

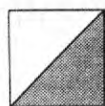
Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

November/December 1997

Pacific Northwest Orienteering Festival Coming in August!

Reserve the dates August 7-9th this summer for the 1998 Pacific Northwest Orienteering Festival that features the 1998 U.S. Individual and Relay Championships. Rick Breseman, now Meet Director after Mike Schuh resigned shortly after the Trollhaugen 'A' meet, has been busy getting organized and lining up volunteers. Rick tells more about the festival and how you can be a part of the fun later in this issue!



Upcoming Events

COC Annual Meeting Update

For those of you coming to the Nov 8th COC Dinner and Social[†] in addition to some store bought (OK, donated prizes) we would like to offer some from you!

For example: Sand Kish Miller is offering a coupon good for a 20 minute foot rub (she may go as high as 22 minutes if your feet are really clean) and Anne York is offering a guided mushroom hike (it's a secrete spot so you may have to wear a blind fold part of the way).

Thus, if you have a really cool service (take it easy Harvey) or maybe an object brought back from foreign lands (orienteering or not) that you are willing to donate, just let me know.

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The way it will work after all the social games are over, we will let the first place winners select from among the items on the prize wall (include is a CD-ROM USGS map of the area, a sleeping bag "silk" liner, some cools books, etc.) as well as service and prize "coupons" from you.

(FYI — It was requested that I personally neither offer hand-written poem; I think that is a bit harsh and thought that if I every became famous they would be worth a lot, but I will honor the request.)

Anyway, if you have something that you think would add to the enjoyment factor of the evening, please email me your thoughts and the committee for fun will review your proposal. (I will put in a good word for you and I do have a fair amount of leverage in "committee" matters.)

Oh, you don't have to actually attend on the Nov 8th to donate a prize or service, though we would like to have you there to add to the evening.

Thanks,

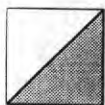
Rick, Chair, Committee for Fun Chair, Committee for Social Event Entrance Standards

[†]After much discussion the committee for social event entrance standards is taking a firm stance and restricting entrance to only those that: have attended a COC meet; know someone that has; or know which directions the "red swinging needle" points. However, excerpctions may be applied for on a case-by-case basis. (So if you are a SAMM, NISQ, EOC, EWOC, CHUCKO, SACO, OABC, type, we hope we left no doubt that you are very much welcome and wanted.) Exception: no smile, no entry.

O' Lang Syne

St. Edward, Pool & Pies...

On Saturday, December 27th, Cascade will host this popular year end orienteering event at St. Edward State Park. Currently called "O' Lang Syne", this year's event will feature a mix of beginner friendly & challenging courses designed for all comers, an opportunity to swim at the on-site pool from 1:30 to 2:30 and a potluck to follow at a location TBA. As always, pies will be awarded to those who perform well in the field. This event usually draws folks from far and near that we have not seen for awhile, as well as "the regulars" — all are welcome! Those willing to volunteer to bake one or more of the award pies — please do so by contacting Rick B. at (425) 483-6592!



News and Notes

Pacific Northwest Orienteering Festival

Rick Breseman, Meet Director

The Pacific Northwest Orienteering Festival — 1998, featuring the U.S. **Individual and Relay Championships** will be held near Cle Elum on August 7th, 8th and 9th of next year.

New Maps!

Each event will be on a new IOF standard 1:15,000, 5m contour map on the dry side of the Cascades about 90 miles east of Seattle in Teanaway Valley. Terrain will be similar to that on the popular Cle Elum and Bullfrog maps in the region, with mostly open Ponderosa Pine forest, mixed with grassland and interspersed with small marshes and aspen groves. Occasional large erratic boulders, sandstone cliffs and surfaces interrupt the generally excellent runnability of the area.

Choices / Schedule.

One of the goals of the organizers is to provide fun and interesting courses for all orienteers, for the elite competitor who is seeking a national title to the map hiker who wants to spend the day enjoying the scenery while walking a course. Therefore, the following schedule emphasizes choices on each day:

August 7 (Fri) – Map “The Tongue”

One Hour Score “O” Event: Competitors attempt to attain highest point totals by visiting as many controls as possible within the time limit. Controls have differing point values depending on technical and physical difficulty.Or..

Model Event: Participants visit control sites at their leisure to “get into” the terrain in the area. The idea is to gain experience that will be useful for the next two days’ events.

August 8 (Sat) – Map “Teanaway”

U.S. Individual Championships: One day national championship event for all

levels of standard USOF courses (white/novice through blue/long advanced). Or..

Map Hiker Courses: Beginner, intermediate and advanced courses for individuals or small groups.

August 9 (Sun) – Map “Lick Creek – North”

U.S. Relay Championships: Four person teams of consisting of one runner for each of the following course levels: orange, yellow, green and red. Winning time is expected to be approximately 120 minutes. Or..

Map Hiker Courses: Beginner, intermediate and advanced courses for individuals or small groups.

Camping / Event Center

A large camping area on the Teanaway River is located adjacent to the meet sites. The Event Center will be at the camping area. Many participants will choose to pitch their tents among the pines and enjoy the full outdoor experience as well as the convenience of being close to the venues and event center. Others will opt for accommodations of relative luxury in Cle Elum — A 14 mile drive.

Goals / Volunteers

Goals will include providing technically perfect, fun and interesting courses at all levels of competition. A key goal is to also provide volunteers with a positive experience. Roles will be clearly defined and there will be many opportunities to interact with visitors from out of our region as well as with fellow volunteers. Nearly all volunteers will also have the opportunity to run. To volunteer please use email: (breseman@msn.com) or phone: (425) 483-6592.

Further Information

By mid November a web site will be established to provide all needed information about the Orienteering Festival. Look for it at: <http://weber.u.washington.edu/bill3/uscf98/> This site will be updated periodically as we progress and will include pictures, accommodation information, registration materials and all event details.

WSOA Competition Suits Ordering

Some of us have already worn out our beautiful green, yellow, and grey WSOA suits and are ready to order new ones. The suits are mostly green (like the northwest), with stripes of yellow (for the sunshine we get for those two days in August) and grey (hmmm..., what would that represent?) at the top of the sleeves, and as chevron stripes above the knees. You can get short-sleeved shirts and knickers, as well as the standard full-length sleeves and pants. The shirts have a center chest pocket and the pants have a patch pocket.

The cost is expected to be about the same as before (\$25 for the top, and \$20 for the pants, I think, plus a little bit for shipping). I'll get a better idea of the cost in the next couple weeks. If you would like to get a new suit (or two, or just one piece), let me know. We would like to make the order by December 10, 1997 so that we can be assured of having them next spring, and will need payment from each of you in order to place it. So let me know soon, or you'll continue to be seen in one of those drab and embarrassing O' suits next year. Impress your friends by strutting around the registration table, start area, finish area and awards ceremony with an eye-catching, fast and fast-looking WSOA suit.

John Rogers jrogers1@ch2m.com 425-462-9562, home 10905 NE 17th Street Bellevue, WA 98004

World Orienteering Championships

Ardis Dull (COC)

Norway, land of my ancestors (well, most of them — the ones I admit to). Lured by the opportunity to participate in a multi-day meet as well as cheer on the U.S. team (& Canada, too) in WOC, I finally made my first trip to Europe in August. Without the company of a world traveler fluent in Norwegian such as Bruce McAlister, I wouldn't have been so quick to sign up.

With his IOF meetings & Trail-O it turned out that Bruce wasn't always

around, though, starting with the flight. Something about his having miles on SAS & Ken Lew & myself saving money with British Air. We, naturally, didn't make our connection but Bruce finally found us in Oslo. My first sensation leaving the airport was the smell of the sea. It was great to see it everywhere we went. We drove south a few hours to the small town of Grimstad, our home for 9 days.

Bruce & Ken stayed at the event center hotel with most national teams & IOF people. I had signed up for camping thinking there'd be a huge tent city near town. Instead, campers were assigned to small commercial campgrounds. Mine was 10km away with several British, the closest to Americans the organizers could find for me. Not counting the last 2km on a one-lane road, the commute was rather enjoyable — alone with a rental car, navigating myself around a strange but seemingly-benign land. In fact when asked what I enjoyed most about the trip, driving often comes to mind. Maybe it's the absence of stop signs (replaced by yields) that made you feel free.

What about the orienteering, you ask? Well, looking back I'd have to admit that it was good, but at the time I had doubts. The training day gave me nightmares. The area Ken & I had chosen was steep, green, full of flies & confusing, & the humidity & heat was oppressive (temps in the 80's most days). None of my competitive runs were as bad but the woods were thicker than I had hoped & navigation was quite technical. The public competed 2 of its 4 days on WOC maps. Having signed up for the longer category for my age, I was happy to place 2/3 to 3/4 down.

An event with a couple thousand competitors can only be compared to a carnival. And when it was time for WOC the venues even got more festive: tents for VIP's, for press, for concessions, for organizers, for competitors, for spectators; flags for all the nations; huge speakers up on cranes blasting music (too often the WOC theme song — a silly composition that took weeks to leave my head but did have value to quicken my pace when heard out on the course) or

giving live whispered cell phone reports (usually in English) of action at a control. I was moved to hear the opening theme from "2001" played each day at first start. I'd like to be able to report that COC's Eric Bone & the rest of the U.S. team placed well, but the Europeans & especially Scandinavians predictably dominated. Our men's relay team did place 21st out of 33 — above the Swedes who DQ'd, and our women placed just above the Canadians.

Our last night was spent with Rune Hoel, whom some of you will remember at the U.W. I really enjoyed learning how people in Norway live. I'd like to thank Bruce for organizing the trip, and him & Ken for the company. WOC 1999 will be in Inverness Scotland in early August in conjunction with the Scottish 6-day. Bruce already has accommodation picture books so you can pick your cottage or castle. Driving on the left side should be "exciting".

Veterans World Cup Adventures

Ardis Dull (COC)

Somehow I've managed to take 4 major trips in 4 months but almost skipped this one to Minnesota — it being the first week of classes at the U.W., the worst week to be gone from work. The deciding factor was having the event center for the "warmup" meet be at the Mall of America. In the end I sacrificed shopping for socializing & doing laundry but do believe I saw the outside of all 400+ stores. I also attended a party at the indoor amusement park & completed its "trim" course. My budget motel forced me out of my room at 3 am with a roof leak. The police were outside my new room when I left, accusing my neighbors of smoking crack all night. Funny, after hearing my story a friend moved into the motel (to save money)!

On to Camp Ripley & the VWC. Debbie Newell had designed PNW t-shirts for the opening parade. About 20 northwesterners joined 2000 overall accepting the challenge of perhaps the most technical terrain ever. All the little hills & depressions of the glacial moraines looked

alike. I'm not too proud of my performance but actually only 1 or 2 legs were my downfall each day. Lesson: Don't relocate more than once from the same wrong feature. I enjoyed it more after I stopped worrying about poison ivy & Lyme disease, and, oh yes, bears. Dave Tallent has a great story about arguing with a non-English-speaker. Dave thought they were discussing the map, but the Finn was trying to point out the bear blocking their control. I was spared the embarrassment of the finals by getting sick. However, I didn't miss my shift on the finish crew, even working extra. Working & running put stress on a lot of volunteers, but the perk of staying in the officers' quarters was great. Another lesson: Be in the front of lines at banquets. I wasn't even close to the end & still missed food.

Americans Sharon Crawford & Peter Gagarin won their classes, and Beatrice McBride was 2nd in mine. Debbie was a very respectable 5th in hers. Next year's VWC (or WMOC as it is now called) will be in the Czech Republic, followed by Denmark in 1999, and in New Zealand during the turn of 1999 to 2000.



Tips & Techniques

Move up! A column for the A.O.

(reprinted from the NEOC TIMES)

by Peter Amram

Social crazes in this vast and restless nation of ours are usually easier to deplore than to describe. So if you slipped through the 1980s without being hounded to have you or your spouse's colors "done" (to determine the titanic issue of one's wardrobe uses), well, let's just leave it right there, if you don't mind.

But, as an A.O. (Average Orienteer: the proud title most of us bear) you really *do* need to know your colors. 'Cause you can't read the ol' map without them, and the map is the pith of the sport.

There are six colors on an orienteering map—white, green, yellow, blue, black,

and brown—whose meanings are often, as the mathematical lads and lassies say, counterintuitive. So get it straight before you head into the woods.

White: runnable woods, *not open space!* And runnable does not mean a clean flat cushioned carpet. Runnable means only that the trees are spaced so you can move among them, and the undergrowth is not so dense as to hinder you more than you are naturally by rocks, uneven ground, fallen trees, and the necessity to concentrate on where you are and where you would like to be. So forget those glorious 10K times in white areas. Just keep moving and be glad you are not stuck in...

Green: undergrowth, not a beckoning traffic signal. Green comes in three exciting flavors: light, medium, and dark. Interpreting green depends on experience, especially since areas and maps vary greatly according to the mapper and the season of the year. You can usually move easily enough through light green. Medium is iffy: be cautious. Dark green is *impassible*, and the third absolute basic of orienteering is the knowledge that nobody sane goes through dark green. (The first basic is to hold the map properly, and the second is to understand contour lines.) Dark green makes one yearn for...

Yellow: open land. Patches of yellow are nice checkpoints en route and can serve as good attack points. Hint: look *up* for a break in the tree canopy to find a patch of yellow. Don't get too excited about yellow, however, because the course setter wants you to have real fun out there, and yellow is awfully obvious. Pin your hopes on...

Blue: water, still and moving. Beware of abundant seasonal variations: wet spring versus dry fall. Once again, look *up* into the open tree canopy to find a small pond. Also, note on the map whether that blue blob or line has a black border. If so, the feature is *impassible*, a fact to be taken literally. Unlike the ambiguity of...

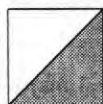
Black: Rock *or* man-made object. That is: boulder, cliff versus path, building. Be especially alert for the rock/man combination of the ubiquitous (in New

England) stone wall, shown as a line with dots on it. Stone walls are at least as reliable as paths, and sometimes more so, because mountain bikers don't spend their summers building new stone walls. But, for dependability, nothing beats...

Brown: contour lines. Derived from aerial photographs, contour lines are, for our purposes, objective and eternal.

The principles are simple enough. A closed loop means the top of a hill. Lines close together show a steep slope. No or few lines indicate flattish land. Parallel lines denote an even slope. A loopy "u" shape is either a spur (sticking out from a hill) or a re-entrant (a ravine cut into the hillside). Distinguishing quickly between spurs and re-entrants is perhaps the most difficult trick in orienteering.

Advanced orienteering depends primarily on accurate contour interpretation, so ask event staff for help until you can unscramble that jumble of brown lines. And then you'll be ready to *Move Up!*



Meet Results

Robinswood Park May 21, 1997 Bellevue, WA

Sammamish Orienteering Club

Course 1 (7 controls)

Dicker	8:58
Nerenberg	12:00
Meghan & Winna	13:22
Sally Riggers	13:39
Katie & Kevin	14:47
Kelly & Stephanie	16:40

Course 2 (10 controls)

John Robinson/Charlie Coloer	21:07
Elizabeth & Ed	25:07
Andy B./Dominic S.	33:10
Seto/Job	34:40
Brandi Fruik	37:10
Kenny/Ryan	50:49
Steve Johnson	51:40
Ryan Breseman	68:05
Mark & Haley	DNF

Course 3 (12 controls)

Dan Parr	22:18
Joe O'Sullivan/Chris Reid	22:20
Karen Gerde/Ed Clark/Charlie Johnson	22:43
Jason Asbell/Adam Lindquist	26:03

Eric Lamson/Isaac Ahr	27:40
Corey Thurston/Andy Heiz	29:49
Nikki Kunecke	31:19
Holli Molnar/Kines Montgomery	31:19
Erskine/Bleiler	31:50
Erin Bunn/Alanna Fillig	32:40
Lisa O'Brien/Danielle Ruiz	32:40
Nathaniel Drumin/Jason Presley	37:20
Danielle Grigsby	39:50
Dentrif/Dots	43:10
Britta Austin/Linsey Collette	48:50
Matkin/Pike	50:24
Margaret Nicks	50:33
Tyler Seaton/Tyler Arnquist	51:24
Alex Ramsey/Courtney Caryl	51:29
Bronson Moyer/Kevin Burton	no time
Dominic/Andy	DNF

Course 4 (15 controls)

Eric Bone	13:27
Jan Urban	13:57
Mark Howlett	17:40
Fred Veler	22:21
O'Sullivan/Reid	26:19
Kean Williams	34:22
Bob & Pat Reddick	37:58
Jason/Adam	DNF
Rob Swenson/Brent Huntington	DNF

Course 5 (13 controls memory)

Jan Urban	20:58
Mark Howlett	25:15
Ardis Dull	52:30
Ken Lew	62:50

Colorado '1000-day' July 5-13, 1997 Lake George, CO

US Short Course Championships

BLUE

M21A			
2	Eric Bone	COC	25:11
29	Nic Bone	COC	49:31

RED X

M40A			
7	Rick Breseman	COC	22:48
M45A			
13	John Beck	EWOC	42:23
M21B			
1	Peter Golde	COC	20:35

RED Z

F21A			
4	Eileen Breseman	COC	29:25

GREEN S

M50A			
5	John Harbuck	EWOC	21:46
M55A			
9	Fred Veler	SAMM	27:23

M60A

1	Carl Moore	NISQ	20:28
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GREEN T

F55A			
2	Linda Moore	NISQ	28:23

F45A			
2	Ardis Dull	COC	38:36
BROWN			
M65A			
1	Knut Olson	COC	24:27
2	Ken Lew	COC	27:03

US Night Orienteering Championships

RED			
M40A			
4	Rick Breseman	COC	94:58
M45A			
3	Mike Schuh	COC	92:17
F21A			
	Eileen Breseman	COC	DNF
M21B			
1	Peter Golde	COC	85:38
GREEN			
M50A			
5	John Harbuck	EWOC	88:14
F55A			
	Linda Moore	NISQ	DNF
M60A			
	Carl Moore	NISQ	DNF
BROWN			
M65A			
1	Knut Olson	COC	142:10
2	Ken Lew	COC	156:15
SHORT			
F OPEN			
1	Ardis Dull	COC	47:37

US Long O Championships

BLUE			
M21A			
	Eric Bone	COC	DNF
	Bill Cusworth	COC	DNF
	Nic Bone	COC	DNF
RED			
M40A			
14	Rick Breseman	COC	160:18
F21A			
4	Eileen Breseman	COC	160:38
M21B			
2	Peter Golde	COC	156:26
GREEN			
F45A			
1	Ardis Dull	COC	172:59
M50A			
5	John Harbuck	EWOC	126:21
M55A			
5	Fred Veler	SAMM	140:11
F55A			
1	Linda Moore	NISQ	140:52
M60A			
2	Carl Moore	NISQ	140:50
M OPEN			
3	Mike Schuh	COC	161:38
BROWN			
M65A			
2	Ken Lew	COC	154:36
3	Knut Olson	COC	208:19
M OPEN			
	Glen Cafferty	CROC	DNF

Luther Burbank Park
July 16, 1997
Mercer Island, WA
*Sammamish Orienteering Club***Begginsers**

Ruth Edwards	34:41
Sally Riggers and Anita Moore	38:25

A Loop (1.81 km, 7 controls)

Rob Knudsen	16:49
Ken Young	17:51
C. & S. Senescal	27:50

B Loop (1.84 km, 7 controls)

Ken Young	13:15
Rob Knudsen	14:09
David Campbell	19:33
Connie & Stephanie Senescal	24:25

C Loop (2.04 km, 7 controls)

Rob Knudsen	13:51
David Campbell	17:21

ABC Loops (5.69 km, 21 controls)

Jan Urban	32:35
Rick Breseman	37:29
Eileen Breseman	41:07
Ardis Dull	53:44
Ken Lew	58:38

Lake Sammamish State Park
August 26, 1997
Issaquah, WA
Sammamish Orienteering Club

Director, Courses, Timing, BBQ: John Sincok
 Registration, Control pickup, BBQ: Bob Reddick
 BBQ + Cake Baker: Pat Reddick
 Registration: Llew Sincok

This meet was part of the usual Samm series of evening mid-week meets, with the schedule changed to accomodate the closing of the 1997 USOF Convention a few miles away. The weather remained cloudy with an occasional light mist falling. While rain fell for a few minutes prior to the meet, only strong winds affected the site during the meet. Everyone enjoyed the hot dog barbecue, and a dozen or so orienteers closed with dinner at the Issaquah Brew House following the meet. onstruction in the park limited courses to areas south of Issaquah Creek.

Course 1 (1.5 km, 6 controls)

Sean Conto	NJROTC	10:29
Anthony C. and Robert F.	NJROTC	14:50
Joe Rivera and Mike	NJROTC	15:41
Mathew Pantig	NJROTC	16:22
Al Thatcher	SAMM	24:55
Kevin + Paul	BS Troop 627	25:00
Steve Conto		26:14
John Overlie		53:45

Course 2 (3.5 km, 9 controls)

Al Thatcher	SAMM	66:40
Sara Cechner	NEOC	70:43
John Williams	DVOA	76:00

Flo Williams	DVOA	81:16
Kevin + Paul	BS Troop 627	96:54
Robert + Mike	NJROTC	DNF
Steve Conto	NJROTC	DNF

Course 3 (4.3 km, 11 controls)

Clem McCrath	DVOA	31:17
Rick Breseman	COC	33:52
Rob Knudsen	SAMM	42:30
Mike Minium	OCIN	44:24
Ken Lew	COC	45:41
Robert Miller	COC	46:43
Patrick Kelly	COC	67:46
Scott Drumm	CROC	76:10
Sean Conto	NJROTC	82:50
Mathew Pantig	NJROTC	DNF
Anthony C. + Joe R.	NJROTC	DNF

Lincoln Park
September 7, 1997
Seattle, WA
*Cascade Orienteering Club***Course 1 (2.5 Km)**

Jesse Coombs	CROC	0:16:00
Paul Diamond		0:37:30
Lisa Bruce, Emily Kimble	COC	0:39:30
Dan Diamond		0:42:07
Coleen Kelley		0:47:53
Ryan Breseman	COC	0:50:09
Diane Johnson		0:57:00
Renee Sanchez & Family		1:00:40
John Overlie		1:37:46

Course 2 (3.5 Km)

Patrick Kelly	COC	0:32:06
Don Denbo	COC	0:34:15
Ken Lew	COC	0:43:47
Sue Wood		0:53:00
Beth Elliot & Ellie Rogers	Samm	0:55:45
Ed Pothurst	COC	1:00:33
Patricia Charlop	COC	1:30:00
Tom Estby	COC	1:31:40
Lisa Bruce	COC	1:33:40
Carol Mikkelsen		1:33:40
Howard Abell	MapHike	
Jon Reinsch	DNF	

Course 3 (4.4 Km)

Paul Magnus	COC	0:26:18
John Rogers	Samm	0:26:34
Mark Howlett	Samm	0:27:00
Jan Urban	Samm	0:27:46
Bill Cusworth	COC	0:28:37
Alex Hall	COC	0:29:34
Debbie Newell	COC	0:30:14
David Tallent	Samm	0:31:12
Robert Miller	COC	0:33:48
Linda Moore	Nisq	0:36:06
Eileen Breseman	COC	0:37:02
Carl Moore	Nisq	0:40:04
S.K. Miller	COC	0:42:37
Aaron Charlop	COC	0:42:44
Bill Mckenzie	COC	0:44:20

Eric Svaren and Tom Gross Shader	COC	0:49:00
Ardis Dull	COC	0:50:10
Jim Siscel	COC	0:52:14
Jay Underwood	Tucson	0:58:21
Pam Michalowski	Tucson	1:08:45
Mike, Heather, Carl, and Rose		1:17:37

Wildwood Motala September 10, 1997

Rick/Eileen Breseman

Director, setter, starts, finish: Rick Breseman
Vetter: Kean Williams

Main Course was three loops of similar length (5-8 controls each) returning to a common Start/Map Exchange/Finish area.

The three loops were pretty equal in both distance and difficulty, but there was a significant general improvement in performance as folks adjusted to the scale and "got to know" the terrain. Following the motala as a warm up, we got on to the main events — socializing & devouring excellent pot-luck fare crowned by Bruce McAllister's Famous Raspberry Cake. Next year we promise a color OCAD map and may even include mapping vegetation. Thanks to all who attended.

Your Hosts, Rick, Eileen, Ryan, Kelsey, Dana Breseman

	Loop 1	Loop 2	Loop 3	Total
Jan Urban	5:50	4:05	6:40	16:35
Mike Schuh	5:55	6:27	4:30	16:52
John Rogers	6:34	5:51	5:05	17:30
Debbie Newell	9:40	5:00	6:50	21:30
Don Denbo	8:40	9:25	6:30	24:35
Ardis Dull	11:10	8:40	8:43	28:33
Ken Lew	22:40	11:35	10:12	44:27
Bob & Pat Reddick	16:40		17:13	33:53
Beth Rogers	13:56	11:04		25:00
Kean Williams	25:00	8:10	8:40	41:50

Takhlakh Rogaine September 13, 1997

Columbia River Orienteering Club

The Takhlakh 6 hour Rogaine was run Saturday September 13 under partly cloudy skies. The after event dinner was consumed under a deluge. Comments heard ranged from, "This was the most physically demanding Rogaine I've attended" to "This was the most physically beautiful Rogaine I've ever attended". Both were probably true. Despite being soaked every time they left the road or trail, due to rain the day before, everyone was in a very good mood, no complaints were registered (almost unheard of). I commend everyone of them, Rogainers are truly a breed apart.

Team # 11 Mal Harding (CROC) and Texan Clai Gardner won with 18 controls in 5 hours 47 minutes, 1040 total points. 100 more than announced due to a closer inspection of punch cards. Team # 2

Howard Halter and Steve Stevens came in second with 19 controls in 5 hours and 58 minutes, 930 total points. Teams #3 Carl and Linda Moore (NISQ) and #17 Dan Clark and Mike Bruws (CROC) Tied for Third with 16 controls in 5 hours 53 minutes, total of 780 points!!! We needed another timer at finish to record time to the second. A lesson learned. We had a large number of first timers and Ultra runners. Rogaining is truly a growth sport.

Team	Participants	Total
F 40		
1	Anndy Wiselogle, Virginia Church	200
F Open		
9	Katie Peckham, Shannon Peckham	380
M 40		
15	Del Scharffenberg, John Coffey	760
19	Edward Arfman, MJ Corey	390
4	Bob Reddick, Ken Lew	360
10	Steve Frederickson, Fred Stafford	0
M Open		
11	Malvin Harding, Clai Gardner	1040
2	Howard Halter, Steve Stevens	930
17	Dan Clark, Mike Bruws	780
14	Joe Hallett, Bob Scott	740
12	Douglas Eiche, Rusty Eiche	590
13	Michael Poulsen, Franklin Poulsen	580
21	Mignon Cejalvo, Edwin Banaga	510
28	Curtis Condon, Jeremy Condon	450
26	Gordon Bowen, James Piccolo	440
27	Louis Boyer, Pat Ebert	300
16	John Bartholomew, Dylan Bartholomew	100
25	Randy King, Rao Jawadi	0
29	Rick Pope, Gregg Lawrence, Mike Moltre	0
Mixed 40		
3	Carl & Linda Moore	780
8	Ron Nicholl, Rob Lang, Sally Marcellus	600
7	Terradan Landchild, Jill Miller	350
Mixed Open		
23	J Hooper, A Dawson, M Pelletier, R Manning	750
6	Rick & Eileen Breseman	740
18	Tim Downing, Beth Stark	490
22	Pattie Wood, Gregory Houllis, Matthew Clark	450
20	Valerie Favre-Bonvin, Jeffery Wong	230
5	Scott Drumm, Vanessa Blake	210
31	Jesse & Jessica Coombs	180
24	Robert Wade, Annette Wade, Allen Krafe	160

Sacajawea Park September 14, 1997 Pasco, WA

Sacajawea Orienteers

The first SACO event for Fall 1997 was held at Sacajawea Park September 14th. It was a success, in that a good time was had by all, but there weren't 'all' that many there! We have to work at building

participation. The Sacajawea Park advanced course offered a fresh challenge to veteran competitors, as controls were placed in areas not visited during previous events. Furthermore, new features have been added to the map, and they figured into the course as well. The overcast and breeze kept temperatures comfortably in the 70's.

For those who haven't visited the course, it sits on 25sqkm of park land, with 10% open forest, 15% dense forest (i.e. fight), and the balance shrub steppe (rough open) or slow running terrain. Contour lines do not dominate the course. The varied and widely dispersed vegetation does.

Thanks to all who helped put on this event: Beginner Course Design by (Scout) Joshua Holland; control setting Christina Husa (with Dad's help); control pickup, Frank Skorina and Bob Gruel. Everything else — Ivar Husa

Beginners (1 km, 6 controls)

Dave Krogsrud and Matt Passage	10:30
Eammon Roach and Tom Roach	16:30

Intermediate (3.17 km, 9 controls)

Steve Krogsrud	43:30
Eammon Roach and Tom Roach	60:00
Dave Krogsrud and Matt Passag	67:20

Advanced (3.8 km, 10 controls)

Frank Skorina	37:50
Bob Gruel	50:50
Scott Coble (Spokane)	61:25

Cornwall Park September 21, 1997 Bellingham, WA

Chuckanut Orienteering

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

Course 1 (1.0km, 6 controls)

Karen Nording	22:50
Elizabeth + Bill Greene	42:55

Course 2 (3.25km, 17 controls)

Paul Magnus	27:02
Daniel Kirkpatrick	29:26
Dan Parr	36:16
Bill Greene	47:45
Neil Smith	50:16
Todd Drobnick	51:18

Lake Sammamish State Park September 28, 1997 Issaquah, WA

Sammamish Orienteering Club

Meet Director, Training: Dave Enger
Registration, Course Setter: John Sincock
Timing: Arne Skog

Course 1 (1.5 km, 6 controls)

John Rogers	7:01
Mark Mavrer	7:55

Kyle Coberly & Co	14:54
Meg Angevine	15:57
Craig Blankenstien & Son	18:20
Westin Family	20:15
Kenny & Dave	20:50
Danny Kalan/Eric Vanduzer	23:00
Robert Simpson	24:26
Kyle Van Duzer & Friends	24:41
Eaves	25:56
Joel Lenox	29:52
L. Halter Family	30:19
Unknown Couple	37:30
D. Hauck Group	38:28
Judy & Dave & Co	40:00
John Overlie	44:15
Harnos	56:10

Course 2 (3.5 km, 9 controls)

John Rogers	22:36
Mark Mavrer	33:58
Sue Ulric	35:00
Eric Cole	41:30
Meg Angevine	61:01
Green Team	68:21
Red Team	68:31
Joel Lenox	102:45
Eaves	111:55
Jeff & Nigel Packer	119:30
Towel Group	131:51
James Howey	148:15
Kaitlin & Brian	DNF
Judy, Dave & Co	DNF
Troop 1898	DNF

Course 3 (4.3 km, 11 controls)

Paul Magnus	25:44
John Rogers	26:59
H. Halter	35:51
Bill McKenzie	39:26
Pat Kelly/Cheryl Brown	44:13
Aaron Charlop	46:50
Tim Hall	47:50
Neil Smith	47:59
Don Denbo	50:13
David Dombrowski	110:54
Lael Smith	DSQ

Rooks Park October 5, 1997 Walla Walla

Sacajawea Orienteers

Meet Directors: Holly Howard & Ivar Husa
Course Setter: Frank Skorina
Control Pickup: Holly, Ivar, Josh, Michel

Here are the results from the Score-O at Rooks Park on Sunday, October 5, 1997. The weather in the morning was chilly, windy and a bit wet, though by the end of the day the sky was blue, the winds were calm, and the temperature was wonderful, all in all fine weather for a meet.

The runners were treated not only to a challenging Score-O configuration, but they were also were able to catch the exciting portions of the Wings Over Walla Walla Airshow taking place nearby. The climax was a low flyby by a high speed fighter jet just above the hill where Scout member Josh was collecting the controls after the meet (thanks Josh).

Once again a contingent of Tri-Cities folks arrived ready to run. The father-father duo of Roach and Krogsrud just beat out their son-son duo with the victor springing for milkshakes at Ice-Burg before traveling home. Chris Howard ran strongly while listening to the Mariners game on his headphones—now that takes concentration. The rookie of the meet honors go to Sonny Elsasser of Touchet. Sonny found all the flags on his first meet without even a control description sheet. Sonny we hope to see you out again and this time we will make sure to provide you with all the right equipment.

The next meet is on Sunday, October 26, at Lake Bennington from 1–3pm. Mark your calendars to come out and enjoy the terrain.

For this meet 23 controls were scattered about and participants found as many as they wanted. Points were calculated by awarding 1000 points for every control found, and subtracting 5 points for every second over 60 minutes.

Name	Controls	Time	Points
Michel Billaux	18	60:00	18,000
Chris Howard	15	70:35	11,825
Steve Krogsrud	12	62:20	11,300
Tom Roach			
Josh Holland	11	56:53	11,000
Eamonn Roach	11	62:00	10,400
David Krossrud			
Sonny Elsasser	23	102:30	10,250
Dick Morgan	11	66:36	9,020
Chris Davis	12	90:00	3,000
Jeff Edinger			

Western Washington University October 12, 1997 Bellingham, WA

Chuckanut Orienteering

Meet Director, Courses: Ken Klepsch
Registration, Timing: Johanne Klepsch
Site Reservation: Tjalling Ypma

Course 1 (0.9km, 6 controls)

Todd Drobnick + group	10:25
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Course 2 (2.0km, 9 controls)

Bruce McAlister	33:40
Deb Frost	33:40
Chris Anderson, Diane Johnson	67:35

Course 3 (3.0km, 13 controls)

Paul Magnus	20:20
Eric Bone	20:27
Stuart Bradshaw	31:28
Brett Aniballi	33:35
Todd Drobnick	46:08
Ryan, Kim, Alexi, Sam	52:49
Grag + Ciny Nelson	81:48

Bennington Lake October 26, 1997 Walla Walla, WA

Sacajawea Orienteers

Meet Director, Course Setter: Frank Skorina
Control Pickup: Ivar, Michel, Frank, Erik

A great fall day with colorful leaves and crisp temperatures — this day was made for orienteering! Obviously the large committee put in place to select the weather did a fine job. We had our largest turn out of the year with 36 braving one of the three challenging courses. Two experienced Tri-City orienteers took the top positions on the advanced course with Ivar Husa edging out Michel Billaux by three minutes. But Ivar and Michel will soon have more competition as Sonny Elsasser, in his second orienteering meet, finished just minutes behind. Kim "I like my own map" Oakes and Devin Hanson were also happy to be back and were ready for a tasty dinner.

No doubt about it, the intermediate course was tough. The times were long but that meant that folks faced challenges and met them successfully. Perhaps that is why Orienteering is called "cunning running". Coda used her good canine sense and to lead master Moran around the course in a crisp 70 minutes and change. On the Beginner course Jeremy Carter spurred his folks on to the speediest time. Second through fourth places were bunched within 60 seconds of each other and the rest were not far off the pace.

Sacajawea Orienteers would like to thank all the scouts, parents, and friends for coming out to the meet. We hope you learned new skills, explored new terrain and most of all had fun doing it.

Beginner (1.6 km, 8 controls)

Monica, Dennis, and Jeremy Carter (Walla Walla)	42:00
Erik and Russell Skorina, Holly Howard (Walla Walla)	46:48
Kyle Flerchinger, Reuben Breithaupt, Jason Breithaupt (Pomeroy)	47:20
Curt and Nate Yoder (Walla Walla)	47:40
Justin Breithaupt, Mike Flerchinger (Pomeroy)	57:00
Steve, Maya, and Kally Rapp, Matt Skorina. (Walla Walla)	71:28

Intermediate (3.3 km, 9 controls)

Tom Moran, Coda the dog (Walla Walla)	70:10
Chris, Mary, and Theresa York, Kristina Oakes, Whitney Icalia, Jamie Winnet (Prescott/Walla Walla)	127:07
Patrick Romero, Kris Flerchinger, Judy Breithaupt (Pomeroy)	186:00
David Krogsrud, Matt Passage (Pasco/Kennewick)	193:33
Jon and Austin Bren (Walla Walla)	none

Advanced (5.6 km, 12 controls)

Ivar Husa (Richland)	61:30
Michel Billaux (Pasco)	64:37
Sonny Elsasser (Walla Walla)	81:14
Kim Oakes, Devin Hanson (Prescott/Athena)	121:18

Where and what are these Orienteering Clubs?

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

What equipment do I need?

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

COC Officers and Coordinators:

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

Sammamish Officers and Coordinators:

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

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

Orienteering Club Membership Application

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

Name _____

Address _____

Home phone _____ Work (opt.) _____

E-mail _____

Family Members _____

Optional Information: _____

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

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

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

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

Cascade Orienteering **Sammamish Orienteering**
P.O. Box 31375 **P.O. Box 3682**
Seattle, WA 98103 **Bellevue, WA 98009**
—OR— **—OR—**

Ellensburg Orienteering **Sacajawea Orienteers**
c/o Kent Verbeck **c/o Frank Skorina**
1361 Nelson Siding Rd. **116 Stanton**
Cle Elum, WA 98922 **Walla Walla, WA 99362**

Other Club Contacts:

Frank Skorina, Sacajawea Orienteers	509-522-2770
Kent Verbeck, Ellensburg O.C.	509-674-2755
John Beck, Eastern Washington O.C.	509-838-7078
Scott Drumm, Columbia River O.C.	503-261-1493
Eric Bone, Husky O.C.	206-634-2279
Ken & Joanne Klepsch, Chuckanut Orienteers	360-299-1010

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

Upcoming Orienteering Events

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

<http://www.eskimo.com/~halter/orienteering/pnw.html>) for latest information and details

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Contact</i>
NOVEMBER 1997					
Sat, Nov 1 10 am – noon	Washington Park, Anacortes, WA. Take Hwy from Anacortes toward San Juan Ferries, follow signs to park (past ferry dock).	C	CHUCKO	1:7500	Ken Klepsch 360-299-1010
Sat, Nov 8 4 pm – 8 pm	COC Annual General Meeting and Social Evening. Coco's Restaurant in Lake Forest Park, NW corner of Lake Forest Park Town Centre, upper lot. All are welcome!	X	COC		Rick Hood 206-367-2606
Sun, Nov 9 11 am – 1 pm	Powell Butte B (trial A), Portland, OR. I-205 take Powell or Division East to 162nd, turn south and continue into the park.	B	CROC	1:10000	Phil Deluca 503-590-9025
Sat, Nov 15 10 – noon	Horn Rapids Park, Richland, WA. Take Hwy 240, 9 miles "Bypass" Hwy, NW of Richland to Hwy 225, 10 miles N of Benton City.	C	SACO	1:15000	Frank Skorina 509-522-2770
Sat/Sun, Nov 15–16	U.S. Champs, Quantico, VA.	A	QOC		Julie Weeks 703-276-1220
Sun, Nov 23 10 am – noon	Island Crest Park (WIOL Practice), Mercer Island, WA. Exit I-90 at Island Crest Way (Exit 7B) and head south on Island Crest Way.	C	SAMM	1:7500	Dave Enger 425-822-6254
Sun, Nov 30 10 am – noon	UW Campus (WIOL Practice), Seattle, WA. Take 45th St. Exit from I-5 east to 17th Ave., turn right into UW and follow signs.	C	HUSKY	1:5000	Bill Cusworth 206-789-1346
DECEMBER 1997					
Sat, Dec 6 10 am – noon	Woodland Park (WIOL Practice), Seattle, WA. NE 50th St exit from I-5 go west. Turn left into park just before Aurora Way.	C	COC	1:5000	206-783-3866
Sat, Dec 13 10 am – noon	Kelsey Creek (WIOL 1), Bellevue, WA. East from I-405 at SE 8th exit, cross Lake Hills Connector onto SE 7th and follow signs.	C	SAMM	1:3500	Dave Enger 425-822-6254
Sat, Dec 20 10 am – noon	Hamlin Park (WIOL 2), Shoreline, WA. Exit I-5 at NE 145th. Travel east to 15th Ave NE. Turn north to NE 160th.	C	COC	1:7500	206-783-3866
Sun, Dec 27 10 am – noon	St. Edward State Park, Bothell, WA. NE 141st and Janita Drive NE. 18th Annual O' Lang Syne and potluck.	C	COC	1:1000	206-783-3866
JANUARY 1998					
Sat, Jan 3 10 am – noon	RAMBO Pt. Defiance Park, Tacoma, WA. Take Exit 132 from I-5 to West SR 16. Travel about 3 miles on SR 16 and take the 6th St Exit. Take a left under the freeway and then the next right onto Pearl. Travel about 3 miles north on Pearl to the park entrance.	C	NISQ	1:10000	Carl Moore 253-756-5739
Sat, Jan 10 10 am – noon	Magnuson Park (WIOL 3), Seattle, WA. Take 45th St. Exit from I-5 east to Sand Point Way, follow north to park.	C	COC	1:5000	206-783-3866
Sat, Jan 17 10 am – noon	Fort Steilacoom Park (WIOL 4), Tacoma, WA. Exit from I-5 onto 72nd W (Exit 129). This becomes Custer, right onto 88th SW, becomes Steilacoom to the park.	C	NISQ	1:10000	Carl Moore 253-756-5739
Sat, Jan 24 10 am – noon	Volunteer Park (WIOL Relay), Seattle, WA. Near the Asian Art Museum.	C	HUSKY	1:5000	Bill Cusworth 206-789-1346
Sat, Jan 31 10 am – noon	Luther Burbank Park (WIOL 5), Mercer Island, WA. Exit I-90 at Island Crest Way exit. Travel north one block to 26th St., head east to park.	C	SAMM	1:5000	Dave Enger 425-822-6254
FEBRUARY 1998					
Sat, Feb 7 10 am – noon	Lincoln Park (WIOL 6), West Seattle, WA. Exit from I-5 at Spokane St. Head west until you reach Fauntleroy Way, head south to the park.	C	COC	1:5000	206-783-3866
Sat, Feb 21 10 am – noon	Marymoor Park (WIOL Champs), Redmond, WA. Take SR 520 east. Take the Lake Sammamish Parkway Exit and travel south to the park entrance.	C	SAMM	1:10000	Dave Enger 425-822-6254

COC: Cascade Orienteering Club SAMM: Sammamish O.C.A: National Meet C: Regular Local Meet

EWOC: Eastern Washington O.C. CHUCKO: Chuckanut R: Rogaine

X: Special Event

VO: Victoria Orienteers CROC: Columbia River O.C.B: Major Event

GVOC: Greater Vancouver SAGE: Sage Orienteering Club, Kamloops B.C.

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 (____) ____ - _____

If family membership, list other persons:

Name	Year Born
_____	_____
_____	_____
_____	_____

Member of a chartered club? Club _____

☐ Individual \$25 member of a chartered club

☐ Individual \$30 at-large

☐ Family \$30 members of a chartered club

☐ Family \$35 at-large

☐ Student \$10 (21 & under)

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

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

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

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

What is USOF?

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

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

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

Bearing 315 is

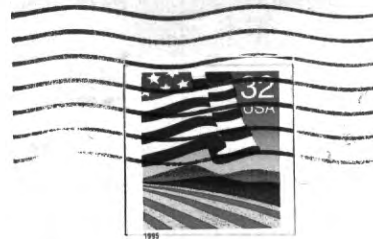
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Post Office Box 31375

Seattle, Washington 98103

(206) 783-3866



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

38011/03341

