

# BEARING 315

Newsletter of Cascade Orienteering Club

Sep/Oct 1984

BEARING 315 contains results, a schedule, an editor's column, and articles of interest contributed by members or selected from other sources; letters to the editor are most welcome and generally will be printed sooner or later, space permitting. Any correspondence to Cascade Orienteering Club or to this Newsletter should go to

P.O. Box 31375  
Seattle, Wash. 98103

Other clubs wishing to receive BEARING 315 in exchange should send their newsletters directly to the above address.

## Next Issue

All material to be published in the next issue must be received by 15 October, the earlier, the better.

## Out-of-area Information

Those interested in the 1984 U. S. O' Championships should know that this year they will be held 3-4 Nov. by St. Louis O' Club. Hawn State Park is supposed to be quite interesting. Contact Harvey or Mark for an application for them. This year we have received newsletters from New England, Kansas/Missouri, New York/New Jersey, Pennsylvania/Delaware and California, and B.C., CANADA so any one visiting those regions who might want to find their schedule, contact Harvey, the newsletter librarian and editor.

## The Scandinavian Tour

Cascade O. C. offered a 3-day orienteering festival, which included the state championships on the last 2 days, 27-29 July for the 30 touring Scandinavians led by Per Nordahl. We impressed them with the diversity of terrain that we have in the Pacific Northwest and I think with our warmth and friendliness despite the fact that none of us spoke Swedish and not all of them were confident enough to try their English on us. As one who more than once was concerned about arriving to a meet in Europe in time for the start, I really appreciated Per's use of a professional travel agent travelling with the group to handle all mundane arrangements so that the tour members could relax and think only of their own enjoyment. What probably impressed the rest of the club that attended meets on any of the festival days was how good shape the over 50 orienteers have kept themselves in. Awesome! See the results section for placings and comparative times.

## Officers & Board Members

The officers and executive board members of the Cascade Orienteering Club are:

President	Mark Hartinger	363-1840
Vice President	Debbie Newell	488-7471
Secretary	Ardis Dull	364-4062
Treasurer	Chris Hawkins	524-0943
Newsletter Editor	Harvey Friedman	LA4-3437
Mapping	John Huth	522-1304
WIOU Coordinator	Dan Waugh	365-1810
Membership	Barbara Pedersen	365-8389
Equipment	Brad Payne	364-5298
Publicity		
Instruction		
Promotions		
Car Pools		

## 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, the club newsletter, and seeing how your name might be misspelled in the results column. An application form is enclosed somewhere in this newsletter for your convenience and also an application for the U. S. Orienteering Federation. Anyone who wants to find out about meets in other parts of the country is encouraged to join. Also to retain our charter we need a minimum of 5 USOF members in the club. Words of both thanks and welcome go to the following new or renewing club members: Rob & Susan Corkran, Christian Folse, C. Matakis, G.J. Muller, John Nitardy, Kevin Norby, Ron Sandvik, Francis Smith, Eileen Williams

## Editorial

Most of the membership of COC enjoys participating in O' meets; few members enjoy the administrative aspects of the sport. However, Orienteering is a voluntary sport -- which means that we who design courses, arrange for maps to be made, schedule events, register, time, and teach get no extra rewards for doing this essential work for the club. That the 3 day O' - festival succeeded as well as it did was due to the tireless efforts of Dan Waugh, Debbie Newell, and Arnold Kay. That the event wasn't even better was due to the lack of involvement of most other club members. People who treat O' as if each meet were just a 10 Km roadrace are cheating themselves of the opportunity of learning new skills, of making new friends, and of sharing the camaraderie of putting on a successful and well-attended meet. If you enjoy the sport, please volunteer to help out. The active dozen or so want to train others so that the workload is shared and the club can grow. Phone an officer today.



# RESULTS

Ballard Bike-0

30 June 1984

Sunshine, temperatures in the hi 60's, a gentle breeze to prevent overheating, and the unique course design for the "1984 Pre-Olympic Trial International Ballard Bike '0' ", brought out enough people to set a new participation record for a Cascade O. C. bicycle orienteering meet. Entrants were given the control circles on the map; but were told not to look for the familiar orange&white or red&white control markers; the control descriptions required copying such things as building names, place names, playfield names, dedication dates, etc. Since there were no control markers out there, careful map reading was necessary or one could copy information from the wrong feature and DQ when the results were checked. All who attended attempted the "long" course (even the 1st timers didn't do the novice course) and all enjoyed themselves. Due to a slight ambiguity as to what one of the control descriptions was looking for, lots of people didn't provide the verification codes that the course designers expected. Such questionable finishers are indicated by asterisks by their names. 'Twas great fun; lets have another bike-0 meet soon.

- Harvey Friedman

Meet directors, course designers, registrators, instructors, and timers -- none other than -----) Robert and Sandy Miller

Long Course 16 controls 7.5 km (as the crow flies)

* Dave Enger	44:30
* Roger Sharp	52:50
* Jessica Hirschfelder	56:00
Harvey Friedman	56:55
Kevin & Eric Norby	60:15
* Bob Rein	61:20
* Lesley Morgan	65:10
* Valerie Tinsley	66:45
Ken Knapp & Katherine Schubert-Knapp	68:45
Kellie Hawkins	87:20
Renie Hawkins (-3 controls)	84:30

## 1984 WASHINGTON STATE ORIENTEERING CHAMPIONSHIPS

Day 1 Cle Elum Ridge 28 July 1984

Day 2 Lake Tradition 29 July 1984

Day 1	Day 2	Total
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## H21A (Blue)

7.5 km, 19 c.

Clayton Smith, NO *	125:07
Dave Enger, COC	134:59
Peter Haynes, COC/U.K.	DNF
Mike Schuh, COC	DNF

## (Visitors)

Ross Burnett, CAN	100:45
Jan Retsloff, SWE	112:07
Per Nordahl, SWE	119:21
Karl-Erik Lind, SWE	127:08
Jan-Olof Bjorklund, SWE	149:16
Colin Preston, CAN	158:29
Dennis Lee, CAN	172:51
Goran Olsson, SWE	DNF
Anders Winald, SWE	DNF
Pat Berting, CAN	DNF
Harald Knutsen, NOR	DNF

## D19A (Red)

8.0 km, 12 c.

6.1 km, 14 c.

Connie Sutthoff, NO	DNF	126:20	
Mary Costello	DNS	DNF	
(Visitors)			
Britt Verpers, SWE	72:47	141:23	214:10
Anu Honkanen, FIN	95:00	122:04	217:04
Ann-Marie Fisher, CAN	99:07	157:58	257:05
Tina Campbell, CAN	136:03	256:30	392:33
Ann Torner, SWE	DNF	DNF	

## H19-20A (Red)

## (Visitors)

Andy von der Crone, SWI	61:38	157:34	219:12
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## H21B (Red)

Steve Cole	113:39	231:30	345:09
Jeff Kelley-Clarke, COC	78:17	DNF	
Bob Forbes	DNS	DNF	

## H35A (Red)

Gary McCausland, NO	61:37	120:06	201:43
Dale Width, EOC	71:58	138:56	210:54
Harry Morgan, COC	107:50	163:23	262:10
Roger Mertens, COC	88:41	DNS	

Kevin Hart, NO	95:24	DNS	
Robert Miller, COC	96:24	DNS	
John Rance	DNS	154:20	
(Visitors)			
Lars Saxback, SWE	128:08	DNF	
H43A (Red)			
(Visitors)			
Jan Johanson, SWE	63:14	121:35	184:49
Peter Smith, CAN	76:50	147:20	224:10
D35A (Green)	5.4 km, 8 c.	4.3 km, 11 c.	
Anne York, COC	65:40	127:03	192:43
D43A (Green)			
(Visitors)			
Mary Roozendaal, CAN	55:49	DNF	
D-OPEN (Green)			
Jessica Rykken, COC	70:30	104:16	174:66
D50A (Green)			
(Visitors)			
Inga-Maj Persson, SWE	58:15	93:54	152:09
Inga-Lisa Eriksson, SWE	60:45	108:22	169:07
Karin Johansson, SWE	64:11	122:43	186:54
D56A (Green)			
(Visitors)			
Lena Nordahl, SWE	72:46	107:26	180:12
Barbro Andersson, SWE	69:12	123:50	193:02
H-OPEN (Green)			
Kent Verbeck, EOC	95:04	101:24	196:28
Arthur Caldicott	49:59	DNS	
Kevin Norby, COC	82:49	DNS	
Hubert Ellwein & Kathy Newell, COC	DNS	172:30	
(Visitors)			
Jouni Asikainen, FIN	DNF	DNS	
H50A (Green)			
(Visitors)			
Lars Wennersten, SWE	64:01	98:15	162:16
Berner Ivarsson, SWE	49:56	DNF	



## H56A (Green)

## (Visitors)

Arne Nordahl, SWE	55:20	77:25	132:45
Vitalis Andersson, SWE	44:33	110:09	153:42
Gustav Ericksson, SWE	51:42	104:06	155:48
John Wennerholm, SWE	60:10	106:44	166:54
Allan Samuelsson, SWE	65:23	102:14	167:37
Gunnar Gustafsson, SWE	83:32	123:24	206:56
Olle Lagerstedt, SWE	64:08	150:14	214:22
Tage Hjelm, SWE	73:23	141:32	214:55

## D15-18A (Orange)

4.0 km, 7 c.

3.1 km, 9 c.

Jessica Hirschfelder, COC	62:54	185:06	248:00
Nancy Coleman	DNS	152:44	

## D19B (Orange)

Sandy Kish Miller, COC	65:20	137:37	202:57
Valerie Tinsley, COC	63:25	DNF	
Lesley Morgan, COC	DNF	DNS	
Ardis Dull, COC	DNS	145:05	
Maureen & Kim Leavitt	90:47	DNS	

## H-OPEN (Orange)

Jim McNamara, COC	67:03	100:42	167:45
Harvey Friedman, COC	51:07	139:43	190:50

## H15-18A (Orange)

Christian Folse, COC	54:49	145:02	199:51
Duane Bolland	DNS	64:34	
Greg Tryon	DNS	82:33	
John Dean	DNS	94:28	

## (Visitors)

Mats Ericksson, SWE	43:08	DNF	
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## H43B (Orange)

Bob Rein	99:25	114:37	214:02
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## Open (Yellow)

Roger Sharp, COC	82:41	DNS	
Debbie Anderson	DNF	DNS	
Hart family, NO	DNS	DNF	

## Open (White)

Kris Durbin	53:48	DNS	
Eric Badke	102:40	DNS	
Francis Smith, COC	DNS	240:59	

## SCHEDULE OF EVENTS

GENERAL INFORMATION: Unless otherwise noted, novice, intermediate and advanced courses are available at all club meets. Normal registration and start times are from 10:00 AM to NOON and entry fee is usually \$1.50 for members and \$2.50 for non-members. Regional and National (Class 'B' and Class 'A') events may have a higher entry fee depending upon sanctions and awards given to winners in various categories. Instruction for beginners is always available at all events. A limited number of compasses are available on a rental basis at registration. Events in italics are sponsored by COC.

- Sat/Sun, 8-9 Sept Mountain -0', Tumac Mountain, noon & 9am starts, 1:30000 B&W From Seattle, drive rt. 410 thru Enumclaw and 20 mi. beyond Chinook Pass turn rt. onto Bumping River Road. Continue to end of pavement at the dam and then 2.5 mi. to jct. Take left fork (Deep Creek Rd. #162, not marked) & go 7 mi. to end and park at USFS Deep Creek Campground. Driving time from Seattle is 3+ hours. Follow trail to Little Twin Sister Lake (allow 1 hr. for hike) for start. 488-7471*
- Sat, 15 Sep Thrall Park, Ellensburg 1:5000 B&W 11:00 am - 1:00 pm  
Sally Evans 962-2952
- Mon, 24 Sep club meeting, 7:00 PM, University Branch Library, 363-1840 slides from the California 5-Days will be shown by the high-schoolers who competed. 5001 Roosevelt Way NE, Seattle*
- Fri, 12 Oct pot-O-luck, 6:30 PM, 16544-27th N.E., 363-1840*
- Sat, 13 Oct Cle Elum Ridge, 11:00 AM, 488-7471 for details*
- Sun, 14 Oct Durr Road, Ellensburg 1:15000 B&W 11:00 am - 1:00 pm  
(heat permitting) Dale Width 925-5873
- Sat/Sun 20-21 Oct Kamloops, B.C. 1:15000 color B.C. championships "A" meet  
Day 1 -- Dew Drop range across the Thompson River  
Day 2 -- Joyce Gulch Mike Ackerfeldt (604) 926-1589  
or Harvey LA 4-3437
- Sat, 3 Nov Camp Long, 5200-35th SW, Seattle 1:3000 color 488-7471*



## More Results

The following unedited report on the California 5-day international meet was contributed by Jessica Hirschfelder, a Cascade associate member from Roosevelt High who competed (with steady improvement) the past 2 years in the Washington Interscholastic Orienteering League.

### Good Morning, Campers!

Since orienteering is often promoted as a relaxing recreational sport, it should be an ideal activity for a summer vacation. However, our two-week trip to the California 5-days meet was anything but restful! The event was held August 5-7 at Mt. Laguna, about 50 miles east of San Diego, and August 11-12 at Joseph Grant park overlooking San Jose. The members of our group from the Pacific Northwest totaled 12: COC's representatives being myself, Jennifer Seffernick, Christian Folse, Woody Rice, Mike Schuh, Dave Enger, and Valerie Tinsley. Also with us were Dale Width of Ellensburg, Tina Campbell of OUBC, Harald Knutsen, and Anu Honakken and her friend Jouni from Finland. The expedition was officially underway at 3 pm August 1st, completely prepared with two "California or Bust" signs. With Mike Schuh as our fearless leader, little did we know what kinds of torture we were in for!

The first 3 days were spent driving to the San Diego meet site: camping out under the stars at night and training in the early mornings. Getting up at 6 am after 4 hours of sleep was not exactly relaxing! But we made it to Mt. Laguna the afternoon of the 4th, and many of us got our first taste of a real USOF Class A international meet. The event was well organized, and quite different from UIOL meets. For instance, the pre-marked map, punchcard, and control descriptions were all stapled together in one case before each person's start. There were even digital clocks and big banners at the start and finish. A harsh start time policy timed late competitors as if they had begun on time. Having all 6 color courses set up meant seeing a lot of wrong controls, which was often a source of frustration. The orienteering was enjoyable and challenging, though, and one could always look forward to the wonderful lukewarm showers set up in an army tent at the end of the race.

After San Diego came Pico Rivera, where all 12 of us stayed for 2 nights at the home of Jennifer's relatives. It was absolute luxury - clean clothes and non-instant milk! Special attractions in California included visits to Mission Beach, the San Diego zoo, Disneyland, and the Olympics. The Joseph Grant Park competition was organized like the 1st 3 days, but the terrain was different, with more open spaces and tall grass similar to that of Cle Elum Ridge. It was at this meet that I was introduced to the real dangers of the sport - barbed wire fences, poison oak, wild dogs, nasty burrs, and biting insects were abundant. The woods took its toll on my clothing, ruining one pair of tights, one pair of socks, and a t-shirt. Another memorable aspect of the meet was director Bill Gookin's promotion of Gookinaid ERG, which seemed to be everywhere waiting for innocent victims to drink



it.

Overall, the California 5-days was a lot of fun, despite the long hours of driving at night and in hot afternoons. The beautiful Elkwood Park in the Redwoods forest was our last stop before finally arriving home at midnight August 13. My only disappointment was that people did not cheer more as team members began or finished their races, but could use a little pep and spirit! However, the trip was a great experience in many ways: everyone met new people, learned more about organization and efficiency of meal planning, etc.; and about group cooperation and working together. Doing orange courses helped me improve considerably and prepare for the easier (I hope!) WJOL meets this coming season. The trip took hard work and effort, especially for Mike Schuh, who made it all happen, but it was definitely worth it. We're now plotting to try to find a way to attend the US championships this November!

-Jessica

### More on the 5-days

Jessica modestly neglected to mention that she took 2nd place in the 15-18 class for the 5 days. Other Cascade members winning awards (all 3rd's) were F15-18A Jennifer Seffernick for the 5 days; and for the last 2 days only, M15-18A Woody Rice and F35A Anne York. The top 3 finishers in the elite classes were: Ted de St. Croix, Canada, Jan-Olof Bjorklund, Sweden, and Eric Weyman, U.S.A., and Yvette Hauge, Britain, Kitty Jones, Canada, and Sharon Crawford, U.S.A. Ted is from Ontario, Jan-Olof ran here on our maps all 3 days, and Eric is from Hudson Valley. Yvette was born in Seattle, is 17 and is on the British national team. Kitty is from Alberta so those of you who go to B. C. championships may see her, and Sharon is from New England. When BAOC sends up the rest of the results, they will be available for those curious enough to want to see them.

### Pot-O'-luck

The next Cascade O.C. potluck will be on Friday 12 October 1984 at 6:30 PM at 16544-27th NE. For any orienteer getting too lost to find this attractive control, directions may be had by phoning 363-1840. This event also functions as a house-warming for gracious hosts and brand-new homeowners, Mark and Kathy Hartinger. As usually occurs at these potlucks, the food should again be excellent and you can meet those folks who you probably only recognized covered with mud and/or sweat.

### Cascade Chatter

For the 1st time in Cascade history, an active member of COC took 1st place at the Swedish 5-day. Sture Carlsson of IFK Hedemora but who will be in Seattle another 3 years, won H45AK2. We COC members all know that the difference between his last years 7th place finish and this year's victory was the training he did here in Pacific Northwest meets. Let's hope he can pass his technique on to the rest of us....John Huth completed the Sri Chinmoy triathlon on Vancouver Island a few weeks ago. This time his bicycle didn't stop him as it did on his 1st attempt....Super Jock 'n Jill still has a few pairs of Nike Orienteers for sale at

\$10. These are a great buy for people who don't need a wide toebox....Dave Enger was the 2nd U.S. finisher at the California 5-Days, thereby being considered for the TransAtlantic Cup team. However, he yielded his place to Bruce Wolfe who finished ahead of Dave on the 1st 3 days but as an organizer couldn't run on the BAOC last 2 days. Dave is one of the Northwest's most consistent orienteers finishing 2nd in the state championships both last year and this....Perhaps the most enthusiastic new member is 60+ Francis Smith who joined COC before attending a meet and joined USOF after his 1st meet on the U.W. campus when Per's group was here....Dan & Marina will be in Europe attending different conferences by the time you read this. They both looked too tired to attend any O' meets there....Rumor has it that we will get membership cards by Xmas.

### Scottish 6-day

Thru contacts I made at the JK, exchanges for junior orienteers are available with Scottish families during the event in summer of 1985. Anyone interested in taking advantage of this wonderful opportunity should let me know by 1 October 1984 so that I can forward the names to Maurice Collett who will make the arrangements over there.

-Harvey LA 4-3437

### New Officers

It is not too early to be thinking about officers for the coming year. Anyone interested should contact Mark 363-1840 or Debbie 488-7471 to find out what is involved. We are looking for good administrators and public relations types, not particularly good orienteers. Anyone want to be WIOL coordinator.

ROBINSMOOD PARK (Bellevue)  
Wednesday, July 11, 1984  
Sammamish Orienteering Club

Course Setter, Timer - Dave Enger  
Registration - Glenn Englund  
Weather - overcast but dry

Course 1 - 1.0 km, 5 controls  
1. Dave Hutton (not timed)

Course 2 - 1.5 km, 8 controls  
no participants

Course 3 - 1.6 km, 9 controls

1. Bob Rein	36:35
2. Liz Anderson	37:28
3. Mia Barbera	55:20
Jennifer & Karl	(not timed)

Course 2+3 - 3.1 km, 17 controls

1. Harald Knutsen (Norway)	21:08
2. Mike Schun	26:38
3. Scott Ellich	38:46
4. Kevin Norby	39:07
5. Susan St. John	40:36
6. Dave Hutton	45:20
7. Phil Everett	48:12
8. Ardis Dull	48:24
9. Connie Sutthoff	48:50
10. Jennifer Seffernick	59:03

Freestyle Window Course - 20 controls  
(find controls in any order using b/w  
copy of map windows around controls)  
1. Gary McCausland 37:15  
Bob Rein (not timed)



# University of Washington 7/27/84

Meet Director: Debbie Newell  
Course design: Ingemar Jansson  
Robert Miller  
Course setting: Robert Miller  
Meet assistance: Sandy Kish Miller,  
Brad Payne, Ardis Dull, Harvey  
Friedman, Arnold Kay, Peter Haynes,  
John Huth

The first meet on our new, state-of-the-art, color map was held on a perfect summer evening and seems to have been enjoyed by all (possible exception, Per Nordahl, leader of the visiting Swedish group, who ran into a branch and had to have his head stitched up). One thing to think about for the future--our designations of courses by color are meaningless to foreign competitors. In one case, one of the visitors copied by mistake and ran the beginner course instead of the intermediate one. For those who may not know English, having international control symbols should be obligatory too.

## Beginner course

1. April Atwood/Carl Obermiller	21:30
2. Gunnar Gustafsson	23:05
3. Elizabeth and Nancy Anderson	26:45
4. Francis Smith	40:30

## Intermediate Course

### Women

1. Sandy Kish Miller	34:45
2. Anne York	35:15
3. Barbro Anderson	36:50
4. Jessica Hirschfelder	36:56
5. Inga-Lisa Eriksson	39:05
6. Inga-Maj Persson	40:00
7. Mary Roozendaal	43:44
8. Karin Johansson	47:00
9. Melissa Bridges	47:56
10. Lena Nordahl	48:14
11. Erin Renshaw	52:59
12. Maureen Levitt	56:34
13. Valerie Tinsley	60:35
Elizabeth and Nancy Anderson-DNF	

### Men

1. Arne Nordahl	25:36
2. Gustav Eriksson	27:12
3. Mats Eriksson	28:05
4. Jim McNamara	31:40
5. Vitalis Andersson	31:55
6. Kevin Norby	32:56
7. Harvey Friedman	34:18

8. Roger Sharp	34:39
9. Tage Hjeltn	37:15
10. Berner Ivarsson	38:15
11. Lars Wennersten	42:09
12. Allan Samuelsson	42:54
13. John Wennerholm	45:20
Christian Folse--DQ; Olle Lagerstedt, Woody Rice--DNF	

## Advanced Course

### Women

1. Britt Verpers	52:15
2. Ann-Marie Fisher	59:12
3. Jessica Rykken	69:30
Anu Hokanen--DQ; Ann Törner--DNF	

### Men

1. Harald Knutsen	37:24
2. Göran Olsson	37:35
3. Ross Burnett	38:38
4. Jan Retsloff	38:40
5. Andy von der Crone	42:13
6. Karl-Erik Lind	42:45
7. Dave Enger	43:00
8. Colin Preston	43:45
9. Jan-Olof Björklund	44:20
10. Peter Haynes	45:20
11. Jan Johansson	47:35
12. Pat Berting	47:40
13. Mike Schuh	48:58
14. Alain Breitler	56:30
15. Christian Folse	56:55
16. Peter Smith	58:35
17. John Huth	62:50
18. Brad Payne	68:55
19. Arthur Caldicott	70:09
Anders Winald, Lars Saxbäck, Per Nordahl--DNF	

# HOW FAST?

For a quarter-mile (440 yards) section:

1. On a good trail	—	2 minutes
2. On rough grassland	—	3 minutes
3. In open forest	—	6 minutes
4. In thick bush	—	10 minutes

These figures make more sense to the orienteer in a hurry if they are converted to ratios. That is 5 x the good trail — the thick forest; or in other words, a path around a thick piece of bush can be five times longer than the direct route through the 'jungle' and still be as quick time-wise. In the same way we learn that 1,000 yards of rough grassland can be crossed in the same time as it takes to run through 500 yards of forest

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

**Cascade Orienteering Club**

**MEMBERSHIP APPLICATION**

Check one: ☐ New Member ☐ Renewal

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

☐ Family ☐ Individual ☐ Associate (under  
\$10.00 \$7.00 18 years) \$4.00

If family membership, list other members:

\_\_\_\_\_

\_\_\_\_\_

Send application and check payable to the  
Cascade Orienteering Club by mailing to  
COC, PO Box 31375, Seattle, WA 98103