# **™**Bearing 315

the newsletter of the Cascade Orienteering Club

### ORIENTEERING IN THE LAND OF THE RISING SUN Rileen Williams

The challenge begins long before the race ever starts. . . when you receive the quarterly schedule and then track down a Japanese friend to decipher the tiny Kanji characters as to where the event is to be held. After which you troupe down to the local post office to pay your registration fee into a bank-like account specially set up for each particular meet. After being passed from one confused, noncomprehending postal worker to another, you pay your entry fee and receive a twopart postcard to mail your

application to the event organizer. They will send the second part back to you with your race start time. All this takes place as much as two months in advance for the bigger meets. For those meets, you receive a printed booklet with your start time and category, which stands out in English letters among the thousands of Kanjilettered Japanese names.

our next challenge is to find the right train to the meet site. If your decipherer was accurate, you will arrive on time at the correct station to be met by a host club orienteer who directs you, along with many others, to the specially scheduled bus. The bus winds along into the countryside. You begin your mental preparations for the day as the all-Japanese bus fills with the sound of orienteering chatter, no doubt the usual kind of map talk, but you understand very little of it.

Arriving at the end of the line, the bus empties and you follow the crowd 5-10 minutes down the road to the changing area. Sometimes this is multiple tents in the woods, other times a large gymnasium, but always you look for your club banner. In this case, it's Kohnan Club of Yokohama, who have adopted you from the first meet you attended. You remember to take off your shoes at the door in traditional Japanese fashion. After exchanging greetings, stretching out, and studying the map cutout taped to the wall, you are ready for the 20-30 minute jog to the start. With your clubmates, you follow the white flagging.

Arriving at the start, you can see organization at it's best here, with as many as 10 courses being run simultaneously, without a hitch. Into the starting gate you go, as they call out your appointed time three minutes before the actual time. The beep of the clock signals, and you are off and running!

In the "A" level courses, description sheets are written in International Symbols, but for easier level courses, map reading is your only clue as to what feature you are searching for. Kanji characters are not only on the description sheet, but in the map legend as well. "Gambatte!" as they say, meaning "Good luck." Luckily, map reading is your forte, and the Japanese make detailed and accurate maps.

Working your way around the crest of a hill, across a path, and back into the thick on the other side, you are amazed at the crowds of people in the woods around you, swarming every which way. And every age level, from children to sturdy old folks, are there. Trying not to be distracted. you crash on through the first half of your course. Ah, an easy leg next: down from the wooded hillside, across the ditch, now work your way around the rice fields, careful not to upset the farmer's crops. Oh! Watch out for cars as you cross the road - but there's no danger here, because the meet organizers have stationed a lookout person to make sure cars don't interrupt the race. Reaching the far side, you navigate between houses and orchards to begin the climb up through densly-wooded bamboo groves. You curse your chosen route, but hope it gains

some time. Almost to the control now, but oh! take care not to step into the little Buddhist shrine cemetery. It is one of many which dot the hillsides, symbolized on your map by little black crosses. Finally, you reach the control in the depression, punch in, and are on your way. Before you reach the finish, you will have passed through a variety of interesting terrain, from construction sites to farm-terraced hillsides, to deep and mysterious bamboo forests.

The finish scene is familiar the world over, with small groups gathering over their maps to talk about the day's courses and route choices. What is perhaps unique to Japan are the picnics and sharing of food, which make this a well-rounded social event, while waiting for the prompt posting of times and awards announcements. The train ride home will be several hours long, so the hot soup offered by the organizers, along with the sushi and oranges you've brought, revive your energies.

Waving "Sayonara" to your orienteering friends, you return to the city, refreshed with the day's memories of the natural beauty that Japan's people and countryside have to offer.

Mo ichi do orienteering o suru tsumori desu!

(My interpreter says this means "we will go orienteering again" - Ed.)

### FAMILY PLAN

We are introducing a new fee category at our meets. From now on, families who have family memberships in the club will pay full fee only for the first two members. Additional family members will pay only \$1.00 per registration. We hope this will encourage more families to participate in orienteering. This special fee does not apply to organizations (such as Scouts) with family memberships.

### UB BLECTIONS REVISITED

At our last general meeting, Mike

Schuh (nominated from the floor) was elected President of COC, but Ardis Dull, who was going to run for Secretary, withdrew because of illness. So, we now have two elected officers, Mike Schuh and Doug Sprugel, who was elected Treasurer last November. We still need a Vice President and a Secretary. On March 9 at the Green Lake Library (7364 B. Green Lake Dr. N.), we will try again to elect a full slate of officers.

The elections will be preceded by a showing of the videotape
"Orienteering - A Sense of Direction," which is about the 1985 World O' Championships in Australia.

### TREASURER'S REPORT - 1986 Doug Sprugel

In brief, our main sources of ordinary (non-Trollhaugen) income are memberships (\$809 total) and meet registrations (\$983.60: don't ask me where the 60 cents came from). Membership income roughly covers the cost of printing the newsletter, USOF fees, publicity, and administration, while meet fees and map sales nearly cover the cost of putting on meets plus the cost of making and printing maps to hold future meets on. The Washington Interscholastic Orienteering League is pretty much self-sustaining; we accidentally made a profit this year, but it isn't lanned that way.

The Trollhaugen meet was by far our biggest budget item, both in income and outgo. Based on 1986 figures alone, Trollhaugen almost exactly broke even. This is a little misleading because we spent about \$850 in 1985 on the early stages of the mapmaking process, but on the other hand we have about 700 copies of the map left, with a street value of about \$875 (\$1.25 each). In addition, the equipment bought for the meet (for example, the timing clock) will be useful for many years. In fact, it's debatable whether the equipment should even be considered a Trollhaugen expense. The most important benefits of the Big Meet, of course, are intangible: we have an exciting new place to hold meets (which we will use at least twice this year), generated favorable publicity for Northwestern orienteering, and I for one had a lot of fun working on and running in a major meet without having to fly halfway across the country.

# CASCADE ORIENTERRING CLUB 1986 TREASURER'S REPORT

## Income

	Ordinary	Trollhaugen	Total
Memberships			
Single	\$ 434.00		\$ 434.00
Family	340.00		340.00
Associate	24.00		24.00
Newsletter only	110.00		110.00
Meet Registration	983.60	\$ 1650.15	2633.75
Compass Rental WIOL	12.00	1.55	13.55
Registration	196.80		196.80
Other	155.24		155.24
T-shirt Sales	158.00	532.00	690.00
USOF loan		1000.00	1000.00
Maps			
Sales	50.50	18.00	68.50
Donations		700.00	700.00
Reimbursement for printing	362.31		362.31
Other	317.73	329.20	646.93
Total	\$ 3144.18	\$ 4230.90	\$ 7375.08
	Expen	ses	
Newsletter	\$ 459.26	\$ 35.98	\$ 495.24
Meets	186.91	142.90	329.81
Mapping	1142.39	1021.04	2163.43
MIOL	170.88		170.88
Equipment	128.15	314.68	442.83
Publicity	102.57	37.00	139.57
USOF Fees	176.50	282.00	458.50
USOF loan repayment		1000.00	1000.00
Administration	120.81	10.48	131.39
Other	34.00	1416.11	34.00
Total	\$ 2567.03	\$ 4260.19	\$ 6827.22

CASCADE CHATTER
Harvey "Naturally Inquisitive"
Friedman

Robert and Sandy Miller's new car (which I told you about last issue) was parked in front of their house when a collision involving two other vehicles threw one of the vehicles against their new car with such force that it couldn't be driven. It has been over two weeks now that they haven't had use of their new toy. Let's hope the body shop makes it as od as new and quickly. . . For those or you who want to contact Don Denbo, he is at 220 Central St., Stoneham, MA 02180. . . Club founder Len Englund was discussing having an anniversary celebration of some kind to connemorate COC being in existence for 10 years. Anyone interested in a banquet? Contact Len or a board member with any suggestions or good ideas on it. . . Anvone who wants to write to Bileen Williams in Japan can contact her at 3-22-8 Jujonakahara, Kita-Ku, Tokyo 114 JAPAN. Use air mail, because surface mail took over two months. Anyone who wants to read her first card, just ask me. . . We have six new memberships in the club. We need more, so everyone try to enlist a new member or so. . . If more people tell me what is going on. I will be able to write it up in this column.

### LOCAL POLKS MAKE GOOD

everal local residents have been recognized by U.S. Orienteering Team coach Peter Gagarin for their performances in "A" meets in 1986. Heading the list is Nathan Tharp (Nisqually Orienteers), who was one of nine people named to the U.S. Junior Men's A Team. Mary Porbes (Nisqually) was named to the Senior Women's B Team, and Ron Pontius (Nisqually and Blue Star Komplex) was named to the Senior Men's B Team. Named to the "Bullpen" (people who have done well) were Sammanish O.C.'s Dave Roger in M21A, and Cascade's own Debbie Newell and Bileen Williams in P21A, and Jessica Hirschfelder in the Junior Women's division. Debbie was also named "rookie of the year" in class F21A. Congratulations to all these people, and keep up the good work.

### MBSSAGE FROM THE PREZ Mike Schuh

One of the many things I want to do as club President this year is to improve communications within the club, especially between the club's executive board and the general membership. One part of this will be this column; others will include regular club meetings and "Pot-O'-Luck" dinners, club picnics, and social get-togethers after our meets.

We will have a club meeting at 6:30 p.m., on March 9 at the Green Lake Library (7464 B. Green Lake Dr. N.). The meeting will start with the showing of the video tape "Orienteering - A Sense of Direction", which features the 1985 World Orienteering Championships in Australia. Afterwards we will have a

brief business meeting, including the election of club Secretary (and perhaps club Vice President). I will also entertain a BRIBF discussion of club goals and members' concerns.

Plans for the May meeting include a talk on training tips and ideas on how to improve your navigational skills. The July meeting will feature a report from this year's USOF convention and Western U.S. Orienteering Championships, both of which take place in San Diego in June.

The first of this year's Pot-0'-Lucks will be held April 4th; see the details elsewhere in this issue. Judy Cohen, the club's "Social Director," is responsible for organizing these (one will be held every other month), and the other social activities. Call her if you'd like to host one of the Pot-0'-Lucks.

1987 marks the tenth anniversary of Cascade Orienteering Club as an organized club; we will be celebrating this occasion with appropriate festivities this fall. More on this as plans develop - if you'd like to help, give me a call. And next year, in July, we plan to host the 1988 Western U.S. Orienteering Championships. Exciting things are happening - join in the fun and help make them even more exciting!

### LETTERS

Dear Editor,

Knut (Ka-noot) Olsen, 62 year old U.S.

champion and Swede extraordinaire. has accepted the publicity coordinator position. I, ex-publicity man, would have liked to be the first to congratulate him, unfortunately that opportunity vanished like a valuable object stolen in the night (the thief, I believe, was the misplacement of "objectives," whether personal or business, before "people"). I was far from first, in seemingly clandestine changes, to learn that someone's dissatisfaction or striving for improvements has, rather than merely expressing itself, taken action. I feel like I just met Ramo

Such changes should not be so sudden. The Club should maybe not copy the world that the news media brings us: Iranscam, Ivan Boesky in Wall Street, etc.

What I have learned is that doing long stints of volunteer work it is easy to accumulate expectations of return other than enjoying the sport itself. I've learned that the appreciation was there, but like a hard-to-find control feature, I sometimes expected it to look different. Sometimes I asked for it, subtly, like I was asking for money.

PUBLICITY is a big word. It is like saying "I work at Boeing." What Knut does will be truly Knut-Publicity. I will pass along to him tips and tats of info and leads that many, many of you club members have passed to me. (Thanks). Anyone with ideas could help Knut by passing along a name and number or a publication address with your tip.

I would like to thank those who responded to newsletter notices and helped me out. I hope you do the same for Knut, his accent is the only complex thing about Him!

Roger Sharp

WIOL CHAMPIONSHIPS Seward Park, February 14

Pleasant weather greeted the more than 80 orienteers that attended the Fifth Washington Interscholastic rienteering League Championships February 14 in Seattle's Seward Park. In addition to the league course, there were four other courses available, ranging from 2 km to over 5 km.

The WIOL course saw some good competition, with many places being decided by just a few seconds. Jeff Coker, from Wilson, was the men's winner, and Pam Rosacki, from Yelm, was the women's winner. In a rare occurence, Nathan Tharp, from Timberline, mispunched near the end of the course, and was disqualified. Tacoma's Wilson High School, with Carl Moore coaching, won the team trophy again.

On the longest course, Dale Width showed that the residents of the wet side of the mountains do not have a monopoly on orienteering prowess. Likewise, Arne Skog and Dave Lilly emonstrated that Sammamish OC has a few good orienteers as well. It is interesting to note that Robert Miller, just 37 seconds slower than

Dave, walked/jogged the course due to injuries. Sometimes accuracy can be just as useful as speed...

Debbie Newell and Sandy Rish Miller lead the way on course 3, showing what a bit of experience can do.

A couple of people forgot to punch the last control: Fred Veler, on Course 4, and Don Atkinson on Course 3. Otherwise, they would have had fast times.

After the event, there was a picnic to benefit the school league. This was well received and many commented that they would like to see such offerings become a standard part of orienteering meets in the future.

Thanks go to Kurt Blakstad for design of the novice course and helping set up and take down the finish area; Gary McCausland for help with WIOL registration, setting up, and making the school league awards: Pat Albright for marking the WIOL maps and registration and providing transportation: Dick Deisner for manning the start: Dave Enger for vetting the WIOL course and working at the finish; and Peggy Tharp for organizing the picnic. Due to the large turnout, several club members stepped in without being asked and helped out. These included Debbie Newell and Harvey Friedman, who worked at registration; Arnold Ray, who instructed beginners and then worked with Dave at the finish for the rest of the day; Peggy Tharp, who greeted newcomers; and Carl Moore and Mike Tharp, who assisted at the

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* COC General Meeting, Green Lake COC  1:45 Library, 7364 B. Green Lk. Dr. N.    Woodland Park, Seattle C C COC    Noon Buter off W. Green Lake Wy N.    S-19 Aspen Grove, Merritt, B.C. A    Newport Hills, Hazelwood Blem. C SOC    Noon   116th Ave. SB at SB 69th Pl., Bellevue     Discovery Park & Relay C C COC    Noon   116th Ave. SB at SB 69th Pl., Bellevue     Discovery Park & Relay C C COC    Ramloops, B.C.   A SOC    Sallard Comm. Center C C COC    Sallard Comm. Tacoma C NO    Ramloops, B.C.   Sattle, WA C C COC    Social NW 60th, Seattle, WA C C COC    Noon I-90 Bxit 85,   Ballard Comm Steilacoom Blvd & 87th Ave SW C NO    Bus-0     Priest Point Park, Olympia C NO    Steilacoom Blvd & 87th Ave SW C C COC    Noon I-90 Bxit 62     Rott Steilacoom Blvd & 87th Ave SW C C COC    Noon I-90 Bxit 62     Trollhaugen   Trollhaugen C No C N			
14.5 Library, 7364 B. Green Lk. Dr. N.  Woodland Park, Seattle C C COC  Boon Brier off W. Green Lake Wy N.  19.19 Aspen Grove, Merritt, B.C. A  Newport Hills, Hazelwood Blem. C SOC  Boon 116th Ave. SB at SB 69th Pl., Bellevue  Discovery Park & Relay C C COC  Boon Mother's Day flowers to mothers  Nonderwood Park, beginners ONLY C NO  Ballard Comm. Center C C COC  Samloops, B.C.  Ballard Comm. Center C C COC  2644 NW 60th, Seattle, WA  Cle Blum Ridge  Roor Steilacoom, Tacoma C NO  Bos-O  Bos-O  Priest Point Park, Olympia C NO  a.m. I-5, Plum St. exit  Rort Steilacoom Blvd & 87th Ave SW  Bus-O  Bus-O  Trollhaugen C C COC  13 Trollhaugen C NO  a.m. Steilacoom Blvd & 87th Ave SW  Bus-D Bust 62  14 Nor Steilacoom Blvd & 87th Ave SW  15 Trollhaugen C NO  16 Brit 62  17 Trollhaugen C NO  18 Trollhaugen C NO  19 Rxit 62  10 No. Long-O & Relay Champs, A BAOC  1 hour SW of Palo Alto, CA	200		
Newport Hills, Hazelwood Blem. C COC  Newport Hills, Hazelwood Blem. C SOC  Newport Hills, Hazelwood Blem. C SOC  Newport Hills, Hazelwood Blem. C COC  Noon li6th Ave. SE at SE 69th Pl., Bellevue  Discovery Park & Relay C C COC  Nother's Day flowers to mothers  S,17 Sage Stomp  Ramloops, B.C.  Ramloops, B.C.  Ramloops, B.C.  Cle Blum Ridge  NO  Cle Blum Ridge  NO  Tool Bart 85,  Seriacoom Blvd & 87th Ave SW  Nort Steilacoom  Steilacoom Blvd & 87th Ave SW  Priest Point Park, Olympia C NO  Bus-0  Bus-0  Priest Point Park, Olympia C COC  NO  3. Trollbaugen  C COC  NO  3. Trollbaugen  C COC  NO  1-90 Exit 62  NO  Steilacoom Blvd & 87th Ave SW  Steilacoom Blvd & 87th Ave SW  Rort Steilacoom Blvd & 87th Ave SW  Noon I-90 Exit 62			(206) 783-3960
noon Buter off W. Green Lake Wy N.  8-19 Aspen Grove, Merritt, B.C. A  Newport Hills, Hazelwood Blem. C SOC  noon lifth Ave. SB at SB 69th Pl., Bellevue  Discovery Park & Relay C C COC  noon Wonber's Day flowers to mothers  S,17 Sage Stomp  Ramloops, B.C.  8 Ballard Comm. Center C C COC  2644 NW 60th, Seattle, WA  Cle Blum Ridge  noon I-90 Exit 85,  Rot Steilacoom, Tacoma C NO  Bus-O  Bus-O  Priest Point Park, Olympia C NO  8 Rot Steilacoom Blvd & 87th Ave SW  Priest Point Park, Olympia C NO  8 Rot Steilacoom Blvd & 87th Ave SW  1-5, Plum St. exit  Rot Steilacoom Blvd & 87th Ave SW  13 Trollhaugen  14 Pour SW of Palo Alto, CA  15 Long-O & Relay Champs, A BAOC  1 hour SW of Palo Alto, CA		color	
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2 noon 116th Ave. SE at SE 69th Pl., Bellevue  9 Discovery Park & Relay C C COC 2 noon 10 Wonderwood Park, beginners ONLY C NO 2 noon Mother's Day flowers to mothers 10 Wonderwood Park, beginners ONLY C NO 2 noon Mother's Day flowers to mothers 12 Ramloops, B.C. 13 Cle Blum Ridge C C COC 2 1 NO 2 1 Seilacoom Blvd & 87th Ave SW C NO 3 Priest Point Park, Olympia C NO 1 Steilacoom Blvd & 87th Ave SW C NO 1 Steilacoom Blvd & 87th Ave SW C NO 1 Steilacoom Blvd & 87th Ave SW C NO 1 Steilacoom Blvd & 87th Ave SW C NO 1 a.m. I-5, Plum St. exit C NO 1 a.m. Steilacoom Blvd & 87th Ave SW C NO 1 a.m. Steilacoom Blvd & 87th Ave SW C NO 2 noon I-90 Exit 62 3 Trollhaugen C C COC 1 lhour SW of Palo Alto, CA	_	color	John Rance
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16,17 Sage Stomp  16,17 Sage Stomp  Ramloops, B.C.  Ramloops, B.C.  Ramloops, B.C.  2644 NW 60th, Seattle, WA  23 Cle Blum Ridge  2 noon I-90 Exit 85,  2 noon Steilacoom, Tacoma C NO  2 noon Steilacoom Blvd & 87th Ave SW  80 Bus-0  1 a.m. I-5, Plum St. exit  6 Fort Steilacoom Blvd & 87th Ave SW  1 a.m. J-5, Plum St. exit  1 Trollhaugen  2 noon I-90 Exit 62  2 noon I-90 Exit 62  2 noon C-90 Exit 62  2 noon Steilacoom Blvd & 87th Ave SW  1 a.m. J-5, Plum St. exit  C NO  2 noon I-50 Plum St. exit  1 a.m. Steilacoom Blvd & 87th Ave SW  2 a.m. Steilacoom Blvd & 87th Ave SW  2 a.m. Steilacoom Blvd & 87th Ave SW  3 a.m. Steilacoom Blvd & 87th Ave SW  4 a.m. Steilacoom Blvd & 87th Ave SW  5 a.m. Steilacoom Blvd & 87th Ave SW  6 a.m. Steilacoom Blvd & 87th Ave SW  7 a.m. Steilacoom Blvd & 87th Ave SW  8 a.m. Steilacoom Blvd & 8		D, 12	
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Kamloops, B.C.  Rallard Comm. Center  2644 NW 60th, Seattle, WA  3 Cle Blum Ridge  noon I-90 Exit 85,  noon Steilacoom, Tacoma  noon Steilacoom Blvd & 87th Ave SW  Bus-0  Priest Point Park, Olympia  a.m. I-5, Plum St. exit  Rort Steilacoom  a.m. Steilacoom  Bus-0  Trollhaugen  c COC  noon I-90 Exit 62  noon I-90 Exit 62  noon I-90 Exit 62  look Relay Champs, A BAOC  look Palo Alto, CA		colo	1
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2644 NW 60th, Seattle, WA  3 Cle Blum Ridge  noon I-90 Exit 85,  noon Steilacoom Blvd & 87th Ave SW  8 Bus-0  Priest Point Park, Olympia C NO  a.m. I-5, Plum St. exit  Rort Steilacoom Blvd & 87th Ave SW  7 Priest Point Park, Olympia C NO  a.m. Steilacoom Blvd & 87th Ave SW  13 Trollhaugen  13 Trollhaugen  14 Dour SW 6 Relay Champs, A BAOC  15 I hour SW of Palo Alto, CA		color	Mike Schuh
Cle Blum Ridge C BOC  noon I-90 Exit 85,  noon Steilacoom, Tacoma C NO Bus-0  Priest Point Park, Olympia C NO a.m. I-5, Plum St. exit  Rort Steilacoom 13 Trollhaugen C COC noon I-90 Exit 62  20-21 U.S. Long-0 & Relay Champs, A BAOC 1 hour SW of Palo Alto, CA		1:2000	(206) 783-3960
noon I-90 Exit 85,  3 Port Steilacoom, Tacoma C NO noon Steilacoom Blvd & 87th Ave SW 0 Bus-0  3 Priest Point Park, Olympia C NO a.m. I-5, Plum St. exit 6 Port Steilacoom C NO a.m. Steilacoom Blvd & 87th Ave SW 13 Trollhaugen C COC noon I-90 Exit 62 20-21 U.S. Long-0 & Relay Champs, A BAOC 1 hour SW of Palo Alto, CA		color	1.24
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noon Steilacoom Blvd & 87th Ave SW  Bus-0  Bus-0  Briest Point Park, Olympia C NO  a.m. I-5, Plum St. exit  Rort Steilacoom Blvd & 87th Ave SW  a.m. Steilacoom Blvd & 87th Ave SW  13 Trollhaugen C COC  noon I-90 Exit 62  20-21 U.S. Long-0 & Belay Champs, A BAOC  1 hour SW of Palo Alto, CA		color	Gary McCausland
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3 Priest Point Park, Olympia C NO a.m. I-5, Plum St. exit 6 Fort Steilacoom a.m. Steilacoom Blvd & 87th Ave SW 13 Trollhaugen noon I-90 Exit 62 noon I-90 Exit 62 1 hour SW of Palo Alto, CA			Mike Schuh
a.m. I-5, Plum St. exit  8		, q	
6 Fort Steilacoom Blvd & 87th Ave SW  13 Trollhaugen  100 I-90 Exit 62  20-21 U.S. Long-0 & Relay Champs, A BAOC 1 hour SW of Palo Alto, CA		25	
a.m. Steilacoom Blvd & 87th Ave SW  13 Trollhaugen  noon I-90 Exit 62  20-21 U.S. Long-0 & Relay Champs, A BAOC 1 hour SW of Palo Alto, CA		color	
13 Trollhaugen noon I-90 Exit 62 20-21 U.S. Long-0 & Relay Champs, A BAOC i hour SW of Palo Alto, CA		1:10000	
noon I-90 Exit 62 20-21 U.S. Long-O & Relay Champs, A BAOC 1 hour SW of Palo Alto, CA		color	
20-21 U.S. Long-O & Relay Champs, A BAOC 1 hour SW of Palo Alto, CA		1:15000	
CA		color	Steve Thurin
		1:15000	
JUNE 27-28 Western U.S. Championships A SDOC color		color	Bill Gookin

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
\* - revision from previous newsletter Bvent Rey:

finish. The joy of every meet		Goodnow Jr/McDo	nald Jr	24:33	
director, the following vo	lunteered to	Don Goodnow		24:37	
pick up control markers after the		Ratherine Schubert-Knapp		32:12	
meet: Debbie Newell, Dave Tallent, Pat		Carol/Clinton E	Bell	44:18	
Albright, and Steve Herber. Arnold		Naama Sheffer		59:58	
Kay also helped pack up af	terwards.				
Mike Schuh set the other f		Course 3 (2.2kg	, 10 contro	ls)	
and was meet director. Th	anks	Debbie Newell		28:37	
everyone!		Allen Grigg		33:12	
		Mark Roddy		35:24	
		McDonald/Goodne	w Dads	36:55	
MEET RESULTS		Michelle Everet		37:55	
		Roger Sharp		38:04	
		Ken Knapp		38:59	
PARREL-MCWHIRTER PARK - Ja		MacDonald/Goods	low Boys	41:54	
Sammanish Orienteering Clu	b	Phil Everett		42:25	
		Harvey Friedman	1	42:43	
Meet Director - Dave Enger		Les Baer		48:12	
Registration - Dave Lilly		Larry & Rene Sa	ffer	51:32	
WIOL Registration - Gary M	cCausland,	Robin Harvard		64:20	
Debbie Newell		Susan Black/Lor	y Kohli	78:29	
Start Timing - Knut Olson		Ben Cummings/			
Finish Timing - George Lil	ly	Robert Carlson		107:58	
Weather - warm, partly sun	ny	Kathy Smith/Mat	t Newman	DNF	
Course 1 (1.0 km, 6 contro	ls)	Course 4 (WIOL)	(2.3km, 12	controls	1
Ross Stevens	10:12	Jeff Coker	Wilson	20:40	
Nora Atkinson	15:58	Sean O'Brien	Wilson	30:06	
Pat Moylan	17:28	Karl Mehlhaff	Wilson	30:52	
Phillip Crawford	18:28	John Ledington	Yelm	31:33	
John Henderson	19:28	Keith Wren	Wilson	31:38	
Valerie & Willy Enger	22:32	James Schopf	Garfield	33:08	
Natalie Harrington	24:38	Daryl Rochette	Peninsula	33:54	
Bell & Carol Clinton	25:06	Tim Denison	Garfield	35:08	
Nancy Ledington	30:58	Tony Nyitray	Yelm	35:53	
Dalton Allen	41:47	Ty Wingard	Peninsula	36:07	
Nancy J. Lilly	49:35	Phat Nguyen	Wilson	36:40	
Lynda Griffith	65:31	Brooks Martin	Yelm	37:37	
		Steve Corley	Garfield	38:08	
Course 2 (1.7km, 8 controls	3)	Lenny Jordon	Yelm	39:39	
Ross Steven	18:46	Bianca Martin/	Timberline	40:42	
Bill McDonald Sr.	19:25	Rachel Tharp			
Mark Roddy	22:06	Reith Horn	Issaquah	43:28	
Katy Smith/Joe Barsugli	23:15	Kyle Phillips	Yelm	49:58	

Mo Nguyen	Wilson	57:40	Course 2 (2.6km, 9 contro	
Pam Kosacki	Yelm	64:27	Includes WIOL participant	_
			Nathan Tharp	29:49
	(4.6km, 22 co		Sean O'Brien	35:04
Mike Schuh		39:10	Jeff Coker	37:26
Ron Pontius		47:19	Karl Mehlhaff	38:50
Dave Lilly		49:27	Reith Wren	44:38
Jan Vrana		50:48	Rachel Tharp	44:48
Rick Bresens		51:35	Kyle Phillips	46:13
Harry Morgan		52:20	Lenny Jordan	47:37
Michel Tharp		52:37	Bric Exner	52:02
Christian Fo		58:52	Brooks Martin	55:25
Dave Tallent		62:12	Toby Barnes	55:58
Carl Moore		62:50	John Ledington	56:17
Mark Moulton	1:	63:33	Pam Kosacki	59:33
Joe Barsugli		64:12	Ken Gatke	60:31
Knut Olson		72:03	Dat Nguyen	67:10
Doug Sprugel		75:40	Mo Nguyen	72:50
Don Atkinson		76:10	Phat Nguyen	76:04
Bob Rein		83:10	Shelly Kelber	92:47
Katie Spruge	1	84:00	Roger Kammerer	103:55
Steve & Paul	Herber	99:42	Bob Reddick	144:00
Pat Albright		112:10	Michelle Nichol	146:30
			George Lilly	146:50
ISLAND CREST	PARK - Januar	y 31, 1987	Course 3 (3.7km, 9 control	ls)
Sammanish Or	ienteering Clul	b	Don Atkinson	45:36
			Rick Neidhardt	50:36
Meet Directo	r - Dave Enger		Phil Rverett	53:54
Course Sette	r - Dave Enger		Michelle Everett	58:47
Registration	- Valerie Enge	er	Katie Sprugel	64:47
	ation - Katie		James Coker	82:32
	- Arne Skog		Howard Taub	83:44
CONTRACTOR OF THE PARTY.	g - Bob Rein		Bonnie Ashleman	94:30
Weather - Ov			Barbara Ford	107:48
			Dick & Roberta Diesner	115:35
Course 1 (1.	1km, 5 controls	(3	Jerry Nichol	145:30
Peggy Tharp	inaj v convicti	20:30	Natalie & Rick Harrington	DNF
Rachel Tharp	/Dana Jensen	21:00	navatic a sick natities out	241
Bob Reddick	, bana venoen	21:18	Course 4 (4.8km, 14 contro	lel
John Hutchis	OB	28:00	Fred Veler	61:14
Ted Millan	VII.	33:15	Dave Tallent	65:38
Nancy & Lisa		58:19	Michel Tharp	65:52
Carol Bell		timed	Arne Skog 71:44	00.06
OULOT DELL	NO	VIMOU	ALUC DADS 11.79	

Mike Gallagher	73:35	Judy Shannon*	32:46
Robert Miller	74:49	Randy Browers	34:41
Duane Veler	74:57	Nike Thiesson	50:15
David Lilly	84:20	Robin Harvard	52:55
Knut Olsen	88:33	Bruce McAlister	60:11
Doug Sprugel	102:28	Judy Cohen	61:34
Sidney Whaley	102:37	Jesse Cook + 2	66:02
Bill McKenzie	115:15	Neidhardt & Olson	70:51
Sandy Kish Miller	116:35	Steve & Judy Hill	80:31
Carl Moore	117:33	Kevin & Ryan Hill	82:25
Lisa	DNF	*second course	
Matti Lopponen	DNF		
marri mappana		Course 3 (3.09 km, 13 c	controls)
		Debbie Newell	44:03
SEWARD PARK - February 14		Sandy Kish Miller	68:15
		Allan Griggs	69:03
Meet Director - Mike Schuh		Steve Payne	71:17
Course Setter - Mike Schuh		Harvey Friedman	72:36
Kurt Blaks		Bill McKenzie	76:50
Registration - Harvey Frie	dman	Phil Bverett	78:45
Debbie Newe		Kurt Blakstad	90:03
WIOL Registration - Gary M	cCausland	Michael Mahoney	93:08
Start Timing - Dick Diesne		Scott Campbell	96:00
		Jan Whaley	DNF
		Don Atkinson	DSQ
Finish Timing - Dave Enger	Arnold	Mark Moulton	DSQ
Kay, Debbie Newell, Gary			
Carl Moore, Mike Tharp		Course 4 (5.16 km, 20	controls)
		Dale Width	57:14
Course 1 (2.1 km, 9 contro	ls)	Arne Skog	62:30
Jim Prisino	20:47	Dave Lilly	68:30
David DeFawn	21:55	Robert Miller	69:07
Don Cannon	22:45	Mike Gallagher	69:16
Nancy Oakes, BOC	27:07	Harry Morgan	73:13
Scott Calder	31:05	Roger Sharp	78:40
Randy Brower	32:41	Doug Sprugel	84:46
Judy Shannon, COC	33:52	Sidney Whaley	86:20
Frank Bosl	37:08	Dave Tallent	88:48
Ken Callahan	40:59	Will Sperry	104:03
Pat Reddick	41:44	Dan Dupertino	105:43
George & Nancy Lilly, Same	42:24	Bob Reddick	114:58
		Bob Rein	115:49
		Orville Rhine	129:18
Course 2 (2.07 km, 8 contr	ols)	Steve Herber + 2	138:44

Joanne	Sper	ry,	BOC
Fred Ve	eler,	Ni	g

DNP

promote and develop orienteering on a statewide basis.

WIOL Course (3. Jeff Coker	Wilson	30:35
Karl Mehlhaff	Wilson	33:42
Duane Veler	Washington	35:48
Keith Horn	Issaquah	40:32
Toby Barnes	Wilson	43:27
Sean O'Brien	Wilson	43:28
Tony Nyitray	Yelm	44:46
Rachel Tharp	Timberline	45:43
Carl Zapffe	Woodinville	46:28
n Denison	Garfield	46:29
kalph Olsen	Woodinville	49:07
Keith Wren	Wilson	52:14
Kyle Phillips	Yelm	52:39
Brooks Martin	Yelm	53:41
Phat Nguyen	Wilson	58:16
Mike Wilson	Inglewood	60:00
Dat Nguyen	Timberline	61:56
Bric Exner	Yelm	64:52
Lenny Jordon	Yelm	65:19
James Schopf	Garfield	72:17
John Ledington	Yelm	72:54
Steve Corley	Garfield	82:28
Mo Nguyen	Wilson	96:19
Pan Kosacki	Yelm	116:59
Loan Currin	Wilson	DSQ
Nathan Tharp	Timberline	DSQ
Melinda Hankins	on Wilson	DNF
Bianca Martin	Timberline	DNF

One of the group's priorities is to have a logo (you can't have stationery without a logo), so they are sponsoring a logo design contest. There won't be any prizes (like a round trip ticket to Sweden), but it should be fun.

If you are interested in submitting a logo design, please bring it to the next meeting of the WSOA, which will be in Cle Blum on May 23rd, right after the Kittitas Valley Orienteering Festival (see schedule).

### POT-O-LUCK

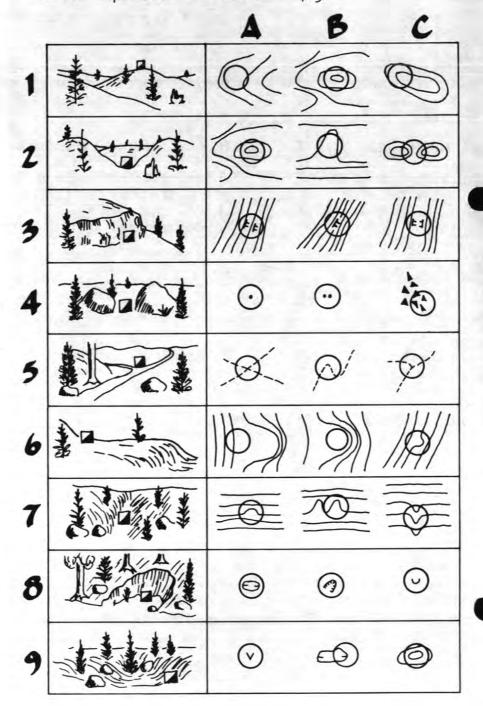
COC's first pot-O-luck of 1987 will be held on April 4th at the home of Judy Cohen, beginning at 6:30 p.m. Bring your favorite dish and see what everyone looks like without mud all over them.

WANTED: LOGO

At a meeting held on Pebruary 7th, a new orienteering organization was born: the Washington State Orienteering Association. Loosely composed of a group of interested orienteers in Washington, the purpose of the association is to help clubs

# MAP VISUALIZATION EXERCISE

Examine each terrain sketch, and then choose the map segment that best represents it. Answers are on page 15.



### COC BOARD OF DIRECTORS

President Mike Schuh Membership Coordinator Harvey Priedman Vice President Newsletter Editor Debbie Newell vacant Secretary vacant Publicity Coordinator Knut Olson Treasurer Doug Sprugel Equipment Coordinator Arnold Kay Mapping Coordinator vacant

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club.

Byeryone is 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 following newsletter issue.

Issue	Publication Deadline	Submittal Deadline
JAN-PEB	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

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**Address Correction Requested**