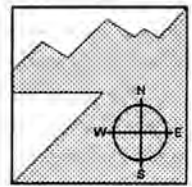




BEARING 315



The Newsletter of Orienteering in the Pacific Northwest

March, 1993

Orienteer in Spokane on Bloomsday Weekend

If you are going to Spokane for the Bloomsday Run on May 2, you may want to take in an orienteering event at Lincoln Park on Saturday afternoon, May 1. Lincoln Park is a city park, so the courses will be short, but there is substantial climb, and much of the park is undeveloped, with many rock features. It's a black and white map, with a \$2 fee for members of any orienteering club. Registration will be from 1:00pm to 3:00pm. To get to the park if you are eastbound on I-90: take the Division Street exit, go straight ahead at the bottom of the exit ramp and follow 4th Avenue (which runs parallel to I-90) east to Sherman, turn right (south) onto Sherman, left onto 10th Avenue, and right onto Southeast Boulevard, proceed on Southeast Boulevard to 17th Avenue, turn left and follow 17th to the park.

1993 WIOL Champs Meet

by John Sincock and Melvin Rader

The WIOL Championships this year was both well organized and challenging, despite the fact that it almost didn't happen at all.

The meet this year was threatened by the sudden loss of our primary location, a casualty of the Inauguration Day wind storm. Original plans had called for the meet to be held at Bridle Trials State Park, between Bellevue and Kirkland. Following the storm, the parks department informed us that between 1500 and 2000 trees had been blown down in the park. Following directives from Olympia, they had closed the park to the public, since many of these trees were still hanging suspended above trails. Further discussions with the ranger disclosed a bureaucratic tangle had ensnared the recovery work, and progress had virtually halted. (Three state agencies were trying to direct the work from Olympia. Imagine the chaos.)

This being the case, the meet site was moved to Lake Sammamish state park. This was selected because of its close location, numerous facilities, and availability for booking. Mark Howlett, our intrepid course designer, had already completed his courses for the original site (and had revised them once following the storm.) He nonetheless designed, field-checked, and placed entirely new courses at the new site the weekend before the meet.

With the help of Cascade O club, the word was spread far and wide about the location change. On the morning of the meet, a sign was placed at the locked entrance gate to Bridle Trails park, warning of the change.

The weather forecast predicted clear and sunny weather for the meet date, but the morning dawned gray and leaden. The meet crew completed setup without a hitch, and the first WIOL orienteers were off on the course at 10:10 am.

The finish layout directed competitors down a long chute that ran them past the post-meet gathering place, so teammates already done could cheer or mock their friends and foes. The finish was announced by Mike Schuh, who using spyglasses and computer was able to announce times as the runners crossed the line.

Times were displayed on video monitors in two locations, giving constantly updated results to the gathered crowds, and increasing the excitement among

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those waiting to see which school would win. A huge array of trophies, generously donated by Mark and Wanda Howlett, added to the suspense.

As part of the meet festivities, a hot-dog barbecue was offered, and by the speed at which these vanished, was judged a popular attraction. The barbecue crew worked hard at doling out the dogs, buns, chili, and cider to the WIOL runners, and to the general public.

The course itself was fairly easy to navigate but the terrain was rough. Several runners sunk waist-deep into mud or were cut by thorns. Nick Bone commented on the WIOL course: "I would have preferred a more challenging course. I felt the course favored people who could run rather than people who could navigate well. Although having only one course [for WIOL competitors] increased the competitive spirit, I thought the two-course system provided interest to a wider range of competitors."

Sammamish Orienteering was pleased to have the appearance of member Benjamin Hall, who has been absent from the Puget Sound area for much too long. Ben's arrival was quite a surprise, as he had returned only the previous night from a long stay on the east coast.

[Full results on the WIOL Champs are in the results section. Congratulations to the winners!]

Clinic Preview

Peter Bonek and Claudia Kunzel

Hi folks! This is just a short note on what you can expect at the clinic. From what I noticed last year you stop too often between the controls, and concentrate on details. We hope to give you some idea on what and how you might improve your skills. We want you to focus on the major features. The magic words will be simplifying, simplifying, and simplifying. It is not so important that you know any time on the course exactly where you are, but when you want to know it exactly. The more rough features you **memorize** (the more you can structure your leg) from the map the fewer times you have to stop. The more you memorize from the terrain the easier you relocate (just in case!). So, we think both techniques, nicely balanced, provide a good set of tools for orienteering.

One exercise will be a star memory O where you memorize a control and after returning from it you draw the important things you need to find that control. Then you exchange your "maps" and try to find the control with it. We will have one relocation exercise similar to last year's. For the map memory we do the structuring exercise again. The first guy runs to the first control by memory, while the second guy memorizes the second leg, handing over the map to the first guy again and goes for the second control. For the fast guys we have a group O, where you can prepare your leg while following the leader, but every two minutes you have to pin your map at the current location. As leader

you want to leave the other two behind. Our final "competition" will be a team O where the team may split the controls among one another, but have only one control card. A very short warm-up exercise will be control routine (when to look at the map, when to read the control description, how to punch without losing much time, . . .)

As you might have noticed: many group exercises. This should force you to a competitive pace, because most of the exercises are just a waste of time, if you go slower. Fortunately we have two days this year. This should give enough time to rest and **talk**. Moreover there will be an indoor session Saturday night. If you have any special wish for exercises that might be of common interest let us know (604-222-1382 or e-mail peterb@ee.ubc.ca or Rick at 367-2606) and we can try to build it into the clinic. To be best prepared for the clinic eat lots of carbohydrates (i.e., noodles, rice, potatoes, pizza) after you burn yourself out on a hard Wednesday run. Eat and drink as soon as possible after each exercise for better recovery.

PS: Remember when you are close to the control: they hang in the terrain and not on the map, so **look!**

Why Is It?

Steve Miner

Why is it the big storms always blow on an O-mapped area after the course designers have field checked the courses they are designing for the next event scheduled in the area?

Why is it whenever you cross paths with an off duty county sheriff officer while setting up an O-event, the officer investigates the last control you set in a reentrant, copies your license plate number down, and asks a lot of questions (and he doesn't even stop the bad guy who stole marker 379)? I think this is suspicious.

Why is it the weather is always so nice for the winter O-meet and Rambo at Point Defiance?

Why is it always raining on the course designers of the winter O-meet and Rambo at Point Defiance?

Why is it that parking is so scarce at O-meets?

Why is it I always get lost on the trail to the starting area?

Why is it that the only closed bathroom in the park is between the registration area and the meet start?

Why is it battery supplies can plug into things in more ways than expected?

Why is it that the discovery of a new way to plug into something occurs with many eager watchers around?

Why is it the new way generates lots of smoke?

Why is it whoever stole marker 379 also took the survey ribbon with the marker number written on it?

Why is it the stolen marker was on the most popular course?

Why is it the stolen marker was on two courses?

Why is it the stolen marker was on **my** course?

Why is it that at each meet the registration, master map area, and starting procedures are a little or a lot

different from the last registration, master map area and starting procedures?

Why is it the registrar is the only one confused about registration prices?

Why is it the meet director didn't communicate the correct prices to the registrar?

Why is it that siren blowing vehicles (one police car, two fire trucks, one rescue aid truck, one fire boat, and an ambulance) scream through the area while orienteers are still on the course?

Why is it that the map is hardest to read in the finish area?

Why is it the finish watch which suddenly stops?

Why is it that the further the start area is from the finish area, the more likely it is the only place where there is a working watch?

Why is it the course setter is so sadistic?

Why is it the marker that is hardest to find is always low, hidden, or reported to be in several places?

Why is it that flour covers all the trails at the end of an O-meet?

Why is it the meet director never has enough compasses to rent during the meet, and there are more compasses in the box at the end of the meet than at the beginning?

Why is it the meet director sleeps the next day completely away?

I recognize that most of the above questions address areas I can and should improve in future events. I will keep the questions as my list of things to improve.

I would like to thank Tom Miner, Brad Miner, Mike Schuh, Ardis Dull, and all the others who provided help, comments, and suggestions before, during, and after the O-meet at Point Defiance.

California Or Bust!

Gary Kraght, BAOC

Back in 1846, the Donner party were terrible orienteers. First, they missed their start time by a couple of months. Then came a series of unsafe route choices and losing contact with the map. Finally, they did not have the sense to quit when the course closed. They suffered the ultimate overtime penalty.

Luckily, USOF wasn't around in 1846, or our insurance bills would be a lot higher today. But 147 years later, the Bay Area Orienteering Club welcomes all modern-day orienteers and orienteering wanna-be's to the 1993 USOF Annual Convention and the Western State's Championship A-meet, to be held near Donner Summit northwest of Lake Tahoe. In remembrance of the Donner party, a special theme of this year's convention will be "Improving Your Orienteering Skills."

What will be on the schedule? On Wednesday, July 14, the convention opens at Sugar Bowl Ski Resort. We can't promise skiing in July, but we can promise grand

vistas of granite peaks and that fresh pine-scented Sierra air! There will be fun activities galore for the whole family. Rick Worner will be bringing back his junior training camp, open to all interested juniors. For younger children, we will provide child care, including daily string-O's and other games. We will coordinate excursions to local attractions for non-Orienteering spouses or people who wish to take a break.

Of course there will be the traditional convention events we have grown to love: the early morning run (and swim!), the ice cream social, the Friday afternoon Annual USOF General Meeting. Seminars, seminars . . . two seminars on the latest on computer O-tech, seminars on local history, seminars on O-publicity and how to start up a new club, about 18 chances to catch up on the latest in the orienteering world. How about a seminar on seminars? (Just kidding.)

In addition, we will have a complete set of classes on "Improving Your Orienteering Skills," covering topics such as visualization, using contours, route planning and handrails, relocation, shoot and pace, and mental preparation. You will have chances to get your quasi-competitive juices flowing with several fun orienteering events, including (rumor has it) an opportunity to orienteer in the fourth dimension, and a course-setters competition where everyone gets to run on the winner's courses. And Wednesday afternoon we will have a run/walk along a glorious stretch of the Sierra crest (weather permitting.)

Saving the best for last, weekend brings the Western States Championships at Boreal Ridge, the first ever USOF A-meet held in the Sierra Nevada. The terrain is not too steep by northern California standards, although it is high in elevation (7000 feet). Imagine a mixture of runnable pine forests, rock slabs and cliffs, above timberline tundra, with small lakes and meadows and wildflowers liberally sprinkled in. Now imagine that this panorama includes you! For families who come early, there are many opportunities for sight-seeing or hiking. You may wish to sail on Lake Tahoe, shop for antiques in the Sierra Nevada "gold country," see the shows (and showgirls) in Reno, or hike a portion of the Pacific Crest Trail.

Sugar Bowl Ski Resort is located just off Interstate 80, one hour from Reno (best bet) or 4 hours from San

Submission Guidelines

Bearing 315 welcomes submissions of articles, letters, or photographs about orienteering. If you would like your submission returned, please include a self-addressed envelope. The submission deadline is the 23rd of each even month for the issue to be mailed on the following 1st. Submissions should be mailed to:

Bearing 315
c/o Peter Golde
14422 NE 42nd Pl. #801
Bellevue, WA 98007

If possible, please submit on an IBM or Macintosh diskette, or submit via electronic mail to petergo@microsoft.com. If you use a word processor (preferred), please submit in Microsoft Word, WordPerfect, MacWrite, or RTF format; plain text format is also an option. If you would like your submission to be printed without a by-line, please explicitly indicate this. Meet directors, please send meet results to Debbie Newell for compilation.

Francisco. It may also be possible to fly into Sacramento with connecting flights. For anyone driving from the Colorado 5-day the week before, driving time is about 19 hours from Denver.

Expect great weather with temperatures in the 70's or possible 80's. Hail, cold drizzle, and even snow flurries are possible in July, but most days are warm and dry with the occasional afternoon thundershowers.

Come to California — thar's gold in them hills!

Husky Fever!

There's a new orienteering club in town. That's right, the University of Washington now has its very own USOF-chartered orienteering club, Husky Orienteering. Organized by Eric Bone, former WIOL champion and long-time Cascade member, the new club will be a way for University of Washington students to be involved in orienteering. The new club has already held its first meet: the relay event on the campus in February.

Remember, the Husky football team won the national championship in 1991. Could 1993 be as good for orienteering? The Husky team should be extremely competitive at this year's Intercollegiate Championships, on April 3 and 4. Results will be printed next issue.

Husky Orienteering is Washington State's sixth active USOF-chartered orienteering club. For more information, call Eric at 634-2279.

*If you are confused, check with the sun,
Carry a compass to help you along.
Your feet are goin' to be on the ground,
Your head is there to move you around.*

— R.E.M., *Stand*

Rogaine Planning

plus an invitation

by Bob Reddick

Sunset: 8:04 PM PDT. Sunrise: 6:25 AM PDT. But what are the EENT and BMNT times? Must call the Army or US Weather Bureau. And Moonrise is 2:57 AM, Moonset 5:42 AM according to the Farmer's Almanac. Hummm! Is this data accurate for Latitude 47 degrees, 15 minutes N., Longitude 120 degrees, 30' W. on August 14th night and 15th morning, 1993?

Well, you wonder—who cares? The answer is: The rogaine course planners now, and soon the one hundred plus participants in the second 24-hour rogaine to be held in Washington State. Again, you might ask—"So what? It's always cloudy and rainy there, so who'll ever see the moon, much less the sun, during a 24-hour event in the mountains?" The answer is, hopefully: This is Eastern Washington, in the summer, at elevations over 5000 feet, and in fairly open forest. Visibility should be excellent, with only scattered clouds. Temperatures expected from 50 to 90 degrees

F., some deer and elk, no grazing cattle, and lots of other wildlife to enjoy.

Your friendly US Forest Service has approved the use of this Wenatchee National Forest area at Table Mountain, after many phone calls and a detailed permit application. We have thrashed out the impact problems of over one hundred campers and a lot of cars going into this area—to a one-time use no-facility camping area. Bring your own water bottles and purifying stuff. Porta-toilets will be provided, plus a continuous meal after 6 PM Saturday through the event end at noon Sunday.

For those considering organizing a ROGAIN soon, the following planning details are offered here for guidance. Much of this is based on Keg Good's Lessons Learned About Rogaines notes of July 8th, 1992 from her experiences, plus lessons from events in Canada and the rogaines in Washington.

Get a sponsoring club! You'll need their resources—including about 40 or so orienteering marker controls, experienced volunteers who can unerringly locate your kitchen-table selected control features using outdated 1:24000 to 1:69,000 scale topo maps to flag them; insurance coverage from USOF or another sports body; and the logistics personnel who will willingly and faithfully organize and set up the administrative and food facilities needed at the base camp—which I like to call the Hash House (HH) per the Australian term.

Get permissions. Contact the landowners, forest service, local sheriff, Search and Rescue teams, and any groups that may have reservations for events in the area.

Get every map available for the area of interest. For a 24-hour event, the area should be about 10 by 10 km, or 100 square km., of varied and hopefully forested topography. The USGS 7 1/2 minute quads are most useful in our area, and the forest service fire road maps usually show best the driveable roads. It is very important that the parking and HH be reachable by a good-surface road so that all participants can drive in. Alternatives parking areas and bus or shuttle service, or even using 4WD vehicles might work, but add many problems that could lead to a less than successful event.

Make a preliminary plan for control placement, using a good distribution of controls throughout the area. Since this is a score-course event, the control locations are usually given score values based on some cleverly-designed scheme of point assignment.

Plan to use about 34 to 40 controls (scale back accordingly for 6, 8, or 12-hour) with a score distribution of: 5 at 20 points, 5 @ 30, 8 @ 40, 7 @ 50, 6 @ 60, 5 @ 80, and 4 @ 100. The most important considerations are to make the event challenging but fun, and to give the ultra-marathoners and the family day hikers planning and execution challenges within their diverse capabilities. The score values are assigned based on distance from the HH, distance from adjacent controls, climb involved from adjacent points, difficulty of navigation in the immediate area, scenic value of

feature (yes, you can do some tour-guiding to your most scenic spots by assigning high values). Be careful in assigning point values around the HH in all directions, so that no part of the map is obviously the best area to pick up the highest score quickly. The course planners will have the enormous satisfaction of observing at the mass start teams scattering to all points of the compass!

No controls should be closer than one kilometer to each other, if possible. Also, no controls right on roads, main trails, or often-visited features where other visitors in the area might remove your control bags before (or worse, during) the event. The Australian Course Planners Manual suggests using an offset control description to safeguard your markers where necessary—something like: Top of hill (viewpoint), then 30 meters W. 270 degrees in dense brush. This offset should be used sparingly, since at this scale map, the feature might be hard enough to identify without question if it has no marker visible. Also, remember that night navigation is even trickier, and without a visible reflectorized marker to seek out, that hidden marker might take hours to locate!

Speaking of night navigation, it's not nearly as difficult as it might appear, particularly if major trails and road are used to cover longer legs. With strong attack points to approach big control features, many controls can be nailed with little use of flashlights. I learned from Neil Phillips of Australian rogaining fame that more can be seen of the surrounding terrain in darkness without a flashlight, which is mainly good for watching your footing. Headlamps work well, a small flash is good for map-reading, and occasionally a big D-cell flash is useful for finding that elusive marker.

Once a suitable HH is located, I try to put relatively low-value (20 or 30 points) controls on easy features near good trails or roads in at least 5 different directions from the start. Just beyond each of these, I try to have two high-pointers (50 to 80 points) to attract teams that way. The best route-planners are looking at contouring and the climb involved very closely, so the planner should, too. The most challenging and distant features are selected next. I put those four 100 pointers initially at the four far corners of the 10x10 km. playing field, and offer the challenge to the elite teams to get them all in the 24 hours. If the essential water is set out in bottles on or near driveable roads, these become controls themselves, with appropriate score points. Otherwise, participants may unwisely choose to ignore them.

The ideal course, in my view, will give the family day-hikers one or two easy loop routes that will gain them maybe 400 points in two easy day-hikes, say 12 to 6 PM and then, after dinner and a good rest, 7-12 Noon. However, the most elite teams, the likes of Peter Gagarin and Fred Pilon, moving at 5 to 6 km per hour for maybe 20 hours of walking/running—will most likely reach all but one of the controls. I'd be very embarrassed if some team got them all and came in several hours early!

As in orienteering events, it is very important that each control location be field-checked early, and a determination made that the location can be found using the provided map, from any compass direction, with due consideration to night navigation problems and safety. Its point value must be calculated vs. all the other controls. Sample routes can then be done by map-study, to see if it is too easy to find optimal routes for high scores. When control bags are ready to be set, the people doing the placements should be using the actual map for the event, and the control descriptions in final draft form. A different person than the original field checker should be sent, to avoid some of the placement errors possible. Each marker must be hung where it can be seen at night, and hopefully tied so that animals or 40-knot winds won't remove it before the event. Deer seem to love to chew on tie-strings, and even nylon, if there is enough body sweat to give a salty taste to them. Tabasco sauce and mothballs have been suggested for preventive treatments.

At each control location, an Intention Sheet is also tied in place, along with the control punch to mark the control card carried by the rogaîne team. Use waterproof paper or bagged or coated cardstock for these. When the team punches in, they also sign in, show the current time, and indicate where they **intend** to go next. These intention sheets are a safety feature in case of lost teams, an attempt to police the rule that teams must not separate on the course, a means of friendly communication to other competitive teams that you beat them there, and perhaps a help to confused teams as to where it might be best to go next! After the event, when these intention sheets are recovered, a detailed spreadsheet could be made up to show each team's arrival time at all visited controls. (An enormous job, but some people like lots of data!)

Remind all participants in an advance brochure that the "ten-pound pack rule" is in effect—that is, each entrant should show their next-of-kin that what they'll carry with them in their day-pack will be just enough to allow survival for at least two days in the most severe conditions Mother Nature might throw in the game. The contents are up to you, but should include water and water purification means, extra warm clothing, night sleeping gear, emergency fire-making items, food bars, a knife, first aid pack, any needed medicines, and a good flashlight.

Food planning and service are historically a very important part of a rogaîne. Although teams are responsible for their own on-trail nourishment and water, the Hash House environment is one of recovery, tall-story telling, camaraderie, refreshment, ravishing hunger, and a need for hot food in large quantities whenever a team arrives back. The planners can figure about \$5.00 or more per person for the food budget, and should expect to prepare hot soup, perhaps stew, drinks, and have for self-service preparation a wide variety of fruits, vegetables, breads, crackers, and other filling items. Luxury products like baked goods and beer/wine might be offered for individual purchase, if

you have volunteers willing to take care of it. A large food tent separated from the administration tent or area is needed. We always plan for rain at some time during the event, so shelter is important. Don't forget the sanitation facilities, extra water, first aid gear, and the back-haul of garbage.

With a pre-registration, very few day-of-event changes need be anticipated. A self-scoring punch card is used, so the organizers must only verify the punch count and double-check the addition as the teams finish to determine final scores and awards. Historically, rogaie awards are token in nature, are often hand-crafted and represent the local area of the event. In addition, if sponsors have donated prizes, these can be grouped and winners allowed to choose one from the "pile" and all left-over prizes are given based on a drawing from the control-cards of finishing teams that are still present at the awards ceremony.

By the way, a rogaie is usually attended by several teams who must leave soon after the finish—so awards should be handled quickly. To expedite this, and for safety purposes, a very high penalty is imposed for late finishers. At least 10 points per minute is recommended, with a no award or perhaps zero score penalty after 30 to 60 minutes.

At John Sincok's insistence, here is what those terms BMNT and EENT from the first paragraph above mean: Beginning Morning Nautical Twilight and Ending Evening Nautical Twilight are those times when the sun is 12 degrees below the horizon, and the light is just enough to see shapes at a distance. Reportedly from the old mariner usage by lookouts trying to spot ships on the horizon.

If your team would like to challenge the Table Mountain Rogaine, you may send in an application form now, using the USOF or O/NA generic form, or even a letter. Send your entry to the Sammamish Orienteering Club, PO Box 3682, Bellevue, WA 98009. Entry fees to be announced will cover maps, food, prizes, USFS application and user fees, printing and postage, and site facility rentals. You may pre-register now for the Men's, Women's, Mixed, Masters (over 40), or Group sections. Include ages of all teammates. Select the 12-hour option if you prefer. Further information will be mailed to your team's address about one month before the event. Although the Table Mountain area north of Ellensburg, WA is now embargoed to you, we can't stop you from ordering the Green Trails map at \$2.50 each of Liberty, No. 210 and Thorp, No. 242 from Pioneer Maps, 1645 140th Ave NE, Bellevue, WA 98005—or sneakily perusing the USGS quads in advance. My experience is that this does little to help even the most dedicated competitive team, but at least you'll be able to estimate your driving time, and figure how to get to the event area in advance.

Please call or write the author for more help in *your* rogaie planning!

Beginning Orienteering Class

Mike Schuh will teach an introductory class in orienteering through the ASUW Experimental College. The class will combine a basic introduction to the sport with classroom lecture and outdoor exercises. Topics will include map symbols and map reading, terrain association, elementary compass and pacing techniques, "what happens at a local meet", route choice, what to do when "lost", and some training ideas.

This is the 13th year Mike has taught this popular and successful class. Former students include many currently active Cascade OC members and even a few celebrities. The class will be taught in Seattle's Discovery Park on Sundays, from April 25th through May 16th. Two sections will be offered—the first from 10am until noon, the second from 12:30 until 2:30. To register, contact the Experimental College directly at 543-4375 or pick up a spring quarter schedule at a local library. Class fee is \$20, \$15 for seniors and students. There is also a registration fee payable to the Experimental College. If you have questions regarding the class, please call Mike at 783-3960.

O' Suits Have Arrived

Our regional orienteering suits arrived a few weeks ago. If you ordered one and still have not picked it up, call me (Debbie Newell, 488-7471) and arrange to do so. If you have already picked up your suit, but find the size you ordered does not fit, let me know: someone else may wish to trade. If you did not order one, but would like to, don't despair. If we get at least 10 orders, we can order a new batch.

CPR Course Available

If there is sufficient interest, Rick Hood will be conducting an American Red Cross Standard First Aid and Adult CPR Course on Sunday, March 21. Upon completion of this one-day-eight-hour course one will receive valid ARC Adult CPR and Standard First Aid cards. Cost, including supplies and certification, is approximately \$25. If interested or for additional information, call Rick at 367-2606 before March 15th; course limited to 10 orienteers. (Note: the same course is also available directly from the Red Cross and many other community sources for approximately \$45 throughout the year.)

Training Partners Sought

Do you want to improve your physical endurance? Do you want to have company while you do it?

If yes, give Sandy Kish Miller a call. Sandy is trying to put together a group that will support each other's training goals. There is no minimum level of fitness required, just the desire to improve. Call Sandy at 782-1437.

Peter Bonek and Claudia Künzel's

Orienteering Clinic

for Serious Intermediate through Advanced Orienteers.

March 27-28 at Ros/Cle Elum Ridges and Camp Koinonia

If you want to improve your orienteering technique, take advantage of this great training camp hosted by Peter Bonek and Claudia Künzel, both members of the Austrian National Orienteering Team.

The Clinic will consist of three in-the-field sessions on Saturday at Ros-Elum Ridge. Then dinner and discussion at Camp Koinonia followed by evening indoor sessions. Sunday starts off with a hearty breakfast at 8:00, then two in-the-field sessions on the Cle Elum map (permission pending) with the second being meet-like.

While this course will focus on orienteering techniques over physical training, Peter has requested that anyone interested in this camp make every effort to be in his or her "competitive shape," whatever that may be. What Peter wants to avoid is starting off at our pace, then slowing or stopping to map read or rest. So get up to speed before this event by putting in those training kilometer and practice map reading on the go.

Peter and Claudia are again donating this time this year. Profits after expenses will be sent to the US and Canadian National teams in proportion to attendance.

This camp is limited to the first 30 orienteers who send a check in full made out to "COC—Spring Camp" to Rick Hood at 19708 15th Ave. NE #19, Seattle, WA, 98155. We will then mail a mini-packet to you. For more information, call Eric Bone, Clinic Director and Land Use Coordinator at 206-634-2279, Peter or Claudia, Instructors at 604-222-1382, or Rick Hood, Registrar and Camp Arrangements at 206-367-2606.

Component	Description/per-person price	
Clinic Fee	Adult (\$30)	\$
	Under 19, or 3rd family member (\$15)	\$
Koinonia Meals	Sat Chicken Dinner (\$5)	\$
(optional)	Sun. Breakfast (\$4)	\$
	Sun. Bag Snack (\$1)	\$
Koinonia Lodging	Bed Group Cabin (\$9)	\$
(optional)	"Rustic" Open Bay Cabin (\$5)	\$
BYO sleeping bag/towels	Camping (\$3.50)	\$
Total		\$
Name and address:		
Other family members:		

EVERYONE WELCOME!

Spring-ORIENTEERING

'B' MEET
Sanctioned by the
Orienteering Association of B.C.

MARCH 20-21, 1993

VICTORIA, B.C.

EXPERIENCE THETIS WEST!

SAT, March 20
10:30 Registrars Clinic
11:00 Registration
12:00 Starts
6:30 Social

SUN, March 21
9:00 Registration
10:00 Starts
All activities at
Thetis Lake Park

Whistles are mandatory
compasses advisable
no other equipment
necessary.

ORIENTEERING CLUB
304 - 620 VIEW STREET
VICTORIA, B.C. V8W 1A6
PHONE (604) 380-4562

MEET Director

Course Designer

Controller

Course	Length	Categories
1	1-2 KM	D-12, H-12 Novices
2	2-3 KM	D 13-15, H 13-15 Open C
3	4 KM	D 50, H 50 Open B
4	4-6 KM	D 35, H 35, D 16-20 Open A, H 16-20
5	6-7 KM	D 21, H 21

Lorna Stirling
479-7060

Carl Cogger
477-6317

Gar Fisher

OPENS are for those running below their age categories.

FEES - \$6 Adults, \$3 Juniors, per map, per day plus \$2 for non-members

MAP - 15,000, 5 colour, 1002 Thetis Lake Park (O-CAD) using areas virgin to VJs and K-Swiss

MASTER MAPS - Draw your own courses
No advance registration required

B & B - Billposting and babysitting, Coral Loys 477-2610

ALL FUN RV PARK

RR#6, HORDON ROAD, VICTORIA, B.C. V8X 3X2
Make All Fun RV Park home base for your Victoria visit! We have 85 RV sites with full or partial hookups - phone and cable TV, laundry, showers, store, propane, ice, sani station & firewood. Pets & campfires allowed. Close to shopping, hiking and fishing - 5 meters from Finish and Registration. Reservations call (604) 474-4546.

VICT
ORIENTEERS

ORIENTEERING CLUB
304 - 620 VIEW STREET
VICTORIA, B.C. V8W 1A6
PHONE (604) 380-4562

ON SITE - YEW TREE RESTAURANT - LICENSED

Second Annual Newcomers' Event

by Rick Hood

While newcomers are always welcome at every meet, the upcoming event at Woodland Park on April 17th is really a day we planned with them in mind! How's this different from a normal meet? Simply put, we've designed the four courses and a few mini-workshops primarily to appeal to people trying O' for the first time, whether they are from the running or hiking community or just out for a good time with family or friends in the local woods. We really want everyone to feel welcome. (Of course for the more seasoned orienteer, there's the triple link challenge of doing the last three course as a one person relay.)

And our success, to a large extent, depends on your help; we'd like to ask you spread the word about this event and consider joining the event staff. (Did I mention that we had a blast last year and if you been to a meet or two you've got enough experience to help out.)

OK, here are some more details about the event and a mini-flyer (below) that we hope you will share with your friends and cohorts. Please call me at 367-2606 if you'd like to help out for part of the meet; we love to here from you. And a special thanks in advance to Harvey Friedman for designing the courses and the Kings for being the first to say, "we'd love to help."

Basically, our approach will be the same as last year featuring the "Newcomers' Sandwich". We start with a very brief overview prior to the short self-teaching beginners' course; then offer an optional mini-techniques workshop; then have three more courses that top out at the easy intermediate technical level and two more mini-workshops that can be stacked in progression. How big of a sandwich a newcomer makes is up to them; we just want it to be tasty! Last year we had a tremendous turn-out from both newcomers' and seasoned orienteers; here's hoping we see the same this year!

Experience the Fun and Challenge of Orienteering at Cascade Orienteering Club's Second Annual Newcomers' Event

April 17th at Woodland Park in Seattle
10am to Noon

Orienteering is a cross-country walk, jog, or run through local parks and woods where, using a map, you choose your own route to pre-set checkpoints alone or with friends. It's a great and safe mini-adventure right here in town!

No advanced sign-up special equipment is necessary. Cost is \$2 which includes a souvenir 5 color map of Woodland Park. Show up anytime between 10am and noon to get started; just come to the registration area located in the picnic circle off of North 50th Street between Greenlake Way North and Aurora Ave. Hope to see you there!

For more information call the Orienteering Hot-line at 783-3866 (that's 783-FunO) or Rick at 367-2606.

Who Is It?

Here's two more yesteryear pictures of Northwest Orienteers for you to identify. Due to the poor print quality last month, the first one is a reprint from last issue.



Running Light

Keg Good

[Keg Good is an East Coast orienteer and is very involved in Rogaining. Keg's comments center on "how to run" and are a response to some that feel the best way to run is to "attack the woods, tank style" and plow your way through the terrain. Keg suggests we "run light."]

Having also visited the Bramble Bash this weekend and not having a discernible scratch on my body, I offer the proper technique to . . . others.

In the previous discussions about weight and orienteering, the entirely incorrect approach was taken.

The idea is *not* to be a tank, mowing down the vegetation, crushing all underfoot, churning up the swamps, and generally using linebacker techniques on the opposition.

Instead, you must think light, very, very, light. In effect, you must fly, barely touching the ground. This technique will allow you to bounce lightly off rocks in a dance light step, leap lightly over offensive cacti and briars, and traverse streams too wide to jump. The technique can be done regardless of actual body weight although it's easier when one is less physically encumbered. It is a state of mind which can be achieved with practice and concentration.

Practice is important because for most of us, it is not natural to fly or lightly dance our way through the woods. Practice should occur some what in real life and a lot in your head. Thus, you can practice while driving or waiting to fall asleep, or any other time. Much of orienteering practice is mental anyway. Real life training can be done in the woods or using a playground (the comment in the orienteering article in SHAPE magazine really does work.) Physical training is still as important as ever, since it does require energy to fly. Once your concentration slips or you become dog tired, your feet (and occasionally whole body) will stick to the ground.

If you aren't sure exactly what I am talking about yet, watch animals. Deer bound over obstacles such as downed logs with ease. If you follow them, you may wonder how they managed to even find ground to bound off of. Dogs, when truly happy bound and prance, spending very little time on the ground. It's an energetic travel mode that they are probably not even aware of. As humans, with great capacity for mental overrides of what is physically possible, you too can fly much more than you think. Now that I've given away my primary training secret, US orienteering will really take off. I will probably never fly like a bird, but sometimes, I can fly across the terrain for short periods (flying a rogaine or even a full red course is too hard right now). It's a mental thing again—something anyone is capable of, even if you are stuck in a wheelchair.

Back to the Bramble Bash, I must admit that I have numerous puncture wounds on my legs, and there were some occasions where the briars extended so high in the air that I found myself crawling under them. Also, after the first half the course I was so tired that I slogged along (slowly and thunderously jogged).

As for the trails—I think they were mostly deer trails. First, most of the briars were cut off about waist high—perfect height for deer nibbles (deer love the tender shoots of greenbriar). Second, as mentioned the trails twisted and stopped frequently. Have you ever seen a deer go straight when it is flying?

New Zealand: Orienteers Abroad

by Rick and Eileen Breseman

[We received this article, along with a nice letter, from the Bresemans, who are on the second leg of their world

tour. Both Rick and Eileen are strong and competitive orienteers who have been course setters and meet directors for COC.]

Take out a map of New Zealand. Virtually any point on the map is within 10 minutes of excellent training terrain: sandy beaches, hilly pastures, lakeside trails or multi-day mountain hikes. It is no wonder that the average Kiwi orienteer is very fit.

We (the Breseman family: Eileen(F21A), Rick(M35A), Ryan (3) and Kelsey (1 1/2)) are on the middle leg of our own 1 1/4 year "event" that takes in SE Alaska, New Zealand and Western Europe before returning to Seattle. Much of our itinerary in NZ and W. Europe is planned around orienteering schedules. After participating in events from Auckland to Invercargill, including the N.Z. Championships at Christchurch, we thought it was time to let folks back home know about "O" in what the Maori call "The Land of the Long White Cloud".

The terrain description of a typical event might read: "moderately steep, fairly open pine forest and farmland dissected by irregular valleys; some areas of intricate contours".

Forests are usually highly runnable Radiata pine plantations. Pine seedlings were imported from California about 100 years ago and they took so well that massive afforestation programs have transformed a good deal of New Zealand's landscape. Running in the neat, even rows of tree plantations can pull the competitors off their bearing quite easily. Except for more recent tree thinning, the undergrowth/deadfall is almost nil and so "typical forest" makes for good running.

Native forests are wonderful to hike through on established trails. A rich variety of subtropical vegetation and birdlife abound, but vegetation tends to be too dense for running.

Sheep outnumber humans 20 to 1. Most maps include some pastureland and livestock with resulting animal trails and fences, which can significantly influence "O" events. Some areas are not used during September and October due to lambing. Animal trails can be a curse (muddy and sloppy or hard dried and dangerous for ankles) or a blessing (a ready-made contour line on a steep slope).

Fences: maps are often printed twice—with all fences on, providing a network of handrails for novice orienteers; and with most fences removed to eliminate these obvious features for advanced course runners. This system works well, as fences tend to be visible enough not to be dangerous. Often the last words a participant hears before starting are, "I think all the electric fences are turned off..."

Gullies are great navigational tools. They are quite distinct from a distance due to heavy native bush vegetation and steep dropoffs to a stream or muddy swamp. It is best not to actually go into one without a good attack point, as they are nasty to move in.

Some maps have had very detailed topographical features of knolls, spurs and depressions, including

form line detail, so keeping track of your progress on the map is essential.

Some other features we've encountered, unusual from our Northwest standpoint, include sand dunes with tall flax bush, bare rock pinnacles and spectacular ocean front finishes, as experienced at the Individual Championships race at the Nationals near Christchurch.

O Folk and New Zealanders in general have been quite hospitable. We've had many invitations to stay a night or a weekend with a local club member. This is saying A LOT about generosity, as our two young children are a bit noisy and rambunctious at times. Several times we've phoned the meet organizer for more race information and been invited to their home on the spot. Other times it was arranged in advance through a billeting request form. Follow-the-leader via car to meet sites was commonplace to ensure our successful arrival. This seems typical of the casual and friendly attitude extended to visitors.

New Zealanders have proved to be quite fit and skillful at orienteering at all ages. Several orienteers we know have been running one or two course levels harder than their age category requires, and still have top to middle-of-the-pack finishes!

Race venues have been varied. A new concept for us has been the Short-O. One race in the a.m., followed by a chase start in the p.m. (computed on your morning finish) gives you an opportunity to see your standing and make amends in an exciting afternoon finish. Orienteers stay around between events for the social interchange, rather than heading for home immediately.

NEW ZEALAND



Summer season in New Zealand is December and January, a usually quiet period in the O schedule. Planned for the autumn months are some easy park promo events, and All Night Relay for seven team members of various skill levels (starts at dark, goes to dawn ?) and the Great Day O. At the Great Day O, individuals compete in a single day on five separate maps, race times on each course totaled for a finish result.

For those considering a New Zealand "O" holiday, major annual events are the Easter 3-day and the National Championships held over three days in late October. A unique opportunity is available after Christmas this year and extending into late January 1994, when N.Z. clubs will host a series of events including the Asia Pacific Championships, a two-

day mountain marathon and culminating with three days of "O" on terrific sand dune/pine forest, all on the North Island.

Although our six months on the North and South Islands of New Zealand has included sightseeing, mountain trekking, beach combing, work stays and other adventures, orienteering and the related "O" folk we've met here have been the highlight of our trip. We hope to extend this experience on our continuing travels in Europe. See you at the World Championships when we return Stateside!

[On a personal note, Kelsey and Ryan are quickly becoming String-O masters on this N.Z. leg. Eileen notes, "you should have seen Ryan fly around the String-O 5 or 6 times, with Kelsey toddling behind, chanting 'String-O, String-O, punch.'"]

Sammamish and Cascade Club News

ATTENTION:

Sammamish O' Club Members

Please check your **membership expiration date** on the right end of the mailing label on this issue. (Sammamish members have laser-printed labels, Cascade members have dot-matrix printed labels.)

If it has expired months or years ago, don't despair! The club wants your membership, and will continue to send this newsletter, but only if you quickly send in a \$10.00 Individual or \$15.00 Family/Group membership. For those under 19 it's only \$5.00! You'll get 6 more

copies of this great orienteering publication, with the latest schedule of events, **plus** a \$1.00 discount per person on each event attended for the next year. What a deal!! Please send in your renewal using the form in this issue. In the future, we'll be prorating the membership fees during the year, and renewing everyone on the first of January, so plan ahead for that. Thanks.

Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 21 February 1993. Words of both thanks and welcome

go to the following new or renewing club members: Marti Anderson, Steve Avolio, Mark Bingham family, Boy Scout Troops 304 & 398, Dick Diesner family, S. Donald, Dave & Valerie Enger, Laurence Farrar family, Steve Frederickson family, the Haines family, Rick & Linda Hood, Ken Knapp family, Bill Maxwell, Bruce McAlister, Steve McConnell, Janet Vail, Dan Waugh family. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; everyone plan on attending at least 5 per year. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost); especially since we now send the newsletters out at bulk rate, we no longer know if or when you move.

Now, what's new? I and Anne York spent 10 days in January in Costa Rica. We got temporary relief from the cloudy wet Seattle winter by going to 10 degrees north of the equator in the height of Tico summer. We splashed in Caribbean and Pacific (not simultaneously of course), hiked in a cloud forest, visited a butterfly farm (yes, they grow butterflies there), and generally relaxed and enjoyed ourselves. Ticos like to gab about as much as we do... We are now hosting a Russian marine mammal researcher for a few more weeks. Sasha works at NMML on a cooperative project with Anne and some of her co-workers. He will go to the Lake Tradition O' meet in March where he will enjoy himself but probably not have a super fast time. Not all European O'ers are elite... A sad note to relate is that the Inauguration Day windstorm so damaged our 50+ year-old, 75 feet tall deodar cedar that now only the lower 12 feet and 3 branches remain. No more meetings in its shade in the backyard... Rick & Linda Hood flew back to New York to celebrate her dad's retirement... Sandy Kish Miller took a new job with Odyssey Enterprises, a fish broker. She is not master baiter as some of you might have guessed but office manager... If you want more news about people in the club, kindly write a few lines and mail to Cascade Chatter, COC, PO Box 31375, Seattle, 98103. Phoning or telling me won't guarantee inclusion since I have such a bad memory.

Ramblings from a Wildman

All the SAMM news that's fit to print, by Dave Lilly

In the "pat on the back" category, Debbie Newell has Finally delivered some really keen new Washington State O suits. Debbie has put a lot of work into the design and coordination and it shows.

Over the weekend it was very enjoyable to run on the Carkeek Park map recently redrafted on O-Cad by Bruce McAlister (my apology to the field checker as I know not who you are!). It's always so enjoyable to run on a unknown venue for that "magic" first time.

Dave Tallent finished up his first but hopefully not last year as the School League Director. Ardis Dull also put in a great deal of time helping at all the meets with registration.

No windfall locally. A good deal of scrambling was done by John Sincock (Meet Director) and Mark Howlett (Course Setter) for the WIOL championships. The Inaugural Day Windstorm all but made Bridle Trails State Park unusable for the championships. The event venue was quickly changed Lake Sammamish State Park. The courses Mark came up with were very good and it appeared that the school league contestants had a great time.

USOF Convention and "A" meet Treasurer Kathy Trost is very close to closing the event accounts and writing checks to both Cascade and Sammamish for just over \$1000 each. It's nice to know all the work put into those fine events led to a nice profit.

A recent inventory of SAMM maps leads us to believe some updating and reprinting should be considered. Conversion to "O-Cad" is on our minds with its ease of future updates and the changing nature of most of our maps. So far it looks as if Robinswood Park in Bellevue will be done on O-Cad. It will be slightly enlarged to North, to also include the Bellevue Community College Upper Campus. The Big Finn Hill map in the works. At our last discussion (Dave Enger and myself) a little more additional field work is required, but hopefully drafting will not be far behind...

10th Anniversary Celebration

Sammamish Orienteering Club will be celebrating its tenth anniversary with a party/barbecue following the Bridle Trail's meet on April 25. Everyone is welcome to attend this celebration.

Contest

I have found that there is only one thing Orienteers like to do just about as much as running about the woods, and that's participate in a contest. It also connects up with a project I have in mind. I would like to produce a cook book of orienteering related recipes with a short story of why this recipe relates to orienteering: is it a secret training diet or a favorite after "O" snack. Look to the next Bearing 315 for a recipe sample. Winners of course will receive a copy of this fine Finished Cook-"O"-book. Entries will be excepted in person or mail to: Cook-"O"-book c/o Dave Lilly 2611 Meadow Ave. N. Renton, WA 98056.

Upcoming Meetings

The dates for upcoming organizational meetings are as follows:

Washington State Orienteering Association (WSOA): Apr. 25, 4pm at Dave Enger's.

Cascade Orienteering Club: Mar. 10 at Margie Bone's, Apr. 22 at Debbie Newell's, May 13 at Bruce McAlister's (7:30pm).

Sammamish Orienteering Club, Mar. 11 at Dave Enger's (7:00pm).

What are Cascade and Sammamish O.C.?

Cascade Orienteering Club and Sammamish Orienteering Club are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue/Redmond) area, while Cascade operates in the greater Seattle area. Both clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains. Membership is open to everyone, and entitles you to event discounts, club voting rights, and includes a subscription to Bearing 315, published six times per year.

What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for rent (\$0.50) at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

vacant	President	
Margie Bone	Vice-President	634-2279
Sandy Kish Miller	Treasurer	782-1437
Ardis Dull	Secretary	364-4062
vacant	Event Coordinator	
Debbie Newell	Mapping Coordinator	488-7471
Harvey Friedman	Memberships	784-2774
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	634-2279
Peter Golde	Newsletter	883-3732
Mike Schuh	Executive Board	783-3960
Bruce McAlister	Executive Board	821-6862
Mark Andersson	Publicity and Promotion	286-9136

Sammamish Officers and Coordinators:

Dave Tallent	President	392-3061
John Sincock	Vice President	822-3621
Kathy Trost	Treasurer	271-5508
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Bob Reddick	Memberships	487-0099

Typical Event Fees ("C" Meets)

	b/w map	color map
Club members (any club)	\$2.50	\$3.00
Non-club members	\$3.50	\$4.00
Junior (< 18, except WIOL)	\$1.50	\$2.00
WIOL participants	\$3.00	\$3.00
First Timers	\$2.00	\$2.00
Families	regular fee for two people, then \$1/person.	

"A" and "B" class meets, and other special events, have higher fees.

Cascade/Sammamish Orienteering Club Membership Application

☐ Cascade O.C. ☐ Sammamish O.C.

Name _____

Address _____

Home phone _____ Work (opt.) _____

Other Family Members _____

Optional Information:

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

Event Participation	Improving Skills	Writing
Teaching	Coaching	Publicity
Event Organization	Course Setting	Field Checking
Map Making	Exploration of new areas.	

☐ Family or Group \$15.00/year
☐ Individual \$10.00/year
☐ Associate (under 18) \$5.00/year
☐ Newsletter only [COC only] \$6.00/year

Mail this form, along with payment to:

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

—OR—

Sammamish Orienteering Club
P.O. Box 3682
Bellevue, WA 98009

Meet Results and Standings

NAD Park

January 9

Meet Director: Sean Olmsted

Courses: Sean Olmsted

Registration: Debbie Newell, Dave Tallent

Timing: Mike Schuh, Jessica

Hirschfelder, Sean Olmsted

Food: Bruce McAlister

Course 1 (1.1k, 6 controls)

WTOL (Grades 1-6)	School	Time	Pts
Nick Tallent	IVE	6:55	100
Angela Tallent	IVE	7:15	95
Nathan Schmitt	SQE	8:02	92

Public

Dave Anderson	12:50
Lael Smith	18:07
Karla, Don, Bruce Rivers	19:51

Course 2 (1.7k, 9 controls)

WTOL (Grades 7-8)	School	Time	Pts
Tim Anderson	MMS	41:51	100

Public

Jessica Hirschfelder	18:37
Rivers family	30:37

Course 3 (2.1k, 13 controls)

WTOL (Grades 9-12)	School	Time	Pts
David Thatcher	NKH	20:39	100
Fred Schmitt	NKH	21:47	95
Tony Bertocchini	WIL	23:06	92
Henry Morgan	TJH	23:30	90
Tyler Frederickson	TJH	25:22	89
David Cox	TJH	25:53	88
Nicholas Bone	GAR	28:00	87
Jon Michael Topolski	WIL	28:25	86
Matt Ley	GHH	28:25	86
Chris Schreiner	TJH	28:39	84
Tomás Clark	GAR	28:50	83
Maiya Anderson	BHS	29:34	82
Sally Shaw	NKH	29:37	81
Krister Holmberg	NKH	30:34	80
Rich Rienstra	NKH	31:26	79
Steve Oraker	BHS	33:27	78
Jennifer Moffett	SHS	34:00	77
Craig Nicholson	WIL	35:17	76
Nate Oraker	BHS	35:27	75
Matthew Cooley	BHS	39:48	74
Cindy Bader	SKH	40:57	73
Kari Jones	BHS	41:18	72
Audrey Schaser	OHS	41:19	71
Christine Matter	WIL	53:19	70
Alison Curwen	WIL	74:00	69
Elizabeth Nguyen	WIL	75:00	68
George Pratt	BHS	MSP#4	
Rachell Tharp	THS	MSP#6	

WTOL (Recreational)

Rick Fojtik/ Ryan Taylor	BHS	28:42
Kristine Michael/ Emily Reiter	SHS	39:03
Stephanie Dodge/ Lee Sutton	SHS	DNF

Public

Mark Anderson	34:29
Wasser Schmitt	34:55
Marti Anderson	39:43
Zac Dubel	48:16

WTOL Team Results (Cross-country scoring)

Thomas Jefferson	25
North Kitsap	30
Wilson-Tacoma	53
Bremerton	67
Garfield	72
Gig Harbor	90
Stadium	98
South Kitsap	102
Olympic	105
Ingelmoor	-

Course 4 (freestyle, 24 controls)

Public	Time	Pts
Eric Bone	22:20	100
Mark Howlett	23:52	95
Dave Tallent	24:15	92
Debbie Newell	26:58	90
Bob Becker	30:10	89
Gabe Wingard	33:20	88
Mike Tharp	34:48	87
Ken Lew	36:59	86
Peter Golde	37:02	85
Bob Anglin	41:21	84
Jan Urban	41:27	83
Joel Wingard	44:06	82
Neil Smith	48:15	81
Scot Neff	50:06	80
Steve Frederickson	60:18	79
Margie Bone	66:08	78

Groups

Sharon Stone/Mark Kerr	37:32
Eva & Michael Corey	38:11

Marymoor Park

January 16

Sammamish Orienteering Club

Meet Director: Bob Reddick

Courses: Arnie Skog

Registration: Pat Reddick, Ardis Dull

Start: Mike Schuh, Debbie Newell

Finish: Arnie Skog

Course 1 (1.2km, 6 controls)

WTOL (Grades 1-6)	Time	Pts
Angela Tallent	7:09	100

Nick Tallent 7:55 95

WTOL (Recreational)

Tatsu Yamato	8:28
Seth Kolloen	12:23

Public

Jason Richards	20:10
Kelly Nichols	20:20
Wahlberg/Britt	20:34
Vivien & Moose Fritz	20:40
Plenkovich/Curtin	21:10
Bill Yost	21:23
Eglin/Marks/Liveman	22:26
Seabrook Family	24:16
Corpuz/Lester	26:50
Nelson/Echaniz	27:54
Joyce & Tag Greene	27:58
Whitehall & Morgans	64:40
Janet Vail	map hike
Anders & Ariane Tronsen	map hike
Troop 270	map hike

Course 2 (2.8km, 8 controls)

WTOL (Recreational)	Time
Kolloen & Yamato	20:25

Public

Christ/Bristol/Nichols	22:42
John Nelson	25:28
Rob Monteith	28:14
Damion Hopkins	29:16
Hadfield/Cook	33:15
Curtin/Potter	33:15
Hopper & friend	34:00
Coats/Roberts/Williams	37:00
Jessica Hirschfelder	37:00
Thomas & Axtell	39:05
Keith Hinds	39:50
Erick Johnson	40:50
Whalen/Fortier	46:15
Lenny Laymon	46:55
Warden/Nelson	47:55
Dick & Roberta Diesner	50:10
Bill Gowan	50:11
Hickey family	50:26
Dan Sanders	53:30
Tag & Joyce Greene	58:00
Michael Roberts	map hike
Anders & Ariane Tronsen	map hike
Jason Richards	DNF

Course 3 (4.0km, 9 controls)

WTOL (Grades 9-12)	School	Time	Pts
David Thatcher	NKH	20:58	100
Fred Schmitt	NKH	21:59	95
Nicholas Bone	GAR	24:30	92
Jennifer Montgomery	GAR	39:12	90
Jennifer Moffett	SHS	40:58	89
Chris Schreiner	TJH	41:00	88
Henry Morgan	TJH	41:30	87
Lillyann Estvanik	BHS	49:58	86
Kari Jones	BHS	53:47	85

Nate Hodges	BHS	53:54	84
Krister Holmberg	NKH	60:15	83
Marianne Bart	BHS	67:10	82
Jon M. Topolski	WIL	76:07	81
Christine Matter	WILS	77:09	80
Alison Curwen	WILS	78:10	79
Matthew Cooley	BHS	DNF	0

WIOL (Recreational)

Fojtik/Taylor	BHS	32:01
Daniels/Watson	BHS	64:50
Heistand/Johnston	BHS	65:50

Public

Carl McNabb	29:20
Valerie Moffett	35:15
Amort family	64:48
Wasser Schmitt	67:52
Jan & Brendan Ward	74:42

WIOL Team Results

North Kitsap	30
Bremerton	39
Garfield	39
Thomas Jefferson	45
Stadium	53
Wilson	58

Course 4 (5.0km, 12 controls)

Eric Bone	27:05	100
Mark Howlett	27:09	95
Dave Enger	30:18	92
Debbie Newell	31:28	90
Dave Tallent	32:56	89
Fred Veler	34:30	88
Jan Urban	37:08	87
Peter Golde	43:55	86
Bill McKenzie	47:10	85
Margie Bone	48:26	84
Dave Petty	48:48	83
Ken Lew	55:30	82
Aaron Tate	61:10	81
Don Atkinson	MSP #10	

Groups

Eva & Michael Corey	54:56
Chuck & Kyle Ward	74:00
Cooper/Pierce	100:00

Priest Point Park

January 23

Nisqually Orienteers

Course 1 (1.4k, 7 controls)

WIOL (Grades 1-6)

Angela Tallent	IVE	11:09	100
Nick Tallent	IVE	11:25	95
James Hopper		DNF	

Public

Jeff Feet	15:18
Craig Randall	23:06
Barb Klosterman	27:21

Bertha Sullivan	29:19
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Course 2 (2.3k, 7 controls)

WIOL (Grades 7-8)

Derek Schmitt	20:24	100
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Public

Sam Bryan	16:57
Barb Klosterman	37:56

Course 3 (2.6k, 10 controls)

WIOL (Grades 9-12)

Bobby Bonds	WIL	22:06	100
Henry Morgan	TJH	24:07	95
Chris Schreiner	TJH	25:38	92
Melvin Rader	GAR	27:54	90
Dan Studley	TJH	29:48	89
Fred Schmitt	NKH	33:43	88
Mathilda Axelsson	STH	36:31	87
Tyler Frederickson	TJH	36:49	86
Lillyann Estvanik		49:23	85
Krister Holmberg	NKH	50:54	84
Jennifer Moffett	SHS	52:52	83
Scot Neff	SHS	59:67	82
Nicholas Bone	GAR	MSP#7	
Eric Riggers	IHS	MSP#10	

WIOL (Recreational)

N. Oraker/Garner	37:01
Clark/S. Oraker	40:58
McClelland/Florek	46:07
Snyder/Cooley	49:37
Killoran/Evans	60:40
Taylor/Wooldridge	61:56
Heistand/Gott	63:48
Johnson/Hodges/Robinson	69:07
Deven Madan/M. Caldier	no time
Coe/Bennett/Watson	MSP#2

Public

Wasser Schmitt	40:48
Craig Randall	43:23
Kurt Harsh	60:00
Margie Bone	69:49
Greene	map hike

WIOL Team Results

Thomas Jefferson	18
Wilson	40
North Kitsap	42
Garfield	43
Steilacoom	46
Bremerton	48
Stadium	49

Course 4 (11 controls)

Mark Howlett	40:30	100
Dave Enger	44:13	95
Eric Bone	51:11	92
Sam Bryan	51:29	90
Dave Tallent	52:00	89
Fred Veler	59:09	88
Ken Peters	72:29	87
Don Atkinson	76:59	86
Linda Moore	81:20	85

Leland Grinnell	84:29	84
Carl Moore	86:16	83
Jan Urban	88:19	82
Sid Whaley	92:46	81
Ellen Boomer	108:56	80
Ken Lew	115:01	79
N. Carey	131:30	78
Chris Feet	135:09	77
Valerie Moffett	140:11	76
Steve Frederickson	DNF	
Mac MacDonald	DNF	

Groups

Eva & Michael Corey	100:52
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Rambo V

Score-O, January 30

Nisqually Orienteers

Meet Director: Carl Moore

Marker Placement: Bert Brown

Marker Pickup: Jan & Sid Whaley

Scoring: Rick Hood

One hundred and five people became temporary Rambos on this mild day at Point Defiance. Thirty-six controls were scattered within Point Defiance park, and thirty-five were left after the three hour limit expired (one control vanished under mysterious circumstances). Chief Rambo was Peter Bonek who edged last year's champ, Arne Skog, by 7 minutes. Claudia Kunzel was the top Rambette and Thuan Nguyen, recent WIOL grad, also has a perfect score. The Fred-Eric team edged out Steve Miner-Phil David for the top perfect team. Dave Thatcher and Fred Schmitt were a perfect WIOL team. Top mixed team were Bobby Bonds (Wilson) and Mathilda Axxelson (Steilacoom HS), an exchange student from Sweden. Ardis, Lisa Nordlund and Jan Whaley were the top female individuals behind Claudia. The Boomer sisters were the top female group; Ellen has competed in four Rambos. Steve Miner and Fred Veler also have long Rambo histories.

Of the 105 participants, 56 were WIOL participants or recent WIOL grads. Many thanks to all who helped and participated.

<u>Male Group (WIOL)</u>	<u>Points [time]</u>
Fred Veler/Eric Bone	840 [2:23]
Steve Miner/Phil David	840 [2:37]
Dave Thatcher/Fred Schmitt	840
Bill MacDonald/Eric ?	840
Coryell-Martin/Cusworth	810
Fredrickson/Morgan	770
Studley/Brier	700
Riggers/Harsh	640

Oraker/Oraker	630
Topolski/Nicholson	610
Clark/Freeman/Fineout	550
Marshall/Taylor/Stalbohm/McBride	540
Miller/Hood	500
Taylor/Cooley	450
Madden/Coe	330
Daniels/Hodges	280
Hull/Hein	250
Whalen group	190
Cox/O'Conner	100
Williams et. al.	50
Heistand/Watson	[lost card]
L. Farrar/J. Farrar	[recreational]

<u>Female Group (WIOL)</u>		<u>Points</u>
S. Boomer/E. Boomer	620	
Shaw/Holberg	560	
Kish-Miller/Hood	510	
Moffat/Moffat	450	
Sullivan/Robb	360	
Matter/Curwin	360	
Estanvich/Jones	330	
MacLin/Fearne	300	
Moore/Casey	[recreational]	

<u>Mixed Group (WIOL)</u>		<u>Points</u>
Bonds/Axelsson	670	
N. Smith/L. Smith	640	
M. Corey/E. Corey	640	
Bertocchini/Egan	600	
Anderson/Anderson/Johnson	530	
Michael/Neff	490	
M. Bone/Hopper	380	

<u>Male Individual</u>		<u>Points [time]</u>
Peter Bonek	840	[2:06]
Arne Skog	840	[2:13]
Thuan Nguyen	840	
Mac MacDonald	810	
Sid Whaley	790	
Stuart Bradshaw	730	
Ken Peters	650	
S. Frederickson	580	
Ken Lew	520	
Jan Urban	500	
Peter Golde	490	
Ruh Fox	480	
Terry Bryant	440	
Dave Petty	390	
T. Raush	270	
Grinnel	[recreational]	

<u>Female Individual</u>		<u>Points</u>
Claudia Kunzel	840	
Ardis Dull	630	
Lisa Nordlund	560	
Jan Whaley	520	

Trollhaugen

Ski-Orienteeing, January 31
Cascade Orienteering Club
 Meet Director: Don Atkinson
 Course Setter: Mike Schuh
 Timing: Rick Hood, Don Atkinson
 Marker Pickup: Sam Bryan, Don Atkinson

The pass was bare and dry, and the weather was ideal at Trollhaugen, but we had a low turnout for the event, possibly due to competition from the Super Bowl and the three hour Rambo event at Point Defiance the previous day. Mike Schuh set two courses, a level 2km course, and an advanced 4km course with a climb that took participants up to a marker with a good overlook of the valley below.

Sam Bryan drew on his college cross-country ski team experience to set the fastest time. Peter Bonek of Austria was about three minutes behind.

<u>Course 1 (4k, 5 controls)</u>	
Rick Hood (on foot)	30:00
Ron Brown & family	84:00
Linda Hood	map skier

<u>Course 2 (8k, 6 controls)</u>	
Sam Bryan	41:27
Peter Bonek	44:32
Sandy Kish Miller	80:00
Nick & Eric Bone	81:00
Claudia Kunzel	DNF

Pt. Defiance Park

February 6
Nisqually Orienteers

<u>Course 1 (1.4km, 10 controls)</u>	
<i>WIOL (Grades 1-6)</i>	
Angela Tallent	IVE 11:55 100
Nick Tallent	IVE 12:12 95
Nathan Schmitt	SQE 34:00 92

<i>WIOL (Recreational)</i>	
Bradley Nelson	GAR 25:11

<i>Public</i>	
Andrew C & Dan	15:43
Chris & Bryce	15:44
Lael Smith	37:48
Andrew Popochock	32:50
Sally Vanderzee	35:21
Chris & Bryce	37:07
Al Carlin	37:53
Faragher Horwells	39:14
Kleir Sneegas	40:04
Schlaudraff fam	41:18

David & Sarah Miner 53:35

<u>Course 2 (2.3km, 12 controls)</u>	
<i>WIOL (Grades 7-8)</i>	
Scott Roestal	CHK 47:26 100
Tim Anderson	MMS 76:26 95
Derek Schmitt	PJH 82:21 92

<i>WIOL (Recreational)</i>	
Jana & Laura Glessner	GAR 66:12

<i>Public</i>	
Chris & Bryce	37:07
Dan & Andrew	52:12
Jin Ueda/Jonathan Weltzer	69:12
Al Carlin	81:39
Klosterman/Grainger	DNF

<u>Course 3 (3.0km, 14 controls)</u>	
<i>WIOL (Grades 9-12)</i>	

David Thatcher	NKH 49:10 100
Melvin Rader	GAR 51:00 95
Henry Morgan	TJH 52:36 92
Dan Studley	TJH 53:41 90
David Stainsby	TJH 55:50 89
Rachell Tharp	THS 58:11 88
Fred Schmitt	NKH 66:58 87
Krister Holmberg	NKH 67:22 86
Michelle Teodoro	GHH 74:44 85
Matt Ley	GHH 74:49 84
Tyler Frederickson	TJH 75:05 83
Ryan Taylor	BHS 76:55 82
Dave Cox	TJH 77:47 81
Matthew Cooley	BHS 79:54 80
Chris Schreiner	TJH 80:01 79
Nate Oraker	BHS 81:05 78
Chris McClelland	BHS 83:33 77
Nathan Breyer	TJH 84:11 76
Steve Oraker	BHS 85:00 75
Lillyann Estvanik	BHS 87:13 74
Jon M. Topolski	WIL 95:08 73
Christine Matter	WIL 96:06 72
Jennifer Moffett	SHS 98:16 71
Devin Andrew Madan	BHS 100:38 70
Kari Jones	BHS 103:42 69
Nate Hodges	BHS 105:40 68
Robert Daniels	BHS 115:55 67
Randy Coe	BHS DNF
Jennifer Montgomery	GAR DNF
Jeremy Watson	BHS DNF
Nick Bone	GAR no card
Brendan Evans	no card

<i>WIOL (Recreational)</i>	
E. Riggers/B. Underwood	81:17
S. Dodge/K. Michael	SHS DNF

<i>Public</i>	
Ardis Dull	43:34
S. Stone & M. Kerr	52:47
Margie Bone	60:33
Mark Anderson	61:05
Aaron Charlop	61:31
Gerry Croteau	61:56
Wasser Schmitt	67:30

Rob O'Connor	73:21
Neil Smith	78:21
Jan Whaley	91:48
Ken Knapp	92:19
Harvey Friedman	93:48
Valerie Moffett	97:37
Rybka	103:35
Ken & Todd	DNF
Bob Reddick	DNF
Wanda Howlett	DNF

WIOL Team Results (Grades 9-12)

Thomas Jefferson	23
North Kitsap	47
Bremerton	59
Gig Harbor	81
Garfield	93
Timberline	99
Wilson	105
Stadium	116

Course 4 (5.9km, 17 controls)

Note: Two markers (#11 & #12) were misplaced on Course 4, so no times were recorded. Although several people found all the markers, many people did not. This meet will not count in the Winter O' Series.

Found all Markers

Paul Magnus
Bill Cusworth
Dave Tallent
Debbie Newell
Peter Golde
Gabriel Wingard
Sam Bryan
Ken Lew
Carl Moore
Venita Casey
Linda Moore

Found Most Markers

Arne Skog
Dave Enger
Mike Tharp
Eric Bone
Leland Grinnell
John T. Grooman
Steve Senkovich
Kurt Harsh
Steven Frederickson
Sid Whaley
Mark Howlett
Don Atkinson
David Roestel
Bob Anglin

Lake Sammamish State Park

WIOL Championships, February 13

Sammamish Orienteering Club

Meet Director: John Sincok

Course Design: Mark Howlett

Registration: Pat Reddick, Kathy Trost

Instruction: Kathy Trost, John Sincok

Starts: Dave Tallent, Dave Enger, Bill

MacDonald Jr.

WIOL staff: Dave Tallent, Ardis Dull

Barbecue: Dave Lilly, Valerie Enger

Finish Crew: Mike Schuh, Bob Reddick,

Mark Howlett, Linda Hood, Rick

Hood, Debbie Newell.

Awards: Mark Howlett

Marker Pickup: Mark Howlett, Dave

Tallent, Bob Reddick

Map prep: Mark Howlett, Bob Reddick,

Dave Tallent, Dave Enger, John

Sincok

And a big **thank you** to Ranger Mary Wellborn, and the State Parks staff.

The Inauguration Day storm forced the closure of Bridle Trails Park, requiring us to move the WIOL Championships to Lake Sammamish State Park. Mark Howlett did a great job with his last-minute course design for the new location, and everyone seemed to enjoy themselves immensely. The students loved the great trophies donated by Mark. The grand prize to the fastest student on Course 3: a free airline ticket to the U.S. Orienteering Championships in New York in October, which was donated by Bruce McAlister. Congratulations to all the winners!

Course 1 (1.5km, 8 controls)

Grades 1-6

Nicholas Tallent	ISSV	9:03
Angela Tallent	ISSV	9:03
Nathan Schmitt	SUQU	9:29

Public

Lael Smith	12:36
Philip Cantrick	13:48
Michael Diehl/Jordan Bennett	13:57
Jeremy Holcomb	15:11
Brian Fulbright-Hamilton/ Rusty Michalak	16:10
R. Sherer/J. Zook/J. Hoffman/ C. Armstrong	17:20
Doug & Andrew Coxon	18:02
Jane	18:42
Kathleen Curry/Nenita Odesa	21:51
Mary-London Eldred	26:54
Lena, Johan, Lida	27:55
Cheri Overman	34:35
Mal & Joyce Willmore	36:14

Mary Campbell 42:01

Course 2 (2.3km, 10 controls)

Grades 7-8

Derek Schmitt	PBJH	20:58
Tim Anderson	MCCL	26:09

Public

J. Zook/R. Sheker/G. Yalch	17:46
Jim Siscoel	18:40
Ron Brown family	27:30
Janet Vail	28:00
Sally VanderZee	30:18
Linda Hood	31:00
Karen MacDonald	34:16
Michael & Chris Sannella	36:41
Rusty Michalak/ Brian Fulbright-Hamilton	39:21
Dana Dick	40:03
Joyce & Mal Willmore	41:32
John Hoffman/Chuck Armstrong	46:38
Ralph Delau	55:52
Dené Overman	map hike
Jeremy Holcomb	DNF

Course 3 (4.3km, 14 controls)

Grades 9-12

David Thatcher	NKIT	28:41
Henry Morgan	TJEF	29:02
Nicholas Bone	GARF	29:50
Melvin Rader	GARF	31:10
Fred Schmitt	NKIT	31:34
Tomas Clark	GARF	34:38
Tyler Frederickson	TJEF	36:22
Dan Studley	TJEF	37:31
Krister Holmberg	NKIT	38:06
Matt Cooley	BREM	40:16
David Stainsby	TJEF	40:35
Rachell Tharp	TIMB	44:32
Eric Riggers	INGL	45:57
Christopher Schreiner	TJEF	46:52
Nathan Breyer	TJEF	49:39
Craig Nicholson	WILS	50:56
David Cox	TJEF	53:03
Ryan Taylor	BREM	53:05
Scot Neff	STAD	58:42
Nathan Oraker	BREM	59:23
Eric Heistand	BREM	60:07
Luke Caldwell	GARF	63:56
Jon M. Topolski	WILS	64:27
Jennifer Moffett	STAD	67:45
Kari Jones	BREM	70:28
Nathan Hodges	BREM	72:45
Lillyann Estvanik	BREM	73:58
Christine Matter	WILS	74:55
Randy Coe	BREM	92:36
Alison Curwen	WILS	118:56
Jeremy Watson	BREM	DNF
Robert Daniels	BREM	DNF

Public

Dave Lilly	37:41
Sandy Kish Miller	37:44
Jan Urban	41:33
Valerie Moffett	48:08

Kurt Harsh	50:52
Neil Smith	51:02
Aaron Charlop	51:42
Wasser Schmitt	55:54
Mark Anderson	56:23
Gary & Debra MacDonald	66:50
Bruce McAlister	73:32
Scott & Jeremy Devez	75:49
Kathleen Curry/Nenita Odesa	76:01
Tony & Ann Amort	76:44
Dick & Roberta Diesner	104:50

Course 4 (5.3k, 16 controls)

Eric Bone	31:51	100
Dave Tallent	32:23	95
Dave Enger	35:21	92
Nathan Tharp	36:25	90
Sam Bryan	37:22	89
Ben Hall	37:34	88
Mac MacDonald	40:02	87
Fred Veler	42:29	86
Jan Urban	44:04	85
Peter Golde	44:50	84
Debbie Newell	48:16	83
Bill Cusworth	59:51	82
Ken Lew	66:59	81
Steve Frederickson	67:29	80
Margie Bone	77:33	79
Paul Magnus	MSP#14	
Bill MacDonald	MSP#14	

Groups

Eva & Michael Corey	53:10
Michael & Chris Sannella	123:20

Team Results

Thomas Jefferson High School	28
Garfield High School	34
North Kitsap High School	45
Bremerton High School	66
Wilson High School	93

Stadium High School	101
Timberline High School	102
Inglemoor High School	103

School Key

BHS	Bremerton High School
CHK	Chief Kanim Middle School
GAR	Garfield High School
GHH	Gig Harbor High School
IHS	Inglemoor High School
IVE	Issaquah Valley Elementary
MMS	McClure Middle School
NKH	North Kitsap High School
OLY	Olympic High School
PJH	Poulsbo Junior High School
SQE	Suquamish Elementary School
SHS	Stadium High School
SKH	South Kitsap High School
STH	Steilacoom High School
THS	Timberline High School
TJH	Thomas Jefferson High School
WIL	Wilson High School

University Of Washington

Relay, February 14

Husky Orienteering

Meet Director: Eric Bone

Meet Staff: Eric Bone, Bill Cusworth,
Nathan Tharp, Bill MacDonald,
Byron Hawkins

Each leg: 3k, 9 controls

Team	1	2	3	Elapsed
"Ben Trouncers"				
Dave Tallent	18:58			18:58
Debbie Newell		14:31		33:29
Mark Howlett			13:42	47:12

"Slippery Slugs"

Mac MacDonald	17:34	17:34
Billy MacDonald	16:06	33:40
Ben Hall		15:14 48:54

"Two Cool Guys and a Sophomore"

Tyler Frederickson	16:54	16:54
David Stainsby	19:36	36:30
Henry Morgan		16:25 52:55

"Disorienting"

Nathan Breyer	28:41	28:41
Chris Schreiner	17:30	46:11
Dan Studley		19:18 65:29

"Sierra Hotel"

Taylor	22:06	22:06
Magee	26:04	48:10
Browne		19:23 65:29

"Better Late Than Never"

Marti Anderson	28:05	28:05
Doug Sprugel	19:07	47:12
Margie Bone		26:57 74:09

"Angl-Os"

Jean Davis	21:53	21:53
Linda Hood		
(+ Angela & Nick)	35:34	57:27
Sandy Kish Miller		18:52 76:19

"Da Foah Gangstas"

Nick Bone	14:46	14:46
Tatso Yamato	30:14	45:00
Jennifer Montgomery and		
Nanette Baer		36:22 81:22

"We Came, We Walked, We Finished First"

Rick Hood	34:55	34:55
Bruce McAlister	36:44	71:39
Robert Miller		27:00 98:39

WIOL: Final Season Standings

Best 3 scores

Grades 9-12 — Individual Males

		1	2	3	4	5	6	Total
David Thatcher	NKH	100 (95)	100	100		-(100)		300
Fred Schmitt	NKH	92 (89)	95	95	(88)	(87)		282
Nicholas Bone	GAR	90	100 (87)	92	(0)	(0)		282
Mel Rader	GAR	95	92	-	-(90)	95		282
Henry Morgan	TJH	(87)	-	90 (87)	95	92		277
Tyler Frederickson	TJH	88	88	89	-(86)	(83)		265
Chris Schreiner	TJH	(84)	85 (84)	88	92 (79)			265
Dan Studley	TJH	81	-	-	89	90		260
Krister Holmberg	NKH	(0)	-(80)	83	84	86		253
Nathan Breyer	TJH	86	87	-	-	76		249
Jon M. Topolski	WIL	80	-	86	81	-(73)		247
Bobby Bonds	WIL	89	-	-	-	100		189
Eric Riggers	IHS	85	86	-	-	0		171
Matt Ley	GHH	-	-	86	-	-	84	170
David Cox	TJH	-	-	88	-	-	81	169

Ken Breyer	TJH	83	84	-	-	-	-	166
Scot Neff	SHS	82	-	-	-	82	-	164
Craig Nicholson	WIL	79	-	76	-	-	-	155
Matthew Cooley	BHS	-	-	74	0	-	80	154
Steve Oraker	BHS	-	-	78	-	-	75	153
Nate Oraker	BHS	-	-	75	-	-	78	153
Nate Hodges	BHS	-	-	-	84	-	68	152
Tony Bertocchini	WIL	-	-	92	-	-	-	92
Brian Cox	GAR	-	90	-	-	-	-	90
David Stainsby	TJH	-	-	-	-	-	89	89
Tomás Clark	GAR	-	-	83	-	-	-	83
Ryan Taylor	BHS	-	-	-	-	-	82	82
Rick Rienstra	NKH	-	-	79	-	-	-	79
Chris McClelland	BHS	-	-	-	-	-	77	77
Devin Madan	BHS	-	-	-	-	-	70	70
Robert Daniels	BHS	-	-	-	-	-	67	67
Randy Coe	BHS	-	-	-	-	-	0	0
Jeremy Watson	BHS	-	-	-	-	-	0	0

Grades 9-12 — Individual Females

		1	2	3	4	5	6	Total
Jennifer Moffett	SHS	78	-	(77)	89	83	(71)	250
Lillyann Estvanik	BHS	-	-	-	86	85	74	245

Christine Matter	WIL	77	-	(70)	80	-	72	229
Kari Jones	BHS	-	-	72	85	-	69	226
Alison Curwen	WIL	-	-	69	79	-	-	148
Jennifer Montgomery	GAR	-	-	-	90	-	0	90
Rachell Tharp	THS	-	-	0	-	-	88	88
Mathilda Axelsson	STH	-	-	-	-	87	-	87
Michelle Teodoro	GHH	-	-	-	-	-	85	85
Marianne Bart	BHS	-	-	-	82	-	-	82
Maiya Anderson	BHS	-	-	82	-	-	-	82
Sally Shaw	NKH	-	-	81	-	-	-	81
Cindy Bader	SKH	-	-	73	-	-	-	73
Audrey Schaser	OHS	-	-	71	-	-	-	71
Elizabeth Nguyen	WIL	-	-	68	-	-	-	68

Grades 7-8

Derek Schmitt	PJH	-	100	-	-	100	92	292
Tim Anderson	MMS	-	-	100	-	-	95	195
Scott Roestel	CHK	-	-	-	-	-	100	100

Grades 1-6

Angela Tallent	IVE	(100)	(100)	(95)	100	100	100	300
Nick Tallent	IVE	(95)	(95)	100	(95)	95	95	290
Nathan Schmitt	SQE	-	-	92	-	-	92	184

Grades 9-12 — Teams

Thomas Jefferson	20	15	20	14	20	20	109
North Kitsap	17	17	17	20	15	17	103
Garfield	15	20	13	17	14	13	92
Wilson	14	-	15	12	17	11	69
Bremerton	-	-	14	17	12	15	58
Stadium	12	-	11	13	11	10	57
Ingelmoor	13	14	-	-	-	-	27
Gig Harbor	-	-	12	-	-	14	26
Steilacoom	-	-	-	-	13	-	13
Timberline	-	-	0	-	-	12	12
South Kitsap	-	-	10	-	-	-	10
Olympic	-	-	9	-	-	-	9

School Key

BHS	Bremerton High School
GAR	Garfield High School
GHH	Gig Harbor High School
IHS	Ingelmoor High School
IVE	Issaquah Valley Elementary
MMS	McClure Middle School
NKH	North Kitsap High School
OLY	Olympic High School
PJH	Poulsbo Junior High School
SQE	Suquamish Elementary School
SHS	Stadium High School
STH	Steilacoom High School
SKH	South Kitsap High School
THS	Timberline High School
TJH	Thomas Jefferson High School
WIL	Wilson High School

- 1 - Ft. Steilacoom
 2 - St. Edward Park
 3 - NAD Park
 4 - Marymoor Park
 5 - Priest Point Park
 6 - Pt. Defiance Park

Winter O' Series: Final Standings

(Best 4 scores)

	1	2	3	4	5	6	Total
Eric Bone	95	(92)	100	100	(92)	100	395
Mark Howlett	100	(86)	95	95	100	-	390
Dave Enger	-	100	-	92	95	92	379
Dave Tallent	(89)	(81)	92	89	89	95	365
Debbie Newell	92	90	90	90	-	(83)	362
Fred Veler	88	88	-	88	88	(86)	352
Jan Urban	-	-	83	87	82	85	337
Ken Lew	82	(72)	86	82	(79)	81	331
Margie Bone	81	-	78	84	-	79	322
Sam Bryan	90	-	-	-	90	89	269
Peter Golde	-	-	85	86	-	84	255
Bob Anglin	84	84	84	-	-	-	252
Carl Moore	85	73	-	-	83	-	241
S. Frederickson	80	-	79	-	0	80	239
Don Atkinson	83	-	-	0	86	-	169
Linda Moore	-	77	-	-	85	-	162
Bill Cusworth	-	76	-	-	-	82	158
John Rogers	-	95	-	-	-	-	95
Nathan Tharp	-	-	-	-	-	90	90
Dan Waugh	-	89	-	-	-	-	89
Bob Becker	-	-	89	-	-	-	89
Ben Hall	-	-	-	-	-	88	88
Gabe Wingard	-	-	88	-	-	-	88
Mac MacDonald	-	-	-	-	-	87	87
Ken Peters	-	-	-	-	87	-	87
Steve Miner	87	-	-	-	-	-	87
Jim Traynor	-	87	-	-	-	-	87
Mike Tharp	-	-	87	-	-	-	87
Than Nguyen	86	-	-	-	-	-	86
Bill McKenzie	-	-	-	85	-	-	85
Mike Fritz	-	85	-	-	-	-	85
Leland Grinnell	-	-	-	-	84	-	84
Dave Lilly	-	83	-	-	-	-	83
Dave Petty	-	-	-	83	-	-	83
Marek Dutkiewicz	-	82	-	-	-	-	82
Joel Wingard	-	-	82	-	-	-	82
Sid Whaley	-	-	-	-	81	-	81
Aaron Tate	-	-	-	81	-	-	81
Neil Smith	-	-	81	-	-	-	81
Ellen Boomer	-	-	-	-	80	-	80
Harry Morgan	-	80	-	-	-	-	80
Scott Neff	-	-	80	-	-	-	80
Chuck Ward	79	-	-	-	-	-	79
Knut Olson	-	79	-	-	-	-	79
N. Carey	-	-	-	-	78	-	78
Jeff Feet	78	-	-	-	-	-	78
Gar Fisher	-	78	-	-	-	-	78
Chris Feet	-	-	-	-	77	-	77
Valerie Moffett	-	-	-	-	76	-	76
Nancy Coon	76	-	-	-	-	-	76
Scott Donald	-	75	-	-	-	-	75
Vivien B. Fritz	-	74	-	-	-	-	74

- 1 - Ft. Steilacoom Park
 2 - St. Edward Park
 3 - NAD Park

- 4 - Marymoor Park
 5 - Priest Point Park
 6 - Lake Sammamish Park

(Note: The Pt. Defiance Park meet was voided due to a misplaced marker.)

Upcoming Orienteering Events

(call 783-3866 for latest information and details)

Date/Time	Location and Comments (events close to Seattle in bold)	Type	Club	Map	Contact
MARCH					
Sat., Mar. 6	Mad March Hare Event, Langley, B.C.	C	VN		Charlie Fox (604)533-3352
Sun., Mar. 14 10am-noon	Lake Tradition, Issaquah. Call hot-line for detailed directions.	C	COC	color 1:15000	(206)783-3866
Sun., Mar. 14 noon-2pm	McIver State Park, near Portland.	C	CROC	color	C. Kellerman (503)231-0443
Mar. 20-21	Spring O Meet, Thetis Lake, Victoria, B.C. Western Speedway off of Millstream Rd. See map/information inside this issue.	B	VO	color 1:15000	Lorna Sterling (604)479-7069
Sat., Mar. 20 10am-noon	Manito Park, 18th and Grand Blvd., Spokane.	C	EWOC	color 1:5000	John Beck (509)536-0650
Mar. 27-28	Clinic at Cle Elum Ridge. Taught by Peter Bonek and Claudia Kunzel. See entry form this issue. Pre-registration required; limited to 30.	X	COC	color 1:15000	Eric Bone (206)634-2279
Sun., Mar. 28	Spring O-pener, Six Mile Lake, Savona, B.C.	C	SAGE	color 1:15000	Murray Foubister (604)374-6497
APRIL					
Sat., Apr. 3 10am-noon	Forest Park, Everett. West on 41st St. which becomes Mulkiteo Blvd.; park is on Mulkiteo Blvd.	C	SAMM	color 1:10000	Dave Enger (206)822-6254
Apr. 3-4	Spring O' Ramble. Pacific Spirit Park, Vancouver. Saturday 12-2 @ Triumph Parking Lot, Sunday 9-12 @ University Hill Secondary School.	C	GVOC	new clr 1:15000	George Pugh (604)261-1075
Apr. 9-11	Friday: "B" event and junior training camp. Saturday: Six Mile Lake training camp. Sunday: Super "B" event. McQueen Lake, Kamloops.	B/X	GVOC SAGE	color 1:15000	Tony Byrne (604)733-6854
Sat., Apr. 17 10am-noon	Newcomer's Event. Woodland Park, Seattle. Take NE 50th exit from I-5, drive west. Just past Greenlake Way, turn right into park (before Aurora).	C	COC	color 1:5000	Rick Hood (206)367-2606
Sun., Apr. 18 1pm-3pm	Camp Seven Mile at Riverside State Park, Spokane	C	EWOC	color 1:15000	John Beck (509)536-0650
Sun., Apr. 18	Champoeg State Park, near Portland.	C	CROC	color	Mal Harding (503)638-8977
Sun., Apr. 25	Rose Hill (Joyce Gulch), Kamloops, B.C.	C	SAGE		Murray Foubister (604)374-6497
Sun., Apr. 25 10am-noon	Bridle Trails State Park, Bellevue. Includes 10th anniversary party. Exit 17 on I-405 at NE 70th/NE 68th, south on 116th Ave NE, turn left into park.	C	SAMM	color 1:10000	Dave Enger (206)822-6254
MAY					
Sat., May 1 1pm-3pm	Lincoln Park, Spokane. See article this issue for driving directions.	C	EWOC	b/w	John Beck (509)536-0650
Wed. May 5 5:30pm-7pm	Kelsey Creek Park, Bellevue. East from I-405 SE 8th exit, cross Lake Hills Connector onto SE 7th and follow O signs to park.	C	SAMM	color	Dave Enger (206)822-6254
Sat., May 8	Whipply Creek Park, near Portland.	C	CROC	color	Glen Cafferty (503)281-5137
Sun., May 16	Moran State Park, Orcas Island. Registration at Little Summit; limited parking. Call hotline or see next issue for more information.	C	COC	color 1:15000	Peter Golde (206)883-3732
Sat., May 22 11am-4pm	"Discover Riverfront Park," Spokane. String-O for preschoolers and beginner's course for all ages. Carousel Meadow.	C	EWOC		John Beck (509)536-0650
May 22-23	Sage Rogaine IV, Savona, B.C.	X	SAGE		M. Foubister (604)374-6479
Wed. May 26 5:30pm-7pm	Luther Burbank Park, Mercer Island. Exit north on Island Crest Way from I-90, then onto 26th St. to park.	C	SAMM	color	Dave Enger (206)822-6254
May 29-30	Joyce Gulch, Kamloops, B.C.	B	CVO	color	Jim Traynor (604)753-6666
JUNE					
June 5-6	Ruckles Park, Saltspring Island, B.C.	B	VO	color	Jim Traynor (604)592-6964
Sat., June 12	Drunken Charlie Lake 3/6hr. mini-Rogaine/Score-O, Duvall, WA. Mass start. Call hot-line or see next issue for details.	X	COC	color 1:15000	Rick Hood (206)367-2606
MAJOR NATIONAL EVENTS					
Mar. 13-14	US Long-O Champs, Farmington, MO	July 14-18	USOF Convention and A meet, Donner Summit, Nevada		
April 3-4	US Intercollegiate Champs, Dumfries, VA	Oct. 9-17	World Champs, US Champs, O-Fest, Hudson Valley, NY.		
July 7-11	Colorado 5-day, Colorado Springs				

CLUBS:

COC: Cascade Orienteering Club
EWOC: Eastern Wash. O. C.
CROC: Columbia River O. C.
HUSK: Husky O. C.

SAMM: Sammamish O. C.
EOC: Ellensburg O. C.
VO: Victorienteers
SAGE: Kamloops O.C.

NISQ: Nisqually O. C.
WIO: Wash. Interscholastic O' League
GVOC: Greater Vancouver O. C.

MEET TYPES:

C: Regular local meet
B: Large local meet, more courses
A: National-level meet, must preregister
X: Special event

United States Orienteering Federation

P.O. Box 1444
Forest Park, GA 30051
MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

As a U.S. Citizen or U.S. Resident, I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the IOF. Please print.

Date _____ Yr. Born _____

Name _____

Address _____

Home Phone (____) ____ - ____

If family membership, list other persons:

Name _____ Year Born _____

Member of a chartered club? Club _____

- ☐ Individual \$25 member of a chartered club
☐ Individual \$30 at-large
☐ Family \$30 members of a chartered club
☐ Family \$35 at-large
☐ Student \$10 (21 & under)
☐ Junior \$5 (18 & under/no vote/no magazine)
☐ Individual Life \$300 ☐ Couple Life \$450
 For mailing O/NA overseas (except APO & FPO):
☐ \$5 extra surface ☐ \$25 extra airmail

What is USOF?

Often in this newsletter, or in orienteering conversation, you will hear references to "yousoff," and you may have seen the magazine "Orienteering/North America." But why do they need so much money, you ask? We charge \$10/year for local dues, so why should it cost an extra \$25 to join an organization that doesn't seem to do much? The answer, of course, is that USOF does quite a bit.

The largest part of USOF dues goes for the O/NA subscription. This is not only a great source of information, it is well written and edited, and has many articles of general interest on health, exercise, and training. From time to time, we reprint articles from O/NA, and there are always copies available at major meets and club meetings. Most of the rest of USOF dues goes to pay for insurance. Although we, as individuals, might be willing to waive insurance, virtually all land owners, both public and private, require insurance as a precondition even to talking about using their land for orienteering. USOF members get a small rebate, about \$2 per national meet, to help balance out the insurance, but, basically, USOF subsidizes our meets. Without USOF, I doubt that either Cascade or Sammamish could afford the insurance to hold another meet.

So we encourage you not only to join your local club, but to join and support USOF. The magazine alone is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501(c)(3) corporation. Which means that donations, including out-of-pocket costs in help our are fully tax deductible. JOIN NOW!

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