

Bearing 315

Orienteering News for the Pacific Northwest

March, 1997

WIOL Season Ends With Championships

The winter orienteering season ended with the WIOL Championships at Hamlin Park on February 22. The final edition of the WIOL Newsletter is included as an insert in this issue of Bearing 315, and includes complete results and a reprise of the WIOL season. Special tanks to Debbie and Linda, and all who helped them make this season another success. This promises to be an exciting spring and summer with an A-Meet, the USOF Convention, a VWC in the United States this fall, and a full schedule of events for this spring.

Coming Next

A complete listing of events for the coming months can be found on the inside back page. Here are two of the events happening next.

Seattle: Carkeek Park

Start the spring this Sunday March 16 at Carkeek Park. Starts as usual at 10-12. The map has been revised as a result of extensive slides. Carkeek Park is located along Puget Sound. Access is off of 3rd Ave. NW at NW 110th St. Meet Director is Bill Cusworth. Courses by Harvey Friedman.

Tri-Cities: Horn Rapids

If you're near the Tri-Cities area on March 16, and don't feel like coming to Carkeek Park, start your spring orienteering at Horn Rapids, near Richland. Starts are 1-3 pm. Meet Director is Frank Skorina.

ECOCHALLENGE - Meet a Challenger

Did you watch the EcoChallenge up in British Columbia? If you did, you will want to mark Saturday, March 29 (it's the day before Easter). Cascade's Alex Hall was on the team that finished seventh overall! He will have maps, slides, and stories galore. Then it's potluck time at the Reddicks', about 5 or 6.

Time: Start at 3 pm, end - whenever. Place: Bob Reddick's in Kenmore: 18232 58th Ave. NE. Phone 487-0099

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Bearing 315 is published six times each year by Cascade Orienteering Club.

PIG WAR IX

Yes, it's Pig War time again. Pig War IX will be brought to you this year by the Victorienteers. As a change of pace, competition for the trophy this year will be a Relay. There will be Three to a Team. The Relay will be at Beaver Lake Park on Sunday, 23 March, and will be the second day of a two day meet. The first day will be a standard B meet at Thetis Lake on Saturday.

Following the meet on Saturday, there will be a social at 6:30 (location at meet). Let's try for a good turnout. We have to keep the trophy in Eileen's closet.



Then, there is the rumour that the rules have been changed, and the winner this year gets to determine who keeps the trophy.

B-Meet:

1:00-2:30 Starts.

Map is 1:15000. 5 m contours

Meet Director: Gail MacDonald

Courses: Mike Teachman

Relay

9:00 Late Resignation

10:00 Start

Map is 1:10,000 5 m contour

Meet Director: Carl Coger

Courses: Steve Chatwin

Huskies Host Training at Magnuson Park

On Saturday, March 29, the Husky Orienteering & Running Club will host a training day at Magnuson Park. There will be training on logistical tasks of hosting orienteering meets, such as registration, start, and finish timing; a course setting workshop; and orienteering skills training courses.

Register from 9:30; the activities will start at 10 a.m.

Cascade Orienteering Club sustaining members may participate for free. The usual meet fees apply for others, but donations to support the Husky Intercollegiate team travelling to Missouri are welcome. Contact Eric Bone 206-634-2279 with any questions.

Order a Washington State O' Suit

If you would like to order a classic Washington State O' suit (burgundy, teal, and black), please call Debbie Newell (488-7471) by April 1. We need a minimum of 8 orders to get a batch, so call right away if you want one. Approximate cost is \$45 per suit.

Field Notes

By Rick Hood

WIOL Success

130 Students participated in the Intererscholastic Orienteering League this season. Congratulations to each of them and all of Debbie Newell's WIOL staff that made the season possible.

COC Mapping

The club will be updating the Trollhaugen map shortly and doing two major new map in the Cle Elum area (Teanaway Forks and Lick Creek). If you would like to be considered for anypart of either effort, please contact club president Bill Cusworth by March 20th for the Trollhaugen project or April 20th for the new map project. (Bill can be reached at 789-1346.)

Trail Work

COC will be hosting some trail work project in St. Edward State Park during June and July and would love your help for a few hours or a few days. Please contact Rick Hood at 367-2606 if you are willing to help out.

Bullfrog Area

Kent Verbeck has spokn to the new owners of the Bullfrog map area (Trend West Resorts) and is pleased to report that Sammamish is likely to be able to have access to one, if not both, map area for the foreseeable future.

Rogaine

Congratulations to Rick Breseman and Kean Williams who took third place, out of 15 teams, in the 12 hour division at the Rogaine Championships in Arizona this past weekend. (Howard Halter and partner also did great taking fourth overall in the 12 hours class.) We don't know how the master's division team of Bob Reddick and KenLew did, as Rick flew home early just to get us this new flash, but when Rick saw them out on the course he said Bob and Ken were still going strong.

Meet Reports

Hamlin Park

Typically, mid February is likely to be cold, rainy and drear, but the WIOL Championship was a warm, sunny day, and made a fitting climax to a fine WIOL season. As befits a championship, the courses were all pre-printed, all vetted, and with a standard three-stage start. Special thanks to pat Reddick for the cookies, and to Bill Cusworth for being there so early to vet the courses.

Fire Mountain - Washington State Intercollegiates

By contrast, Fire Mountain was a day to test one's determination to orienteer. Typical Fire Mountain in the winter—temperature in the mid 30s, wind 25 knots, and rain blowing slightly horizontal, and snow on the hillside. But Paul's courses were great, no complaints about misplaced controls, and we saw a new area of the map. One disappointment was a small showing of college students. Not much of a surprise, with Eric Bone, UW taking first, and Tyler Fredericksen from Western Washington taking second.

NORTH AMERICAN ROGAINING CHAMPS Arizona Rogaine 1997

by Bob Reddick

Quoting the event information by Wilkey Richardson: "The weather in Arizona around the first of March is usually sunny and mild. It is possible, however. . . ." Ken Lew and I drove into the Empire Ranch meet area southeast of Tucson at about 11:30 PM on Friday night (Feb 28th) in a blinding snowstorm.

Almost couldn't find the ranch road, in spite of detailed directions. Setting up a tent in the snow on a cow-pasture littered with snow-covered unknowns at midnight, then trying to sleep in sub-freezing temperatures before the 10 AM start was somewhat challenging. The North American Championships for Rogaining, plus 8 and 12-hour events was well attended by about 52 teams, with competitors from Western and Eastern Canada, and throughout the U.S. Many ultra-marathon types, an Eco-Challenge team in training, and those us of just there for fun had a great time!

By 11 AM on Saturday the weather had warmed, the sun came out, and the rest of the event was just about perfect for weather - given the 4600+ ft. elevation and the dry desert air. Teams scattered in all directions from the base camp (Hash House) at the start time - going for scores at the 65 controls scattered over nearly 200 square KM of former ranch country (now BLM land) and the Coronado National Forest. Controls were all well-sited, the map was excellent, and the navigation was generally easy. Lots and lots of barbed-wire fences made nice handrails, but slowed progress for those not able to leap over four feet with a pack on! Hostile plants were common, and sharp spines, some with hooks, awaited the unwary. Many birds, some deer, and herds of javelina (a wild boar), jackrabbits, and one black coyote were spotted. The comet was seen by those up at 5 AM on Sunday.

Perhaps the finest new map ever produced for a rogaine was put together by Roger Sperline. It was a 1:30,000 full color, well-field checked one issued in six 8 1/2 by 11 inch sections, with an overall 1:75,000 black and white one for planning overall routes. The Tucson Orienteering Club's sixth rogaine had marvelous organization, great food, and a very friendly atmosphere. All the right things to send the competitors home happy. An emergency food run was even made Saturday night to Tucson to replace the hot items which were consumed in astonishing quantities by cold and hungry rogainers. No real injuries, no lost teams, and fast and efficient results and awards over by 11:15 AM Sunday completed the perfect event.

Oh! Who won? Well, in my admittedly biased view, every competitor did! For a complete report of the results and comments from the competitors, see the next issue of *Orienteering/North America*. Some preliminary results for Northwest orienteers: Rick Breseman, Kean Williams (3rd, 12 h), Dave Petty, Knut Olson (8th, 8 hr), Howard Halter, Steve Stevens (4th M21, 12 hr), Mark Hartinger, Gene Trahern (4th M21, 24 hr), John Britton, Vladimir Gustiatnikov (3rd M21, 24 hr), Les and Beth Stark (6th, Mix 8 hr), Bob Reddick, Ken Lew (8th M45, 24 hr).

GLTF,

Bob

Your Chance to Help - Volunteers Needed

Cascade Orienteering Club will be holding A-meets in August of both this year and next, and we need the help of club volunteers to make them successful. If the U.S. Orienteering Federation approves our plan, these meets will have an individual classic distance race on Saturday and a four-person relay on Sunday, and the 1998 event (Aug. 8-9) will be both the U.S. classic and relay championships. The 1997 event (Aug. 23-24) is intended as a practice for the 1998 U.S. Champs bid meet, so we would like for the key staff for the two events to be the same. The technical team, which I (Eric Bone) head, is responsible for preparing the courses; this covers discussing course setting principles, preliminary design, critiquing, test running, marker placement, vetting, preparing course setter's notes, and more—anything between the start and finish lines.

Here are positions for which we need volunteers:

Course designers (both on paper and in the field)

Classic distance: White, Yellow, Orange, Brown, Green, Red and Blue

Advanced skill and experience is desirable for brown and up course(s). At least intermediate skill and experience is desirable for the Orange course designer, and some experience is desirable for the White and Yellow course designer(s).

Relay: Leg 1 (Orange), Leg 2 (Yellow), Leg 3 (Green), Leg 4 (Red)

Don't worry if you don't know what the course names mean or if you don't know much about course design; Same qualifications for relay design as above.

Course consultants (review, comment on, and suggest changes to draft courses by course designers. Field visits are helpful, but not mandatory.)

Test runners (run draft course(s) to test for appropriate length and give general feedback. This does not require a long-term commitment.)

Control setters (place stands and markers according to course setters' flagging. This could be done by other members of the technical team if they are willing.)

Vetter (check all control locations to verify map accuracy and correct placement of marker or flagging. The vetter could have helpers, but all would need to be competent and experienced orienteers.)

Pre-runners (run the courses early on the morning of the event to make sure controls are set-up correctly and in good condition and report any problems to the technical team.)

If any of these activities sound interesting to you and you'd like more information, you're welcome to contact me. If you want to help out in another way, there are many other opportunities; just ask. And remember, putting on A-meets is a team effort; we need volunteers to pull this off.

Thanks!

Eric Bone, Technical Coordinator. 206-634-2279
ebone@u.washington.edu

Meet Director: Mike Schuh, 206-783-3960
schuh@farmdale.com

Registrar: Bill Cusworth, 206-789-1346
bill3@u.washington.edu

AN INVITATION TO TWO EVENTS IN EASTERN WASHINGTON THIS SPRING

Enclosed in this issue is an entry form for the seventh Inland Northwest Cup and the first Inland Northwest Relay at Riverside State Park in Spokane May 31 - June 1. (The closure of the footbridge across the Spokane River at the Bowl and Pitcher due to safety considerations has necessitated the choice of a different parking area for the relay than has been used on Sunday morning in past years. Consult the entry form for directions.)

For those who would like to see some new terrain in eastern Washington, EWOC is also offering a three-hour Score O at Fishtrap Lake on April 27, near Sprague, Washington. In the following article, John Harbuck describes how the area was selected and his experience designing the first Score O at Fishtrap Lake last September. You may participate in the Score O as individuals or in a group. Fees are \$4 per map for members of an orienteering club; there will also be a novice course for \$3. Registration will begin at 9:00 a.m., and there will be a mass start at 10:00.

To get to the event site, use Exit 254 on I-90 and go south to entrance to the BLM land. Because there are no restrooms at the site, you are advised to make a rest stop before getting off I-90.

For those looking for a Saturday night campsite, Four Seasons Campground, (509) 257-2332, offers RV hookups at \$17 per night, tent sites (with free showers but no water at the tent site) for \$13 per night, and cabins for four persons for \$55 per night. To get to the campground take the Sprague exit off I-90 and follow the campground signs.

THE FISHTRAP LAKE SCORE O

EWOC's first score meet at Fishtrap Lake last September 28 came about in a rather roundabout way. While laboring up a hill at Ros-Elum Ridge a couple of summers ago, I encountered Anne York, an orienteer from the west side. She was orienteering with binoculars and bird book as well as map and compass. On learning I was from EWOC, she asked whether I had ever considered Fishtrap. Since I had been orienteering for less than a year at the time, of course I hadn't... but the seed was planted. Somewhat later, Marshall Nelson complained that all our score meets were too short; at his relaxed pace, he didn't get to visit enough controls. Add to the above, someone's stating that they thought the future of orienteering lay in ROGAINES, where one can just use USGS topo maps, and all the pieces were there.

Last December, with brand new topo map in hand, I visited Fishtrap Lake for the first time and was greatly impressed. I found out that what had been for years a working ranch had been transferred a few years ago to the BLM. They are managing it for grazing, wildlife, and recreation; hence, public access is guaranteed. The 8 sq.mi. (20 sq.km) of terrain provide excellent orienteering. The western part is mostly open rolling grasslands, with some basalt rock features. As one approaches the lake to the east, one enters an open ponderosa pine forest in wonderful "channeled scablands" topography — abrupt basalt buttes and a maze of little canyons, with a couple dozen sparkling pothole lakes. Ducks, hawks, osprey, and owls abound; and I saw snipe plus any number of LGBs (little gray birds) for which I needed binoculars and didn't have them. The fourteen people who turned out all seemed to have a good time. So... next April will see a THREE hour score meet at Fishtrap! See you then.

Meet Results and Standings

Kelsey Creek Park, December 7, 1996

Sammamish Orienteering Club

Meet Director: Dave Enger

Course Setter: Jana Urbanova, Jan Urban

Registration: Dave Enger, Debbie Newell

Timing: Jana Urbanova, Jan Urban, Mike Schuh

Instruction: Dave Tallent

Course 1 (1.0 k, 7 controls)

Loren Stanley, Rob Smith	6:40
Adam & Dan Kortlever	7:30
Kelsey/Karen/Chris	9:30
Corinne Lee	14:04

Course 2 (1.3 k, 7 controls)

Loren & Rob	9:35
Adam & Dan	10:35
Clara Fredericksen	13:00
Max C & Rex S	13:18
Kelsey/Karen/Chris	14:03
Kent Jameson	14:04
Katie Peckham	20:03
Nancy Stifel	26:41
Joe & Paul	24:00
Dao Mai	37:35
A & T Amord	38:32

Course 3 (2.3 k, 13 controls)

Adam & Dan Kortlever	30:16
Aaron Charlop	33:31
Loren Stanley, Rob Smith	36:49
Danell Lee	38:07
Ellen Boomer	40:07
Ken Knapp	44:27
Susan Cvengros	45:29
Else Raadal	53:58
Daniel Koenig, Jim Cannon	64:26
David Koenig, Joe Cannon	70:10
Kelsey/Chris/Karen	70:22

Course 4 (4.1 k, 22 controls)

Debbie Newell	42:08
Dave Tallent	45:00
Mac MacDonald	47:58
Tyler Fredericksen	49:39
Kevin Welton	52:36
Magne Raadal	54:15
Don Atkinson	58:12
Dan Baird	58:48
Ardis Dull	65:06
Ken Lew	66:00
Steve Fredericksen	74:07
Bret Roy	76:36
Bill MacDonald	DNF

LAKE SAMMAMISH STATE PARK, Jan 4

Sammamish Orienteering Club

Meet Director: Mark Howlett

Start: Mark Howlett

Registration: Jan Urban

WIOL Registration: Linda Hood

Finish: Howard Halter

Courses: Howard Halter

Vetting: Jan Urban

Course 1 (1.6k 6 controls)

Anna Urbanova	SAMM	26:53
Engers	SAMM	31:20

Course 2 (2.4k 8 controls)

Heide Garrett		27:04
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Kevin Guiberson		27:12
Patti Garrett		32:38
Rex Garrett		32:38
Lynn Snyder		35:20
Jim Siscoel	COC	36:34
Richard Carlisle		39:19
Tanar & Sue Ulric	SAMM	45:46

Course 3 (4.4k 14 controls)

Shannon Peckham	SAMM	65:32
Katie Peckham	SAMM	67:35
Erin R. Foxford	SAMM	68:27
Roger Dean		70:15
Michele Dean		79:00
Paula Brown	COC	94:47
Roger Hall 11		6:34
Dao Mai		DNF
Bradshaw/Nedom		DNF

Course 4 (5.8k 13 controls)

Course 4 offered the option of doing the course as memory o'. At each marker the portion of map between it and the following marker was posted. Those people who chose this option are marked with an asterisk.

Eric Bone*	COC	34:58
Dave Enger	SAMM	38:40
Debbie Newell	COC	41:10
Tyler Frederickson	COC	42:54
Kevin Welton	COC	43:25
Dave Tallent	SAMM	45:42
Rick Breseman*	COC	47:47
Mac MacDonald	SAMM	50:42
Don Denbo	COC	59:56
Peter Golde	COC	60:17
Ken Lew	COC	66:25
Jana Urbanova	SAMM MSP (#12)	
Eileen Breseman	COC MSP (#12)	
Don Atkinson	COC MSP (#12)	
Dave Lilly	SAMM MSP (#12)	
Alex Hall	COC	DNF

NAD PARK, January 11, 1997

Meet Directors: Eric Bone Bill Cusworth

Course Design: Jim Siscoel

Course Setting:

Vetting: Eric Bone

Registration: Bill Cusworth

WIOL Registration: Linda Hood

Start: Mark Howlett Dave Tallent

Finish: Bill Cusworth

Course 1 (1.8k 7 controls)

Linda Vandenberg		36:58
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Course 2 (1.8k 10 controls)

Kathy Goebel/Gretchen Hull		32:40
Karen Argabrote/Alex Hal	ICOC	50:42
Mike Schuh/Linda Vandenberg		53:39

Course 3 (2.1k 12 controls)

Alexander Boltnev/Kamchatka		24:35
Harvey Friedman	COC	44:07
Richard Carlisle		47:52

Course 4 (1.9k 14 controls)

Dave Tallent	SAMM	17:15
Mark Howlett	SAMM	18:09
Jan Urban	SAMM	18:17
Debbie Newell	COC	20:21
Dan Baird	SAMM	25:55
Kean Williams	COC	27:24

Eileen Breseman	COC	27:30
Jana Urbanova	SAMM	28:20
Dave Hull		29:05
Don Denbo	COC	29:19
Don Atkinson	COC	32:21
Roger Rosenblatt	COC	34:07
Linda Moore	NISQ	36:23
Neil Smith	COC	38:35
Ken Lew	COC	38:36
Kari Jones	COC	43:58
Katie Peckham	SAMM	58:30
Roger Dean		73:47
Michele Dean		76:18
Paula Brown	COC	77:03
Shannon Peckham	SAMM	80:02

Course 5 (5.1k 17 controls memory)

Jan Urban	SAMM	48:40
Jana Urbanova	SAMM	65:00

PRIEST POINT PARK, February 1, 1997

Nisqually Orienteers

Meet Director: Gary McCausland

Courses: Gary McCausland

Registration: Lori

WIOL Registration: Linda Hood

Vetting: Mark Howlett

Timing: Stuart Bradshaw Nathan Tharp

Course 1 (1.5k 8 controls)

Maureen Rolfe		43:09
Frasier		43:28
Catherine Galvin/Pat Higgins		61:18

Course 2 (1.9k 8 controls)

Erik Pearson	COC	31:37
Don Saul		48:14
Jim Enright		54:53
Fraher		64:34
Rich Carlisle		73:15
Porter		76:20
Nick Nguyen	NISQ	DNF
Gretchen Hull		DNF

Course 3 (2.4k 9 controls)

Fred Veler	SAMM	43:56
Hfarvey Friedman	COC	47:37
Holcomb/Danaher		55:17
John Crawford		55:28
Neil Smith	COC	67:18
Pat Kelly/James McKenzie	COC	83:01
John & Linda Finnan		127:36

Course 4 (4.5k 13 controls)

Eric Bone	COC	44:36
Arne Skog	SAMM	52:49
Jan Urban	SAMM	55:38
Mike Miller	SAMM	56:09
Dave Enger	SAMM	56:30
Debbie Newell	COC	60:07
Mark Howlett	SAMM	64:17
Don Atkinson	COC	75:40
Dave Tallent	SAMM	78:56
Kevin Welton	COC	85:01
Jana Urbanova	SAMM	88:28
Ardis Dul	ICOC	95:04
Roger Rosenblatt	COC	101:27
Todd Drobnick		105:41
Hall/Argabrite		109:25
Guiberson		110:02
Ken Guiberson		112:07

The Washington Interscholastic Orienteering League Newsletter

1996-97 Season – Final Issue

Running, Reading, & Writing

Even though the WIOL season is over, there are many super orienteering options both near town and within a few hours' drive this spring, summer, and fall. (If you are 18 or under, many of these events are priced at just three dollars apiece.) To find out more about these, just look at this and future issues of the *Bearing 315* or call the Orienteering Hotline at 783-FunO.

And if you want to read a good book on orienteering techniques, consider *Orienteering Skill and Strategies*, \$22.50, available from A&E Orienteering at (314) 872-3185. This or other orienteering books would make an excellent addition to a team or school library. (A&E also has a very complete O catalog, free for the asking.)

Lastly, thanks to everyone who filled out a WIOL survey; your comments are really important. Currently, each and every one is being reviewed by Debbie Newell, this year's Director. Debbie will pass on a summary and the cards to next year's WIOL Director such that your suggestions are given full weight. Again, thank you for your input!!!



COC Donates Memberships

by Debbie Newell, WIOL Director

Cascade Orienteering Club has donated free club memberships to the top three male and female high school finishers for the 1997 WIOL season. Sean Bemis (Bremerton), Justin Wright (Thomas Jefferson), Jason Dempsey (Bethel), Tara Matthews (Thomas Jefferson), Rosalyn

Pham (Bremerton), and Ashley Matthews (Thomas Jefferson) will receive 1-year memberships in the Cascade Orienteering Club. These memberships include a subscription to COC's newsletter, *Bearing 315*.

Tara and Sean will also receive 1-year student memberships in the US Orienteering Federation (donated by the Washington State Orienteering Association), which includes a subscription to O/NA, the orienteering magazine of North America. Congratulations to all for their fine performances.

[COC will also donate an orienteering book to each of the season's top three schools. – ed.]



Championship Results

by Don Denbo, WIOL Results Director

February 22, 1997 at Hamlin Park
Hosted by Sammamish OC

Individual Championship Results

Course 1 - Elementary (0.85 km, 9 controls)

<u>Men</u>	<u>CODE</u>	<u>Time</u>	<u>IPE</u>	<u>TPE</u>
Matej Urban*	HKEL	28:18	100	

Course 2 - Middle School (1.5 km, 10 controls)

<u>Men</u>				
Nick Tallent	KENJ	27:38	100	

<u>Women</u>				
Angela Tallent	KENJ	45:35	100	

<u>Non-Competitive</u>				
Roy Wilson*	MPHS	DSQ		

Course 3 - High School (3.65 km, 17 controls)Men

Lael Smith	NTWS	39:06	100	100
Curtis Chambers*	BURH	40:59	95	95
Reid Axman	BREH	45:13	92	90
Tracy Coe	BREH	47:24	90	89
Jason Dempsey	BETH	48:22	89	88
Justin Wright	TOJH	50:39	88	86
Sean Bemis	BREH	52:41	87	85
James Brader*	SKHS	53:47	86	84
Alan Burdick*	BREH	55:31	85	82
Matt Scott*	BETH	56:23	84	81
Keith Burdette*	TOJH	56:30	83	80
Jerrod Broholm*	SKHS	60:47	82	79
Kevin Placido*	EVRH	60:50	81	78
David Thompson	BREH	61:27	80	77
Richard DeJarnatt*	EVRH	62:34	79	76
Tommy Stainsby	TOJH	63:08	78	74
Heber Green*	BREH	65:02	77	73
Nathan Hardy*	MPHS	66:30	76	72
Rich Thompson	SKHS	67:33	75	69
Michael Medina*	MPHS	68:32	74	68
Eric Grossmann*	MPHS	68:44	73	67
Josh Irwin*	EVRH	69:01	72	66
Joel Galbraith*	BREH	69:23	71	65
Jeremy Elmore*	BETH	71:49	70	63
Daniel Smart*	BREH	75:04	69	60
Adrian Alina	BREH	75:22	68	59
Leland Rollings	BREH	76:35	67	58
Paul Lozano	BREH	77:20	66	57
Tim Kjelland*	EVRH	80:04	65	56
Willy McElwaine*	MPHS	82:03	64	54
Carl Coombe*	BREH	82:44	63	53
Nathan Wheeler	BREH	83:58	62	52
Brendan Clements*	EVRH	87:01	61	51
Dallas Norman	BREH	87:29	60	50
Joe Rothery*	BREH	89:15	59	49
Dean Neshem	BREH	89:54	58	48
Sean Reehoorn*	BURH	96:27	57	46
James Galvan*	BETH	98:49	56	45
Louie Smith	BREH	99:13	55	44
Jim Mertel*	SKHS	114:17	54	41
Joseph Marks*	BURH	119:39	53	39
Robert Seiner*	EVRH	135:51	52	36
Kevin Serrame*	SKHS	DNF		
Cecil Turner*	SKHS	DNF		

Women

Tara Matthews	TOJH	42:17	100	92
Blythe Oraker	BREH	50:32	95	87
Rosalyn Pham	BREH	55:13	92	83
Brigitte Estvanik	BREH	62:45	90	75

Rhiannon Rouse	BREH	66:43	89	71
Ashley Matthews	TOJH	67:10	88	70
Joan Maza	BREH	69:39	87	64
Heather Daniels	BREH	72:36	86	62
Ginger Stratton*	BURH	73:02	85	61
Trina Molien	BREH	80:57	84	55
Jennifer Hunt*	SKHS	93:21	83	47
Lacey Dobson*	BREH	104:58	82	43
Suzanne James*	BREH	110:47	81	42
Nicole Moody	BREH	116:59	80	40
Jennifer Thiel*	EVRH	120:21	79	38
Erika Jones*	BURH	133:11	78	37
Corena Meyers*	BREH	DSQ		
Jamie Whitely*	SKHS	DNF		

Team Championship Results

Bremerton High School (27 members)	351
Thomas Jefferson High School (5 members)	332
South Kitsap High School (5 members)	279
Bethel High School (4 members)	277
Everett High School (7 members)	276
Marysville-Pilchuck High School (4 members)	261
Burlington-Edison High School (5 members)	241
Northwest School (1 members)	100

* indicates first year in WIOL

Code

BETH - Bethel High School
 BREH - Bremerton High School
 BURH - Burlington-Edison High School
 EVRT - Everett
 HKEL - Helen Keller Elementary School
 KENJ - Kenmore Junior High School
 MPHS - Marysville-Pilchuck High School
 NTWS - Northwest School
 SKHS - South Kitsap High School
 TOJH - Thomas Jefferson High School

Time - Elapsed time on course**IPE** - Individual Points Earned

TPE - Team Points Earned. For example, at the WIOL Championships Tara Matthews came in first for women on course three and earned 100 individual points. She also placed 3rd overall on the course and thus earned 92 points for her team in the team standings.

See you next season, if not before, and best of luck until then !!!

The Seventh Inland Northwest Orienteering Cup and Relay

B Meet

May 31 - June 1, 1997

Riverside State Park, Spokane

Terrain

Open, runnable pine forest

Map

Produced in 1989 for the Washington Centennial Games; 1:15,000 scale 5-color International Orienteering Federation-standard map. Field-checked by Al Smith and Ulf Köster, Cartography by Gary McCausland.

Courses

Five courses on Saturday, designed by Bill Borrie. Sunday will be a three-person team relay. More information on the Sunday relay will be available at the event registration on Saturday.

Categories

The categories offered on Saturday are listed on the back of this page. However, some categories may be combined if fewer than five people enter them.

Awards

All participants in competitive categories (regardless of residence) are eligible for Inland Northwest Cup awards to be presented to the top three finishers in each category on Saturday. Inland Northwest Cup trophies will be awarded to the top woman on Course 4 and the top man on Course 5. Awards for the Saturday courses will be presented at the dinner Saturday evening. Awards to the winning teams in the relay will be presented Sunday morning.

Start Times

Saturday - 1:00 to 3:00 P.M. Park at ORV area.

Sunday - 9:00 A.M. Park at trailhead parking north of Government Way.

Fees

\$4 per day for Courses 1 and 2; \$6 per day for Courses 3-5. Please make checks payable to EWOC in U.S. funds.

Registration

If your entry is received by May 21, you will get a pre-marked map and an assigned start time. If your entry is received after this day, you must mark your own course (yes, it will be included in your time) and start when space is available. Because we are not allowed to collect funds on state park lands, even late entries should pay their fees by mail and bring their completed registration form and waiver to the event. Please send entries to:

EWOC
P.O. Box 944
Spokane, WA 99210

Cut Here

Entry for the 1997 Inland Northwest Cup "B" Meet

Name / Address / Phone No.	Club	Birth Year	Course	Class	Sat/Sun	Reg. Fee
Number for Saturday dinner _____						Total

Course 1 2-3 km beginner	Course 2 3.5-4.5 advanced beginners	Course 3 4-5 km short advanced	Course 4 5-6 km advanced	Course 5 7-9 km advanced
M-12 F-12 Novice	M-14 F-14 M Open F Open	M-16 M-55 M Open F-16 F55- F Open	M 45- M Open F-20 F-21- F 35- F 45- F Open	M-20 M-21- M35-

Accommodations

The Bowl and Pitcher campground (on the east side of the river) at Riverside State Park is open year-round.

Saturday Dinner

There will be a buffet dinner Saturday evening beginning at 7:00 p.m. in the Washington-California room of the "COG" on the Gonzaga University campus at the corner of Dakota and Desmet. The cost is \$11.91 for salad, pasta, meatballs, beverage and dessert. Please indicate on the registration form if you plan on attending. Pay John Beck the evening of the dinner; do not include payment with your registration fee.

Information

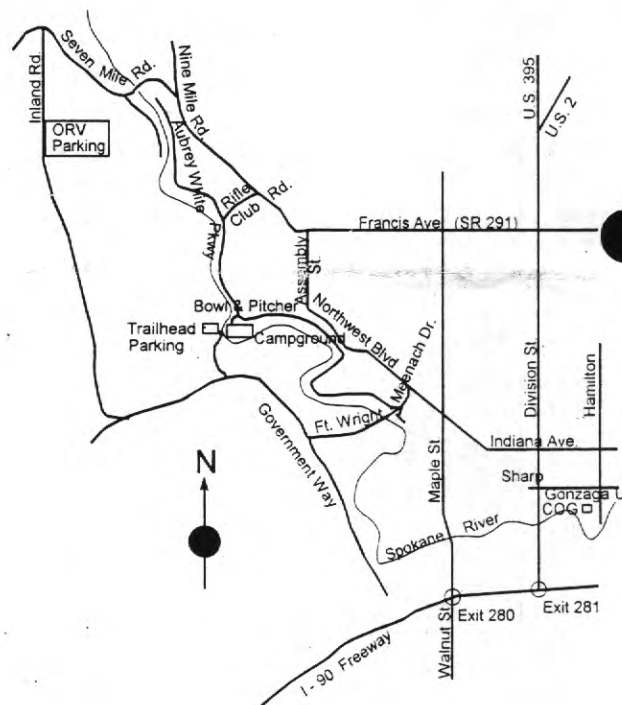
For more information about the meet, please call the meet director, John Beck, (509) 838-7078 or 328-4220 ex. 3429 or E-mail BECK@JEPSON.GONZAGA.EDU

Directions to Event Sites

Take Maple Street north to Francis. Then proceed west on Francis and northwest on Nine Mile Road.

Saturday parking will be at the ORV area. Take Seven Mile Road west from Nine Mile Road. After crossing the bridge over the Spokane River, continue 1.5 miles before turning south to the ORV area.

Sunday parking at the trailhead on the west side of the river above the Bowl and Pitcher is limited and carpooling is encouraged. Take Meenach/ Ft. Wright Dr. to Government Way. Go north on Government Way to the park entrance and take the parkway to the trailhead parking area.



WAIVER OF LIABILITY

In consideration of acceptance of this entry, intending to be legally bound, I do hereby, for myself, my heirs and executors and administrators, waive, and release any and all rights and claims for damages I may have against the United States Orienteering Federation, the Washington State Orienteering Association, the Eastern Washington Orienteering Club, Sacajawea Orienteers, Riverside State Park, the Washington State Parks and Recreation Commission, the Washington State National Guard, and private land owners and lessees, their representatives, successors and assigns and any and all other sponsors, persons and entities associated with this event for injuries or damages occurring by, during or resulting from this event. I further attest that I am physically fit and able and qualified to participate in this event. If I am under 18 years of age, my parents or legal guardian must co-sign.

Signed _____ Date _____

Signed _____ Date _____

Signed _____ Date _____

Signed _____ Date _____

Heidi Garrett/Rex Garrett/Patti Garrett	117:10
Daniel Parr	119:22
Ken Lew	COC 167:05
Katie Peckham	SAMM 195:00
Paula Brown	COC 197:20
Hull	DNF
Mike Derie	DNF

LINCOLN PARK, February 8, 1997

Cascade Orienteering Club

Meet Director: Debbie Newell

Courses: Peter Golde

Vetter: Jan Urban

Registration: Jonathan Newmark Jan Urban

Debbie Newell

WIOL Registration: Linda Hood

Start: Peter Golde Dave Tallent

Finish: Don Denbo Debbie Newell Dave Tallent

Marker Pickup: Peter Golde

Course 1 (1.2k 8 controls)

Donald Bolton	SAMM	24:54
Frost		27:26
Richard Walters		30:00
Anne Magnus		32:55

Course 2 (2.1k 10 controls)

Trish Charlop	COC	32:50
Barb Newell/Dot Newell		36:47
Meredith James etc.		48:16

Course 3 (3.4k 12 controls)

Jan Vrana	COC	21:14
Fred Veler	SAMM	26:40
Margie Bone	COC	31:28
Harvey Friedman	COC	33:05

Course 4 (3.7k 15 controls)

Dave Tallent	SAMM	21:26
Eric Bone	COC	23:15
Mark Howlett	SAMM	23:33
Paul Magnus	COC	23:35
Jan Urban	SAMM	24:02
Dave Enger	SAMM	25:12
Kevin Welton	COC	27:22
Rick Breseman	COC	29:35
Mac MacDonald	SAMM	29:37
Jana Urbanova	SAMM	30:26
Don Atkinson	COC	31:11
Debbie Newell	COC	31:36
Eileen Breseman	COC	31:50
Tyler Frederickson	COC	33:28
Chris Lum	SAMM	35:29
Don Denbo	COC	38:58
Susie Cvengros		41:20
Jim Siscel	COC	41:55
Patrick Kelly	COC	42:16
Steve Frederickson	COC	43:43
Neil Smith	COC	44:22
Ardis Dull	ICOC	45:13
Jonathan Newmark	COC	45:37
Jake Reeder		46:19
Dave Petty	COC	46:33
Sona Zaveri		46:49
Katie Peckham	SAMM	50:00
Jim Slyfield/Larry Maddry		54:42
Bob Reddick	SAMM	56:50
Chuck Ward/Jan Ward	COC	57:33
Charlotte MacNaughton	FWOC	58:50
Richard Carlisle		94:49
Adrian Zissos	FWOC	Map hike

HAMLIN PARK - February 22, 1997

Sammamish Orienteering Club

Meet Director: Bob Reddick

Course Design: Dave Tallent

Marker placement: Dave Lilly

Vetting: Bill Cusworth

Registration: Pat Reddick

WIOL Registration: Linda Hood

Start: Kathy Trost Dave Lilly Mark Howlett

Bob Reddick Eileen Breseman

Finish: Dave Tallent Jana Urbanova Jan Urban

Angela Tallent Nick Tallent Don Denbo

Manned Control: Bill Cusworth Eric Bone

Course 1 (0.8k 9 controls)

Ben Peter & Katie Sprugel	COC	20:47
Dave Hadaway		21:17
Jim Dempewolf +		32:35
Anna Urbanova	SAMM	34:05

Course 2 (1.5k 10 controls)

Nick Nguyen	NISQ	39:42
Dave & Dan		41:37
Mary Nakasone		45:28
Jim Dempewolf		52:07
Ed Lewis		DNF
Bryan Garvin	CROC MSP (#5)	

Course 3 (3.7k 17 controls)

Course 4 (3.7k 17 controls)

Eric Bone	COC	22:46
Paul Magnus	COC	23:14
Debbie Newell	COC	26:43
Alex Hall	COC	28:34
Jan Urban	SAMM	29:10
Dave Enger	SAMM	30:33
Jana Urbanova	SAMM	30:39
Mike Fritz	COC	32:55
Jan Vrana	COC	34:19
Fred Veler	SAMM	35:46
Mike Schuh	COC	36:09
Eileen Breseman	COC	37:03
Kevin Welton	COC	37:25
Don Atkinson	COC	37:37
Peter Golde	COC	38:40
Kean Williams	COC	40:15
Rick Breseman	COC	41:38
Katie Sprugel	COC	46:12
Don Denbo	COC	46:13
Ardis Dull	COC	46:14
Jim Siscel	COC	47:23
Doug Sprugel	COC	49:16
Dan Baird	SAMM	50:30
Patrick Kelly	COC	50:32
Daniel Parr		53:28
Harvey Friedman	COC	53:34
Craig Flatten +		54:25
Kari Jones	COC	55:17
Vivien Fritz	COC	56:12
Neil Smith	COC	57:23
J. Flatten/Sue Ulric/Aizen Ulric		59:33
Ken Lew	COC	63:30
William Jorfan		63:42
Roger Rosenblatt		64:38
Margie Bone	COC	64:45
Shannon Peckham	SAMM	69:50
Mary Nakasone		70:52
Katie Peckham	SAMM	75:00
Larry Keller	COC	78:19
Anne York	COC	79:09
Terry Bryant		83:11
Roger Dean1		07:26
Richard Carlisle		DNF
John Sincock	SAMM MSP (#4)	

Fire Mountain, March 1, 1997

Meet Director-Jim Siscel

Courses-Paul Magnus

Registration-Bill Cusworth

Start-Bruce McAlister

Finish-Randy Brasfield

Marker Pickup-Eric Bone, Ardis Dull, Paul, Bruce, Bill, and Jim.

Course 1 (1.46 k, 7 controls)

Troop 32	36:00
Deborah Frost & Bell Shalom	44:01
Ginger Stratton	52:33
Temi Shajuyiagbe	64:59
Miguel V & Miguel R	Map Hike

Course 2 (3.30 k, 8 controls)

Lael Smith	COC	44:38
Neil Smith	COC	49:10
Harvey Friedman	COC	49:25
Willy McElwaine		66:14
Robert Pittman		71:13
Miguel Valencia & Miguel Ramos		71:32
Steve Core & Travis West		84:55
Roger Hull		95:52
Deborah Frost & Bell Shalom		DNF
Jenny Bormuth		Map Hike

Course 3 (3.57 k, 10 controls)

Fred Veler	SAMM	47:35
Don Atkinson	COC	52:52
Ardis Dull	COC	60:52
Roger Mertens		100:32
Jan & Chuck Ward	COC	118:32
Ginger Stratton & Erika Jones		146:3

Course 4 (5.16 k, 11 controls)

Eric Bone	COC	48:00
Jan Urban	SAMM	54:07
Mark Howlett	SAMM	72:45
Alex Hall	COC	74:58
Mike Schuh	COC	79:34
Dan Parr		115:35
Todd Drobnick		124:17
Tyler Frederickson	COC	125:50

Inter-Collegiate Champs

1st Eric Bone UW

2nd Tyler Frederickson WWU



USOF NOTES

Convention: USOF has awarded the 1997 USOF Convention to COC. See announcement this issue.

98 USOF Champs: The USOF Board will meet at King's Mountain, South Carolina to consider COC's bid to host the 1998 USOF Championships.

Regional Representative Election. The election for Regional Representative and Alternate will be held at a Regional Meeting at Camp Waskowitz, Sunday afternoon, August 24.. Send nominations to Carl Moore. See latest O/NA for mail ballot.

Winter O' Series

Cascade Orienteering Club

Name	Club	FtSt.	St.Ed*	Lk Sam	NAD Pr.	Pk Linc	PHamlin	Total**
Women								
Debbie Newell	COC	100		100	100	95	100	400
Jana Urbanova	SAMM	95		0	92	95	100	385
Ardis Dull	COC	92				92	89	362
Katie Peckham	SAMM	87			88	90	87	352
Eileen Breseman	COC			0	95		92	279
Shannon Peckham	SAMM	88			85		85	258
Kari Jones	COC				89		88	177
Paula Brown	COC				86	89		175
Ellen Boomer	NISQ	90						90
Linda Moore	NISQ				90			90
Susie Cvengros						90		90
Katie Sprugel	COC						90	90
Lisa Nordlund	CHUKO	89						89
Sona Zaveri						88		88
Michele Dean					87			87
Vivien B. Fritz	COC						87	87
C. MacNaughton	FWOC					86		86
Margie Bone	COC						86	86
Mary Nakasone							84	84
Anne York	COC						82	82
Men								
Eric Bone	COC	100		100		100	95	400
Dave Tallent	SAMM	87		89	100	86	100	376
Jan Urban	SAMM	90			92	92	89	364
Dave Enger	SAMM			95		89	88	361
Kevin Welton	COC	89		90		85	87	351
Don Atkinson	COC			0	86	87	84	340
Don Denbo	COC			86	87		81	333
Roger Rosenblatt	COC	85			85	84	69	323
Ken Lew	COC			84	83	79	71	317
Mark Howlett	SAMM				95	88	92	275
Mac MacDonald	SAMM	92		87			85	264
Tyler Frederickson	COC	86		92			83	261
Rick Breseman	COC			88		86	80	254
Neil Smith	COC				84		77	233
Roger Dean		82			82		66	230
Paul Magnus	COC					90	95	185
Mike Miller	SAMM	88				90		178
Kean Williams	COC				89		81	170
Peter Golde	COC			85			82	167
Dan Baird	SAMM				90		76	166
Steve Frederickson	COC	83				78		161
Jim Siscel	COC					80	78	158
Daniel Parr						80	74	154
Patrick Kelly						79	75	154
Bill Cusworth	COC	95						95
Arne Skog	SAMM					95		95
Alex Hall	COC						92	92
Dave Hull					88			88
Mike Fritz	COC						88	88
Jan Vrana	COC						87	87
Fred Veler	SAMM						86	86
Mike Schuh	COC						85	85
Mike Derie		84						84
Todd Drobnick						83		83
Guiberson						82		82
Chris Lum	SAMM						82	82
Ken Guiberson						81		81
Doug Sprugel	COC						77	77
Jonathan Newmark	COC						76	76
Jake Reeder							75	75
Dave Petty	COC						74	74
Bob Reddick	SAMM						73	73
Harvey Friedman	COC						73	73
Richard Carlisle							72	72
William Jordan							70	70
Larry Keller	COC						68	68
Terry Bryant							67	67

* The St. Edward Park meet was dropped from the O' Series due to snow.

**Totals are best 4 of 6

Training Notes: Pace Counting

The best way to learn about pacing is to do it yourself. There are all sorts of ways to do this. What I recommend is measuring out 50 meters in a flat area. Walk that distance numerous times and count the number of times your left OR right foot hit the ground. Average that number and multiply it by 2. That gives you the number of paces you need for 100m. You can divide or multiply that number as needed to determine very rough distances at all your orienteering meets.

Next, try the same thing for uphill and downhill. If you take twice the number of paces on an uphill just remember to double the pace count for steep uphill.

Most important of all, when you begin pacing, look at a distant object in the direction you are heading and then go directly for that object. If something is in your way, take some side steps and then continue pacing in parallel to your original direction. Once you are past the object, side step back to the original path and continue pacing.

Pacing is only a rough measure so never expect it to be exact. Very often I need to go say 300m N to find something on the map. When I reach 300m I quickly scan for the object to confirm my location. I then go to the object and pace in another direction say 400m to the control. I always pace to a general area and when there I look for something to place myself exactly on a mapped feature (a reentrant, a huge rock, a creek bend, etc.). For each paced route, there is a percentage error. If you don't find something there to place yourself on the map, then the next paced route will add to the error. After two or three pacings without locating on a feature, you could find yourself way out of the area you need to be in.

Tony Pinkham BAOC

More Web Sites

Check out orienteering on the WWW: all of these sites must be prefixed with <http://>
COC: www.halcyon.com/schuh/orienteering/coc.html. (Mike Schuh)
PNW Orienteering: www.eskimo.com/~halter/orienteering/pnw.html (H Halter).
USOF: www2.aos.princeton.edu/rdslater/orienteering (links to US and Canada clubs)
IOF: www.orienteering.org (links to most national pages.)
Rogaine: florawww.eeb.uconn.edu/rogaine/rogaine.htm

Upcoming Orienteering Events

Call the Hot Line at 206-783-3866 for latest information and details

Date/Time	Location and Comments	Type	Club	Map	Contact
MARCH					
Sun, Mar 9 11am-1pm	Powell Butte Park, near Gresham, about 10 mi E of Portland	C	CROC		Glen Cafferty (503)281-5137
Sun. Mar 16 10am-noon	Seattle. Carkeek Park. Take 3rd Ave. NW to NW 110th. West on NW110th	C	COC	1:10000	Bill Cusworth (206)789-1346
Sun., Mar 16 1 pm-3 pm	Horn Rapids. On S side of Yakima River, approximately 10 miles N of Benton City. 10 miles NW of Richland.	C	SACO		Frank Skorina (509)522-2270
Sat/Sun Mar 22/23 1-2:30 ; 10am	Thetis Lake + Pig War Relay at Beaver Lake Park. Thetis Lake is about 6 mi W of Victoria on Hiway 1; Beaver Lake about 6 mi N on Hiway 17	B	VO	1:15000	Carl Coger (250)592-4944
Sun., Mar23 10am-noon	Marymoor Park, Redmond. Take W Lake Sammamish Parkway South one half mile from junction with SR 520.	S	SAMM	1:10000	Dave Enger (206)822-6254
Sun, Mar23	Washington Park, Anacortes	C	CHUCKO		
Sat., Mar29 10 am+	Magnuson Park, Seattle, Training Day, E on NE 45th from I-5 to Sand Point Way, follow north to park.	X	HUSKY		Bill Cusworth (206)789-1346
APRIL					
Sat., Apr 5 10am-noon	SeattleWoodland Park Newcomers. Take N 50th to just east of under Hiway 99	C	COC	1:5000	Margie Bone (206)634-2279
Sun., Apr 6 1 - 3 pm	Sacajawea St. Pk.,	C	SACO		Frank Skorina (509)522-2770
Sat., Apr 12 11 am-1 pm	Mt Tabor Park, NW Portland	C	CROC		Peter Kehoe (360)256-5328
Sun., Apr 13 10am-noon	Forest Park, Everett. Take Mukilteo Blvd W from Exit 192 on I 5	C	SAMM		Bob Reddick (206)487-0099
Sat., Apr 26 11am-1pm	Bennington Lake, Walla Walla	C	SACO		Frank Skorina (509)522-2770
Sun., Apr 20	Western Washington U, Bellingham	C	CHUCKO		
Sun., Apr 27 10am-noon	Fishtrap Lake. About 4 mi S of Fishtrap Exit on I 90 (about 10 mi N of Sprague, 25 mi W of Spokane)	C	EWOC		John Harbuck (208)263-9894
MAY					
Sat/Sun May 3/4 10am-noon	Bullfrog. Near Cle Elum. Take Salmon La Sac Exit No. 80 on I 5. About 2 miles N to site	B	SAMM	1:15000	Jan Urban (206)402-7225
Sun., May 11 10am - noon	Lynndale Park, Lynnwood. Take 196th St West from I 5 and Hiway 99 to 68th Ave W, N to 189th Pl, W to park	C	COC		Rick Hood (206)367-2606
Sun., May 18 1 - 3pm	Rooks Park, Walla Walla	C	CROC		Frank Skorina (509)522-2770
Sun., May 18 10am-noon	Hoyt Arboretum, Portland	C	COC		John Britton (503)224-3253
Sun., May 18 11am - 1 pm	Cornwall Park, Anacortes	C	CHUCKO		
Wed, May21 5:30-7 pm	Robinswood, Bellevue East of 148th Ave. NE, North of Eastgate interchange on I 90	C	SAMM		Chris Lum (206)822-6254
Sat/Mon May24/26	U.S. Team Training Camp, Cle Elum Open to All Interested. Contact Fred Veler, (206)545-7220 for additional information				
Sat/Sun May31/1 1-3pm; 9am	Riverside St. Park, Spokane See Enclosed Flyer	B	EWOC	1:15,000	John Beck (509)838-7078
Sat/Sun May 31/1 12-2 pm	Newcastle Island, Nanaimo, B.C. Take Tsawassen-Nanaimo Ferry. Then take	B	VO	1:10,000	Marvin Eng (250)652-9115
JUNE					
Jun 7/8	Aspen Grove, Near Merritt, B.C., (604)526-3319	B	GVOC	1:15000	John Rance
Wed., Jun 11 5:30-7 pm	Big Finn Hill, Bothell	C	SAMM	1:5000	Bruce McAlister (206)821-6862

COC: Cascade Orienteering Club
EWOC: Eastern Washington O.C.
HUSKY: UW O.C.
SACO: Sacajawea

SAMM: Sammamish O.C.
NISQ: Nisqually O.C.
CROC: Col. River O.C.

A: National Meet C: Regular local meet
R: Rogaine X: Special Event
B: Major Event
VO Victoria Orienteers

CHUCKO: Chuckanut

GVOC: Greater Vancouver

Cascade OC Contacts

Bill Cusworth 789-1346
Ardis Dull 364-4062
Paul Magnus 335-3555
Jim Siscel 778-7202
Eileen Breseman 483-6592

Sammamish Contacts

Dave Tallent 392-3061
Dave Enger 822-6254

Other Club Contacts

Frank Skorina, Sacajawea (509)522-2770
Will Sperry, Ellensburg O.C. (509)925-4716
John Beck, Eastern Wash O.C. (509)838-7078
Scott Drumm, Columbia River O.C. (503)261-1493
Eric Bone, Husky Running and O.C. (206)634-2279
Ken & Joanne Klepsch, Chuckanut O.C. (360)299 1010

USOF Regional Representative

Bruce McAlister (206)821-6862

*The membership of Cascade Orienteering Club
hopes you will save these dates and join us on*

**Saturday, August 23rd and Sunday, August 24th
for an "A" Meet on the recently revised Trollhaugen map
(approximately 62 miles east of Seattle, just off of I-90)**

and

**Sunday afternoon, August 24th through Tuesday the 26th
for the 1997 USOF Convention at Camp Waskowitz
(approximately 34 miles east of Seattle, just off of I-90)**

*Look for articles and entry form in upcoming Bearing 315 issues or contact Bill
Cusworth, who is the registrar. (bill3@u.washington.edu or (206) 789-1346)*

Bearing 315 is

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PO Box 31375
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(206) 783-3866



If your label is marked with yellow
highlighter, your membership has
lapsed