

CASCADE ORIENTEERING CLUB BOARD OF DIRECTORS

President	Robert Miller
Vice President	John Huth
Secretary	Valerie Enger
Treasurer	Bileen Williams
Mapping Coordinator	
Membership Coordinator	Harvey Friedman
Newsletter Editor	Robert Miller
Publicity Coordinator	Roger Sharp
Equipment Coordinators	Arnold Kay & Debbie Newell

Last Chance

The entry deadline for the Washington State Championships to be held on September 20-21 is September 2, so it's still not too late to get your entry in. This will be Cascade's best meet of the year, so don't miss it. The new International Orienteering Federation standard map is being printed now, and the courses designed by Sture Carlsson will be fun and challenging. We have even purchased race numbers and imprinted them with "Trollhaugen 1986," which each participant can keep as a souvenir. The barbecued chicken dinner planned for Saturday evening should be delicious, and will give you a chance to meet new people and discuss the day's courses.

Are you confused about which class you should enter? Then read on. Basically, you should choose which course you want to do, and then look at the classes available on that course. The classes are based on your age as of December 31 of this year. F is for female, M is for male. A dash before an age means "and younger." A dash after an age means "and older." For example, F-12 means the class is for females 12 and younger. M50- means the class is for men 50 and older. F15-16 is for females 15 or 16 years old. The open classes are for any age. The letters A and B indicate the level of competition.

Now that you know which class to enter, there's no reason to delay. If you have additional questions, call Debbie Newell (488-7471) or one of Cascade's other Board Members. Send in your entry right away. Don't miss the opportunity to attend a large meet in this area. They don't come along very often. See you in September!

Western U.S. Championships

by Harvey Friedman

Thirteen Puget Sounders flew or drove to Nederland, Colorado for the first Western U.S. O' Championships July 19-20, hosted by the Rocky Mountain Orienteering Club on two separate maps in Roosevelt National Forest. The areas were similar to Cle Elum Ridge in the pine trees and sparse, if any, underbrush, but being in the Rocky Mountains, had many more rocky cliffs, boulders, bare rock outcrops, etc. and at an altitude of between 8200 and 9000 feet. Nederland High School, which was on the Day 2 map, served as the competition center; here we could shower after we finished, compare route choices and mingle with the friendly RMOC members and other orienteers from the twenty-two other states or foreign countries.

How did we all do? Quite well overall. The first men's elite Western U.S. Champion (WUSOC) is Dave Enger with a two-day total time of 197:08. He came in 5th overall on the blue course, placing behind four much more experienced orienteers from back east or the United Kingdom. Also on blue was Mike Schuh, whose total time of 217:49 put him 8th overall, and 4th in the west. There were twenty-two who ran the blue course, including Wayne Patterson from Oregon, whose 260:10 total gave him 12th overall and 5th in the west.

On the women's elite (red) course, Debbie Newell was 5th overall and 3rd in the west, and Bileen Williams was 6th overall and 4th in the west. Also on red, for M19-20A, from Tacoma was William Nelson, who did not finish (DNF) on Day 1 and had 172:18 on Day 2. More red results -- Arnold Kay was 6th overall and 1st in the west (unfortunately 1st in the west was only recorded for the A classes) and Rick Breseman was 9th overall out of twelve entrants. Doug Sprugel was 3rd both overall and in the west in M35A.

Now for the green course results. In M17-18A, Nisqually's Nathan Tharp was 2nd overall and 1st in the west with the super time of 112:28, running the second day without a compass, which he had forgotten. In M35B, Harvey Friedman (yup, that's your faithful correspondent) was lucky enough to finish 3rd out of seven in the class and return with a white ribbon. In M50A, Carl Moore of Cascade and Nisqually finished 4th out of eight with a 207:02 total. In M60A, Knut Olson finished 3rd overall out of six, and was 1st in the west. He was less than six minutes behind 1st place, and has a good chance of being Cascade's first ever U.S. champion when he goes to Houston for the U.S. Championships in November.

Finally, on the orange course in F Open we had Katie Sprugel, who was 1st out of six overall.

For those who might be interested in other types of statistics, the thirteen attendees from Washington state were 3rd to the forty-two from Colorado and the seventeen from

California. (RMOC is as big a club as Cascade, yet there were only forty-two people from Colorado. Let's have better attendance at Trollhaugen.) In attendance by club, COC was tied for second with NBOC (New England Orienteering Club) with 10 members, behind RMOC. Altogether there were 160 paid registrations for the meet and about 30 map hikers each day.

I think everyone who went to the meet enjoyed themselves even if they were not entirely satisfied with their times or placings or even some of the control marker hangings. The weather was perfect for orienteering, neither too hot nor too cold, the Eocky Mountain scenery was spectacular, the people (as at most orienteering meets) were friendly and sociable, and the downpour didn't start until after the awards ceremony on Sunday. Would I go to another RMOC "A" meet? You bet I would. The extra care that goes into an "A" meet here in the U.S. makes any "A" meet worth going to to experience orienteering at its best. See you at Trollhaugen!

Northwest Results at Western U.S. Championships

	Day 1	Day 2	Total
<u>BLUE COURSE (M21A)</u>			
5. Dave Enger	98:23	98:45	197:08

RED COURSE

F21A

5. Debbie Newell	111:23	104:39	216:02
6. Bileen Williams	176:12	138:06	314:18

M19-20A

William Nelson	DNF	172:18	
----------------	-----	--------	--

M35A

3. Doug Sprugel	128:44	173:40	302:24
-----------------	--------	--------	--------

M21B

6. Arnold Kay	114:06	99:20	213:26
9. Rick Breseman	124:01	126:56	250:57

GREEN COURSE

M17-18A

2. Nathan Tharp	52:58	59:30	112:28
-----------------	-------	-------	--------

M50A

4. Carl Moore	114:28	92:34	207:02
---------------	--------	-------	--------

M60A

3. Knut Olson	92:26	90:38	183:04
---------------	-------	-------	--------

M35B

3. Harvey Friedman	109:51	128:39	238:30
--------------------	--------	--------	--------

ORANGE COURSE

F Open

1. Katie Sprugel	109:27	116:27	225:54
------------------	--------	--------	--------

U.S.O.F

The U.S. Orienteering Federation recently merged its magazine, OUSA, with Orienteering/ North America. With your membership in USOF, you will receive ten issues per year of O/NA, and you will save yourself the \$2.00 surcharge when you attend an "A" meet. If you want to join USOF, fill out the form included in this newsletter. Club members get a reduced membership rate, so either find a club officer at a meet and have him/her sign your form, or send it, along with a stamped envelope addressed to USOF, to the club mailbox, and a club officer will sign the form and send it on to USOF.

Results

HAMLIN PARK - JULY 26

Meet Directors - Robert & Sandy Miller
Course Designer - Meir Sheffer

The weather was cool and overcast, perfect for orienteering. The advanced course was in two parts; the first part was conventional orienteering, and the second part consisted of a line orienteering course. Participants followed as closely as possible a line drawn on the map and punched into any controls they saw along the route.

BEGINNER (1.4km, 8 controls)

Troop 304B	23:15
Steve, Paul & Kate Herber	26:25
Munoz, Iredell, Roddy & Burke	26:45
Mike Wilson	32:58
Moulton & Olson	36:33
Jim & Karen Siscel	40:57
Troop 304C	43:08
Troop 304A	52:40
Sheffers & Blaine Groman	89:35
Peerys	105:20
Troop 304B	144:15
Nancy Graham, Sharon McBwan	DNF
Troop 304D	DNF

INTERMEDIATE (3.7km, 15 controls)

Mark Iredell	53:05
Sal Munoz & Chris Burke	55:30
Roger, Tim & Ron Sharp	66:25
Brad Payne	68:05
Don Atkinson	73:45
JoAnne Sperry	109:25
Steve & Paul Herber	DNF

ADVANCED (Part 1 - 3.6km, 13 controls; Part 2 - 1.5km, 4 controls)

	<u>Part 1</u>	<u>Total</u>
Mark Hartinger	41:00	75:18
Rick Breseman	53:20	89:15
Ardis Dull	65:10	104:28
Arne Skog	52:50	106:00
Eileen Williams	41:36	106:45
Doug Sprugel	59:25	109:24
Katie Sprugel	68:20	114:26
Ken Knapp	68:27	119:35
David Lilly	50:20	124:25
Jessica Hirschfelder	80:20	127:34
Bill McKenzie	60:14	141:45
Phil Everett	66:40	159:10
Michelle Bverett	81:40	166:22
Ed Ryback	69:25	DNF
Mark Moulton	73:30	DNF
Harvey Friedman	91:40	DNF
Erin Benshaw	108:40	DNF
Gary McCausland	DNF	
Will Sperry	DNF	
Scott Blich	DQ	

1986 BALLARD CHILDREN'S ORIENTEERING CHAMPIONSHIPS - AUGUST 23

Meet Director/Courses - Mike Schuh

Fancy title, huh? The club organized four children's events this summer at the Ballard Community Center. The first event was held in conjunction with the Seventeenth of May (Norwegian Constitution Day) celebrations and attracted about 50 kids. The next three events, held in June, July and August, drew smaller turnouts. While the first three events were organized in a non-competitive fashion, I felt that it might be worth trying a mildly competitive event, especially when the kids ran around the courses anyway. Hence the 1986 Ballard Children's Orienteering Championships. The turnout was small, but the enthusiasm was great:

Schedule

Date/Time	Location	Type	Club	Map	Information
AUG 30-31	B.C. O Champs., Thetis Lake/ Royal Rds., Victoria, BC	A	VO	color 1:10,000	Dennis Fedoruk (504) 592-5739
SEP 6 10-12 noon	Bridle Trails Park, Bellevue	C	SOC	color 1:10,000	Dave Enger, (206) 822-6254
SEP 7	Timberline S., east of Portland	C	OO	b/w	Jeff Lewis (503) 245-3965
SEP 13-14	North Shore Mountain Marathon Vancouver, B.C.		CVOC		Mike Ackersfeldt (604) 987-3239
SEP 20-21	Washington State O Champs., Snoqualmie Pass, WA	A	COC	color 1:15,000	Debbie Newell (206) 489-7471
SEP 27-28	McKenzie Pass, Eugene, OR	C	OO	b/w	Jeff Lewis (503) 245-3965
OCT 3 6:30 p.m.	*Pot-O-Luck, Harvey Friedman & Anne York's, 6018 Sycamore N.W., Seattle	Food	COC		Harvey Friedman (206) 784-2774
OCT 5 10-12 noon	Marymoor Park, Redmond	C	SOC	b/w 1:10,000	Dave Enger, (206) 822-6254
OCT 11-13	West. Canadian O Champs/Relay Mt. Laurie/Bow Valley, Alberta	A	FWOC	color 1:15,000	Kitty Jones, (403) 270-7557
OCT 18-19	Northern California O Champs. Briones Regional Park, S.F.	A	BAOC	color 1:15,000	Carl Graesser (415) 525-3492
OCT 25	Fort Stevens, Astoria, OR	C	OO	b/w	Jeff Lewis (503) 245-3965
OCT 26	Stanley Park, Vancouver B.C.	A	GVOC		Ross Burnett, (604) 875-6039
OCT 31 7 p.m.	Halloween Ghost-O, Magnuson Park, Seattle	Night C	COC		Robert Miller (206) 782-1437
NOV 1-2	U.S. O Championships, Camp Stubblefield, Houston, TX	A	HOC	color 1:15,000	Larry Weir (713) 486-9114
NOV 15	Chip Ross Park, Corvallis, OR	C	OO	b/w	Jeff Lewis (503) 245-3965
NOV 16 10-12 noon	Robinswood Park, Bellevue	C	SOC	color 1:3,000	Dave Enger (206) 822-6254
NOV 22	*Seattle & King County Bus-O	Bus C	COC		Robert Miller (206) 782-1437
NOV 29 10-11 a.m.	*Tenalquot, Fort Lewis	C	NO	color 1:15,000	Gary McCausland (206) 352-5542
DEC 6 10-12 noon	Kelsey Creek Park, Bellevue	C	SOC	color 1:3,000	Dave Enger (206) 822-6254
DEC 13 10-12 noon	Woodland Park, Seattle (School League practice)	C	COC	color 1:5,000	Robert Miller (206) 782-1437
DEC 21 11 a.m.	*Trollhaugen Ski-O, Snoqualmie Ski Pass, Exit 62	C	COC	color 1:15,000	Robert Miller (206) 782-1437
DEC 28 10-12 noon	7th Annual "Bog Slog," & pot- luck, St. Edward Park, Kirkland	C	COC	color 1:10,000	Robert Miller (206) 782-1437

Event Key: A - major event on good quality color map, 5 courses minimum
 B - major local event, 3-4 courses minimum
 C - local club event, 3-4 courses
 * - addition or correction from last newsletter

VASHON ISLAND BIKE-O - AUGUST 10

Meet Director/Course Setter - Bileen Williams
 Registration - Paige Bumpus
 Start Timing - Ken Wiljanen
 Vetting/Finish Timing - Rick Breseman

A cool, overcast day provided perfect conditions for biking. Rather than using standard markers, thirty-seven stationary controls were selected from around the island to make a score course. Participants visited as many controls as possible within either a 1 or 2 hour time limit, answering a question at each control, such as "What berries can you pick here?" Each control was worth 1 point, with a 1 point per minute penalty for exceeding the time limit. A small but enthusiastic group showed up for the bike-o, enjoying free ice cream cones provided by Dairy Queen, and cookies and lemonade at the Finish. Thanks to Judy Mulhair of the Vashon Youth Hostel for allowing us to use the hostel for the finish, and for providing beverages. If you missed this year, you can count on next year.

Debbie Newell/Arnold Kay	16 pts.
Ken Wiljanen/Jane Opgaard	-9 pts. (16 pts. scored, 25 minutes overtime)

BOYS

Bryon Berreth	5:05
John Bort	5:07
Robert Berreth	6:59

GIRLS

Sarah Jones	23:45
-------------	-------

I would like to thank those who helped out at these four events: Ardis Dull, Betty Berreth, Liz Anderson (twice!), Kent Jameson, Jim McNamara, Anita Kyte, Dick Diesner, Brin Renshaw, Harry and Lesley Morgan, Tony Halstead, Sandy Miller (also twice) and Bileen Williams.

Mike Schuh

POSTER ISLAND CANOE-O, AUGUST 17

Meet Directors - Robert & Sandy Miller
 Course Designers - Robert & Sandy Miller
 Registration - Bileen Williams
 Timing - Sandy Miller

The weather was beautiful: sunny and in the 80s. All courses were freestyle - controls could be run (or paddled) in any order. No markers were used; participants answered multiple-guess questions about the controls, such as "the eagle at the top of the totem is facing NW, NE, SE, or SW?"

ALL WET BEGINNER (5 sea controls)

Shelly Kelber, Jesse Cook,	
Judy & Levana Cohen	113:51

BEGINNER (5 sea controls, 5 land controls)

Bruce & Diane	91:08
---------------	-------

INTERMEDIATE (20 land controls, 10 sea controls)

Meir & Naama Sheffer,	
Jean Davis	80:42
Don Denbo, Lucy Traxinger	85:28
Michelle & Phil Bverett	91:32
Dave Lilly, Mike McCorkle	93:20
Troop 367B	94:13
Troop 367C	94:14
Jessica Hirschfelder,	
Brin Renshaw	100:08
Robert, Jane, Stephanie	130:36
Dennis Prescott, Paul Herber	150:45

ADVANCED (25 land controls, 15 sea controls)

Ricke Breseman, Bileen Williams	80:45
Arnold Kay, Debbie Newell	99:28
Dave & Valerie Enger, Harvey Friedman	101:28
Bill McKenzie, Tim Stark	107:46
Dave & Laura	163:55

MURDER!

Sooner or later, it had to happen. Crime has found its way into the previously unsullied sport of orienteering. And you can be the first on your course to read about it. The crime is fictional, but the book is real. Yes, the first orienteering murder mystery has hit the stands. "Murder at the 14th Control," written by Wilf Holloway and published by the Orienteering Service of Australia, tells the story of an orienteer who checked out before he punched in at the fourteenth control:

It was one of those excitingly wild Lake District days which you can still experience at the end of May in northern England. The unusual east wind whipped white tops onto the waves down by the coast, and up in the forest the trees had to bend and sway to avoid snapping. Cold and sunny, the morning gave way to rain before midday and early starters at Cumbria's club orienteering event were thankful to be back in their anoraks or cars and no longer facing the elements. To some extent the forest sheltered those still on their way and concentration and pleasure kept most competitors going, even if one of them no longer had the choice.

International Vic Harper had been expected to win the 11-km main event, but as the minutes ticked past 70 and he hadn't appeared at the finish the few spectators began to look at the chances of others. Harper had started just after 10 and by 12 some of the organisers were getting genuinely worried. Then at half past twelve a youngster ran in to the finish clutching his own map unit and Harper's.

The many rocks in the competition area could be slippery in the rain, even for an experienced elite runner, and so controller Peter Michaels wasted no time. Two of the organisers and a dozen volunteers were despatched to the area near the men's control number 14 where the map and control card had been found. It didn't take them long. Shortly before two o'clock word came back. They'd found Harper, cold and lifeless in a shallow depression amongst the ferns near number 14. He'd probably slipped from the simple two-metre rock step he lay next to and hit his head badly on the way down.

Michaels immediately drove down to the main road and rang for the police. A terrible accident - but it was going to get worse. In fact, for one particular person it was going to get far, far worse. Because it quickly became apparent to the police that this case was not an accident at all - but murder!

Advance paperback copies of "Murder at the 14th Control" are being offered at the special price of \$8.00 apiece. The distributor says it will be available from orienteering specialty shops for \$9.95 as soon as arrangements are made. If you would like to order a copy and find out what happened to Vic Harper at the 14th control, call Sandy Miller (782-1437) by September 2nd.

Club Dues

Please check the date on the mailing label to see when your membership expires; renew promptly if you want to continue receiving BEARING 315. Words of both thanks and welcome go to the following new or renewing club members: Don Atkinson, Boy Scout Troop 367, Judy Cohen family, Cub Scout Pack 431, the Everett family, the Fowler family, the Nitardy family, Sue Ouellette, and Bileen Williams.

O Notes

- ☒ For those who might have forgotten (or never even knew at all), there is a permanent set of orienteering markers at Farrel-McWhirter Park in Redmond so people can train on their own any time the park is open. You may buy a map packet from the park ranger and start with the easy course and then the other two. If you are really ambitious, you can design your own to train on.
- ☒ For those of you who don't receive the magazine Orienteering/North America, yet still want to find out about O meets in other parts of the country, COC exchanges newsletters with clubs in New England, New York, New Jersey, Pennsylvania, Delaware, Alabama, Kansas, Missouri, Texas, Colorado, Oregon, California and British Columbia, Canada. Contact Harvey Friedman (784-2774) if you want current information from them or if you want to borrow a newsletter to read about what clubs in other parts of the country are doing.
- ☒ We have applications for the Western Canadian O Championships in Alberta scheduled for October 11-13 and for a 24-hour score O meet called Rogaine '86 in the Calgary, Alberta area on September 14-15.
- ☒ Ingemar Jansson, former Cascade member from Sweden, plans to attend our Trollhaugen 1986 "A" meet at Snoqualmie Pass. Ingemar field-checked the University of Washington campus O map, and is currently working in Oslo, Norway.

O Shopping

Nathan Tharp, the Puget Sound area's orienteering entrepreneur, will have a complete stock of orienteering-related items available for purchase at Trollhaugen. Items include orienteering suits and socks, compasses and books. Stop by and see his wares near the Finish Area.

Potluck

The next pot-o-luck will be held at the home of Harvey Friedman and Anne York (6018 Sycamore N.W.) on Friday, October 3 at 6:30 p.m. Entertainment will include a slideshow featuring a "see how they ran" course review from Trollhaugen, and slides from the Western U.S. Championships in Colorado. Bring your maps from Trollhaugen and compare your route with that of our speakers.

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

EXP: 12/86
Ardis Du11
1200 NE 143rd #222F
Seattle WA 98125

