

# Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

Spring 2007



*Tori Borish, first place Varsity Girls, finishing at WIOL Championships (photo by Donald Denbo).*

## Outstanding 25<sup>th</sup> WIOL Season

*Jim Siscel, WIOL Director*

We completed the 25<sup>th</sup> Season of the Washington Interscholastic Orienteering League (WIOL) with a great Championship Meet at Point Defiance Park in Tacoma on February 17<sup>th</sup>. The weather was great, the courses were challenging, and many enjoyed a picnic lunch while waiting for the awards ceremony.

The league had 227 registered participants. By the end of the Championships there had been 1084 starts. Both figures set a new record. The top teams were Middle School-Bremerton, JV Girls-EAS, JV Boys-Burlington-Edison, Varsity Girls-Lake-

side, Varsity Boys-Thomas Jefferson. The top individuals were Elementary Boys-Mathew Rogers, Middle School Girls-Anne Wilkinson, Middle School Boys-Michael Klinge, JV Girls-Kelly Bauer, JV Boys-Joseph Spencer, Varsity Girls-Tori Borish, Varsity Boys-Huw Stradling.

11 WIOL participants will be participating in the US Interscholastic Orienteering Championships being held near Wilmington, DE on March 29 and April 1. I expect to see our participants at the top of the listings after the championship meet.

## Bearing 315 Editor Needed!

The current editor is finishing his promised 4 issues and a new editor is urgently needed. Editorship can be very rewarding and can expand your editorial and text formatting skills! The primary requirement is to have some computer skills. Past issues have been put together using everything from FrameMaker, and InDesign, to Microsoft Word. Templates are available and I promise lots of help from past editors.

Copyright 2007, Cascade Orienteering Club. Permission is given to reproduce for the promotion of orienteering. Bearing 315 is published four times each year by Cascade Orienteering Club. Submissions for the next issue *must be received by June 15, 2007*. Send submissions to the next editor.

# News & Notes

## Announcing 2007 US JWOC Team Congratulations to Holly!

The following are the Girls and Boys Teams for the 2007 Junior World Orienteering Championship this summer in Australia.

### Girls

Anna Shafer-Skelton - SLOC  
Holly Kuestner - COC  
Eileen Underwood - NEOC

### Boys

Michael Sandstrom - HVO  
Robert L. Paddock - NTOA  
Erin Schirm - HVO (declined)  
Andy Strat - QOC  
Michael Norris - HOC  
Martin Hawkes-Teeter - EMPO  
Alternates:  
1st John Goodwin - WCOC (accepted)  
2nd Malcolm Wyatt-Mair - BAOC  
3rd Dylan Thies - HOC

Coaches: Ross Smith, Samantha Saeger

## 2007 Street Scramble season opens April 29 in U-District by Terry Farrah

Since 2003, Cascade has partnered with Meridian Geographics to put on a series of urban orienteering events each spring and summer. The series has expanded each year, with seven events planned for 2007.



Tyler Frederickson and Jake Reeder at a Green Lake control (photo by Brian Thompson).

The season opener is the U-District Street Scramble on Sunday, April 29, at University Heights Center. This has been the most popular Street Scramble of the year, with 288 attending last year.

Street Scramble has a score-O format with 90-minute and 3-hour options. About 35 control locations are circled on a modified USGS map of a town or neighborhood. Each control has a point value. The object is to gather as many points as possible in the time limit.

Because of the risk of theft, control bags and epunch units are not used. Instead, participants answer a multiple-choice question about each control feature to prove they were there. Example:

Feature: Statue, NW corner of intersection  
Question: What is the date on the plaque at the base of the statue?

- A: 1973
- B: 1989
- C: 2001

Many Street Scramble regulars are Cascade members, but many others have never tried forest orienteering, even after doing Street Scramble for years.

This year a hybrid urban/park Street Scramble will be offered at Seward Park on Friday, June 22. Some controls will be in the park using conventional markers, and some will be on the neighborhood streets. We hope that by exposing Street Scramble regulars to park orienteering we will attract them to attend Cascade's other events. The Seward Park Street Scramble will start at 7pm.

Meridian Geographics, or "MerGeo", is myself (Terry Farrah) and Eric Bone. We are both Cascade members and, through MerGeo, we earn our living putting on navigation and running events full-time. Besides Street Scramble, MerGeo also puts on a sprint adventure race series (BEAST), a trail run series (Northwest Trail Runs), and, starting in 2007, a trail running relay called Six Foot. Also, MerGeo puts on some Street Scramble events in partnership with other organizations besides Cascade.

There are two reasons behind Cascade's partnership with MerGeo in putting on Street Scramble:

1) Street Scramble attracts orienteering newcomers who might not attend a forest

orienteering event.

2) The partnership allows MerGeo to apply for grants and sponsorships designated for non-profit organizations. Funds from such grants and sponsorships benefit both Cascade and MerGeo, with Cascade's share earmarked for the Washington Interscholastic Orienteering League (WIOL).

The U-District Street Scramble starts at 10:00 a.m. on Sunday, April 29. Map issue is at 9:30, and check-in opens at 8:30. The start is at University Heights Center, University Way NE and NE 50th St. Pre-registration price for Cascade members is \$10/adult, \$5 ages 6-21. Day-of-event prices are \$5 more for ages 13+. To pre-register or for more details, visit StreetScramble.com.

A full schedule of Street Scramble events can be found at both StreetScramble.com and CascadeOC.org.

## WMS Junior High Team Prepares to Defend National Orienteering Championship in Maryland.

Gabrielle Lindquist and Rachel Ellis

In all our years of participating in orienteering events and after-school practices, we never dreamed of having the opportunity of competing in the Interscholastics. The competition has given us a goal. We now have something to work for and struggle to achieve greatness in. Training for this event has also been very inspiring. Every day that we meet with the others in our team, we learn something new about orienteering, and its many different symbols, rules, and tips to complete a course faster. With the competition just one week away, we are training as much as possible, and looking forward to traveling to Maryland and participating in an event that we will remember for years to come.



The WMS Junior Team: Rachel, Dana, Jordan, and Gabrielle (photo by Eileen Breseman).



# President's Comments

*Jim Siscel, President*

We completed a full four months of meets with the Winter O/WIOL Championships at Point Defiance Park in Tacoma on February 17<sup>th</sup>. I would like to thank the eight course setters involved for great courses. It is not an easy job designing seven courses that will be challenging to all involved. I would like to thank Jana Dvorak, our meet director for all the meets. Jana made sure that all positions were manned and took care of any problems that arose very quickly and efficiently. Thank you to Ben Hall for coordinating the Epunch system and getting the results out quickly. THANK YOU to all the many volunteers who stepped forward to run the meets. Without YOU we couldn't have had such a successful season.

We have had to cancel the first two meets after the completion of the Winter O/WIOL season for differing reasons. The Army at Fort Lewis was very slow getting our permission request finalized even though we started before Thanksgiving. Once we received permission Mike Schuh and I went to the area to upgrade the map. We quickly discovered that it was going to take much longer than anticipated and it couldn't be done before the meet. Will we have a meet at Fort Lewis in the future? That is our hope, but there is one concern that has to be cleared up before we can allow our youth to participate. I will be working the Fort Lewis personnel to hopefully fix this concern.

Our second meet was cancelled, Night O at Lincoln Park, because we did not have a Meet Director or Course Setter within the time period that the board had determined to cancel a meet. We did not like having to cancel the meet. We need people to step forward and volunteer for these two positions. We have people who will help and mentor any volunteers for these positions. Please volunteer. The meet director directions are on the webpage and the course setter requirements will be sent to whoever volunteers. Because two meets were cancelled we had to cancel the Ultimate O Series as well. We hope that we do not have to cancel any more of our spring meets. We are working on land permission for all the meets. Check

the website and as soon as we receive it the "pending land permission" will be removed and you will know the meet will commence. Of course we still have to have a Meet Director and Course Setter

The Cell Phone O that was run by our young orienteers as a benefit for the WIOL participants going to the US Interscholastic Championships was a great success. Hamlin Park with its many trails was a challenge. "Which way do I turn? How many trails to I pass? Are YOU SURE, I don't see anything like that! Tennis Courts, you really shouldn't be over there, turn around." The two benefits, Hyak Lake and Hamlin, raised \$445 for the participants. We are planning on having another Cell Phone O in the fall.

A reminder that whistles are required to be carried by all individuals and one individual in a group at all Cascade meets. We will provide you with one free whistle, but if you leave it at home we will ask for a \$1 donation.

The board decided that we needed to get the Appreciation Coupons to our volunteers quicker. So the new procedure is that after you work for 1½ hours at a meet you are to go see the Meet Director who will issue you your Appreciation Coupon. This way if you work the early shift you can use your coupon that day. If you work the late shift you can use your coupon at the next meet. We will not be mailing Appreciation Coupons out any longer. I would like to thank Heidi Cusworth who has been our Appreciation Coupon Coordinator for the last few years for doing a great job.

Don Denbo has completed his agreed upon four issues of Bearing 315. We need a new editor. There are four issues a year. Don will help you get started. Please contact me or Don if you are interested in this position.

Please remember that volunteers are what make this club run. If you enjoy orienteering please volunteer at some meets during the year.

## Tips & Techniques

### Route Selections

If you are a competitive orienteer a good

thing to do after each meet is to mark your map showing your route selection between each control. This enables you to compare and discuss route selection with other orienteers who ran the same course, thereby analyzing your route selection. As you share experiences with other orienteers you will pick up new techniques and tactics and improve your own route selections. This is a good way to keep your mind thinking about route choices between meets and allows you to "run" a course any time you want. (February/March 1981 Bearing 315)

**Practical marker hanging for course setters: A guide explaining how we do it.**

© 2003 Harvey Friedman

I have not found this information written anywhere and think it could be useful in inducing orienteers who have not previously to try setting courses.

This is not about course design for there are many sources available discussing how to set courses and what the requirements are for the various age/sex classes. This writeup assumes that courses have been designed 2 weeks before a meet and suggests efficient ways of having them vetted and hanging the markers with minimal effort.

1. Using bright neon surveyor's tape, put a foot-long piece at the control site with the course and control number listed. For example, course 3F, #4 and course 4, #8. This allows the course vetter (at her convenience) to check all the locations in the field (not just on paper) with enough time to make suggestions for changes when necessary.

2. After the course vetter has approved the courses, get the control markers as soon as they are available. Assign control marker codes to each of the controls on the courses.

3. Prepare a master map putting all the courses' control circles on the single map with the control marker codes (e.g., 106) at the corresponding circle.

4. Divide up the map into sectors relative to where one would park vehicle when hanging, with perhaps 10-12 markers in each sector. For large areas where there are few controls, the sector may contain only 3 for example.

5. For each of these sectors, plan a route

as you might for score-O or for a rogaine. The key is expending as little energy as you can while hanging the markers on each route. Returning to your vehicle to reload with the markers for the next sector is part of the plan.

6. In course order, make a master punch check list. You don't have to actually punch a punch card but can merely copy dots on a sheet of paper for each. These lists will go to the finish/checking crew.

7. Take the control markers and arrange them according to how each sector route resulted. I use plastic grocery bags to keep each sector separate. This is best done the night before you intend to actually hang the markers.

Now assume we are at morning (early) of the meet.

8. Taking a) your list of course controls - control codes and b) your master map hang the markers in each sector. This will be easy because by sorting them in bags and having surveyor's tape in the field, a quick look at the master map assures you that you have the correct one at each control point.

9. By returning to vehicle to reload with next sector's markers, you can assure any early-arriving meet staff that things are going well.

10. After all markers are set out, have course vetter (or prerunners) run each course.

11. Fuel up with the breakfast that you missed. Congratulate yourself for your hard work and prepare to field complaints from disgruntled competitors who won't blame themselves for their problems but must blame SOMEONE.

This procedure works well for standard local meets. Even a slow Oer such as I used to be able (before for my foot problem) to set out the 30 or so markers for a local C meet in time for the start. Naturally for other types of meets, one must adapt.

For A (national or international) meets, using a course controller's master control sheet such as we used for the 1997 A meet at Trollhaugen helps keep the course design team informed of who did what when. I believe that Don Denbo has copy of this sheet on his computer if anyone wants to see blank one.

When using electronic check systems such as SportIdent or Emit, step 6 above may be omitted unless one is super paranoid. Instead, one must program the electronic markers to start at the correct time with their own IDs for the meet. Would be good idea to make sure batteries are all good as well.

Going into more detail about using either SportIdent or Emit is beyond the scope of this guide.

Finally, there is matter of control pickup. At small parks, I found it easier to use sector technique myself.

With lots of volunteer help with control pickup, it is essential that someone be in charge of checking off the retrieved markers making sure that none were missed. Sorting them numerically into the storage box is a good way to double check that none were missed. Even in rainy times, it is best not to leave until all have been retrieved.

I hope this takes the mystery out of course design/control marker hanging and encourages new setters to give it a try.

### **Orienteer Ratings of Cascade OC**

*Mark Hartinger (President-1984),  
updated by Jim Siscel-2007*

#### Super First Class Orienteer

- Far exceeds World Class orienteering requirements
- Leaps in and out of deep pits with one bound
- Never mispunches with epunch stick
- Can spot controls from 1000 meters
- Can run through Dark Green
- Give guidance policy to GOD

#### First Class Orienteer

- Exceeds expected orienteering requirements
- Must take running start to leap out of deep pits
- Once a year mispunches
- Can spot controls from far away
- Can run through Medium Green
- Talks with GOD

#### Second Class Orienteer

- Meets expected orienteering requirements
- Can only leap out of shallow pits
- Sometimes states, "I know I punched that control"
- Can spot controls from 50 meters
- Can run through Light Green

- Listens to GOD

#### Third Class Orienteer

- Meets minimum orienteering requirements
- Crashes into pit walls when attempting to leap out of them
- Leaves epunch in for two beeps
- Follows other orienteers to controls
- Falls occasionally while running across rough open
- Talks with animals

#### Fourth Class Orienteer

- Fails to meet minimum orienteering requirements
- Cannot recognize pits or depressions
- Stabs self in finger when punching in at manual controls
- Gets lost trying to find start area
- Falls regularly while walking across open land
- Talks to the trees after walking into them

## **Meet Results**

### **2006 - 2007 Winter O' Series #5**

#### **Fort Steilacoom Park, Tacoma**

**January 6, 2007**

*Cascade Orienteering Club*

Meet director: Jana Dvorak

Course setter: Steve Miner

Starts: Sally Dow, Misha and Olga Roshal, Matej Urban

Epunch Coordinator: Ben Hall

Finishes and Computer Coordination: Ben Hall, Harvey

Friedman, Brian Poon, Doug Sprugel

Registration: Don Denbo, John Lee, Judy Borish, Mike Olson

Epunch Rentals: Ardis Dull, Tracy Whelen

Beginner Instruction: Mike Schuh

Course Vetting: Mike Schuh, Peter Golde

Marker pickup: Jim Siscel, Jana Dvorak, Debbie Newell, Steve Miner

WIOL registration: Jim Siscel

WIOL director: Jim Siscel

#### Course 1 Public (1.6 km, 8 Controls)

Sophia Orlando		27:56
Deanta Kelley(2)	COC	28:38
Lev Roschal		29:21
Oliver Tennisberg	SAMM	31:30
Toomas Tennisberg	SAMM	31:33
Jerry King(4)		34:10
Kelly Richards	COC	34:25
James McBride(5)		44:41

#### Course 2 Public (1.8 km, 10 Controls)

Jesse Fox		19:03
C Milsted		22:14
Gina Pricco		22:38
Nancy Devine	COC	23:52
Christi deGrys		30:12
Nancy Bauer(2)	COC	34:01
Andrea Davis	COC	36:16
Jerry Walsh		38:41
Harrison Devine	COC	39:44



Stephanie English	COC	39:47	Jake Reeder	COC	66:47	79	Henry Gruen(2)	43:49
Leroy Smith	COC	39:48	Don Atkinson	COC	67:04	78	Gordon Wickward	44:09
Mary Theiler	COC	42:58	Peter Golde	COC	67:13	77	Michelle Bullard(2)	44:19
Emma Howey	COC	49:41	Tyler Frederickson	COC	68:16	76	Steve Olson(2)	51:55
Sophia Roshcal(2)		50:13	Andy Tomascak		68:45	75	Toomas Tennisberg	SAMM 72:42
Jerry King(3)		52:01	Jon Lebo		70:16	74		
Ann Amort	COC	56:46	A.J. Ritter	COC	75:34	73		
Michael Ham(2)		58:02	Paul Cornish	COC	76:28	72	Devin McMahon(2)	24:34
Zachary Davis(2)		64:08	John Lee	COC	76:50	71	Kari Vigerstol	26:35
Paul Artman(2)		73:00	Lyndon Heywood	COC	81:00	70	John St. Laurent	31:22
Tara Larson(2)		73:50	Pat Kelly	COC	82:37	69	Brooking Cole(3)	34:15
Cameron Devine	COC	84:35	Fred Veler	SAMM	84:18	68	Peter Sprugel	unaffiliated 35:07
Jeff Erickson	mp/dnf		Dave Dummeyer	COC	84:54	67	Katrina Petr	36:56
Jaime Miller	mp/dnf		Steve Frederickson	COC	92:45	66	Ann Amort	COC 38:15
Chris Miller	mp/dnf		Chris Whitmyre	COC	93:55	65	Paul Bryant(2)	42:59
Deanta Kelley	COC	mp/dnf	Tim Milberger	COC	94:08	64	Olga Roshal(2)	43:54
			Chris Ramsborg	COC	99:41	63	Terry Barbe	44:34
			Jerry Richards		102:10	62	Harrison Devine	COC 47:13
			Don Denbo	COC	105:34	61	Tilstra Willem	47:27
			Terry Bryant	COC	106:33	60	Nancy Bauer(4)	COC 47:38
			Tony Amort	COC	116:17	59	Judy Borish	COC 48:09
			Jim Siscel	COC	mp/dnf		Jonny Volland	48:56
			Nikolay Nachev	COC	mp/dnf		Darrell Johnson(4)	49:15
			Geoff North		mp/dnf		Leroy Smith	COC 51:38
			Jeff Power		mp/dnf		Leslie Maniccia	51:38
			Brandon Belgin	COC	mp/dnf		Coker Lin	52:19
			Carl Ebeling		mp/dnf		Wingerson Ron	52:19
			Dave Joyce		mp/dnf		Jerry Richards(3)	52:43

**Course 5 Public (3.8 km, 13 Controls)**

Greg Wallace		51:24
Ann Davis	COC	53:12
Ryan Hoel	COC	55:32
Stuart Bradshaw		57:35
Jesse Fox		65:21
Justin Allmaras(2)	COC	67:34
Michael Radin		68:51
James Howey	COC	70:43
Katie Sprugel	COC	74:17
Harvey Friedman	COC	75:39
Lynn Aldrich		78:45
Eric Jnah(2)		83:40
Sally Dow	COC	84:53
Robert Stratton	COC	88:46
Kim Munson(2)		89:28
Tami Dunn(2)		89:50
Gregory Johnson	COC	89:54
Chris Gruben		91:19
Clara Frederickson	COC	92:59
Marianne Spencer		96:13
Marjorie Stratton	COC	mp/dnf
Elan Ebeling		mp/dnf
Rick Huey(4)		mp/dnf
tom Webster(2)		mp/dnf
Michael Han(2)	BSA495	mp/dnf

**Course 7 Public - Women(5.9 km, 18 Cntrl)**

Jana Dvorak	COC	61:59	100
Lindsey Womeldorf	COC	70:35	95
Eileen Breseman	COC	74:33	92
Debbie Newell	COC	74:51	90
Ardis Dull	COC	88:21	89
Sue Kuestner	COC	115:39	88
Cristi Horning		mp/dnf	
Vivian Bliss	COC	mp/dnf	

**Course 7 Public - Men(5.9 km, 18 Cntrl)**

Leif Anderson	COC	42:25	100
Alex Frank	COC	46:11	95
Mike Miller	COC	46:27	92
Matt Hayes		47:48	90
Roger Michel	COC	47:53	89
Ben Hall	COC	49:36	88
Glenn Rogers	COC	50:06	87
Will Enger	SAMM	51:57	86
Mark Howlett		54:32	85
Matej and Tori	Bothell	56:55*	
Brian Poon	COC	57:25	84
Patrick Nuss	OK	58:13	83
Dave Enger	SAMM	58:39	82
Targo Tennisberg	SAMM	61:13	81
Rick Breseman	COC	63:35	80

**2006 - 2007 Winter O' Series #6****Seward Park, Seattle****January 20, 2007***Cascade Orienteering Club*

Meet director: Jana Dvorak  
 Course setter: Pat Kelly  
 Starts: Alex Frank, Cristi Horning, Dave Petty, Don Dermenstein  
 Epunch Coordinator: Doug Sprugel  
 Finishes and Computer Coordination: Ben Hall, Harvey Friedman, Brian Poon,  
 Doug Sprugel, Jennifer Geray  
 Registration: Steve Frederickson, Jill Klinge, Jana Dvorak,  
 Sue Kuestner, Holly Kuestner  
 Epunch Rentals: Katie Sprugel, Sally Dow, Tracey Whelan  
 Course Vetting: Ardis Dull, Mike Schuh  
 Marker pickup: Jim Siscel, Jana Dvorak, Anna Urbanova,  
 Matej Urban  
 WIOL registration: Jim Siscel  
 WIOL director: Jim Siscel  
*Split Times*

**Course 1 Public (1.5 km, 6 Controls)**

Lev Roshal		18:35
John Theiler	SAAS	26:09
Tom Wilkinson(3)		26:17
Kyra Burke		26:30
Sophia Orlando		27:48
Deanta Kelly	COC	29:05
Mike Toutant(3)		29:10
Alexander Wade(5)		29:49
Charles Perkins(2)		30:17
Alicia Supernavace		31:04
Nicole Haskey(2)		34:33
Oliver Tennisberg	SAMM	34:34
Paul Artman(2)		35:57
Mike Rothmeyer(3)		36:42
Kyra Burke		39:00
Duncan Hoke(3)		39:08
Nicole Durbin(3)		40:27
Kirstin Piquette	COC	41:44

**Course 2 Public (3.0 km, 10 Controls)**

Devin McMahon(2)		24:34
Kari Vigerstol		26:35
John St. Laurent		31:22
Brooking Cole(3)		34:15
Peter Sprugel	unaffiliated	35:07
Katrina Petr		36:56
Ann Amort	COC	38:15
Paul Bryant(2)		42:59
Olga Roshal(2)		43:54
Terry Barbe		44:34
Harrison Devine	COC	47:13
Tilstra Willem		47:27
Nancy Bauer(4)	COC	47:38
Judy Borish	COC	48:09
Jonny Volland		48:56
Darrell Johnson(4)		49:15
Leroy Smith	COC	51:38
Leslie Maniccia		51:38
Coker Lin		52:19
Wingerson Ron		52:19
Jerry Richards(3)		52:43
Nick Graan		53:52
Cameron Devine(2)	COC	53:54
Jen Dubois(3)	COC	55:11
Monica Beckman(2)		58:04
Ben Guyer(2)		59:25
Dicki Meldeum(2)		59:53
MJ Beatondoyie(3)		64:43
William Howei(2)		76:27
Belinda Berg(2)		77:25
Scott Haynes(3)		79:32
Emma Howey(2)		84:08
Sandy Miller	COC	112:52

**Course 5 Public (3.7 km, 11 Controls)**

Jacob Clapp		47:14
Robert Davis	COC	48:38
Scott Hartshom		49:34
Dave Petty	COC	55:42
Darian Davis	COC	56:45
Ruth Anderson		57:13
Albert Spencer	COC	59:38
Harvey Friedman	COC	61:39
Pete Maniccia		61:59
Simon Barbe		63:57
Alex Kuestner	COC	64:49
Michael Radin		64:49
Liz Pierce(2)	COC	65:20
Bill McKenzie	COC	66:27
Don Dermenstein	COC	69:51
Melinda Schnieder		70:37
Nancy Devine	COC	71:56
Macy Ratliff	COC	72:55
Justin Pang(2)		74:08
Sally Dow	COC	74:48
Kelly Richards(2)	COC	80:01
Ryan Johnson(2)	COC	80:07
Jim Howes	COC	89:10
Michael Dunn(2)		91:35
Mark Bingham		93:10
Libby Dermenstein	COC	93:22
John Giaever		100:55
Brian Crawford(4)		108:03

Emily Goodrich(3)		109:41
Marianne Spencer	COC	122:45
Daniel Ericksen(3)		129:07
Gina Pricco	mp/dnf	

**Course 7 Public - Women(4.7 km, 15 Cntrl)**

Kimberly Shavender		61:46	100
Debbie Newell	COC	61:56	95
Eileen Breseman	COC	62:32	92
Amanda Wu(2)		63:37	
Jana Dvorak	COC	65:20	90
Jenny Pearson	COC	74:39	89
Cristi Horning		76:47	88
Sue Kuestner	COC	79:30	87
Ardis Dull*	COC	80:44	
Liz Stradling	COC	82:39	86
Sarah Hicks(2)		97:29	
Jennifer Geray	COC	105:26	85
Vivian Bliss	COC	134:09	84

**Course 7 Public - Men(4.7 km, 15 Cntrl)**

Nikolay Nachev	COC	41:21	100
Alex Frank	COC	41:38	95
Ben Hall	COC	43:50	92
Targo Tennisberg	SAMM	45:12	90
Jonathan Church	COC	46:35	89
Oyvind Naess	COC	47:34	88
Rick Breseman	COC	47:39	87
Patrick Nuss	OK	48:01	86
Harri Lahdesmaki		48:34	85
Peteris Ledins	COC	49:10	84
Jake Reeder	COC	50:29	83
Tyler Frederickson	COC	51:13	82
Dave Enger	SAMM	51:50	81
Brian Poon	COC	51:58	80
Theo Browne	COC	54:43	79
Chris Ramsborg	COC	57:56	78
Sean Conto		63:56	77
Kyle Seifullin	COC	64:53	76
Lyndon Heywood	COC	67:33	75
Tim Milberger	COC	67:49	74
John Ratliff	COC	68:05	73
Dave Dummeyer	COC	69:05	72
Jason Hansen		70:23	71
Fred Veler	SAMM	72:15	70
Brandon Belgin	COC	72:36	69
Ryan Hoel	COC	72:59	68
Jon Lebo		74:59	67
Greg Wallace(2)	COC	77:06	66
Steve Frederickson	COC	77:07	65
Terry Bryant	COC	77:38	64
John Lee	COC	80:15	63
Tony Amort	COC	82:52	62
Clint Turpen(2)		84:12	
Jim Siscel	COC	109:39	61
Ron Kiel(3)	COC	113:45	
Tammy Badger(1)		118:58	
Robert Robinson	COC	129:59	61
Brian Piquette	COC	mp/dnf	

**2006 - 2007 Winter O' Series #7****Fire Mt. Scout Reservation, Mt. Vernon****February 3, 2007***Cascade Orienteering Club*

Meet director: Jana Dvorak  
 Course setter: Chris Whitmyre  
 Starts: Alex Frank, Cristi Horning, Peteris Ledins, Dave Petty  
 Epunch Coordinator: Don Atkinson  
 Finishes and Computer Coordination: Ben Hall, Harvey

Friedman, Don Willits, Don Atkinson  
 Registration: Libby and Don Dermenstein, Greg and Glen Wallace  
 Epunch Rentals: Marjorie Stratton, Tony Amort  
 Beginner Instruction: Mike Schuh  
 Course Vetting: Sally Dow, Ardis Dull, Mike Schuh  
 Marker pickup: Sue, Holly, and Rolf Kuestner, Catherine Olsson, Tracy Whelen  
 WIOL registration: Jim Siscel  
 WIOL director: Jim Siscel

**Course 1 Public (1.7 km, 7 Controls)**

Rosemary Mora(3)	29:40
Corey Shannon(3)	36:40
Scott Neher(4)	38:46
Patricia Anthlu	47:52

**Course 2 Public (2.3 km, 7 Controls)**

Katrina Petr	COC	25:52
Carl Nelson(3)		29:58
Rosemary Mora(4)		39:31
Ben Upper(3)		41:37
Theo Browne(3)		41:39
Scott Phillips(3)		45:03
Kathy Forgrave(4)	COC	49:11
Mary Theiler	COC	49:46
AJ Mallory(2)	unaffiliated	52:18
Gordan Brown(4)	COC	53:23
Jerry Walsh		54:10
Stephanie English	COC	55:38
Angela Graan		67:57
Michelle Bullard(2)		76:41
Tony Amort(3)	COC	81:19
Dillon Haynes(2)		103:37
Dustin Haynes(2)	mp/dnf	

**Course 5 Public (4.3 km, 10 Controls)**

Scott Hartshom		38:46
Terry Bryant	COC	49:22
Darian Davis	COC	49:55
Justin Allmaras(2)	COC	49:55
Greg Wallace(2)	COC	52:48
Robert Davis(2)		53:44
Sergey Markov		55:15
Paul Wade		56:01
C Milsted		57:25
Gina Pricco		58:13
Dave Petty	COC	59:21
Jim Siscel	COC	59:59
Sally Dow	COC	61:19
Rolf Kuestner	COC	66:46
Dickson Jacob		68:18
Clinton Anderson	COC	68:56
Katie Sprugel	COC	73:04
Don Dermenstein	COC	75:42
Libby Dermenstein	COC	76:20
Ryan Mallory(3)		76:30
Harvey Friedman	COC	80:22
Ken Lew	COC	80:48
Stephanie Dickson(5)		99:12
Ron Winegeron(2)		100:17
Red Robinson		106:02
Marianne Spencer	COC	115:15
Ryan Johnson	COC	116:52
Joel Smith(3)		159:40

**Course 7 Public - Women(6.6 km, 12 Cntrl)**

Lindsey Womeldorf	COC	67:57	100
Debbie Newell	COC	68:57	95
Jana Dvorak	COC	69:27	92
Kimberly Shavender		72:40	90

Cristi Horning		72:46	89
Eileen Breseman	COC	84:04	88
Susan Anderson	COC	86:01	87
Jenny Pearson		98:10	86
Ardis Dull*	COC	98:42	
Sue Kuestner	COC	103:15	85
Liz Stradling	COC	114:15	84
Jennifer Geray	COC	120:57	83
Vivian Bliss	COC	mp/dnf	

**Course 7 Public - Men(6.6 km, 12 Cntrl)**

Glenn Rogers	COC	50:08	100
Ben Hall	COC	54:34	95
Jake Reeder	COC	57:53	92
Alex Frank	COC	59:48	90
Rick Breseman	COC	60:09	89
Phil Stradling	COC	62:26	88
Brian Poon	COC	63:27	87
Peteris Ledins	COC	63:36	86
Dave Enger	SAMM	63:56	85
Patrick Nuss	OK	67:30	84
John Lee	COC	69:46	83
Ryan Hoel(2)	COC	71:02	
Tyler Frederickson	COC	71:04	82
Case Deveries(2)		71:26	
Dave Dummeyer	COC	71:29	81
Nick Graan		76:00	80
Paul Cornish	COC	78:32	79
A.J. Ritter	COC	79:53	78
Don Atkinson	COC	83:36	77
Zigurds Greivous		84:33	76
Kean Williams	COC	85:51	75
Jon Lebo		86:30	74
Don Willits	COC	101:50	73
Doug Wyatt	COC	135:17	72
Sean Conto	COC	140:48	71

**2006 - 2007 WIOL Champs/O' Series Champs****Pt. Defiance Park, Tacoma****February 17, 2007***Cascade Orienteering Club*

Meet director: Jana Dvorak  
 Course setter: Glenn Rogers  
 Starts: Alex Frank, Cristi Horning, Dave Petty  
 Epunch Coordinator: Catherine Olsson  
 Finishes and Computer Coordination: Ben Hall, Harvey  
 Friedman, Mike Olsson, Catherine Olsson  
 Registration: Don Denbo, Michael Rogers, A.J. Ritter  
 Epunch Rentals: Ardis Dull, Judy Borish  
 Beginner Instruction: Tony Amort  
 Marker pickup: Glenn Rogers, Jana Dvorak, Matej Urban,  
 Debbie Newell, Dave Tallent  
 Radio/Announcing: Mike Schuh  
 WIOL registration: Jim Siscel  
 WIOL director: Jim Siscel

**Course 1 Public (1.6 km, 9 Controls)**

Tom Clymer	COC	13:51
Anders Skog		16:58
Isaac Swift(2)		17:04
Karrie Meyer(2)		18:41
Colfon Seaburg(2)		29:17
Danny Scheffer(2)		29:55
Roberta Brownstein(2)		32:14
Cheryl Rogers	COC	40:43

**Course 2 Public (2.3 km, 12 Controls)**

Isaac Swift(2)	35:18
Marc Hamalian	39:46

Lukas Corey(2)		40:39	Roger Michel	COC	57:44	Rick Breseman	29:04	65
Mary Theiler	COC	41:38	Peteris Ledins	COC	58:55	Targo Tennisberg	32:11	63
Tomas Corey(2)		42:16	Dave Enger	SAMM	60:49	Dave Enger	31:07	60
Angela Graan		52:04	Matthew Gill		63:17	Peteris Ledins	32:45	58
Laurie Shiratori(3)	COC	53:01	Peter Golde	COC	63:58	Patrick Kelly	27:54	52
Eric Rogers(2)		54:06	Theo Browne		65:23	Eileen Breseman	28:18	51
Don Hodges(4)		56:43	Dave Miner	COC	65:37	Ardis Dull	29:09	51
John Lee(2)	COC	56:57	Tyler Frederickson	COC	65:54	Philip Stradling	35:20	51
Chris Feet(2)		58:06	Patrick Nuss	OK	68:22	Zigurds Greivulis	32:34	43
Tom Webster(4)		60:31	Scott Hartshom		68:56	Ken Lew	30:00	41
Becky Schultz(2)		62:35	A.J. Ritter	COC	69:27	Huw Stradling	30:09	37
Michelle Bullard(3)		64:46	Nick Graan		70:37	Leroy Smith	28:57	26
Willem + Tilston(2)		73:34	Andy Tomascak		72:05	Tom and Katie Clymer	28:08	23
Harold Ishoy		74:44	Darian Davis	COC	76:08	Cameron Devine	28:21	23
Aaron Bardsley(3)		75:13	Philip Stradling	COC	76:47	Jennifer Geray	27:05	22
Michael Rogers(2)		87:27	David Welsh		77:23	Morgan Weiler	34:04	22
Paul Jaquish(2)		120:52	Don Atkinson	COC	77:40	Maggie Vennarucci	34:05	13
Sandy Miller(2)	COC	124:33	Lyndon Heywood	COC	79:14	Harrison Devine	28:44	10
Erik Lam(2)		133:06	Jason Hansen		79:34	Harvey Friedman	89:39	-44
Judy Borish	COC	mp/dnf	Brandon Belgin	COC	81:25			

**Course 5 Public (4.1 km, 11 Controls)**

Arne Skog	COC	40:35	Glenn Joiner		82:41
Elitsa Healy		52:12	Duncan Sailors	COC	85:39
Cristi Horning		60:32	Julie Collins	COC	85:40
Fred Veler	SAMM	62:57	Zigurds Greivulis		85:48
Ann Davis(3)	COC	63:05	Chris Ramsborg	COC	86:51
Ryan Hoel(3)	COC	65:59	Chris Gerard		87:06
Jonathan Bingham		66:24	Chris Whitmyre	COC	89:18
Gina Pricco		68:23	Steve Frederickson	COC	89:23
Gerald Allmares(2)		68:56	Fred Stafford		89:24
Dave Petty	COC	70:19	Charles LaForte		90:18
Jacob Clapp		73:24	Dave Tallent	COC	93:49
Greg Wallace(2)		81:56	John Lee	COC	94:06
Tammy Badge(2)		89:44	Terry Bryant	COC	109:53
Kristy Power(2)		91:11	Dale Width	COC	115:18
Steve Stowell		91:18	Ron Kiel(2)	COC	153:14
Harvey Friedman	COC	95:22	Ken Lew	COC	153:19
Blue Best(2)		96:14	Jean-Francois Guertin		mp/dnf
Jim Siscel	COC	96:26	Sergey Markov		mp/dnf
Tami Dunn		98:04	Matt Hayes	COC	mp/dnf
Marianne Spencer	COC	99:55			
Rolf Kuestner	COC	112:24			
Ray Follett(2)		112:55			
Sally Dow	COC	114:17			
Christine McBeth		116:47			
Don Dermenstein	COC	117:03			
Libby Dermenstein	COC	118:07			
Justin Allmaras(2)		120:44			
Mark Bingham(2)		123:10			
Doug Wyatt	COC	126:19			
Rob Van Orden(2)		144:48			
Clint Anderson	COC	mp/dnf			
Tom Clymer	COC	mp/dnf			
C Milsted		mp/dnf			

**Course 7 Public - Women (5.8 km, 15 Cntrl)**

Jana Dvorak	COC	66:50
Debbie Newell	COC	68:31
Lindsey Womeldorf	COC	71:21
Sarah Hicks		86:27
Sue Kuestner	COC	89:47
Susan Anderson	COC	96:12
Ardis Dull	COC	98:14
Liz Stradling	COC	102:10
Jennifer Geray	COC	134:50

**Course 7 Public - Men (5.8 km, 15 Cntrl)**

Alex Frank	COC	51:00
Ben Hall	COC	54:08

**Cell Phone Orienteering****Hamlin Park, Shoreline****March 3, 2007***Cascade Orienteering Club*

Meet director: Catherine Olsson  
 Asst. meet director: Tori Borish  
 Course setter: Mike Schuh  
 Registration: Anna Urbanova, Kelsey Breseman, Tracy Whelen, Holly Kuestner  
 Start: Ryan Breseman, Holly Kuestner, William Koster, Huw Stradling  
 Map swap: Cara Groden, Kelvin Bates, Jeremy Chang  
 Finish: Arianna Goodman, William Koster, Morgan Weiler  
 Vetting: Sally Dow, Alexander MacLeod, Patrick Kelly, Mike Olsson, Donald Denbo, Jana Dvorak

**BEGINNERS' COURSE**

Arianna Goodman	21:36
Tom Clymer	23:47
Maggie Vennarucci	40:15
Jasmine and Hanna Freeman	48:04
Hayden and Rob Scott	48:42
Toomas Tennisberg	49:27
Duncan, Morgan, and Karen Scott	51:21
Andrew, Angela, Amy, Ashley, Melissa Eller	52:46
Jon, Eric, and Jeffrey Lebo	59:11
Michael Radin	mp

**SCORE COURSE****CELL COURSE**

Anna urbanova and Jana Dvorak	43:51
"Cartofreaks" (Debbie Newell/David Tallent)	45:40
Holly Kuestner and Tori Borish	50:21
Eileen and Rick Breseman	51:07
Susan Anderson and Don Willits	54:10
Patrick Nuss and Gina Pricco	57:08
"Team Amort" (Tony, Austin, & Aaron Amort)	58:50
Kelsey Breseman and Marissa Roecks	59:02
Eric Rait and Roy Colven	64:27
Kirk and Nancy Devine	64:30
Don Atkinson, SK Miller, and Robert Miller	67:30
Jim Siscel and Karen Siscel Smith	75:42
Ann Davis, Robert Davis, & Laurie Shiraton	76:12
Elizabeth Pierce and Courtney Brown	80:57
Jim Probala	86:45
Emily Goodrich and Chris McBeth	88:32
Suzy Bramwell and Tim Howe	93:35
Nick and Angel Graan	96:43
Dana Breseman, Rachel Ellis, & Gabrielle Lindquist	100:23
Glenn, Greg, and Justin Wallace	108:54
Sue, Rolf, and Alex Kuestner	145:37
Bob Reddick/Pat Reddick/Bruce McAlister	DNF
Clare McMahon and Cherry Wu	DNF
Catherine Olsson and Sally Dow	DNF

**COC Officers and Coordinators:**

Jim Siscel, President/Membership,  
425-778-7202

Jennifer Knowles, Vice-President,  
253-845-6588

Don Atkinson, Treasurer/Exec Board/  
Equipment, 425-488-0270

Ardis Dull, Secretary, 425-672-8937  
 Don Denbo, Executive Board/News-  
letter, 206-366-0624

Debbie Newell, Executive Board/  
Events, 425-488-3691

Sue Kuestner, Executive Board

Jana Dvorak, Executive Board

Peter Golde, Mapping

Eric Bone, Training, 206-634-2279

Terry Farrah, Publicity



**Cascade's 2006 - 2007 Winter O' Series****Final Standings (best 4 results)****Women**

Name	Club	1	2	3	4	5	6	7	Total
Lindsey Womeldorf	COC	84	90	90	100	95	—	100	385
Jana Dvorak	COC	92	92	92	95	100	90	92	379
Debbie Newell	COC	90	—	—	90	90	95	95	370
Cristi Horning	---	78	—	89	92	—	88	89	358
Sue Kuestner	COC	89	89	82	88	88	87	85	354
Ardis Dull	COC	86	88	87	87	89	—	—	351
Liz Stradling	COC	77	87	86	—	—	86	84	343
Jenny Pearson	---	—	85	83	—	—	89	86	343
Karen Case	COC	83	84	88	86	—	—	—	341
Jennifer Geray	COC	81	79	—	—	—	85	83	328
Anneliese Steuben	COC	100	100	100	—	—	—	—	300
Jennifer Knowles	COC	95	95	95	—	—	—	—	285
Eileen Breseman	COC	—	—	—	—	92	92	88	272
Kimberly Shavender	---	—	—	—	—	—	100	90	190
Kate Hunter	COC	88	82	—	—	—	—	—	170
Susan Anderson	COC	—	83	—	—	—	—	87	170
Sandy Miller	COC	80	—	81	—	—	—	—	161
Libby Dermentstein	COC	79	81	—	—	—	—	—	160
Shannon Cortez	COC	76	—	84	—	—	—	—	160
Ruth Anderson	---	—	—	—	89	—	—	—	89
Shannon Porter	COC	87	—	—	—	—	—	—	87
Julie Collins	---	—	86	—	—	—	—	—	86
Inna Balutsina	COC	85	—	—	—	—	—	—	85
Cheryl Marek	COC	—	—	85	—	—	—	—	85
Yumay Chang	---	—	—	—	85	—	—	—	85
Emily Goodrich	---	—	—	—	84	—	—	—	84
Vivian Bliss	COC	—	—	—	—	—	84	—	84
Linda Fenster	COC	—	—	—	83	—	—	—	83
Angela Douglass	---	82	—	—	—	—	—	—	82
Mara Kagele	---	—	80	—	—	—	—	—	80

**Men**

Name	Club	1	2	3	4	5	6	7	Total
Nikolay Nachev	COC	100	92	88	95	—	100	—	387
Alex Frank	COC	82	—	83	87	95	95	90	367
Glenn Rogers	COC	—	86	81	90	87	—	100	363
Peteris Ledins	COC	89	89	95	89	—	84	86	362
Targo Tennisberg	SAMM	79	90	92	86	81	90	—	358
Ben Hall	COC	—	83	78	83	88	92	95	358
Brian Poon	COC	81	85	92	—	84	80	87	348
Oyvind Naess	COC	71	95	86	79	—	88	—	348
Roger Michel	COC	—	85	89	84	89	—	—	347
Matt Hayes	---	78	87	—	88	90	—	—	343
Rick Breseman	COC	—	82	82	75	80	87	89	340
Dave Enger	SAMM	90	76	79	82	82	81	85	339
Patrick Nuss	OK	77	—	84	—	83	86	84	337
Jake Reeder	COC	74	—	80	78	79	83	92	334
Tyler Frederickson	COC	88	61	74	72	76	82	82	328
A.J. Ritter	COC	80	75	75	74	73	—	78	308
Eric Bone	COC	—	100	100	100	—	—	—	300
Don Atkinson	COC	—	70	70	—	78	—	77	295
Paul Cornish	COC	69	68	73	57	72	—	79	293
Dave Dummeyer	COC	—	62	—	73	67	72	81	293
Darian Davis	COC	73	72	77	70	—	—	—	292
Lyndon Heywood	COC	70	59	76	71	70	75	—	292
Jon Lebo	---	—	—	62	69	74	67	74	284
John Lee	COC	56	—	60	—	71	64	83	278
Chris Ramsborg	COC	60	67	—	67	63	78	—	275
Fred Veler	SAMM	69	57	64	—	68	70	—	271
Chris Whitmyre	COC	75	64	—	64	65	—	—	268
Tim Milberger	COC	64	60	—	63	64	74	—	265

Steve Knowles	COC	95	78	87	—	—	—	—	260
Brandon Belgin	COC	65	51	67	58	—	69	—	259
Bruce Christopherson	COC	92	81	85	—	—	—	—	258
Kyle Seifullin	COC	55	—	71	56	—	76	—	258
Jonathan Church	COC	83	—	—	80	—	89	—	252
Tony Amort	COC	67	56	59	59	59	63	—	248
Steve Frederickson	COC	—	52	52	63	—	—	66	66
247									
Peter Golde	COC	87	80	—	—	77	—	—	244
Peter Gaylord	COC	61	55	61	66	—	—	—	243
Terry Bryant	COC	53	50	—	52	60	65	—	230
Doug Wyatt	COC	49	—	53	50	—	—	72	224
Pat Kelly	COC	72	—	68	—	69	—	—	209
Steve Miner	COC	—	65	69	65	—	—	—	199
Don Willits	COC	54	—	57	—	—	—	73	184
Ryan Hoel	COC	—	53	54	—	—	68	—	175
Ruaraidh Stenson	COC	86	88	—	—	—	—	—	174
Jim Sisco	COC	—	—	56	53	—	62	—	171
Mark Howlett	---	—	—	—	85	85	—	—	170
Don Denbo	COC	—	—	52	54	61	—	—	167
Will Enger	SAMM	—	—	—	81	86	—	—	167
Bruce Bassett	COC	85	77	—	—	—	—	—	162
Theo Browne	COC	—	73	—	—	—	79	—	152
Hans Frederick	COC	—	74	—	76	—	—	—	150
Nick Graan	---	—	—	—	68	—	—	80	148
Sean Conto	COC	—	—	—	—	—	77	71	148
Eugen Groff	COC	—	71	72	—	—	—	—	143
Kean Williams	COC	—	—	66	—	—	—	75	141
Andy Tomascak	---	—	—	—	62	75	—	—	137
Brian Piquette	COC	63	63	—	—	—	—	—	126
Nelson Harbour	COC	58	—	55	—	—	—	—	113
Don Dermentstein	COC	48	54	—	—	—	—	—	102
Leif Anderson	COC	—	—	—	—	100	—	—	100
John St. Laurent	---	—	47	51	—	—	—	—	98
Ken Lew	COC	—	48	—	48	—	—	—	96
James Roach	COC	—	—	—	92	—	—	—	92
Mike Miller	COC	—	—	—	—	92	—	—	92
Phil Stradling	COC	—	—	—	—	—	—	88	88
Harri Lahdesmaki	---	—	—	—	—	—	85	—	85
Jaromir Stofla	---	84	—	—	—	—	—	—	84
Arne Skog	COC	—	79	—	—	—	—	—	79
Bill Allemann	COC	—	—	—	77	—	—	—	77
Mike Cummer	COC	76	—	—	—	—	—	—	76
Zigurds Greivous	---	—	—	—	—	—	—	76	76
John Ratliff	COC	—	—	—	—	—	73	—	73
Jason Hansen	---	—	—	—	—	—	71	—	71
Richard Wood	---	—	69	—	—	—	—	—	69
Andrew Whitmyre	---	66	—	—	—	—	—	—	66
Alex Macleod	COC	—	66	—	—	—	—	—	66
Ryan Van Gorder	---	—	—	65	—	—	—	—	65
Patrick Kern	COC	62	—	—	—	—	—	—	62
Jerry Richards	---	—	—	—	—	62	—	—	62
Jonathan Bingham	---	—	—	—	61	—	—	—	61
Robert Robinson	COC	—	—	—	—	61	—	—	61
Marty Couret	---	—	—	—	60	—	—	—	60
Daniel Harris	---	59	—	—	—	—	—	—	59
Michael Dubois	COC	—	58	—	—	—	—	—	58
John Selby	COC	—	—	58	—	—	—	—	58
James Howey	COC	57	—	—	—	—	—	—	57
Chris Gerard	COC	—	—	—	55	—	—	—	55
Jeff Power	---	51	—	—	—	—	—	—	51
Robin Wyatt-Stone	COC	—	—	—	51	—	—	—	51
Tom Clymer	COC	50	—	—	—	—	—	—	50
Robert Miller	COC	—	—	50	—	—	—	—	50
Ron Kiel	COC	—	49	—	—	—	—	—	49
Mark Bingham	---	—	—	—	49	—	—	—	49



## Upcoming Orienteering Events

Go to the website at <http://www.CascadeOC.org>  
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>
<b>APRIL 2007</b>					
Sat, Apr 7	Ultimate O-2, Short O, NW of SeaTac Park, SeaTac <b>CANCELLED</b> <i>TENTATIVE: Check at <a href="http://www.CascadeOC.org">www.CascadeOC.org</a> before attending.</i>		COC		
Sat, Apr 7	Royal Roads University <a href="http://www.orientteeringbc.ca/vico/">http://www.orientteeringbc.ca/vico/</a>	B	VICO		Marie Burgess Linda Hildebrandt
Sat, Apr 21	Marymoor State Park, Redmond, WA <i>TENTATIVE: Check at <a href="http://www.sammamishorienteering.org">http://www.sammamishorienteering.org</a></i>	C	SAMM		
Sat, Apr 28	Short-O, North SeaTac Park <i>TENTATIVE: Check at <a href="http://www.CascadeOC.org">www.CascadeOC.org</a> before attending.</i>	C	COC		
Sun, Apr 29	U-District Street Scramble, Seattle <a href="http://www.streetscramble.com/">http://www.streetscramble.com/</a>	X	COC		
<b>MAY 2007</b>					
Sun, May 6	Camp Thunderbird, 3 hour Score - O <a href="http://www.orientteeringbc.ca/vico/">http://www.orientteeringbc.ca/vico/</a>	X	VICO		Alan Philip
Sat, May 12	Score-O, Lord Hill Park, Snohomish <i>TENTATIVE: Check at <a href="http://www.CascadeOC.org">www.CascadeOC.org</a> before attending.</i>	C	COC		
Sat, May 19	Bellevue Street Scramble, Bellevue <a href="http://www.streetscramble.com/">http://www.streetscramble.com/</a>	X	COC		
May 19-21	Sage Stomp - Red Plateau, Kamloops, BC. <a href="http://www.orientteeringbc.ca/sage/">http://www.orientteeringbc.ca/sage/</a>	A	SAGE		
Sat, May 26	Gig Harbor Street Scramble, Gig Harbor <a href="http://www.streetscramble.com/">http://www.streetscramble.com/</a>	X	COC		
Sat, May 26	Big Muddy Ranch Rogaine 4 <a href="http://www.croc.org/">http://www.croc.org/</a>	R	CROC		Mal Harding <a href="mailto:malvin@pacifier.com">malvin@pacifier.com</a>
Sat/Sun, May 26/27	Newcastle Island - Nanaimo <a href="http://www.orientteeringbc.ca/vico/">http://www.orientteeringbc.ca/vico/</a>	B	VICO		Steve Chatwin
Wed, May 30 5:30-7:30	Redmond Watershed or Robinswood Park, Bellevue <a href="http://www.sammamishorienteering.org/Calendar.htm">http://www.sammamishorienteering.org/Calendar.htm</a>	C	SAMM		
<b>JUNE 2007</b>					
Sat, Jun 9	Everett Street Scramble, Everett <a href="http://www.streetscramble.com/">http://www.streetscramble.com/</a>	X	COC		
Sat, Jun 16	Long - O, Location to be determined <i>TENTATIVE: Check at <a href="http://www.CascadeOC.org">www.CascadeOC.org</a> before attending.</i>	C	COC		
Sun, Jun 17	Goat O', East Sooke Park, Vancouver Island <a href="http://www.orientteeringbc.ca/vico/">http://www.orientteeringbc.ca/vico/</a>	X	VICO		
Wed, Jun 20 5:30-7:30	Big Finn Hill, Totem Lake, WA <a href="http://www.sammamishorienteering.org/Calendar.htm">http://www.sammamishorienteering.org/Calendar.htm</a>	C	SAMM		
Fri, Jun 22	Seward Park Street Scramble, Seattle <a href="http://www.streetscramble.com/">http://www.streetscramble.com/</a>	X	COC		
Jun 30 - Jul 2	BC Orienteering Championships, Kimberley, BC <a href="http://koc.kics.bc.ca/index.html">http://koc.kics.bc.ca/index.html</a>	A	KOC		
<b>JULY 2007</b>					
Sat, Jul 7	Ballard Street Scramble, Ballard <a href="http://www.streetscramble.com/">http://www.streetscramble.com/</a>	X	COC		
Sat/Sun, Jul 21-22	Seattle Night and Day Challenge, Seattle <a href="http://www.nightanddaychallenge.com/">http://www.nightanddaychallenge.com/</a>	X			
Jul 27-29	Canadian Orienteering Championships, Saskatchewan <a href="http://www.coc2007.ca/">http://www.coc2007.ca/</a>	A			

COC: Cascade Orienteering Club

EWOC: Eastern Washington O.C.

VICO: Victoria Orienteers

GVOC: Greater Vancouver

OCOK: Oregon Cascades Orienteering Klubb

SAMM: Sammamish O.C.

KOC: Kootenay Orienteering Club

CROC: Columbia River O.C.

SACO: Sacajawea Orienteers

A: National Meet

R: Rogaine

B:

SAGE: Sage Orienteering Club, Kamloops B.C.


C: Regular Local Meet

X: Special Event

Major

Event

**membership application**

 Cascade Orienteering Club

Date  ☐ New ☐ Renewal

Name

Address

City  State  Zip

Home phone  Work

E-mail

Family membership names

Type of membership:

☐ Family/group \$20.00/yr

☐ Individual \$14.00/yr

☐ Associate (under 18) \$5.00/yr

☐ Newsletter only \$6.00/yr

**Join the Club**

Membership in the Cascade Orienteering Club entitles you to discounted meet fees, voting rights, and a quarterly club news-letter.

To join the club, please send your completed application, with payment, to:

COC Membership  
c/o Jim Siscel  
19322 73rd Place West  
Lynnwood, WA 98036  
425-778-7202

If you have questions about membership, please contact the membership coordinator: Jim Siscel.

Bearing 315 is  
Published by:

Cascade Orienteering Club  
Post Office Box 31375  
Seattle, Washington 98103  
<http://www.CascadeOC.org>



Debbie Newell  
6216 NE 154th St  
Kenmore WA 98028