

Bearing 315

The Newsletter of Orienteering for the Pacific Northwest

January/February 1999



Upcoming Events

A complete listing of events for the coming months can be found on the inside back page. Here are two of the events happening next.

RAMBO COMING

Overview:

- Rambo is a three-hour score-O competition.
- Forty controls are spread out in the park
- Mass start at 10:30, Saturday, January 16
- Point Defiance Park, Tacoma

More Info:

Competitors are encouraged to compete as two-person teams but single individuals may also compete. Maps will be distributed on arrival so competitors can plan optimum routes.

Thickets! Deadfall! Remote rootstocks! Swamps! Wet underbrush! Slippery trails! Snow in the air! Is this fun? The annual mid-winter, non-violent Rambo competition will be held at Point Defiance Park in Tacoma on Saturday, January 16th. There will be a mass start at 10:30 am sharp.

Competitors try to locate as many as possible in the time limit. The speedy and skilled are usually able to find all the controls within the allowed time. The Rambo trophy awaits the top team.

Driving instructions:

From I-5 take exit 132 and follow SR 16 to the 6th Ave exit. Get off SR 16 there, turn left on sixth ave and almost immediately right on Pearl St. Follow Pearl until it ends at the park entrance. Then follow O signs.

Inside this Issue:

- p. 2 The President's Column
- p. 2 St Edward Adventure Run
- p. 2 My First Mountain Bike-O
- p. 3 Trail Work Party at St Edward
- p. 6 Winter O' Series 3 Week Standings
- p. 6 Permanent Courses at St Edward
- p. 6 The Northwest at Big Basin

The Big St Denny Goat

A Goat? What's that?

- What: The Big St Denny Goat
- Where: Big Finn Hill Park, St Edward Park, O O Denny Park
- When: Saturday, March 6, 1999
- Mass Start at 10:30 am

More Info:

In the tradition of such fine events as the Billygoat, the Rocky Mountain Goat, and the Possum Trot, a Goat is coming to Puget Sound: The Big St. Denny Goat will take place on Saturday, March 6th at Big Finn Hill Park, St. Edward Park, and O.O. Denny Park in Kirkland. Check the Orienteering Hotline (206-783-3866) for details.

A Goat is a long, mass-start event in a typical point-to-point style (not score-O). (Some of you will remember the Goat that John Rogers put on a few years ago at Cle Elum Ridge.) That's a Goat event in a nutshell, but there are a few other distinguishing characteristics of this pedigree of O-event.

In most orienteering events, following is taboo, but in Goats it's encouraged. Also, Goat courses have some special strategy elements: Runners are usually allowed to skip a control or two, and there is often a forked control, where runners can take the left or the right control—it's a different kind of route choice!

Details of the Big St. Denny Goat will be on the Hotline and the O-West e-mail list.

Schedule:

Saturday 6 March Big St. Denny Goat Big Finn Hill/St. Edward/O.O. Denny, Kirkland Mass Start: Tentatively at 11 a.m. COC Eric Bone 206-634-2279

Huskies Host Training at Hamlin Park

On Sunday, March 28, the Husky Orienteering & Running Club will host a training day at Hamlin Park. There will be training on logistical tasks of hosting orienteering meets, such as registration, start, and finish timing; a course setting workshop; and orienteering skills training courses.

Register from 1:30; the activities will run from 2-3:30 p.m. Contact Eric Bone 206-634-2279 with any questions.

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Cascade Orienteering Club President's Remarks

By Rick Hood

Thanks to everyone who made 1998 such a great year for orienteering locally. At the top of the list is Rick Breseman, who served so well as meet director for the USOF champs we hosted. Of course Eric Bone and Don Denbo, as course setters, and Bill Cusworth, heading up registration, also did a first class job. (There was literally a cast of dozens supporting these folks, and that cast probably included you!)

While all this was going on, COC and the other regional clubs continued to host some great local events. A special THANKS to all who helped, or assumed a leadership role for these "C" meets, the backbone of orienteering.

There was also a "behind the scenes" crew that handled the less than exciting, but ever so critical administrative tasks. A special "thumb compasses up" to outgoing club treasurer Sandy Kish Miller and outgoing board members Don Denbo, Jim Siscel, and Bill Cusworth, who will be heading up different orienteering projects this year. (To the other club officers, board members, and committee coordinators, THANK YOU on behalf of everyone.)

I was pleased to bestow the year's "President's Award" on Mike Fritz and Rick Breseman. Both have made many meaningful contributions to the club this year, that have been noted in past newsletters. (Some say it is traditional to buy them a beer the next time you see them, though I think that is a rumor Rick might have started.)

Lastly, I would like to further recognize the club's 1998 Life Service Award recipient, Don Atkinson, who has done many meet and administrative tasks for the club. As many of you might know, Don has also served as Equipment Coordinator since the mid-1990s and has done an outstanding job!

Now, as for this year, we have some exciting times ahead. We are hosting the WIOL Champs at Magnuson in February, a one-day B meet at Cle Elum in June, two of the four-day A meet in the Cle Elum/Ros Elum area this July, a "USGS Forest Rogaine" and Adventure Run toward the end of the year, and capping it all off with a two-day B meet on the last day of 1999 and the first day of 2000.

Of course all of this and other events hinge upon having volunteers to help with the meets. To this end, and as a small way of saying "thank you" we have adopted what we believe is a great idea, that Columbia River OC pioneered, called "COC Dollars". Basically you earn a COC dollar, that may be used for any COC events, newsletter subscriptions, or dues, for every full hour you help out. For example, meet staff may earn up to two COC dollars at a local event. (If you elect not to cash them in, you may use them as special drawing tickets at next year's annual dinner, for some great prizes.)

Here are a few of the other things we are working on: a shorter website address, that would be a lot easier to pass along to friends and have on the hotline, for Howard Halter's excellent website; trail projects support for a local Boy Scout Troop at St. Edward, which Jim Siscel is heading up; a continued presence in local magazines and newspapers promoting the fun of orienteering at both the recreational and competitive levels, thanks to Eileen Bresman; and updating

local maps so that both orienteers and course setters alike look forward to the event.

Of course, you may have seen a need for something else or have a task you would like to take on. To that, on behalf of the club, I say GREAT. Please just send me an email at rickhood@gte.net or call me at 425-640-8134, so we can take the discussion to the next level!

So again, thanks for keeping orienteering both alive and well here in the greater Seattle area this past year and, in advance, thanks for your support and involvement this upcoming year.

Best wishes,

Rick

THE NEW ST EDWARD ADVENTURE RUN

Thanks to all those that came and ran on a very wet day on the steep trails of St. Edward State Park in the greater Seattle area.

Especially thanks to Sandy Kish Miller and Scott Donald for ably handling the finishes and Mark Howlett for helping with marker pick-up. (The rest of the activities were jointly handled by Bill Cusworth and Rick Hood.)

Of course, may, including myself, would say the true champion of the day was Bruce McAlister for both hosting the annual pot luck at his home and providing so many excellent food offerings!!!

Official Long Course Adventure Run

8 Controls, Trail Distance of 7.25 km

(Based up mass start time)

Eric Bone,	30:54
Mark Howlett,	35:14
Jan Urban,	35:22
Rick Breseman,	36:23
Debbie Newell,	40:59
Kean Williams,	42:00
Jeff White,	43:21
Eileen Breseman,	44:04
Gerry Croteau,	46:10
Robert Miller,	47:35
Dave Tallent,	49:36
Steve Frederickson,	51:06
John Anderson,	Had Good Time
Michael Pope,	59:11
Dave Petty,	59:44
Don Denbo,	64:12
Ardis Dull,	65:41
Anton Kravchuk,	66:40, but started 24 min late
Mike Tamada,	68:05
Shirley Donald,	81:32

Official Short Course Adventure Run

4 Controls, Trail Distance of 2.43

Harvey Friedman,	22:20
Andy Wiselogle,	23:03
Margie & Bernie Bone,	27:11
Annie York,	32:40

"Self-Defined" Course

Eric Riggers
The Westin Family
Bob Reddick
The Davis Group
The Enger Family

Comments:

The event went very well and most orienteers enjoyed the change of pace option of an adventure run, that allow them to run trail, off-trail, or a combination of both. The club will likely host a larger adventure run next fall and make an effort to get the word out to the road and trail running clubs and community.

Prior to this year's race, the meet organizers asked: Mark Howell if he would be willing run the course exclusively on the trail; Eric Bone to run cross-country/off-trail wherever reasonable; and Jan Urban to make the "best route choice". We did this to get a sense of how trail or road runners might fare when compared to orienteers. Based upon Mark's, Eric's, and Jan's performances and their individual strengths, we were pleased with the nature of the course and the interest it generated.

If asked, we would encourage other clubs to consider offering some of these cross-over type events, as our small scale experiment seemed to go well overall. (We of course learned a thing or two from the event, that we will most certainly take advantage of next fall.)

So on behalf of Bill Cusworth, the other Co-Meet Director/Course Setter/Marker Pick-up, who might also post some comments, THANKS to everyone for trying something a little different.

Happy New Years and best wishes for a great year of O and of life,

Rick

Trail Work at St. Edward State Park

COC will continue to work on trails in St. Edward State Park during March. We will be assisting an Eagle Scout candidate from Troop 304 in Lynnwood on his Eagle project. The work will be on the South Canyon trail. This is a trail that COC re-routed several years ago out of the canyon bottom to up on the hillside. The work will involve building a bulwark on the outside of the trail, recutting the inside of the trail, and leveling the trail. Please contact Jim Siscel at 425-778-7202 later in January for the exact date if you are interested in helping.

GrrRizly - Or My First Mountain Bike-O

SACO held the first "Mountain Bike-O" at Horn Rapids on November 14. This is taken from the comments of one participant

Borrowed from Frank Skorina

I'd been reading about this event called a TrailQuest in some of my mountain bike magazines and on the internet. I'm always on the lookout for "off the beaten track" type of events (hence my desire to be mountain biking in the first place) and TrailQuesting sounded like a lot of fun. For those that don't know, a TrailQuest is orienteering on a mountain bike. Almost all of these events are held in countries other than the US (the U.K. being the country I'd read the most about). Very few events of this type have been held in the US (you could probably count the total number on one hand). I had unfortunately missed the earlier event so was eager to "find some controls" before the orienteering season shut down around here for the winter.

When I got out to the event site, I was greeted by a couple of Sacajawea Orienteers members. In exchange for a small fee, I was handed a map of the Horn Rapids County Park. This orienteering map had contours, roads & trails, and other site features (rocks/trees/structures) indicated on it. It also had the general location of the orienteering "controls" that I had to find. My mission was to locate the correct controls and punch my map (using a coded punch tool on the control) when I had located them. I was an orienteering virgin and while the experienced orienteers kindly walked me through some of the map symbols, I wasn't able to keep track of what they all meant. After getting "Poke" (my long-suffering bike) all ready, I took off down the doubletrack. It was hard to keep track of all the intersections since I tried to ride with the map in my jersey pocket. It took me a little while to figure out where the first control was (I thought that this would be a real fiasco) but using what I'd learned there, I was able to continue around the course and locate the rest of the Bike-O controls. I quickly figured out that what I needed to do after finding a control was take some time to read my map and figure out what site features I could use to get me near the next control.

All was proceeding fairly good, although it was taking me a lot longer than I thought it would, until I got to the final three controls. I missed a crucial intersection on my map and went way south of where I needed to be. I spent several minutes running around on foot and on the bike trying to locate myself. When I finally found the #11 control, I had lost a lot of time. Control #12 was found without too much trouble but when I went for the last control, I again became disoriented cause I still hadn't realized that I was going past the intersection. After much wandering back and forth mixed in with some frantic staring at my map, I found the doubletrack I needed to be on and eventually my last control.

I learned several things from my first try at MTB Orienteering:

- 1) MTB Orienteering is fun!
- 2) Orienteering is a pretty good workout
- 3) I stink at reading a map (just ask my wife)
- 4) It would help a whole bunch to know what all the orienteering symbols mean (the symbols help you to narrow down your search area once you get in the general vicinity of the control)
- 5) I need to get a handlebar map holder

A couple hours outdoors in decidedly spring-like weather for the middle of November... 16.2 miles of riding... and a new bicycling experience combined for a very good day. Looking forward to the next event. Hope to see some more MTBers out there next time.

== Kevin Axt Kennewick, WA

Meet Results and Standings

VOLUNTEER PARK

November 7, 1998

We had a great turnout for the Volunteer Park meet held November 7th. The Post Intelligencer newspaper photographer and reporter were given insight and time to try out the sport.

The weather & scenery could not have been better - a crispy cold, sunny day with golden leaf-covered ground everywhere. The venue allowed for fast times. Many new faces came out and some enthusiasts helped themselves to a second course!

Meet Director: Eileen Breseman

Three courses offered by designer Peter Golde:

Course 1: Novice/ .09km 8 controls

John Wilson/Sue Haley	13:58
Marilyn Carlson	17:00
Bob Mannschreck	18:04
Alice & Owen Howey	20:05
Christy Long	21:00
Carrie & Steven Olsen	21:57
Emily Welton	23:55
Robyn Haaf	26:50
Dana Breseman & father	27:01
Barry Fretwell	29:00
Jake Ritmire	29:52
Andy Courtney	30:12
Elaine & Jacob Tupper	31:22
Robert Miller & reporter	
Rebecca Agiewich	49:00
Lucy Pope	53:33

Course 2: Beginner/ 1.0km, 12 controls

Paul Magnus (2nd course)	9:38
Harvey Friedman	17:38
Nancy Orr	19:43
Jim Siscoel	20:10
Keyes Family & Pepper the dog	
(David, Allison, Elizabeth, Robert)	24:05
Jen Paur	24:50
Bob Reddick	27:16
Dinh Bowman	28:47
Fernne Rosenblatt	29:12
John Wilson/Sue Haley (2nd course)	32:05
Patricia Zamora	33:31
Thom Bowman	34:03
Anna Orr	39:06
Amy Eklund	43:30
Andy, Erik & Miki Heye	43:38
Forgrave Family	44:02
James Howey	54:18
Matthew Noonan/Ryan Breseman	63:26

Course 3: Intermediate with map exchange/ 3.2km, 23 controls

Paul Magnus	18:00
Ingemar J. Haverstad	18:48
Robert Miller (2nd course)	20:48
Rick Breseman	20:54
Kevin Welton	22:08
Dan Baird	23:06
Martin Kotecky	25:22
Roman Kotecky	26:55
Kean Williams	26:28
Jonas Karlsson	27:08
Fred Veler	27:12
Bob Mannschreck (2nd course)	27:18
Todd Drobnick	27:53
Melissa Phillips	29:15

Don Atkinson	30:09
Jackie Ritmire	30:29
Don Denbo	31:57
Daniel Parr	32:07
Dave Petty	33:14
John Lee	33:46
Lael Smith	34:23
Steve Layman	34:57
Neil Smith	35:13
Lawrence Griffith	36:19
Michael Pope	36:26
Jonathan Dippold	36:43
Betsy Meek	39:02
Steve Frederickson	40:00
John Faubian	40:44
Jerry Hughes	41:40
Tony Latham	44:18
Sandy K. Miller	45:54
Randy Brasfield	47:20
Manuel Schmitt	48:05
Trey Butler	51:00
Steve Norman	60:39
Karyn Brundige & friends	68:45
Roger "map exchange?" Rosenblatt	DNF

ISLAND CREST PARK

November 14, 1998

Sammamish Orienteering Club

Course 1 (6 controls)

Adam Seymour	38:30
Michael & Lori Pope	DNF
Ray Sexton	DNF

Course 2 (6 controls)

Chris Franklin & friend	COC	32:55
Aaron Amort	COC	37:00
Harvey Friedman	COC	51:00
Sam Lowe		53:31
Sue Hopper		59:42
Marilyn Carlson		62:50
Ann & Austin Amort		63:34
Forgrave family		68:38
N. Haft		DNF
Alice Howley		DNF
Rowley/Sinclair		DNF
K & K Knapp		DNF

Course 3 (11 controls)

Justin Wright		36:58
Melissa Phillips		37:10
Keith Burdette		39:22
Jason Dilley		41:20
Dan Elleswood		51:24
Randy Brasfield	COC	65:57
Jeremy Foote		74:29
Bryce Dane		75:16
Gerald Barries		79:18
Blake Mitchell		80:18
Jay Hopper		86:30
Nate Conky		176:50

Course 4 (3.8k, 12 controls)

Dave Enger	SAMM	33:30
Debbie Newell	COC	38:00
Paul Hoopmann & friend	COC	46:55
Carl Moore	NISQ	49:40
Don Denbo	COC	51:12
Steve Layman		53:35
Linda Moore	NISQ	56:26
Fred Veler	SAMM	58:41
Kayleigh & Ken Knapp		104:55

Bob Mannschreck		77:25
Larry Knapp		107:02
Jennie Knapp		108:00
Owen & James Honey	COC	110:58
John R. Anderson	NISQ	146:56
Thom Bowman		148:14
Dinh Bowman		149:14

KELSEY CREEK PARK

December 12, Sammamish Orienteering Club

Meet Director: John Sincok

Course Design: Dave Tallent

Control Setting: Dave Enger, Dave Lilly

Vetting: Dave Lilly

Registration: Bob Reddick

WIOL Registration: Don Denbo, Debbie Newell

Start: John Sincok, Lew Sincok, Kean Williams,

Melissa Phillips, Carrie Olsen

Finish: Jan Urban, Dave Tallent, Don Atkinson, Eileen

Breseman, Rick Breseman, Randy Brasfield

Refreshments: Bruce McAlister

Control Pickup: Dave Tallent, Eric Bone, Debbie Newell

Course 1 (1.8k, 11 controls)

Dave Reynolds		28:24
Steve Allred		28:38
David Queen		28:59
Brian Morgan		26:37
Carrie Olsen		41:47
Jeremy Nihart		49:05
Leslie Rorty	COC	181:16
Ryan Myers	MSP	

Course 2 (2.4k, 15 controls)

Nick Allred		68:00
David Queen		2:00
Amort family		78:41

Course 4 (2.7k, 17 controls)

Eric Bone	COC	22:30
Jan Urban	SAMM	23:19
Rick Breseman	COC	25:04
Debbie Newell	COC	27:21
Paul Hoopmann	COC	29:06
Kevin Welton	COC	29:48
Peter Golde	COC	31:58
Kean Williams	COC	34:22
Eileen Breseman	COC	34:26
Patrick Kelly	COC	39:26
John Lee		39:41
Howard Halter	SAMM	40:14
Ardis Dull	COC	40:21
Roman Kotecky	SAMM	40:59
Linda Moore	NISQ	42:54
Barb Bryant		42:54
Carl Moore	NISQ	43:07
Ken Lew	COC	43:33
Don Atkinson	COC	43:36
Paul Siscoel	COC	43:58
Don Denbo	COC	46:06
Loren Stame		44:40
David Yee		49:15
Marie Piper		44:51
Bob & Bobby		50:28
Chris & Stephanie		58:11
Terry Bryant	NISQ	58:20
Dave Reynolds		58:30
Tara Matthews		63:00
Roger Rosenblatt		63:00
Ella Braden/Emily Korashige		73:51
Owen Howey		90:30
Dinh Bowman		DNF
Thom Bowman		DNF

FARREL - McWHIRTER PARK

Redmond, WA

12/5/98

Cascade Orienteering Club

Meet Director: Dave Petty

Course Planning: Jim Siscoel

Course Setting: Peter Golde

Registration: Rick Hood

Timing: Peter Golde, Ken Lew, Don Atkinson, Jan Urban

Instruction: Ardis Dull, Bob Seidensticker

On a beautifully cold, wet day in the Northwest some 85 members of the public attended this meet, including a group of 14 youngsters with their adult leaders from Seattle Inner City Outings.

The weather was drizzly for most of the event, but that certainly didn't dampen the spirits of those who attended. A large group of WIOL students were also in attendance for their first mee. Even the large turkey who wandered over from the nearby animal farm had a good time. It went out on the Advanced Course but unfortunately DNF'd.

Course 1 (Beginner, 0.6 KM, 6 controls)

Marie Piper		6:11
Lori Ekler		8:53
Matthew Millar		10:45
Moirs Gunsul		12:17
C. Frederickson/A. Zeager		12:31
Marie Emerson		13:34
Brian Hanna		15:05
Ann Amart		15:47
B. Ellis/White		16:38
Jordan White	Pack# 428	16:43
Tony Cole	Scouts	17:03
Ben Nelson	Troop 577	17:14
Debbie Jung		17:18
Inner City Outings		17:53
Steve Roetiosouender		17:54
Jin Stenstrom	Troop 577	17:57
Justin Fleming	Troop 577	18:01
S. Simmers		18:46
Jeremy Nihart		19:11
Miller/Fujimoto		48:11
Ellis		53:49
Mary Meek		DNF
Ryan Blesen	Scouts	?
Riley Fujimoto		DNF

Course 2 (Intermediate, 3.65KM, 14 controls)

Patrick Kelly		41:47
Chris Strasser		58:02
Jim Stenstrom		60:44
Greg Wornell		65:38
S.K. Miller		66:49
Chris Plunkett		69:42
Nancy Orr		69:45
Marie Piper		73:07
Becky Forgrave		131:00
Emerson		DNF
Ed Lilley		DNF
S. Simmers		DNF

Advanced, 4.5 Km, 15 controls)

Eric Bone	COC	29:58
Uli Steidl	Husky	31:42
Rick Breseman	COC	33:55
Dave Enger	Samm	38:04
Jan Urban	Samm	38:06
Eileen Breseman	COC	38:29
Robert Miller	COC	42:09
Bob Seidensticker	COC	46:14
Kean Williams	COC	46:50
Howard Halter	Samm	47:23
Tara Matthews		49:08

Tyler Frederickson	COC	49:12
Steve Frederickson	COC	50:15
Fred Veler	Samm	50:30
Linda Moore	NISQ	50:55
Mannschrack		51:44
Roman Kotecky		54:35
Carl Moore	NISQ	55:49
Stuart Bradshaw		55:50
Michael Pope	Samm	55:56
Don Denbo	COC	56:02
Frank Magana	NISQ	56:16
Heber Green		59:53
Mauel Schmitt		60:14
Harvey Friedman	COC	60:24
Terry Bryant	NISQ	65:14
Aaron Gaskill		68:29
Betsy MeekHusky		77:07
Paul Richards	Samm	87:01
Thom Bowman		96:00
Loren Stamey		101:33
Dinh Bowman		108:00
Mac MacDonald	Samm	DNF

FT STEILACOOM

December 19

Nisqually Orienteers

Meet Director: Carl Moore

Courses: Carl Moore

Registration: Jan Whaley, Linda Moore, Pat Reddick,

Anna Urbanova

WIOL Registration: Don Denbo, Debbie Newell

Start: Carl Moore, Sid Whaley

Finish: Dave Tallent, Jan Urban, Don Atkinson, Bob

Reddick, Laurie Matthews,

Debbie Newell, Jenny Pearson

All-around help: Ken Peters

Refreshments: Carl Moore, Bruce McAlister

Course 1, (1.82 k, 10 controls)

Charles Scheuerman/John Rhogen		39:34
Keinan Dawson/Aaron Scheuerman		53:13
Joel Foroimona/Aaron Fordham		70:02

Course 2, (3.05 k, 11 controls)

Scott Smith		57:31
Zack Armstrong		74:40
Wayne Lies	MSP (#1)	

Course 3,

No results for Course 3

Course 4, (5.08 k, 13 controls)

Dave Petty	COC	4:02
Ryan Myers		56:46
Harvey Friedman	COC	60:19
Stratton		69:16
Kenneth/Ken Jr/Schlaudraff		101:22
Carlisle		DNF
Roger Rosenblatt	COC	DNF

Course 5 (6.8k, 15 controls)

Eric Bone	COC	34:27
Jan Urban	SAMM	41:21
Mike Miller	SAMM	41:25
Rick Breseman	COC	44:20
Dave Enger	SAMM	46:46
Debbie Newell	COC	48:42
Eileen Breseman	COC	51:15
Kean Williams	COC	52:50
Dave Hull		54:17
Don Atkinson	COC	55:36
David Yee	NEOC	57:32
Frank Magana Sr.	NISQ	56:17
Tara Matthews		56:20
Brett Anibaldi	COC	59:21

John Lee	NEOC	60:34
Fred Veler	SAMM	61:26
Linda Moore	NISQ	61:31
Ardis Dull	COC	71:58
Don Denbo	COC	73:14
Ken Lew	COC	75:50

U W CAMPUS

29 November 1998

Husky Orienteering & Running Club

Meet staff: Don Atkinson (timing),

Bill Cusworth (registration, equipment, timing),

Eric Bone (meet director, course setter, timing)

Weather: Low 40's and raining

Number of people who didn't finish or who
mispunched: 0 (cool!)

Course 1: Novice (1.25 km, 8 controls)

Michael Pope	Samm	22:39
Ryan Breseman	COC	24:55
Kelsey Breseman	COC	27:52
Paul & (someone) Budlong		32:43
Rebecca Agiewich		60:43
Dana & Eileen Breseman	COC	MapHike

Course 2: Advanced Beginner (2.65 km, 9 controls)

* An asterisk denotes competitors who had already run
course 3 and so had visited four of the controls already.

* Jan Urban	Samm	15:13
* Rick Breseman	COC	16:15
* Eileen Breseman	COC	17:48
Justin Yeager		18:29
* Kean Williams	COC	18:48
Paul Siscoel	COC	20:46
Robert Henry		28:45
James & Owen Howie		85:56
Michelle McPeck	Map Hike	

Course 3: Intermediate (3.30 km, 12 controls)

+ Dale Width was delayed perhaps half a minute to
speak with a campus police officer who wondered what
was going on.

Jan Urban	Samm	21:06
Justin Wright	TJHS	21:19
Keith Burdette	TJHS	22:47
Rick Breseman	COC	23:52
Don Atkinson	COC	24:14
Eileen Breseman	COC	25:08
Kean Williams	COC	26:30
+ Dale Width	EOC/WSU	27:28
Fred Veler	Samm	27:35
Mac MacDonald	Samm	29:48
Ashley Matthews	TJHS	29:58
Tara Matthews & Jung	TJHS	30:51
Linda Moore	NISQ	31:47
Ardis Dull	COC	33:11
Carl Moore	NISQ	36:00
Seidensticker group of two	COC	36:55
Ken Lew	COC	38:46
Jim Siscoel	COC	40:13
Adam Lindner & Josh Davis	SKHS	40:44
Ryan Robinson		42:27
A. William Robinson		49:07
Dinh Bowman		67:37
Thom Bowman		68:20
Paul & Ian Richards	Samm	70:19

Club Abbreviations:

COC	Cascade Orienteering Club
EOC	Ellensburg Orienteering Club
NISQ	Nisqually Orienteers
Samm	Sammamish Orienteering Club
SKHS	South Kitsap High School
TJHS	Thomas Jefferson High School
WSU	Washington State University Orienteering Club

Winter O' Series

Name	Club	F-McW	K Cr	Ft St	Total
Women					
Eileen Breseman	COC	100	95	95	290
Tara Matthews		95	87	92	274
Linda Moore	NISQ	92	90	90	272
Debbie Newell	COC		100	100	200
Ardis Dull	COC		92	89	181
Barb Bryant			89		89
Marie Piper			88		88
Men					
Eric Bone	COC	100	100	100	300
Jan Urban	SAMM	89	95	95	274
Kean Williams	COC	86	87	88	261
Don Denbo	COC	76	78	80	234
Dave Enger	SAMM	89		89	178
Howard Halter	SAMM	85	84		169
John Lee		85		82	167
Don Atkinson	COC		86	86	166
Fred Veler	SAMM	82		81	163
Roman Kotecky	SAMM	80	83		163
Carl Moore	NISQ	79	82		161
David Yee	NEOC	76		85	161
Ken Lew	COC		81	79	160
Frank Morgan Sr	NISQ	75		84	159
Terry Bryant	NISQ	71	75		146
Uli Steidl	HUSKY	95			95
Mike Miller	SAMM			92	92
Paul Hoopman	COC		90		90
Kevin Welton	COC		89		89
Peter Golde	COC		88		88
Robert Miller	COC	88			88
Bob Seidenstricher	COC	87			87
Dave Hull				87	87
Pat Kelly	COC		86		86
Tyler Frederickson	COC	84			84
Sieve Frederickson		83			83
Brett Anibali	COC			83	83
Mannschreck				81	81
Paul Sisco	COC		79		79
Stuart Bradshaw	NISQ	78			78
Loren Staney			77		77
Michael Pope	SAMM	77			77
Dave Reynolds			74		74
Heber Green		74			74
Manuel Schmitt			73		73
Roger Rosenblatt	COC		73		73
Harvey Friedman	COC	72			72
Owen Howey		72			72
Aaron Gaskill		70			70
Paul Richards		69			69
Thom Bowman		68			68
Dinh Bowman		66			66

Northwesterners Well Represented at Big Basin

The Run in the Redwoods meet was held November 14/15 in Big Basin State Park, near Santa Cruz, California. The weather was sunny, but cold with few spots of sunlight reaching the ground through the dense canopy of the Redwoods. Meet organization was great. First day included a shuttle to the upper area of the park. The running was STEEP, open mixed with patches of green and some redwoods downed that made serious obstacles if not planned for.

The map had been revised and updated since the '96 meet. Day two held equally challenging terrain. The dinner at Scoppazi's was enjoyable, with course reviews following.

Results of the Pacific NW O'ers:

Blue course:

M21

1 Eric Bone COC 2:25:13 WSC
 2 Andy Dale CROC time?
 9 Sergey Velichko EWOC
 Bill Cusworth Husky

Red course:

M35

1 Jan Urban Samm 2:23:43
 8 Robert Scott CROC 5:15:07
 Erik Osborne CROC

F21

5 Eileen Breseman COC 3:22:14
 7 Marjolein Schat CROC 4:46:26

M40

2 Rick Breseman COC 2:37:27
 Kean Williams COC

M45:

7 Mal Harding CROC 3:43:59

Green course:

M50

4 Dave Petty COC 3:07:16

M55

1 Don Atkinson COC 3:21:27 WSC

M open green

Terradan Lanchild CROC

Brown course:

M70

1 Knut Olson COC WSC

2 Ken Lew COC 2:20:10

M open brown

2 Scott Drumm CROC 3:01:30

Yellow course:

1 Roberta Fothergill EWOC 1:14:03

White course:

M10 2 Ryan Breseman COC 57:26

Green/Orange course: Glen Cafferty CROC

Eileen Breseman

Scouts Install Permanent Orienteering Courses at St. Edward State Park

There are now four suggested permanent orienteering courses at St. Edward State Park. COC is pleased to work with the Ranger Joel Pillar to insure that there is minimal environmental impact on the park. In keeping with the parks on trail preference Jim Sisco and Rick Hood placed the markers adjacent to trails or open areas of the park. It is hoped that this will encourage and widen the interest to newcomers of orienteering.

In November Eagle Scout candidate Nicholas Boos and 20 Scouts and adults from Troop 304 in Lynnwood installed twenty permanent markers. The four courses vary in difficulty from beginning to advanced orienteering level. Black and white maps and course descriptions should be ready at the park office by the end of January. All courses start and finish at the information shelter west of the Park office.

Upcoming Orienteering Events

Call the Hot Line at 206-783-3866 or website at <http://www.eskimo.com/~halter/orienteering/pnw.html> for latest information and details

Date/Time	Location and Comments	Type	Club	Map	Contact
JANUARY 1999					
Sat, Jan 9 WIOL 4 10am-noon	Forest Park, Everett. Take I5 Exit 192 west on Mukilteo Blvd, about 1 mile, left into park	C	SAMM		Dave Enger (425)822-6254
Sat, Jan 16 10:30 mass start	RAMBO, Point Defiance Park, Tacoma. From I-5 take exit 132 and follow SR 16 to 6th Ave S left, then right on Pearl St. to endsat the park entrance. Then follow O signs.		NISQ		Carl Moore (253)756-573
Sat, Jan 23 WIOL 5 10am-noon	Big Finn Hill Park. Take Juanita Drive South from Kenmore to NE 138th. Follow O signs. Shuttle to start.	C	SAMM		Bruce McAlister (425)821-6862
Sat, Jan 30 WIOL 10am	Lynndale Park Relay. Take 196th St SW West from Lynnwood to 68th Ave. W, North to 189th Pl., West two blocks to park	C			
Sat, Jan 30 11am-noon	Riverside Schools, Chatteroy, about 16 miles north of Spokane on US2.	C	EWOC		John Beck (509)838-7078
FEBRUARY 1999					
Sat., Feb 6 WIOL6 10am-noon	Shoreview Park, Shoreline. From Greenwood Ave N and N 145th St., take Greenwood North to 160th, left, along south side of Shoreline CC. Follow O signs	C	SAMM	1:5000	Margie Bone (206)634-2279
Sat., Feb 20 10 am-noon	WIOL CHAMPIONSHIP Magnuson Park, Seattle. Either from E 45th at U Village or E125th at Lake City take Sand Point Way to park at E 64th.	C	COC		Frank Skorina (509)522-2770
Sat., Feb 20 11 am-noon	Finch Arboretum, Spokane	C	EWOC		John Beck (509)838 -7078
Sat, Feb 20 10am-noon	Battleground Lake State Park, Battleground. Take 502 from Battleground exit, 8 miles north of Vancouver. Heisson Rd 4 miles from Battleground	C	CROC		Terradan Landchild (360)604-5263
MARCH 1999					
Sat/Sun March 20/21	Thetis Lake + Camp Thunderbird. About 10 miles west of Victoria Check web site for rides and driving directions	C	VO		Berit Eklof (250)598-4084
Sun., March 21 11am-1pm	McIver State Park, Estacada OR, about 10 miles east of Oregon City, 25 miles south of Vancouver	C	CROC		Mal Harding (503)638-8977
Sat, March 27 11am-noon	Farragut State Park, Athol, ID. About 15 miles north of Couer d'Alene on US95	C	COC		John Harbuck (208)263-9894
APRIL, 1999					
Sat, April 11 10am-noon	Woodland Park, Seattle, NEWCOMERS MEET. Take NE 50th St. Exit from I-5 west. Turn	C	COC		Rick Hood (425) 640-8134
Sat, April 10 11am-1pm	Mt Tabor Newcomer's Meet, Portland OR	C	CROC		Scott Drumm (503)261-1493
Sun, April 11 1pm - 3pm	Riverside State Park, Spokane	C	EWOC		John Beck (509)838-7078

Upcoming Major and National Events

January 16/17 Georgia Navigator Cup, 2 Day A Meet, Near Augusta, GA
 February 13/14/15 2 Day A Meet + 1 Day Motala, Oak Lake, Birmingham, AL
 February 20/21 2-Day B Meet, National JROTC Champs, Tyler SP, Texas
 March 12, IOF Ranking Event, Flying Pig III, March 13/14 Cincinnati, OH
 April 24/25, Intercollegiates, Hammond Hill, near Ithaca, NY
 May 22/23 BC Champs, Kamloops Area
 May 29/30 Newcastle Island, Nanaimo
 June 28/July28 USOF Convention, Pennsylvania, Delaware
 July 21/25 Pacific Northwest O Festival, Cle Elum Area
 August 1/6 World Orienteering Championships, Inverness, Scotland
 September 25/26 US Championships, Spooner Lake, Lake Tahoe, Nevada

Club and Event Codes

COC: Cascade Orienteering Club
 EWOC: Eastern Washington O.C.
 HUSKY: UW O.C.
 SACO: Sacajawea

SAMM: Sammamish O.C.
 NISQ: Nisqually O.C.
 CROC: Col. River O.C.
 CHUCKO: Chuckanut

A: National M
 R: Rogaine
 B: Major Event
 GVOC: Greater Vancouver

C: Regular local meet
 X: Special Event
 VO Victoria Orienteers

United States Orienteering Federation

P.O. Box 1444

Forest Park, GA 30298

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 (____) _____

E-Mail address: _____

If Family Membership, list other persons:

Name

Year Born

Membership 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

☐ Students \$10 (21 & under)

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

☐ Individual Life \$450

☐ Family Life \$540

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

☐ \$5 extra surface

☐ \$25 extra airmail

What is USOF?

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

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

So we encourage you not only to join your local club, but to join and support USOF. The magazine alone 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 and WSOA is an IRS Section 501(c)(3) corporation. Which means that donations are tax deductible. JOIN NOW.

Bearing 315 is

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Seattle WA 98112

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