make a finish which is functional, somewhat eye-appealing, portable, and lightweight. Some of you may have noticed at some of our recent meets that we use old aluminum ski poles to construct the finish chute. One pair was donated by **Bruce McAlister** and the other was picked up at a garage sale for \$1. But we need more poles, so hunt through your garage or attic, find those ski poles you forgot about, and donate them to the COC equipment locker. They don't even have to be straight.

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## Swedish O' Federation is 50 Years Old

Congratulations to the Swedish Orienteering Federation, which is celebrating its 50th anniversary this year.

## HealthComment

by Jeffrey S. Bland, Ph.D.

In this issue of "Bearing 315" we introduce **HealthComment**, a column on nutrition and health written by Jeffrey Bland, Ph.D. Dr. Bland is President of HealthComm, a health education company based in Gig Harbor which provides health professionals with the latest research and clinical strategies in nutrition and disease prevention. Dr. Bland is a nutritional biochemist and former professor of chemistry at the University of Puget Sound.

### Balancing Aerobic and Anaerobic Exercise

Exercise physiologists have found that a program which alternates anaerobic and aerobic exercise on a pulse basis encourages the building of new muscle mass associated with strength while it also increases endurance. In essence, this program helps build both fast- and slow-twitch muscle fiber activities. Aerobic exercise should be sustained at 70 to 80 percent of maximum heart rate for the trained individual, based upon age.

Athletes like Steve Prefontaine remain an enigma. Prefontaine did not have world-class maximum oxygen uptake ( $VO_2$  max), but his sustained ability to use oxygen and effectively deal with anaerobic debt was remarkably high. In this way, he compensated for a lowered  $VO_2$  max. Anaerobic debt, or the lactate threshold, has now been found to be related to training type and efficiency. It is also related to certain aspects of the athlete's nutritional status. Depleted magnesium or calcium stores, inappropriate potassium intake, or lowered muscle carnitine are all associated with more rapid development of the anaerobic threshold. A test of the effect of blood lactate levels upon maximal exercise has been used recently to evaluate aerobic fitness and, combined with gas exchange studies, to reveal maximum oxygen uptake. Although genetic uniqueness leads to significant individual differences in lactate threshold and maximum oxygen uptake, proper training and nutrition programs can help improve both parameters.

### Short-Leg Relay

If you would like to participate in a relay, but don't want to work too hard, this is the race for you! Each leg is only 2.6 miles around beautiful Lake Padden in Bellingham. So, if you'd like to get some exercise, join some other orienteers on June 4 in Bellingham. If you're interested, call Debbie Newell at 488-7471 before May 15.

### General Meeting May 16

The next General Meeting will be held at the **Green Lake Library**, 7364 E. Green Lake Dr. N. at 7:00 p.m. on May 16. The featured speaker will be **Pat Albright**, COC's new Training Coordinator, who will give a hands-on presentation on training. The discussion will be followed by a slideshow which will include slides from the April 23rd relay at Lynndale Park.

### Inaugural State Games To Be Held In Spokane

The 1989 Washington State Games will be held in Spokane from August 10 through 13. The orienteering competition will most likely be held at Riverside State Park on August 12 and 13.

### 2nd Annual Ferry and Island O'

The Nisqually Orienteers present the 2nd annual Ferry and Island O'. This year we will meet at Burton County Park on Vashon Island for the start, and who knows where we'll end up? This event is a fun-in-the-sun- one for everyone - runners, bikers, map-hikers, and newcomers to orienteering. Plan on bringing your picnic lunch for a day's outing. This is a score course, with interesting questions to answer about natural control points about the island. You can enter any category you like - there will be about 30 controls scattered over about 30 kilometers, and the high-score ones will require longer walking, running, or biking, whichever is your forte. Start times are from 10:00 to 11:00 Sunday morning, so it's up to you to figure out how you get to the vicinity of Burton by ferry or whatever. That's the "ferry" part of this. About 64 people, many beginners and some very competitive types, liked last year's event. We may even have controversial controls for those who liked the porpoises, clevises, trees/tires, and divers on Anderson Island last year. Wading/swimming in the Sound possible after the finish.

The map will be an updated version of Eileen Williams' 1986 black-and-white map.

Bring your family and friends, and invite new people who might like orienteering!

Bob Reddick



## 1988 Washington State Championships September 24-25

new 1:15,000 scale IOF color map  
of

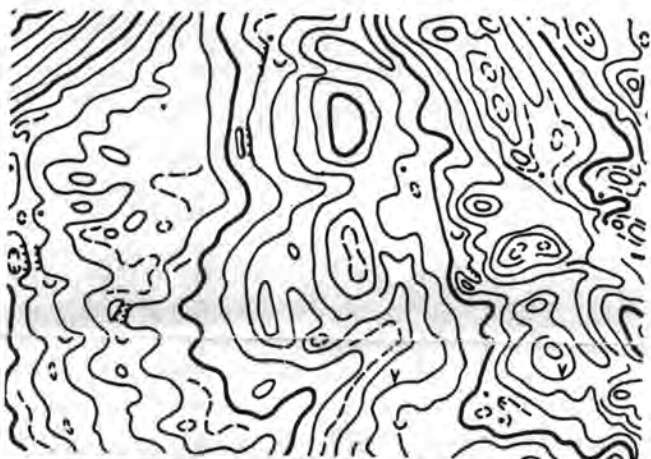
### Drunken Charlie Lake

open, runnable forest, moderately hilly  
terrain, detailed contour and rock features

*field-checking by Raimo Pitkanen (1988)*

*cartography by Debbie Newell (1988)*

*entry form in next issue of "Bearing 315"*



### Presidential Ramblings

by Mike Schuh

Missed in last issue's **Ramblings** acknowledging club members who have contributed to the club was **Knut Olson**. He served as our publicity coordinator, getting notices about our events in local newspapers. This included announcements prior to meets and results afterwards. I noticed the effectiveness of the announcements - my phone number was usually listed in them, and I would get several calls each week from prospective orienteers who had read one of the announcements.

Knut also led the way in having many interviews and feature articles written about our sport and our club. The most recent - and most spectacular - featured Knut and his progress towards winning the Men's 60+ National Championship in 1986. Numerous other stories have appeared in local papers throughout our area, and often either Knut or his committee was involved in getting the story written.

Knut continues to contribute to publicity efforts, switching places with Tony Saulewicz. As a member of Knut's committee last year, Tony learned some of the "tricks of the trade" and will apply them this year. We look forward to Tony's efforts and look back

with gratitude and thanks for Knut's fine work last year. Thank you, Knut!

I feel we don't thank our volunteers often enough. At the risk of offending someone by not mentioning their contribution along with other, I hope to write articles similar to this one in future issues. While each article will focus on an individual or two, I am not forgetting the work done by the club's many other volunteers. In time, I hope to publicly acknowledge them as well.

Many exciting activities are happening in orienteering here in the Pacific Northwest, and many of them are taking place right here in Cascade. In September, we will host the 1988 Washington State Orienteering Championships, a two day event to be held in the Cascade foothills east of Duvall. The event will be on a new 5-color map covering 13 square kilometers, about the size of the Trollhaugen map. **Debbie Newell** has begun drafting this map, which will be printed this summer.

Next year we will host the 4th Western States Orienteering Championships, and will be involved in the 1989 Washington Centennial Games. The Westerns will be on Orcas Island in the San Juan Islands at Moran State Park, and will be co-directed by **Sandy Kish Miller** and **Katie Sprugel**. The Centennial Games will take place in Spokane August 10th through 13th. Field-work for both maps will be done this summer and fall.

If three major events in two years were not enough, the four o' clubs in the state, who collectively form the Washington State Orienteering Association, are bidding to host one of the 8 World Cup events to be held in 1990. Cascade member **Harvey Friedman** has been ably representing the Association to the U.S. Orienteering Federation and other organizations. The location of the event has not been decided, but several locations in the vicinity of Cle Elum are prime candidates. We hope that having such a major event in our neighborhood will help us to promote our sport.

While we contemplate these larger, more involved events, we must not lose sight of our local meet schedule. As we reach for the "big ones," we might forget about the equally important "small ones." During 1987, we hosted 20 days of orienteering; for 1988, we have planned only 17 days (a ski meet and a high school event are yet to be added in December, for a total of 19 days). By comparison, in both 1981 and 1982, years of strong growth, we hosted 26 days of events. I feel that an active event schedule leads to a healthy club, and that people join an orienteering club primarily to orienteer. Like any other product, if our schedule is unattractive, then we will not attract members.

It is my opinion that COC would do well to host more than 20 days of orienteering each year. If this schedule includes three two-day events, then it works out to an average of one event every three weeks. This year we have 2 two-day events scheduled, Tumac Mountain (June 11-12) and the aforementioned State Championships. But we also have some "gaps" or voids in our calendar: the period between June 12th and the August 20th Woodland Park event - 13 weeks - is broken only by a canoe event (Foster Island, July 10th) and a work party at Moran State Park (July 30-31). Similar, albeit smaller, gaps exist.

I mention all of this to pose the following questions: What kind of event schedule do you, the club's membership, want to have? Lots of meets? Or just a few? Organizing an o-meet requires volunteers - are you willing to help at a few events so that we can host more of them? Would you be interested in attending mini-clinics on course setting and meet administration? Aside from the practical aspects of our events are various "background" activities - correspondence, phone calls, and the like. Would you like to contribute to the club in these ways? If you wish to volunteer for any of these, please call **Betty Berreth**, our Volunteer Coordinator (546-2128). If you wish to discuss any of the other thoughts in these "ramblings," please feel free to call me at 783-3960.

# Meet Results

## Lake Tradition - March 12

Meet Director: Nobody  
Course Design: Arnold Kay  
Course Setters: Doug Sprugel, Katie Sprugel, Debbie Newell  
Registration: Harvey Friedman, Bill McKenzie  
Start: Doug Sprugel, Bill McKenzie  
Finish: Pat Albright, Amy Loomis  
Marker Pickup: Kurt Blakstad, Arnold Kay

### Course 1 (1.1k, 7 controls)

Arne Lund	13:04
Lynch	29:35
John Kraussen	30:16
Ruthann & Jay McVicker	30:42
George & Nancy Lilly	33:19
Bill Pendergrass	37:15
Walt & Nancy Turley	37:23
Charlotte Sykes	38:29
Sylvia Starr/Ulrike Geertgens	45:35
Mary Shafer/Tom Travis	54:46
K. MacDonald	66:38

### Course 2 (4.9k, 7 controls)

Bill McKenzie	36:16
Billy MacDonald	38:49
Knut Olson	44:39
Kurt Blakstad	51:03
Roger Sharp	54:01
Phil Everett	57:28
Harvey Friedman	59:15
Amy Loomis	59:25
Chris Burke	60:17
Matt Newman	65:34
Eileen Breseman	68:39
Ardis Dull	71:21
Ralph Olson	71:38
Wanda Howlett	72:45
Michelle Everett	76:10
Cathy Smith	80:20
Ken Lew	80:38
Philip Freeman	81:33
Lynch	81:36
Ted & Susan Dixon	83:06
Walt Turley	101:20
Layman/Morin	106:21
Vern & Lisa Oshiro/Dick Diesner	106:27
John Kraussen	120:01
Kohli/Potter	122:34
J.P. Nolan	125:49
Barnes/Williams	untimed

### Course 3 (6.5k, 10 controls)

Dave Enger	48:50
Dave Lilly	49:46
Lars Fjelstad	50:24
Kaj Fjelstad	54:03
Joe Barsugli	57:51
Debbie Newell	58:20
Rick Breseman	61:03
Harry Morgan	67:33
Jan Vrana	70:27
Mac MacDonald	79:33
Robert Olsen	84:57

Bob Rein	88:26
Scott Elich	89:21
Mark Howlett	91:51
Glenn Gordon	140:18

## Island Crest Park - March 26

*Sammamish Orienteering Club*

Meet Director: Dave Enger  
Course Setter: Bill MacDonald  
Registration: Gerald Nickel  
Start: Mike Liebrock  
Finish: Enger, MacDonald  
Refreshments: Laura Skog  
Weather: cold, steady rain

### Course 1 (1.1k, 7 controls)

Su Parker/Kurt Blakstad	34:52
Bob Reddick	not timed
Roger Sharp	not timed

### Course 2 (2.7k, 9 controls)

Bob & Suzy Lynch	68:10
Louis Boitano	70:22
Michelle Nickel	81:56
Walt Turley	84:36
Pat Reddick	86:18
Nancy Turley	87:59
Kathryn Klosky	87:59
Sue Parker/Kurt Blakstad	96:40

### Course 3 (3.4k, 11 controls)

John Lilly	66:16
Bill Yost	114:34
Larry Sasser	DNF

### Course 4 (4.3k, 15 controls)

Dave Tallent	58:24
Arne Skog	58:25
Dave Lilly	60:05
Ivar Larsen	66:40
Rick Breseman	67:23
Ross Stevens	87:48
Scott Elich	89:05
Bob Reddick	DSQ

## St. Edward Park - April 10

Meet Director: Betty Berreth  
Course Design: Anne York  
Course Setters: Anne York, Arnold Kay  
Registration: Mary Anne Berreth, Robin Tarassa  
Start: Bruce McAlister  
Finish: Pat Albright, Bob Berreth  
Marker Pickup: Pat, Arnold, Mary Anne, Bob, Robin

Sunshine, temperature in the 70s - a perfect day for orienteering. Maybe a first - 10 year old Robert Berreth completed the novice course on his skateboard. And 6 month old Siri Larsen completed Course 1, enjoying the view from mother Moyfrid's back.

*Betty Berreth*

### Course 1 (1.5k, 6 controls)

Sami Darling	15:52
Ryan Hill	19:47
Erik Iness	21:05
John Sincok	23:11
K. Klosky/Dan Curry	25:54
Pat Rassmussen	28:54
T. Travis	30:25
Rick Stolmeier	31:06
John Sincok	32:43
Bob Zylman	36:06
Moy Frid Larsen	38:38
Satendra Jain & family	39:02
Nora Atkinson	39:37
Malloch	48:18
Marilyn O'Rourke	54:02
Baby Yost	57:29

### Course 2 (2.7k, 9 controls)

Ardis Dull	52:29
T. Travis	59:34
Dan Waters	71:55
Leslie Uhlig	72:43
Jed Dixon	77:29
Rick Stolmeier	86:23
Stephanie English	87:21
Arne Lund	91:18
K. Klosky/D. Curry	103:02
Peter & Mary Dowden	103:36
Judy Hill	138:14
Erin/Kevin	DNF
Steven Fidel	DNF
Malloch	DNF
Petty group	DNF
Bill Yost	DNF

### Course 3 (3.5k, 10 controls)

Kurt Blakstad	85:09
Robert Miller	85:26
Sean Olstead	89:44
Don Atkinson	99:18
Amy Loomis	109:13
Roger Sharp	101:01
Sandy Kish Miller	102:41
Eileen Breseman	102:42
Michelle Everett	103:23
Phil Everett	110:25
Nancy & Walt Turley	DNF
Mike McManamna	DNF
G.P. Rasmussen	DNF
Bruce McAlister	DNF
Jim McNamara	DNF

### Course 4 (4.6k, 14 controls)

Ivar Larsen	76:37
Debbie Newell	85:00
Dave Tallent	92:54
Rick Breseman	93:11
Dave Dummeyer	96:27
Knut Olson	117:15
Robert Olsen	134:41
Martin Mellish	134:42
Louis W. Boitano	137:22
Mike Karas & family	164:01
Eric Edeen	DNF
Glenn Gordon	DNF

**Marymoor Park - April 17**  
**Sammamish Orienteering Club**

Meet Directors: Daves Enger & Tallent  
 Course Setter: Dave Lilly  
 Registration: Daves Enger & Lilly  
 Timing: Arne Skog, Dave Tallent  
 Marker Pickup: Schuh, MacDonald, Lilly, Enger  
 Refreshments: Valerie Enger  
 Weather: drizzle

Course 1 (1.5k, 6 controls)

Bill MacDonald	11:50
Bob Reddick	13:03
John Sincock	26:58
Jason & Dave Petty	45:12

Course 2 (2.9k, 8 controls)

Moyfrid Larsen	31:55
Eileen Breseman	33:03
Arne Lund	33:40
Leslie Uhlig	34:35
Larry Sasser	36:39
John Sincock	50:00
George & Nancy Lilly	84:00
Jason & Dave Petty	DNF

Course 3 (3.4k, 8 controls)

Mike Schuh	30:00
Don Atkinson	37:04
Sandy Kish Miller	39:10
Rachel Tharp	41:41
Steve & Paul Herber	54:10
Ken Lew	63:30
John Sincock	70:25
Peggy Tharp/Kathy	74:30
Pai Reddick	76:08
Bob Lynch	78:30

Course 4 (6.0k, 14 controls)

Dave Tallent	38:05
Dave Dummeyer	43:22
Ivar Larsen	45:04
Rick Breseman	48:23
Bill MacDonald	51:53
Doug Sprugel	55:28
Carl Moore	57:00
Axel Carlson	58:54
Martin Mellish	58:58
Knut Olson	59:22
Robert Miller	60:55
John Lilly	73:04
Bob Reddick	76:55
Jim Pope	77:50
Tom Travis	84:00
Martin & Jennifer Vincent	94:18

**Lynndale Park - April 23**

Course 1 (0.7k, 6 controls)

Dick Eitel	5:45
Cliff Leight	6:30
Frank Talbot	8:00
Dave Petty	8:15
Troop 304 (Erik & Anthony)	9:30
Sue Ouellette	11:30
Jed & Susan Dixon	16:40
Andy Kromann/Keith Zackrone	21:30
Dan Waters	DSQ

Course 2 (1.0k, 7 controls)

Cliff Leight	7:00
Dick Eitel	12:30
Dan Waters	13:00
Roger & Jana Jackson	15:10
Troop 304 (Erik & Anthony)	17:30
Frank Talbot	18:00
Keith Zackrone/Andy Kromann	18:30
Nancy & Walt Turley	19:00
Karen Bullard	19:30
Susan Dixon	21:00
Dan Curry/Kathryn Klosky	21:00

Relay (Legs 1 & 2: 1.0k, 8 controls; Legs 3 & 4: 1.2k, 11 controls)

Team	Runner 1	Runner 2	Leg 1	Leg 2	Leg 3	Leg 4
COC 5	Debbie Newell	D. Newellsson	9:26	10:23 19:49	9:26 29:15	10:26 39:41
SAM 4	Arne Lund	Dave Enger	10:39	10:04 20:43	15:19 36:02	10:00 46:02
SAM 3	Mac MacDonald	Bill MacDonald	9:52	13:16 23:08	10:37 33:45	14:17 48:02
SAM 2	Dave Tallent	Dave Lilly	9:18	10:59 20:17	17:37 37:54	10:22 48:16
N/COC	Bob Reddick	Eileen Breseman	10:26	12:44 23:10	13:16 36:26	11:59 48:25
COC 3	Robert Miller	Sandy Kish Miller	10:01	14:30 24:31	12:10 36:41	15:23 52:04
COC 1	Katie Sprugel	Doug Sprugel	11:05	14:23 25:28	13:58 39:26	17:18 56:44
SAM 1	Moyfrid Larsen	Ivar Larsen	15:23	8:14 23:37	24:52 48:29	10:06 58:35
COC 4	Don Atkinson	Ardis Dull	9:42	15:46 25:28	14:10 39:38	21:15 60:53
COC 6	Joe Barsugli	Cathy Smith	17:55	18:06 36:01	20:33 56:34	19:12 75:46
COC 2	Pat Albright	Karen Bullard	14:44	DSQ	--	--
COC 6	Jason Petty	Dave Petty	DSQ	--	--	--



## Spanaway Park - February 21 Nisqually Orienteers

### WIOL Championships

#### (3.1k, 13 controls)

Tim Denison	Garfield	24:13
Toby Barnes	Wilson	26:47
Melissa Moffett	Stadium	27:37
Sean Olmstead	Bremerton	28:06
Bill MacDonald	St. Mary	28:22
James Schopf	Garfield	29:06
Kyle Phillips	Yelm	30:10
Richard Hampton	Wilson	31:39
Mike McManamna	Bremerton	32:00
Lenny Jordan	Yelm	32:05
Abel Zimmerman	Timberline	32:20
Andrew Gilmour	Wilson	32:30
Makoto Hiroose	Stadium	32:39
Toby Graves	Wilson	32:48
Stephen Corley	Garfield	33:01
Andrea Nye	Stadium	35:41
Jason Smith	Timberline	35:44*
Eric Exner	Yelm	36:09
Khoa vo	Wilson	36:51
Rachel Tharp	Timberline	36:59*
Brooks Martin	Yelm	37:21
DeWees/Laible	Bethel	37:29
Lee Lopez	Bremerton	38:18
Dat Nguyen	Timberline	38:42
Hollstrom/DeWees	Bethel	38:53
Natalie Payne	Stadium	39:30
Shawn Perkins	Stadium	41:19

Thanh Pham	Wilson	41:30
Brett Gorley	Yelm	47:32
James Humphrey	Yelm	47:39
Michelle Goller	Yimberline	48:11
David Robson	Foss	48:25
Mo Nguyen	Wilson	48:47
Kelly Nah	Wilson	49:20
Ernest Ryan	Bremerton	52:30
Jeff Henderson	Foss	53:48
Larry Nett	Wilson	58:40*
Rowland/Peterson	Yimberline	58:53
Heather Song	Wilson	65:20
Eric Benek	Timberline	76:14
Arrell/Rowland	Yelm	78:38*
Ami Schroeder	Stadium	
Bianca Martin	Timberline	

#### Long WIOL Course (4.4k, 20 controls)

Nathan Tharp	Timberline	35:59
Jeff Coker	Wilson	49:07*
Robert Olsen	Woodinville	54:04

\*mispunched - time includes 10 min. penalty

#### Junior High School Course (1.4k)

Cindy Harmon	Nisqually MS	13:46
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#### Team Results

Wilson	148 pts.
Timberline	135
Yelm	127
Stadium	124
Garfield	117
Bremerton	109
St. Mary	41
Woodinville	22
Foss	20

### Public Meet

#### Course 1 (1.4k)

Nancy Oakes/4 kids	19:20
Cathy Bernal	64:10
Angela Tallent	untimed

#### Course 2 (2.4k)

Terry Rice	25:00
Bette DeWees	43:25
Nancy Oakes/3 kids	47:05
Loren Haralson	47:35
Pat Albright	51:55
Carl Bradbury	74:00
Struchen Bye Rushton	104:47
Karen/Katie/Merry McDonald	untimed

#### Course 3 (3.1k)

Dave Enger	26:58
Dale Width	31:09
Dave Tallent	31:14
Kaj Fjelstad	32:02
Debbie Newell	32:20
Scott Elich	44:52
Jim Pope	52:13
Rick Neidhardt	52:18
Sidney Whaley	52:59
Pat Albright	55:10
Mac MacDonald	59:05
Loren Haralson	61:09
Natt family	90:30

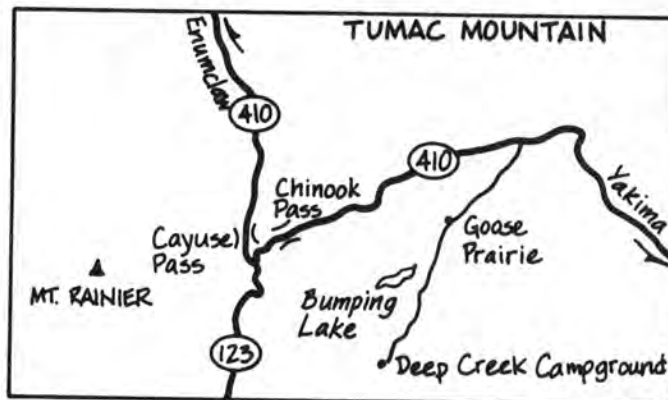
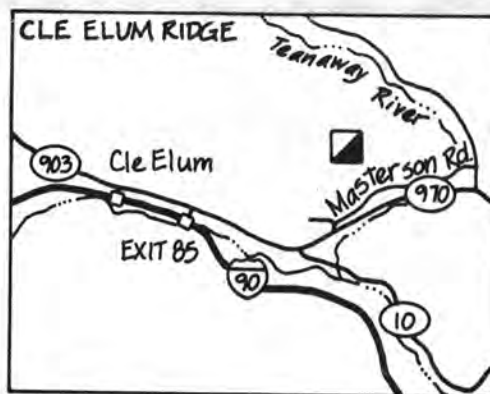
## Fieldcheckers Need Homes

Does anyone have a trailer we can use this summer and/or fall to house fieldcheckers?

At times, we need to hire people to fieldcheck maps for us. Since most of these fieldcheckers are from out of the area, a standard part of their fee includes room and board. This summer and fall, we will need lodging for two fieldcheckers, one on **Orcas Island**, and one in **Spokane**. If you have a trailer we can use, or know anyone living in these areas who would be willing to host a mapper for several weeks (or several people who could put them up for a couple of weeks each), please call Sandy Kish Miller at 782-1437.

## Tacoma Sports Festival To Include O'

The Greater Tacoma Sports Festival, Tacoma's warmup for the Washington State Games, will include orienteering. The Festival will be held June 25-26, and will feature many other sports besides orienteering. The orienteering competition will be held on a new 5-color map at Pt. Defiance Park, and will offer 6 courses. For more information, call Gary McCausland at 352-5542.



# SCHEDULE OF EVENTS

Date/Time	Location	Type	Club	Map	Information
Sat-Sun APR 30-MAY 1	Spring Creek - Bend, Oregon	C	ORO	b/w 1:15,000	Jeff Lewis (503) 254-9578
Sun, MAY 1 * 10-12 noon	Ballard Bike-O <b>CANCELLED!!</b>	S	COC	b/w 1:15,000	Mike Schuh (206) 783-3960
Sat-Sun MAY 7-8	Aspen Grove - Merritt, B.C.	B	GVOC	color 1:15,000	John Rance (604) 526-3319
Sat, MAY 14 10-12 noon	Lake Sammamish State Park, Issaquah (new area)	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sun, MAY 15 11 a.m.-1 p.m.	Kittitas Valley O' Festival, Cle Elum Ridge I-90 exit 85	B	EOC	color 1:15,000	Dale Width (509) 925-5873
Mon, May 16 7:00 p.m.	General Meeting, Green Lake Library 7364 E. Green Lake Dr. N., Seattle		COC		Mike Schuh (206) 783-3960
Sat, MAY 21 10-12 noon	Lincoln Park, West Seattle 8000 block of Fauntleroy Way	C	COC	color 1:5000	Mike Schuh (206) 783-3960
Sat-Sun MAY 21-22	ROGAINE (Rugged Outdoor Group Activity Involving Navigation Endurance), Kamloops, B.C.	S	SOCK	color 1:50,000	Murray Foubister (604) 374-6497
Wed, MAY 25 5:30-7:00 p.m.	Luther Burbank Park, Mercer Island 84th Ave. S.E. at S.E. 24th St.	C	SAMM	color 1:5000	Dave Enger (206) 822-6254
Sat-Sun MAY 28-29	Newcastle Island, Nanaimo Vancouver Island, B.C.	A	CVO	color 1:15,000	Peter Smith (604) 748-3235
Sun, JUN 5 10-12 noon	Bridle Trails State Park, Kirkland 116th Ave. N.E. & N.E. 60th St.	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sat-Sun JUN 11-12	Mountain Marathon, Tumac Mountain, Deep Creek Campground, <b>TENTATIVE due to snow!!</b>	C	COC	b/w 1:32,000	Mike Schuh (206) 783-3960
Sat-Sun JUN 18-19	ROGAINE (Rugged Outdoor Group Activity Involving Navigation & Endurance), Calgary, Alberta,	S	AOA	color 1:50,000	Andy Newson (403) 283-7721
Wed, JUN 22 5:30 - 7 p.m.	Marymoor Park, Redmond W. Lake Sammamish Parkway	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sat-Sun JUN 25-26	Greater Tacoma Sports Festival orienteering event Pt. Defiance Park	B	NISQ	color 1:10,000	Gary McCausland (206) 352-5542
Sat-Sun JUN 25-26	U.S. Orienteering Federation Annual Convention meet (Troll Cup), Amherst Massachusetts	A	NEOC	color 1:15,000	Gail Gagarin (413) 665-7573
Sat-Sun JUL 2-3	Orienteering Festival, Whistler, B.C. Brandywine Falls-Whistler	A	GVOC	color 1:10,000	George Pugh (604) 261-1075
Sun, JUL 10 9 - 11 a.m.	Foster Island Canoe-O U.W. Waterfront Activities Center, Montlake Blvd.	S	COC	b/w 1:5,000	Mike Schuh (206) 783-3960
Sun, JUL 10	Canada Dryathlon, Duncan, B.C. 20k bike, 6k run, 6k orienteering	S	CVO		Peter Smith (604) 748-3235
Wed, JUL 13 5:30-7:00 p.m.	Robinswood Park, Bellevue 148th Ave. S.E. at S.E. 26th St.	C	SAMM	color 1:3,000	Dave Enger (206) 822-6254
Sun, JUL 24 10-11 a.m.	Ferry & Island O, Vashon Island meet at Burton County Park on Vashon	S	NISQ	b/w	Gary McCausland (206) 352-5542
JUL 29-31	B.C. Summer Games Victoria, B.C.		VO		Ray Addison (604) 477-4947
Sat-Sun JUL 30-31	Moran State Park, planning for 1989 Western States Championships	S	COC		Mike Schuh (206) 783-3960
Sat, AUG 20 10-12 noon	Woodland Park, Seattle (updated map) N.E. 50th St. entrance	C	COC	color 1:5,000	Mike Schuh (206) 783-3960

## Event Key:

## Club Key:

- A - major event on good quality color map, 5 courses minimum
- B - major local event, 3-4 courses minimum
- C - local club event, 3-4 courses
- S - special event (bicycle, canoe, ski, night, etc.)

## Changes from last issue

\* May 1, Ballard meet **CANCELLED**

COC - Cascade Orienteering Club; EOC - Ellensburg Orienteering Club; NISQ - Nisqually Orienteers; SAMM - Sammamish Orienteering Club; AOA - Alberta O' Assoc.; CVO - Cowichan Valley Orienteers; GVOC - Greater Vancouver O' Club; ORO - Oregon Orienteering; SOCK - Sage O' Club of Kamloops; VO - VictOrienteers



## COC OFFICERS AND COORDINATORS

<i>President</i>	Mike Schuh	(206) 783-3960
<i>Vice President</i>		
<i>Secretary</i>	Robin Harvard	(206) 622-0918 (day)
<i>Treasurer</i>	Doug Sprugel	(206) 365-8742
<i>Mapping Coordinator</i>		
<i>Membership Coordinator</i>	Harvey Friedman	(206) 784-2774
<i>Newsletter Editor</i>	Debbie Newell	(206) 488-7471
<i>Training Coordinator</i>	Pat Albright	(206) 265-6710
<i>Publicity Coordinator</i>	Tony Saulewicz	(206) 784-5398
<i>Equipment Coordinator</i>	Arnold Kay	(206) 488-7471
<i>Volunteer Coordinator</i>	Betty Berreth	(206) 546-2128
<i>Social Director</i>	Judy Cohen	(206) 789-5641

## COC MEMBERSHIP FEES

Single	\$7.00/year
Family	\$10.00/year
Associate (under 18)	\$4.00/year
Newsletter Only	\$5.00/year

## COC "C" MEET FEES

	<u>b/w map</u>	<u>color map</u>
Orienteering Club Members	\$2.00	\$2.50
Non Club Members	3.00	3.50
Novice Course	1.00	1.00
Families (regular fee for first 2 members, \$1.00/person thereafter)		

*Special events, such as the State Championships, and "A" meets, have higher fees.*

## "BEARING 315" PUBLICATION SCHEDULE

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are encouraged to submit orienteering-related material for publication. Send items for publication to the address below by the scheduled deadline. Material received after the deadline is not guaranteed to appear in the next newsletter issue.

<u>Issue</u>	<u>Publication Date</u>	<u>Submittal Deadline</u>
JAN-FEB	December 31	December 10
MAR-APR	February 28	February 10
MAY-JUN	April 30	April 10
JUL-AUG	June 30	June 10
SEP-OCT	August 31	August 10
NOV-DEC	October 31	October 10

Mail material to:

*Cascade Orienteering Club  
Newsletter Editor  
P.O. Box 31375  
Seattle, WA 98103*



**Cascade Orienteering Club**  
**P.O. Box 31375**  
**Seattle, WA 98103**  
**(206) 783-3866**

Address correction requested