

BEARING 315

Newsletter of Cascade Orienteering Club

Mar/Apr 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. Anyone interested in doing layout for the newsletter (particularly cutting and pasting the results together) please contact me. Also volunteers for the mailing socials are needed every 2 months. 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.

Editorial Policy

To clarify some questions about this newsletter, any item not attributed to a person may be assumed to have been written by the editor, Harvey Friedman. As a general rule, I use such imperfect English abbreviations as tho for though, thru for through, nite for night, 1st for first, etc. whenever I am so inclined. I may do so when I type contributions from others; so don't blame them.

Since I am a horrible typist, an occasional typing error may result in the misspelling of a word or 2 but I try to proofread and correct everything before it is printed. I am not a good enough typist to retype results, so whatever is submitted to me typed up is cut & pasted to fit, regardless of how misrepresented a person's name was.

Apologia

I neglected to put in the last issue that the 11/Dec Discovery Park meet was put on by Mike Schuh's Experimental College class (that is what XC stood for). The report on the Wash. State Championships was by Harry Morgan, Robinswood by Dave Enger, and others not in dot-matrix type by Dan Waugh. Speaking of the State results, there were some errors in the published times on the white and yellow courses. Corrections for white are: Blackburn family DNS 40:01; Otto family 72:50 DNS; and Charles Hawkins 154:53 DNS. Corrections for yellow are: Sally Evans DNS 57:03; Margaret Allen 73:00 DNS; Barbara Kitowsky DNS 91:03*; and Jim Davis DNF 159:25. Again * means 2nd course run that day so unofficial. We hope that no one was inconvenienced nor disillusioned by the garbled results.

Officers & Board Members

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

President	Mark Hartinger	242-3985
Vice President	Debbie Newell	488-7471
Secretary	Ardis Dull	364-4062
Treasurer	Chris Hawkins	524-0943
Newsletter Editor	Harvey Friedman	LA4-3437
WIOL Coordinator	Dan Waugh	365-1810
Membership	Barbara Pedersen	
Equipment	Brad Payne	364-5298
Publicity		
Mapping	John Huth	522-1304
Instruction		
Promotions		
Car Pools		

The other members of the board will be announced when Mark can select and inform the lucky volunteers. It is not at all necessary to be a 'top' orienteer---all you need is to enjoy orienteering.

Next Issue

All material to be published in the next issue must be received by 15 April by guest editor Jean Davis, a former president of COC. She graciously offered to serve while Anne & I will be in Great Britain attending the Jan Kjellstrom Trophy event, an international meet held in north Wales this year. Phone Jean at 525-5773 to arrange for newsletter material.

WIOL

Another year of the school league has come and gone and the results of the championships and a retrospective will be featured in the May/June issue which Jean will edit.

1984 U. S. O' Championships

Those interested in the 1984 U. S. O' Championships should know that this year they will be held 10-11 Nov. by St. Louis O' Club. Contact Harvey or Mark for an application for them, or for other out of area meets such as the Inter-Collegiate Champs 28-29 Apr., the Granite City meet 17-18 Mar., and the Missouri State Champs by PTOC on 31 Mar.- 1 Apr. This year we have received newsletters from New England, Kansas/Missouri, New York/New Jersey, and California so any one visiting those regions who might want to find their schedule, contact Harvey, the newsletter librarian and editor.

Shape up with Ingemar

All are invited to attend a weekly training session Wednesday evenings 6:00 PM

at Evans Pool Parking lot by Greenlake in Seattle. Ingemar Jansson, visiting Swedish orienteer who most of us have met already, will lead us in a 15 minute stretching warmup, and then a 5 kilometer training workout by Greenlake and Lower Woodland park. As we get into better condition, we hope to do 15 km. This is a great opportunity to learn how to train for orienteering as top Swedes do. For more information, contact Ingemar at a meet or phone him at 523-6329.

Improvement

Though increasing her physical fitness helps an experienced orienteer improve on most of her runs, a beginner to the sport is well advised to do some reading on her own to improve her technique. Our usual instruction at meets is fine for producing advanced beginners, but fast runners can become advanced orienteers only if they master such concepts as hand-rails, catching features, aiming off, etc. Some of the better books on orienteering are, in no particular order, "Be Expert with Map and Compass", by Bjorn Kjellstrom; "Orienteering for Sport and Pleasure" by Bengtsson & Atkinson; "Orienteering", by John Disley; and a new Penguin book, "The Complete Book of Orienteering", by Roger Smith. The 1st 2 deal with orienteering in the U.S., while the latter 2 are written by Britons about orienteering in Britain and internationally. For those of you who might like a copy of a 1971 U. S. Army Handbook on Orienteering, we recently found a half dozen in the club files. Mark said that they are available for a nominal fee to the 1st folks who contact him. An interesting (and embarrassing) feature of the handbook is that the sample course is drawn in reverse order from the control description sheet. Other than that fault, the book is still applicable to orienteering today.

Mapping clinic 28 Apr

This all-day clinic is for anyone who wants to learn efficient mapping skills. Meet at shelter 3 in Woodland Park at 9:00 AM to discuss necessary tools, feature classification, drafting techniques, etc. Later in the day will be field-checking in Cowan/Ravenna Park and comparing the resulting working maps. Bring pencils, clipboard or plexiglas, a lunch, and good weather.

Pot-O-lucks

For those of you who didn't see the fine print in the schedule, we have had highly enjoyable potlucks in Nov. and Jan. Don't miss the next one on 16 Mar. at 6:30 PM at Harry & Lesley Morgan's. After finishing all the delicious dishes that usually are brought, we will have the opportunity to play with mazzles. If you don't know what a mazzle is, come to the Morgan's on the 16th and find out.

Club meeting

Despite a fine program on mapping by Ingemar Jansson & Debbie Newell, the 14 Feb meeting was sparsely attended. Those present were informed of the resignation of our elected secretary, Diane Magasich and the selection of Ardis Dull to replace her. The next meeting will be Monday 26 Mar at 7:00 PM at Greenlake Library, at which Sture Carlsson, a top Swedish orienteer, will speak and show slides on "O'

Techniques for major events". Let's have a big turnout.

Advance notice

2 events occurring in May deserve special mention -- canoe O' and a Vancouver Island event. We hope the Foster Island map that Ingemar has been working on will be available in color by the 6 May date for the event. Canoe O' is always fun and should be even better with a color map so lets have 80 people out there again. Starts are at 9:00 so that the UW Waterfront Activity Center won't have rented out all the canoes to non-participants.

Peter Smith & his Cowichan Valley orienteers have invited us all to a 2-day meet in Duncan, B.C. on the week-end of 26-27 May. There will be a dance that Saturday evening and those who have been to meets in Canada before know that there is always excellent orienteering and good Canadian hospitality. There are plenty of tent sites, but indoor sleeping space in the homes of CVOers is limited. By that time of year, it should be great weather for an enjoyable week-end in Canada. Call Mark to arrange carpools.

Karl Nolte

Those who have been in the club since 1978 might remember hard-working former officer, Karl Nolte, who moved to Perth, Australia 2 years ago. He keeps in contact with Len Englund who shares with us this note from Karl. "Give my best to all at Cascade Orienteering Club. Let them all know that in the land 'down under' the sun may be in the Northern sky and Orion upside down, but the compass always points NORTH!!! (don't ask me why though as even the lightswitches are upside down and the electric blankets are under the bottom sheet and the toll free number is '008' and 2x4's are referred to as 4x2's and a host of other topsy-turvy things like that)."

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 the following new or returning club members: Susan Aspinwall, Betty Berreth, Mia Barbera & Joe Schneider, John Crawford & Margaret Allen, Jean Davis, Dave Enger, Faith & Michel Fich, William Fritz family, Susan Hamilton, Everett & Verlyn Harris, Mark Hartinger, Chris Hawkins & Barbara & Pasha Petite, Thomas Hayes, Bob & Jean Hendrickson, the Kent Jamesons, Carol Johnson, Michael Mahoney, Jim McNamara, Harry & Lesley Morgan, Dennis Mosolf, Debbie Newell & Arnold Kay, Susan St. John, Mike Schuh, Williard & Joanne Sperry, the Waughs, Dale Width, and Kenneth Wiljanen.

Markworth

Since we want to have the '86 U. S. championships in Markworth forest, no one will be permitted to take their map with them after the meet. Put your name on it and Mike will give it to you in autumn of '86.

RESULTS

COC opened the fateful year of 1984 with a "Big Brother" course at the January 7th meet at Camp Long. It was a "freestyle" course (find all controls in any order as quickly as possible) with a slight Orwellian twist: five controls were reported as being watched by the Party and any orienteer punching in at them was considered to be a non-person and would be sent to the Ministry of Orienteering for retraining. Afterall, orienteering, like all free-thinking pastimes, is illegal. Which controls were being watched by Big Brother was known thanks to agents of the "Brotherhood", an underground organization. They supplied COC with photographs of the scenes observed by the Party's TV cameras. The course then had a bit of "photo orienteering" thrown in: you must be able to avoid punching in at a control based on your ability to associate the photo image with what you see at the control. If you can correctly make this association without actually visiting the control, then you will save considerable time.

Five controls out of a total of twenty were under observation. Fifteen of COC's best orienteers had the courage to brave this new facet of the O' world, but only one of them made it safely around the whole course. Before being taken away, the others pointed out that it would have been a bit easier and/or more fair if the photos had included the direction in which they were taken. They promised to hold daily five minute Hate sessions against the person responsible for their fate (the undersigned). When they are released by the Ministry of Orienteering (whose slogan is "Navigation is Aggravation"), we will have another "Beat Big Brother" course, perhaps in the early fall. Meanwhile, the next time you're all alone in the forest and are screwing up - just remember who's watching.

Thanks go to Dave Enger for his assistance at this event.

Harry Morgan 41:38

(The following orienteers no longer exist. Our sympathies to their compasses and muddy socks.)

Ingemar Jansson	23:45	was caught at #11*, 14, 20+; missed #19
Roger Mertens	37:25	was caught at #10; missed #2, 16
Mark Hartinger	38:55	was caught at #20+
Chris Hawkins	45:10	was caught at #10, 11*
Debbie Newell	50:44	was caught at #20+
John Huth	55:55	(card is missing, but then so is John)
Brad Payne	56:39	was caught at #11*
Lorna Williamson	62:50	was caught at #20+
Susan St. John	64:38	was caught at #20+
Nancy Lewis	79:35	was caught at #14
Fowler family	80:05	was caught at #20+

+ #20 was a knoll. Lesson: beware of knolls with confusing photographs.

* Yours truly, while vetting the WIOL course, decided that control #11 (common to both the school league course and the Big Brother course) was misplaced and moved it. Being somewhat touched by the screams and yells of the hapless orienteers as they were dragged away by the Ministry of Orienteering's Magnetic Police, I put it back where it belonged - back to where it was when the Brotherhood agents photographed it. Perhaps a few more orienteers would be with us today if I had not been so rash. - Mike Schuh

FARREL-McWHIRTER PARK - COC Event and
WIOL Practice, January 14, 1984

Course design - Harvey Friedman
Meet Director - Debbie Newell
Meet assistance - Sandy Kish Miller,
Arnold Kay, Brad Payne, Tony Paul-
son, John Huth, Dan Waugh.

Courses used the permanent (TRIM)
markers; for those who could avoid
freezing, it was a lovely day....

White Course - 1.5 km., 7 controls

1. Phil + Michelle Everett	19:03
2. Paul + James Frazier	22:10
3. Kellie Hawkins/Erin Renshaw	22:13
4. Janet Piehl/J. Hirschfelder	22:38
5. Melanie Swan/J. Bacharach	23:11
6. Paul Bullard	29:49
7. Robison/Russell/Langren	33:34
8. Lorna Hughes and friends	34:37
9. Katherine Schubert-Knapp	36:42
10. Jack and Marna Vanderweerd	37:57
11. Kent Young + Ed Kelly	38:54
12. Arms family	41:19
13. Fowler family	49:20
14. Dorothy Bellin/Janet Hammes	55:42

Yellow Course - 2.3 km., 10 controls

1. Greg Tryon + Mark Smith	24:01
2. Dan Gamash	26:54
3. Fick family	29:27
4. Jessica Hirschfelder	*30:10
5. Mark Miller	30:21
6. Paul Bullard	30:40
7. Robert Rein	32:15
8. Lorna Hughes + friends	*32:15
9. Paul + James Frazier	*36:30
10. Kristin Johnson + Liz Lucking	37:48
11. Timothy Archie	39:51
12. Steve Baldwin	40:00
13. Janet Piehl	*45:18
14. Michelle Everett	**45:44
15. Erin Renshaw	*47:55
16. Kellie Hawkins	*47:56
17. Paul Levendusky	50:59
18. Jennifer Seffernick	51:06
Greg Sellers--DQ (42:58)	

Orange Course - 2.5 km., 10 controls

1. Dan Gamash + Greg Sellers	*26:56
2. Duane Bolland	27:22
3. Michelle Everett	*28:58
4. Dana Schutter	30:39
5. Phil Everett	*31:34
6. Paul Bullard	*32:48
7. Joanna Grunig	32:55
8. John Dean	33:40

9. Robert Rein	*33:47
10. Tony Paulson	34:33
11. Jon Peterson	34:40
12. Valerie Tinsley	35:06
13. Steve Price	35:24
14. Ken Knapp	*35:48
15. Joe Hudson	35:55
16. Mark Miller/Tim Archie/Liz Lucking/Kristin Johnson	*36:14
17. Steve Baldwin	*36:52
18. Kuno Holtriegel	37:24
19. Sandy Kish Miller	38:33
20. Jennifer Seffernick	*39:19
21. Marina Waugh	40:10
22. Ed Kelly	*40:57
23. T. Siwadune	43:45
24. Pamela Carlson	47:43
25. Nancy Coleman	63:15

Advanced Course (Orange-Yellow com-
bined) - 4.8 km., 20 controls
Split times in parentheses.

1. Ingemar Jansson (17:43/13:47)	31:30
2. Dan Waugh (21:58/16:46)	38:44
3. Debbie Newell (28:53/21:33)	50:26
4. John Huth (29:55/27:10)	57:05
5. Susan St. John (31:02/27:25)	58:27
6. Neil Cochran (47:33/23:25)	70:58
Sture Carlson--DQ (missed no. 8 on yellow).	

* Second course run. **Third course.

CAMP LONG - COC Event and WIOL Compe-
tition, January 7, 1984

Course design - Dave Enger
Meet Director - Debbie Newell
Meet assistance - Robert Miller, San-
dy Kish Miller, Arnold Kay, Harvey
Friedman, Harry Morgan, Gary Mc-
Causland, Dan Waugh, Mike Schuh.

A special feature of the day, in
celebration of the Orwellian new year,
was the Big Brother course, for which
Mike Schuh provided the photographs.
Careful study of the photos should
have enabled the participants on the
advanced course to avoid punching in
at the pictured controls and thus
avoid disqualification.

Beginners' Course

1. Aaron Tate	*18:00
2. Jim and Kelly Fitzgerald	20:30
3. Maggie Barnecutt	21:55
4. Marina + Max Waugh, Andrew Fredrickson, Jeff MacDuff	28:28

5. Jerry Ley	29:15
6. Jason Kester	38:03
7. Tanya, Shannon, Pat Fitzgerald	38:31
8. Kristin Johnson + Liz Lucking	39:56
9. Kathy Murrey	40:25
10. Todd Fairweather	42:28
Leroy Lewis - DQ (failed to punch last control)	

Intermediate Course

1. Jeff Angelo	33:10
2. Ken Wiljanen	37:58
3. Connie Sutthoff	38:20
4. Robert Engelman	40:25
5. Phillip Everett	44:44
6. Leroy Lewis	50:40
7. Gerald Angelo	52:22
8. Roger Sharp	53:35
9. Elizabeth Anderson	53:39
10. Lorna Hughes	58:10
11. Paul Levendusky	58:15
12. Melissa Bridges	67:38
13. Liz Lucking	*68:02
14. Ross Hathaway	70:27
15. George Bukota	78:00
16. Todd Fairweather + Jason Kester	*84:55
Richard Rokita, Katie Ryan - DQ.	

WIOL Course, 2.0 km., 100 m. climb,
10 controls

Men (overall place in parentheses)

1. Brent Felt (Blanchet)	25:22
2(2). Duane Bolland (Issaquah)	28:42
3(3). Kevin Horn (Issaquah)	29:33
4(4). Gregg Tryon (I)	30:27
5(5). Mark Miller (I)	31:13
6(6). Chris Ley (Gig Harbor)	33:03
7(7). Steve Price (I)	37:43
8(8). Art Wilkowski (Yelm)	38:04
9(10). Eddie Chappell (Y)	38:11
10(11). John Dean (I)	39:35
11(14). Kuno Hollriegel (I)	43:44
12(16). Dan Gamash (Blanchet)	44:45
13(17). Greg Sellers (B)	48:42
14(19). Steve Baldwin (B)	50:41
15(20). Jon Peterson (I)	52:30
16(23). Mike Kendall (Univ. Prep)	54:55
17(24). Leland Grinnell (Y)	56:49
18(25). Spencer Lerner (UPA)	58:20
19(28). Andy Demetre (UPA)	61:35
20(29). Aaron Tate (Evergreen)	67:16
Bill Couthran (Y), Vince Fir- lotte (B), Christian Folse (Seattle Prep) - DQ; Dana Schutter (I) - DNF.	

Women

1(9). Kirsten Halvorsen (L)	38:07
2(12). Maia Halvorsen (Bainbr.)	39:46
3(13). Joanna Grunig (I)	41:47
4(15). Melanie Swan (L)	43:48
5(18). Jessica Hirschfelder (R)	49:40
6(21). Erin Renshaw (R)	52:40
7(22). Jennifer Seffernick (R)	53:10
8(26). Michelle Everett (R)	60:10
9(27). Jane Talbot (UPA)	61:08
10(30). Julie Bacharach (L)	73:32
11(31). Nancy Coleman (I)	77:35
Janet Piehl (R) - DNF	

Team Scores (4 places)

Issaquah	14
Blanchet	32
Roosevelt	55
Univ. Prep	68

* Second course run.

Kelsey Creek Park - January 28, 1984
Sammamish Orienteering Club

Course Setter, Meet Director, Finish
Timing - Dave Enger
Registration - Bob Rein, Dan Waugh (WIOL)
Start Timing - Valerie Tinsley
Weather - Warm, overcast
Thanks to all of the above and to Joe
Hudson for helping to retrieve
the markers.

Course 1 (novice) 1.2 km, 5 controls
No times recorded.

Course 2 - 2.0 km, 9 controls

1. Greg Tryon	22:25
2. Christian Folse	25:51
3. John Dean	26:25
4. Dan Gamash	28:15
5. Robert Engelman	28:57
6. Greg Sellers	33:43
7. Steve Baldwin	35:19
8. Robert Wright	35:22
9. Bob Rein	39:45
10. Keith Horn	40:30
11. Kristin Johnson	46:30
12. Lieschan Hansen	46:39
Laurel Edgar	46:39
14. Melissa Bridges	51:15
15. Melanie Swan	53:42
16. Julie Bacharach	68:06
17. Andrea Rizzo	89:05

Course 3 - 2.2 km, 12 controls

1. Sture Carlsson	32:04
2. Greg Tryon	42:08
John Dean	42:08
4. Brad Payne	44:07
5. Duane Bolland	48:12
6. Michelle Everett	54:38
7. Joe Hudson	55:08
8. Phil Everett	56:11
9. Christian Folse	57:40
10. Dan Gamash	57:42
Greg Sellers	57:42
12. Jessica Hirschfelder	63:08
13. Pamela Carlsson	65:24
14. Robert Wright	67:15
15. Ken Knapp	69:55
16. Kristin Johnson	80:34
17. Nancy Coleman	94:48

Advanced Course - 4.2 km, 21 controls (Course 2 + Course 3)

1. Ingemar Jansson	47:14
2. Craig Leed	68:50
3. Kevin Horn	69:45
4. Kuno Hollriegel	74:50
Jon Peterson	74:50
Steve Price	74:50
7. Maia Halvorsen	88:45
8. Anne York	98:14
9. Kirsten Halvorsen	104:58

MARYMOOR PARK - February 18, 1984
Sammamish Orienteering Club
(WIOI practice meet)

Course Setter, Meet Director -
Dave Enger

Registration - Dan Waugh

Weather - Sunny and mild

Thanks also to Roger Mertens for
picking up most of the markers and to
Glenn Englund for help with set-up.

Course 1 - 1.9 km, 6 controls

1. Craig Leed	12:07
2. Robert Carlson & family (3)	25:40
3. Janet Miller	30:54
4. Marina Waugh & guest	43:58
Jessica H. & Erin R.	- not timed
Stephen Lamb	- not timed
Kristin Johnson	- not timed

Course 2 - 3.4 km, 8 controls

1. Michele Everett	32:43
2. Janet Piehl	36:02
3. Jessica Hirschfelder	39:13
4. Stephen Lamb	39:25
5. Sandy Kish Miller	40:14
6. Karl A. Moellmer	45:56
7. Lavon Mertens	63:25
8. Julie Bacharach	71:13
9. Kellie Hawkins	76:50
Janet Miller	DNF
Ardis Dull	DNF
Tanya Fowler & child	DNF

Course 3 - 5.2 km, 11 controls

1. Roger Mertens	32:03
2. Craig Leed	37:01
3. Robert Miller	40:11
4. Steve Price	46:16
5. Christian Folse	48:14
6. Dan Gamash	62:32
7. Kuno Hollriegel	62:35
8. Neil Cochran	64:16
9. Lieschan Hansen	65:35
10. Harvey Friedman	66:04
11. Kristin Johnson	70:55
12. Erin Renshaw	75:20

OABC schedule

For info on meets in B.C.
phone Harvey LA 4-3437
Dan 365-1810
or Colin 604-255-1607
or Lawrie 604-733-4541

Carkeek Park -- 4 Feb 1984

Course setters - Sandy & Robert Miller,
Joe Hudson, Brad Payne
Meet Director - Debbie Newell
Meet assistance - Ardis Dull, John Huth,
Jean & Bob Hendrickson, Carol Johnson,
Arnold Kay, Dan Waugh
Weather - cold & foggy in early morning,
but clear enough for a great view of
Olympic mountains in the afternoon
- Debbie Newell

White course 2.1 km., 7 controls

Todd Fairweather	43:42
Jerry Ley	49:03
Jason Kester	58:19
The Berreths - B	69:52
The Berreths - A	75:25

Yellow 2.2km., 10 controls

Kevin Flanagan	34:50
Bryan Burdo	40:05
Roger Sharp	43:49
Pam Carlsson	59:04
Valerie Tinsley	65:35
Joe Hudson	66:44
Kathy Newell	68:18
Faith Fich	68:26
Jim Fitzgerald	74:15
Jim McNamara	76:50
Bill Seymour	83:28
Fred Warden	83:28
Bill Fritz	90:23
Pat Fitzgerald	110:28

Red 3.8 km., 14 controls

Ingemar Jansson	36:25
Mike Schuh	39:25
Sture Carlsson	41:46
Dan Waugh	45:30
Dave Enger	53:30
Harry Morgan	53:36
Gary McCausland	54:00
Arnold Kay	60:12
Hubert Ellwein	61:18
Robert Wright	61:47
Susan St. John	64:08
Debbie Newell	68:12
Anne York	69:49
Robert Engelman	73:17
Tom Hardin	81:12
Harvey Friedman	89:41
Tony Paulson & Joan Benderson	132:01
*Jason Kester & Todd Fairweather	DNF

St. Edward State Park - 11 Feb 1984

Course setters - Roger Mertens, Dan Waugh
Meet Director - Debbie Newell
Meet Assistance - Kathy & Nick Fowler,
Robert & Sandy Miller, Harvey Friedman,
Dan Waugh, and Arnold Kay
Weather - cold & rainy
-Debbie Newell

Beginner course 1.8 km, 6 controls

Todd Fairweather	24:49
Michael Ledbetter	28:38
Jason Kester	35:00
Kevin Frodsham	35:00
Phillip Everett	44:46
Hans Boehm	51:04
Tanya Fowler	51:25
Marc-Albert van der Meerssche	59:50
Richard Brown	75:24
Leonard Laymon	79:00
Bill Seymour	DQ

Intermediate 2.6 km., 8 controls

Debbie Newell	40:45
Brad Payne	47:50
Roger Sharp	63:19
James McNamara	79:13
Pam Carlsson	81:28
Elizabeth Anderson	106:34
Bill Fritz & son	122:51
Jerry Ley	131:55
Jay Sybert	149:57
Janet Miller	DNF
Valerie Tinsley	DNF
Roger Mertens	DNF
*Fairweather & Seymour	DNF
*Phillip Everett	DNF

* = 2nd course

Advanced 5.6km., 15 controls

Dan Waugh	70:23
Dave Enger	84:24
Sture Carlsson	87:49
Gary McCausland	93:58
Robert Miller	113:04
Harry Morgan	132:35
Connie Sutthoff	DNF
Anne York (didn't copy last 2)	DNF

WIOL CHAMPIONSHIP - DISCOVERY PARK February 25, 1984 3.35 km., 16 controls

WIOL CHAMPIONSHIP - DISCOVERY PARK
February 25, 1984 3.35 km., 16 controls

Teams:

Blanchet 25
Lakeside 36
Isaquaah 43
Roosevelt 43
(Lakeside takes 2nd on strength of better 5th place finisher.)

Counting the one Canadian team, the standings were:

Blanchet 30
Cowichan Valley 38
Isaquaah 46
Lakeside 47
Roosevelt 54

Individuals: (First number--div. placing; second--overall placing; 3rd--team pts. placing excluding Canadians; time in parentheses, split at control no. 8)

Men

1(1)(1). Greg Tryon (Isaquaah) (11:23) 22:52
2(2)(2). Vince Filicote (Blanchet) (11:23) 24:49
3(3)(3). Craig Leed (Roosevelt) (12:02) 26:25
4(4). Chris Lay (Gig Harbor) (13:05) 27:25
5(5)(4). Terry Sellers (Blanchet) (14:42) 28:20
6(6). Rob Bertling (Semalmo) (17:44) 28:35
7(7). Woody Rice (Lakeside) (15:12) 28:52
8(8)(5). Christian Folse (Sea-Prep) (14:40) 30:28
9(9). Dan Camash (Blanchet) (14:06) 30:42
10(10)(6). Gregg Kosa (CVO) (14:04) 31:05
11(11). Frank Yu (Semalmo) (16:33) 31:46
12(12). Leland Grinnell (Yelm) (16:27) 32:28
13(13). Kevin Horn (Isaquaah) (14:20) 34:19
14(17)(8). Scott Calhoun (Lakeside) (19:08) 34:20
15(18)(9). Grant Ehrlich (Lakeside) (23:22) 35:02
16(19)(10). Kuno Hollriegel (Isaquaah) (20:03) 35:02
17(20)(11). Mike Mawood (CVO) (23:27) 35:05
18(21). Steve Baldwin (Blanchet) (14:40) 37:23
19(23)(13).

20(24)(14). Brent Felt (Blanchet) (22:54) 37:31
21(25)(15). Mike Arnold (Roosevelt) (19:17) 37:39
22(26)(16). John Dean (Isaquaah) (17:40) 38:44
23(27). John Russell (CVO) (19:33) 39:48
24(30). Brent Sauer (Yelm) (23:40) 40:11
25(31). George O'Keefe (CVO) (23:03) 42:15
26(32)(19). Jon Peterson (Isaquaah) (27:55) 42:48
27(34)(21). Steve Price (Isaquaah) (14:59) 44:16
28(37). Aaron Tate (Evergreen) (24:40) 45:12
29(39)(22). Steve Prentice (Lakeside) (26:10) 45:20
30(40). Art Wilkowski (Yelm) (24:00) 47:03
31(41). Keith Horn (Isaquaah) (21:22) 47:10
32(42)(24). Pat Boyle (Blanchet) (24:07) 48:26
33(44). John Page (CVO) (30:25) 50:43
33(44)(26). John Kullen (Lakeside) (27:29) 50:43
35(50). Spencer Lerner (Univ. Prep) (27:29) 50:43
Nick Page (CVO) (16:42, 37:22); Eddie Chappell (Yelm) (18:22, 36:50)--DQ for not punching in at last control; Andy Demetre (UPA)--DQ for mis-punching and following.

Women

1(12). Mita Halvorsen (Bainbr.) (16:05) 31:30
2(13)(7). Michelle Everett (Boos.) (15:02) 31:45
3(16). Arlene Bender (CVO) (16:57) 33:10
4(22)(12). Kirsten Halvorsen (L) (21:45) 37:09
5(28)(17). Jennifer Gray (Lakeside) (16:29) 39:51
6(29)(18). Jessica Hirschfelder (R) (19:43) 40:10
7(33)(20). Jessica Hansen (Issaq.) (25:30) 43:11
8(35)(22). Janet Pehl (Roosevelt) (23:05) 44:35
9(36). Joanna Grunig (Isaquaah) (24:14) 44:55
10(38). Kristin Johnson (Issaq.) (19:40) 45:16
11(43)(25). Erin Renshaw (Roosevelt) (18:32) 48:43
12(46). Julie Bacharach (Lakeside) (23:43) 52:26
13(47). Shona Moore (CVO) (29:13) 60:52
14(48)(27). Jennifer Seffernick (R) (40:46) 63:46
15(49). Janet Miller (Roosevelt) (36:00) 79:50
16(51). Shannon Haugland (L)--DQ for mispunching.

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.

Saturday, 3 Mar --- Mt. Pisgah, Eugene, Oregon 1:15000 OSUOC
phone Harvey LA4-3437 for directions

Sunday, 4 Mar ---- Cle Elum Ridge, Ski-O, 1:15000 color
phone 488-7471, 2 or 3 Mar for information

Friday, 16 Mar ---- pot-O-luck, Harry & Lesley's 6:30 PM for food & mazzles
3232 12th W., Seattle 283-6498

Saturday, 17 Mar ---- Hanlin Park, N.E. 165th & 15th N.E., Seattle 1:7500 b&w
--- Durr Road, Ellensburg 1:15000 b&w
competitors must wear something green

Monday, 26 Mar ---- 7:00 PM greenlake library, 7364 E. Gr.Lk. Dr. N., Seattle
club meeting and orienteering techniques program

Wednesday, 28 Mar --- clinic "Intro. to Orienteering", 7:00-9:00 PM,
Mercer Island Parks Dept. Dave Enger 455-5320

Saturday, 31 Mar --- Berry Creek, Corvallis, Oregon OSUOC

Sunday, 1 Apr --- Kelsey Creek Park, Bellevue 1:3000 color
SE 4th Pl. at 128th Ave. SE Dave Enger 455-5320

Saturday, 14 Apr ---- Markworth Forest, Duvall
Mike 783-3960 for directions
S on Carnation-Duvall rd., turn left at Stillwater store 2
mi. N of C., go uphill on Lake Joy rd., 2 mi. Kelly rd., rt.
onto Stossel Creek rd., 7 mi. dirt road

Sunday, 15 Apr --- Thrall Park, Ellensburg Joanne Sperry 925-4716

Saturday, 21 Apr --- Chip Ross Park, Corvallis, Oregon OSUOC

Saturday, 28 Apr ---- Mapping clinic with Ingemar, 9:00 AM at shelter 3 in
Woodland Park, bring lunch

Sunday, 29 Apr --- Lighthouse Park, W. Vancouver, B.C.

Midnattsolgaloppen '83 or

Anne and Harvey in the land of the midnight sun

"Midnattsolgaloppen '83 -- a 4-day orienteering meet all north of the Arctic Circle! Do they really have starts at mid-nite? Is it all tundra/muskeg as we found in Denali Park, Alaska? Or are there big trees? Lapps? Reindeer? One of the competition days counts toward the Norsk O-cup -- can anyone attend? Mike Schuh was talking about possibly meeting at Sorlandsgaloppen before O-ringen; there has been no mention of MG-83 in the past 2 years O'USA, do Americans know anything about MG-83? Let's write to the organizers in Tromsø; out of 45000 people, someone should know English."

So started a great trip. Wanting more orienteering than just O-ringen, we wrote to Stein Sandven in Bergen asking him to send us an O-Kalender so that we could schedule the 1st part of our vacation. We planned to visit Bergen and give him final versions of some of the maps that he had field-checked parts of while spending 9 months in Seattle. Though we had received the Norwegian O calendar by late May, it took us about two weeks to translate enough words so that we felt we understood it. It took a while longer to write to the 4 clubs in Norwegian (and English in case our Norwegian constructions were unintelligible). While we waited for a reply, we looked into travel arrangements and found out that rail service didn't extend as far north as Tromsø; we would have to arrive by bus, by boat or by air. Going by boat would take as much time as going by bus -- too late for days 1 & 2. That meant more flying; but we were happy to realize that we could run in both meets in the month that we had for vacation.

In June, we received replies and a bi-lingual application form. Rather than being in Norwegian and English, the forms were in Norwegian and Finnish. Luckily for us, we were registered in H17C and D17C, respectively, so that we could translate the application form at our leisure and not have to panic about deciding which class to enter. For MG-83 there were the championship categories and then just H17B, H17C, H17N, D17B, D17C, and D17N -- not quite like O-ringen. Even though we realized that day 1 was 200 Km from Tromsø, where day 2 would be held, we decided to go anyway trusting on our fellow orienteers' goodwill for transportation from site to site.

On the charter to Amsterdam, we found ourselves traveling with Colin Preston, the president of OABC, and his wife, Mary Lanzinger. Anne and Mary joked about the presidents not really traveling in the style in which they'd like to be accustomed. Anyway, Colin and Mary went on to Lahti, Finland for the Veterans Cup, and Anne and I flew to Stavanger, Oslo, and finally Tromsø. We arrived after 9:00 PM and frantically began trying to contact the only 2 names we had for people in Tromsø. We reached Olavi Juntilla, the meet director for day 2, who after a couple of hours found us a ride with his brother from southern Finland and 3 boys in the H-12N

class. We were to meet the following day at noon in front of the biggest hotel in Tromsø so our immediate need was to find a campsite to set up our tent to try to get a good night's sleep. We caught a bus going from the airport into town and asked the driver about a campground. He knew no English nor did anyone else of the half-dozen or so on the bus. The driver let the others off at the usual stopping places, got directions from another driver, and surprised us and the potential passengers waiting for a lift that he passed by as he took us to the bus stop that was for the campground. That bus was the biggest taxi we were ever in. We really appreciated the driver's kind service. As exhausted as we were, we felt lucky to get in to the almost full campground. We soon discovered as it got later but no darker that the land of the midnite sun was aptly named and after covering our eyes, we finally fell asleep.

The next morning we got our O' gear together and took the bus into town where we met Olavi Juntilla's wife, the boys and the Finnish father/uncle. We were most grateful for the ride despite the fact that the driver spoke no English whatsoever and, to our surprise, less Norwegian than we did. During a 4 hour drive along a beautiful fjord we observed the magnificent scenery, including rugged coast where any reasonably sized patch of flat ground would contain a house, fishing boat, and net-covered drying rack for cod and other fish. Powerful streams of mountain run-off water and incredibly twisty roads made me wonder what it would be like trying to drive there in December during noon night-darkness. The nervous chatter of boys trying to prepare themselves for the race, the encouragement of father/uncle who would not run himself but just use his videocamera made me reflect on the idea of Little League parents not being unique to the U.S. Anyway, a combination of weariness from a 4 hour drive and jet lag contributed to my total confusion on the course and DNF. Anne finished but went about 3 minutes overtime so she too was still tired. The terrain itself was very runnable but steep -- small spruce and birch with lots of rock features and no underbrush to speak of. We dozed off during the ride back to camp and finally crawled into our sleeping bag for a well-deserved sleep.

Day 2's area was on one of the islands of Tromsø itself so we planned on riding a bus to where we could find marker signs and then on walking or hitch-hiking the rest of the way. All went as planned except that we had to do more walking than we had anticipated. We arrived at the assemblyplace to see U.S. flag flying next to the flags of Norway, Finland, Sweden, and Denmark; yes indeed, we were the only non-Scandinavians at the meet. We both were more relaxed and confident since we arrived at a reasonably early time and felt no more ill effects from the hectic drive of day 1. Spotting someone with a BAOC t-shirt on, I went over to say hello. It was Ove-Gunnar Jacobsen, a top Norwegian mapper who had been thru Seattle in January 1982 as part of Peo Bengtsson's world tour. We chatted briefly since neither of us had run yet that day but I was surprised to learn that since he felt in less than top shape, he was in H17B. If one as accomplished as he entered H17B, competition must be tough. It was time to go to my start.

At the starting chutes, competitors were given 1 minute to look at their maps before the start. I saw 1 trail, 1 power line, and lots of marshes. Leg 1 was 1 km. with no man-made handrails or catching features. A closer inspection revealed a slight re-entrant that went 2/3 of the distance so off I went. To my surprise, the marshes were not muddy and slimy but nice -- almost like running on a sponge. I could sink in to mid-calf and come out wet but not dirty and the tundra or whatever it was was springy and helped me run rather than hindered. It was the hardest, most technical, and yet most satisfying course I had ever run up to then even tho I came in last. Now I understood why Norwegian orienteers generally go in straight compass shots whenever possible if all their terrain was like that.

Since I finished early enough, I was able to see others sprint in to the splendid finish area -- a promontory jutting out into the fjord looking at snow-capped peaks on the other side. Anne York finished even earlier than I and had her best run of the meet, placing 6th. We were both ecstatic about her fine performance. Anne asked the PA announcer to inquire if anyone could provide rides for 2 English-speaking folks for the next 2 events. Shortly thereafter a blond in a Birmingham jacket came up and said, "You must be the 2 Americans." Thinking more quickly than I did on the course, I replied that that was correct and that he must be Anders Bjorkland, the Swedish mapper who had done lots of excellent mapping in the U.S. the previous few months. (One does find useful information in O'USA, and from Lynn Aldrich, VOC). He said that he thought it was just about the best orienteering in the world at Midnattsolgaloppen and that he felt that coming the long distance was worthwhile. I also learned that the A, B, or C for course category only indicated length, because they all had the same technical difficulty. I looked forward to the next day to rest a bit before the final 2 days of competition.

After she heard the PA announcer, Helen Thon, an Irish-woman married to Halvard Thon, a cousin of the 2-time world champion, introduced herself to us and offered a ride for day 3 of the meet. In fact, when we phoned the next day to verify a time and place to meet, we were invited for supper and encouraged to remain overnite. Naturally, we accepted with alacrity. We had excellent meals and interesting conversation in a home overlooking a fjord. The morning before we left, Anne, Halvard, and his 3 sons rowed out to fish but they didn't catch anything. We did learn that originally start times were at midnite, but parents complained because it raised havoc with children's sleep schedule; so 4:00 PM was the time for day 1-3 starts and noon for day 4 to allow reasonable departures for travelers from afar. Also, MG was held only every 2 years and we were not the 1st Americans to run there; someone from California was there in 1977. Noone could remember who he was tho. All in all, it was a great time. We drove with them to the day 3 location, another splendid site. I made too many parallel errors so again finished last and Anne finished last in her class also. Halvard also didn't do as well as he had expected he would and called it challenging terrain. We are

extremely grateful for the kindness shown to us by the wonderful Thon family.

We got an 80 km ride with the Moen family to a camping place within walking distance of the day 4 assembly place. Skibotn was the only place where we thought that there was a mosquito problem. More challenging terrain and although Anne improved over the previous day to finish in the middle of her class, again I came in last. But, intrigued by my being "suitably amateurishly dressed in dungarees and windbreaker", a local reporter interviewed me after I finished and his photographer posed Anne and me in a picture with a silly caption that accompanied the story he wrote. The story headline said that the most important thing is not to win, but to participate. Since we were in Oslo when the article appeared, we didn't find out about it until we arrived home; the Thons and Elisabeth Gjaever independently sent us the page with our picture on it. Whenever I see that page, it reminds me of the splendid orienteering meet and wonderful people we met in northern Norway.

United States Orienteering Federation

P.O. BOX 1039
BALLWIN, MISSOURI 63011

APPLICATION FOR MEMBERSHIP - Date _____

Please check - New Mbr ☐ Renewal ☐

I hereby apply for membership in the U.S.O.F.
I understand that I am entitled to all benefits
of the organization, including membership in
the I.O.F. I am applying as follows:

A. As a member of a club chartered with USOF:

Club _____ Club Off sign _____

☐ Student \$6-* ☐ Individual \$15-

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*NOTE: Students must be under 21 years of age.

B. Member-at-large (not a club member):

☐ Student \$6-* ☐ Individual \$20-

☐ Family \$25- ☐ Lifetime \$250-

Name (print) _____ Sex _____

Address _____

Zip _____

Yr of birth _____ Home phone _____

(if family membership, please list other mbrs)

Name _____ Sex _____ Yr born _____

Membership expires one year from date of
receipt by USOF. For renewals, membership is
for one year from expiration date shown on the
front of the card. Make checks payable to
United States Orienteering Federation.

Cascade Orienteering Club

MEMBERSHIP APPLICATION

Check one: ☐ New Member ☐ Renewal

Name _____

Address _____

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☐ Family \$10.00 ☐ Individual \$7.00 ☐ Associate (under 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

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