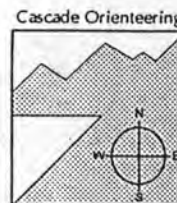




BEARING 315



The Newsletter of Orienteering in the Pacific Northwest

January, 1994

A Run Like No Other

by Mark Hartinger

[Last year I ran across Mark Hartinger, past president of Cascade OC in the early 1980's and half of the Hartinger/Waugh Championship caliber Rogaine team, up in the local Safeway parking lot. Mark said he was getting ready for a big trail run and had just finished a lap around the lake. Now normally when one talks about a lap(s) around the lake, they mean Greenlake's 2.8 mile inner loop or 3.1 mile outer loop, but not Mark. He meant the *big* lake—Lake Washington at 55 miles. At that point I asked Mark if he would share his thoughts on getting ready for and participation in his big race, the grueling Western States 100 mile trail run up and over the Sierra Nevada mountains in California.

Mark makes his second Western attempt this summer in late June, so don't be surprised if you see him running in the early morning and 6 hours later miles away wearing the same obscure "T"-shirt. Best of luck this summer, Mark. —Rick Hood]

There is no footrace quite like the Western States Endurance Run. One hundred miles of rugged trail across some of California's most challenging terrain, it is widely regarded as the premier ultrarunning event in this country. In the early summer of '93, I was fortunate to have enjoyed the opportunity to participate in this wonderful event.

It was an event I did not embrace casually. In the six months leading up to the race, I ran nearly 2,000 long, wet miles during a colder than normal Northwest winter. Yet for all my earnest training and resolve, my efforts proved insufficient in the final test. I dropped out in Western States (WS) after 78 miles of running.

What I learned during those 78 miles cannot be elucidated in terms of minutes per mile, caloric intake or blood chemistry. These specific elements can be analyzed and meticulously prepared for well in advance of a runner's first step. At WS, these are ultimately ordinary details. In the end, it was what went on in my mind that precluded the outcome of my run.

The focus of my thoughts on that blistering hot weekend in June was not entirely where it should have been. As is often my nature, my mind was mired in endless strategic details which lent little to my performance. I discovered that what truly counts at WS, indeed most comparable endeavors, is to become absorbed in the scenery, to enjoy the run along the way. Thoughts of crossing the finish line only interfere and become destructive. Running WS requires taking each step individually, not tying it to the one before or the one after.

The story of my run begins, as all WS's, in the inky blackness of pre-dawn at Squaw Valley, California, beneath the five Olympic rings which are remnant of the 1960 Winter Olympic Games held here. Race director Norm Klein sacramentally counts the final seconds to an anticipatory group of 387 runners and their anxious crews. My wife, Denise, brother Paul and long-time running partner Scott all stamp the asphalt excitedly in the chilly mountain air, anticipating the long, hot day ahead. Punctilious hugs and kisses are shared in the milling crowd as Norm reaches "ONE!", then presses an air horn trigger, shattering the nervous stillness of the morning. Runners synchronously shift their focus westward towards the 2,550 foot climb to the first aid station at Emigrant Pass, a mere 4.5 miles away. Behind us the valley ridges glow crimson and Crater Lake blue with the first light of a new day.

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I give one final, teary-eyed glance at Denise, hug her firmly, and whisper, "Thank you for helping me to get here." Then it is time to turn and be on my way.

The first third of WS passes through a continuous succession of sharp ascents to treeless, high-altitude vistas, followed by gradual descents through dense stands of western red hemlock, ending inevitably in calf-deep stream crossings. Just the day before, skiers were plying these same slopes on the last snow from a winter highlighted by a heavy Sierra snowfall. We runners founder for miles through that snow, and where the snow has melted, mud sucks at our shoes and soaks our socks, threatening our feet with blisters. Race coordinators had been busy in the days prior to the race marking the course through this snow, which appears intermittently for the first 32 slow, wet miles. In order to staff one particular aid station at mile 16, a road had to be plowed for eight miles at a cost of over a thousand dollars.

Each runner must undergo a medical check the day before the race. Weight, blood pressure and resting pulse are recorded on an unremovable hospital wristband which must be worn throughout the race. Nine medical checks are made along the trail. Runners who lose over 5% of their body weight must rehydrate back to a 3 - 5% range before proceeding. Losses over 7% require that the runner be removed from the race.

At Robinson Flat, the first major aid station (mile 30), we are met with the buzz of a thousand spectators and crews, busily watching for their runner under a sun which has already pushed the temperature into the 90's. I step onto a scale while a nurse reads my medical wristband.

"140 pounds!" she chants. This is remarkable, as my pre-race weight was 136. Evidently I am well hydrated. I meet my crew, and they frantically go about the task of changing my clothes and shoes, rubbing me with wet towels and regaling me with stories of other runners succumbing to the heat. In just a few minutes, I am off.

The next third of the run proceeds across steep, rugged terrain exposed to the brunt of the afternoon sun. The ground is brown and vegetation sparse, and the trail is often thick with foot-bruising rocks. Much of the 18,000 feet of climb and 23,000 feet of descent are gained and quickly lost in this section. The names on the map are echoed here: Deep Canyon, Last Chance, Devil's Thumb, Deadwood, El Dorado, Michigan Bluff. During my quad-grinding descent into El Dorado Canyon, a three-foot long Western Diamondback Rattlesnake lay quietly along the trail, inches from my passing feet. I see its well-disguised form while passing it, yet feel no danger. I stop abruptly and return to examine it closer. It lethargically slides into the brush, languid from the oppressive heat cooking both of us in this narrow canyon.

Once at the bottom, at an aid station, I see a thermometer. 106 degrees! Never in my worst dreams did I foresee these extreme conditions. I was painfully paying for my lack of hot weather training, which had

proved difficult during the cool spring in the Northwest.

By the time I reach my crew at Michigan Bluff (mile 55), my thoughts have soured in the inferno. In remembering Norm's words at the pre-race briefing to "stick to your plan," I have pushed myself hard to stay on a sub-24 hour pace and earn the coveted silver belt buckle awarded to one-day finishers (the course has a 30 hour maximum time limit). I now realize that, in these temperatures, holding that pace was a mistake. I languish here for an eternity (actually 20 minutes) before my crew prods me forward, staggering into a midday torpor.

Seven miles later, a seemingly infinite distance now, is Foresthill (mile 62), where I am joined by Scott as my pacer for the remainder of the run. Pacers are allowed and welcome on this lonely stretch of the trail, as most runners will face this final third of the course during the night. Crews and spectators overflow this small mining town, and the carnival atmosphere inspires me to pull myself up and continue, first walking, then slowly jogging, into the California Street section of the race and the beginning of the darkness. With flashlights in hand, Scott and I run well for a few miles, and my thoughts wander again to the finish.

I run too fast for awhile, Scott in tow, sapping what little strength I have left. Sometime during that still, black night, my motivation silently dwindles to nothing. The air is oppressively warm. Muddled thoughts of "why am I here" and "I'll never do this again" mingle obtrusively with the gurgling hush of the American River, snaking its course hundreds of feet below the trail. Scott offers words of encouragement which disappear in the inky gloom, not reaching me.

By now, most of the spectators have retired to air-conditioned motel rooms to sleep off the searing day. The aid stations, now hours apart for me, are sparsely staffed. Some 1300 volunteers line this remote course, many working dutifully through the night for what is now just over half the starting field of runners.

By now I am haggard and lame, and I am heavy with the realization that my spirit has long left me. And then finally, after twenty hours of running, 22 moonless miles from the finish, I painfully decide to drop out. At the Rucky Chucky river crossing aid station, I remorsefully remove my wristband and hand it to the aid station captain - official protocol for removing ones self. Scott calmly, and I know a little disappointedly, wades into a small cluster of onlookers which includes Denise and Paul. They look on disbelievingly, not convinced that I am actually dropping out.

I am escorted to a cot where I refuse a nurse's offer of an I.V. Denise gazes understandably at my disheveled form, unsure of the right words to say, if indeed there are any.

"I thought we had prepared for everything. But the one thing none of us had prepared for was you dropping out," she finally utters.

Her words are comforting, not accusing, letting me know that she believes I have given everything I had.

She more than anyone knows of my devotion to training for this race, and that if I can't continue, then it is indeed over for me. My name will not be among the 209 finishers of this year's race.

Western States, the race, is over for '93, but even during those last staggering miles of the race itself, the dream never died. I had determined, without hesitation, my intentions for 1994. I qualified to enter again, and mailed the entry and \$145 fee. With some luck, I would be picked in the lottery held in December which determines the final runners.

This year, I will essentially repeat the same training regimen, while adding more heat training, trying different fluids, and doing some light weight training. Most of all, I must train my mind for the task of finishing this race. Train it to focus on one step at a time...

Well, the letter arrived from the Western States Endurance Run Foundation. It reads, "Dear Western States Runner, Congratulations! You have just become the winner of a 100 mile trip across the Sierra, from Squaw Valley to Auburn, California."

Now I just need a stairstepper that I can use in a sauna!

Get Wired

You can now receive the latest Orienteering information, schedules, and stories electronically. The Alpine Trails Bulletin Board has graciously set up two electronic forums for orienteering discussion. One forum is for Northwest information and discussion, and is local to the Alpine Trails BBS. The other forum is linked to the international O-Net discussion forum, so you can read and post messages to the whole world-wide orienteering community.

The Alpine Trails BBS is free (excepting any phone charges, if applicable), and can be reached at 882-0110. The local forum is group 120, the international O-Net is group 121. Rick Hood (367-2606) will send you a guide to using the service, but it's unlikely you'll need it because it is very easy.

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. Meet directors, please send meet results to Debbie Newell for compilation.

Orienteer in Spokane on Bloomsday Weekend

If you are going to Spokane for the Bloomsday Run May 1, you may want to take in an orienteering event at Manito Park on Saturday afternoon, April 30. Manito is a city park 1:5000 color map. The fee is \$3 for members of any orienteering club. Registration will be from 1:00 to 3:00 p.m. To get to the park if you are eastbound on I-90, take the Maple Street exit, go straight ahead at the bottom of the exit ramp and follow 4th Avenue (which runs parallel to I-90) east to Stevens, turn right (south) onto Stevens and get in the left lane for Grand Blvd. and follow Grand to the park.

BC Thoughts

Doug Smith, OABC

As president of OABC, I would like to initiate a string of two-way communication for the 1994 season and beyond. Washington State, BC, and Alberta collectively are somewhat on an island in the sport of orienteering. Our contacts with other provinces and states outside of our area is somewhat limited, and we need to look to each other to plan and share ideas and activities.

To enable this sharing, we have to look at several issues: 1. Newsletters—we have been looking at alternate ways of getting each group information in a three-way network. Some have suggested articles sent to ONA; some have suggested joint mailings of existing newsletters; and some have suggested articles sent to each other's newsletters. 2. Event scheduling—we have already spent some time discussing meet dates to reduce scheduling conflicts. Perhaps we could establish fixed weekends for major meets to avoid the yearly scramble. 3. Joint hosting—some preliminary discussion of hosting APOC in 1998 has begun. There are probably opportunities each year to consider joint hosting of larger events. 4. Travel—for a few events in the year, we may wish to encourage a different mindset. In effect we have to think regionally, rather than locally. To have a few persons out of state/province at meets is always a bonus. For 1994, I would like to extend an invitation to orienteers in Washington to participate in our meet. We look forward to meeting you, and hope to participate in your events in return.

Speaking as a member of Sage Orienteering Club (Kamloops, BC), please consider joining us in the North American Rogaine Championships (Sage Rogaine V) June 25-26, in Kamloops. We will promise that this will be the event of the year.

'94 and '95 "A" Meets?

Tired of flying half way across the country to get your 4 days of A meets for ranking? Well, just wait a few months. Planning for the following A meets is well underway:

SEPT '94: COC A Meet at Cle Elum Ridge. This would be a two day meet, we are considering something similar to the WOC format. One day with regular A meet classes. The second day would be a short course meet: two heats, standard starts (no chase start). The area is embargoed, including areas to the north and west of the present map.

SPRING '95: Sacajawea A Meet at Juniper Dunes; standard two day format.

SUMMER '95: COC A Meet at American/English Camp National Historical Parks, San Juan Island. The base map is done; field checking in '94. Tentative format: long course at English Camp, short course at American Camp. If you plan to run in this meet, the area is embargoed.

FALL '95: Sammamish A Meet at Bullfrog Flats (west of present Ros-Elum map). The base map is done; field checking in '94. If you plan to run in this meet, the area is embargoed.

TURN OF THE MILLENNIUM: Cascade is planning to celebrate the last day of the second millennium and the first day of the third millennium with a gala two day "A" meet on December 31, 1999 and January 1, 2000.

Mark off April 15 of this year, too. This will be our first meet on the new 1:15000 Fire Mountain map. This is on a Boy Scout Reservation, and we are limited to one meet per year, but the area is large, and may be a future "A" meet site.

Rules And Ethics In WIOL Competition

Mike Schuh

Orienteering is like any other sport—it has rules and traditions and a small amount of ethics in regard to expected behavior by participants. At the recent WIOL competition in NAD Park, several students followed others on their course. Some participants visited the controls out of order. And more than a few punched wrong controls. All of these are against the rules, and may result in disqualification.

At most local meets, there is no policing of participant behavior. This means that the events run on the honor system, but also allow the unscrupulous to get away with improper actions. We check everyone's control cards after each event and can detect mis-punches (see the results from NAD in this issue), but it is generally beyond the resources of local clubs to monitor behavior on the course. Nonetheless, to ensure that competitors visit the controls in the correct order, there *will* be control cards checks on the course at the

WIOL championship, and anyone who does not present a properly punched control card will be disqualified.

As for following, there is really little to gain from this. If you can catch up with someone, then you are a better orienteer than they are, and so should continue on your own. While it is unlikely that you will catch up with someone who is better, they might pass you in the forest. Following them is still not be a good idea—sooner or later they will leave you behind, and you won't know where you are. It will take you a while to figure where—longer than you might have gained from following. Better to do your own work, and keep track of where you are on the map. At NAD Park, it is obvious that some of the mispunches resulted from someone following another—the first person punched at the wrong control, and the next person did the same! Proved following is grounds for disqualification.

WIOL Goes East

Horace Greely once advised young men to go west to seek their fortunes; a modern day Greely might suggest that young orienteers go east and win awards.

At the "O-fest" in October, several former WIOL participants competed in the two day 1994 US Orienteering Championships, and fared rather well. Among them was Eric Bone, 1991 and 1992 WIOL champion, who placed second in the M20A (men 20 years old and younger) category—first was won by James Scarborough, who competed on the US team in the World Championships. Eric also took part in the team trials in September, doing respectably well. (In addition, Eric is the current North American champion in his age group, and the reigning US Senior Men's Intercollegiate Champion.)

David Thatcher, 1993 WIOL champion, was the third American on the men's open category on the 4.7/4.6 km Green course. Henry Morgan, who was just 21 seconds behind David last February, took home a silver medal in the M18A category—if his second day had been like his first, he would have easily won first. Nicholas Bone, who placed third in last year's WIOL championships, was a few more minutes behind Henry, and ended up as the fourth place American.

How did these guys get so good? By orienteering, mostly at local events, first during the WIOL season and then at other meets. Eric and Nicholas have also travelled to many of the very good events hosted by orienteering clubs in British Columbia, as well as to other events around the United States. Should you desire to get a bit more experience, perhaps to help you to do better in next year's WIOL season, perhaps just for the fun of it, ask around at the next meet for anyone who might be going to one of these larger events. It is often possible to share rides (at least to British Columbia or Eastern Washington) and accommodations. Besides, the trips themselves are fun.

Help Bring Home Some Alaskan Gold

While most major orienteering events in the United States take place in the east, this year the national championships will be held in Anchorage. This presents orienteers from the Northwest—especially WIOI participants—with an uncommon opportunity. Travel to Anchorage is relatively easy (compared with the East coast), and there are plans underway to organize a group flight (or maybe even a charter flight) from Seattle. Registration and lodging at the championships can be had for about \$100, and air fare for less than \$400 (current prices). The two day championships will be on June 22nd and 23rd, with a one day Class A meet on June 20th. If you are interested in attending, please contact Mike Schuh (783-3960) or Bruce McAlister (821-6862) as soon as possible. Let's bring some more gold back to the Northwest!

Intercollegiate Championships

The first ever Washington State Intercollegiate Orienteering Championships will be held Sunday, February 27, at Lake Tradition near Issaquah. The competition is open to any full time student of any post secondary school (university, community college, vocational technical school, etc.) in Washington State. (In the future, eligibility will be limited to only four years of competition.)

There will be just one class for both men and women, but there will be separate awards. Team standings will be based on the total time of the top three participants from each school.

If you are eligible and intend to participate in the intercollegiate championships, please contact Mike Schuh (783-3960) by February 22nd. This will allow the organizers to assign start times and pre-mark courses. If leaving a message, please provide your name, school, and phone number.

Special note to participants from outside the greater Seattle area: we hope to be able to provide lodging with local orienteers Saturday night for those who wish to travel to Seattle on Saturday. Please contact Mike Schuh if you wish take advantage of this. (Local folks—please contact Mike if you are willing to host someone. Thanks!)

Pacific Crest Trail Hike

This summer, probably in July, Dave Tallent and Debbie Newell plan to hike the Pacific Crest Trail from Snoqualmie Pass to Stevens Pass, a trek of approximately 75 miles. The hike will take about a week, and is planned for July. If you are interested in joining them, please give Debbie a call at 488-7471.

Membership Report

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 31 December 1993. Words of both thanks and welcome go to the following new or renewing club members: Marti Anderson, John Bohn, Paula Brown, Boy Scout Troop 270 c/o Fred Warden, Boy Scout Troop 307 c/o D. Vaughan, Sture & Pamela Carlsson, DeDe Chinlund, Nancy Ann Coon, Steve Frederickson family, Jackie Gardner, Jeffrey Janson, Ed Ledger, Jean Lee, Lisa Nordlund, Nick Nguyen, Brad Payne, Jackie Ritmire, Jim Siscel, Doug & Katie Sprugel, Susan St. John, 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. 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 the newsletters are now sent out at bulk rate, the post office no longer returns those that are undeliverable.

As required by the United States Orienteering Federation (USOF), we had to compute our club membership as of 15 December 1993. The count was 43 families, 66 individuals, and 1 associate for a USOF total of 153 (families count as 2 and associates as half). We also send out 18 newsletters for exchange with other clubs, 8 newsletters for publicity/good will purposes, and have 11 subscribers to Bearing 315 who are not Cascade O. C. club members. We have retained our roughly 150 total for the past 10 years. In the year ended, 1993, Cascade signed on 16 new family memberships and 26 new individual memberships which yields 58 by USOF calculation rules. So, even though our total membership count is the same, unlike last year when half of our members were new, we have been able to retain more than half this year. Retention is better but growth must again improve.

Having been membership coordinator since 1 January 1986, and still keeping the roster using the database management package dBase II on an 8-bit CP/M personal computer, I think it is time to let someone else take over with more modern computer equipment. Luckily for us all, Aaron Charlop has offered to be new membership coordinator for 1994. The club thanks you Aaron.

Cascade Board / Potluck

The February Cascade Board meeting will be held at Bruce McAlister's home at 14014 81st Pl. NE (about 1/2 mile east of St. Edward Park) at 7:30 pm on Tuesday, February 8. Preceding the Board Meeting there will be a short Fun-O event at 6 (weather permitting), followed by a pot-luck supper at 6:30. Everyone is invited (we're even letting in Sammamish members). Watch your Board in action or learn how to log on to the Internet or Compuserve or Alpine Bulletin Boards and read and send messages, including reading the latest O-Net reports, or try your hand at drawing O-Cad maps.

Travel Notes

Bruce "Frequent Flyer" McAlister

Just a few words about upcoming "A" meets. We have local orienteers on their way to Georgia (Navigator's Cup, February 19/20), Michigan (1994 US Intercollegiate Championships) and New Hampshire (back to Pawtuckaway for the Troll Cup, April 30, May 1). We will have a nice contingent back at the Intercollegiates. We can reserve separate cabins there. If you are interested in coordinating travel to any of these meets (or to Kansas at the end of March), check with Bruce at 821-6862. There is a mini fare-war on to Jan 11 (RT fares range from about \$300 to \$425, with the best fares for February/March, higher in April/May), but there may be better spring fares later on.

And a word of warning!! The papers are advertising great fares to Anchorage (\$199 RT), but local orienteers trying to buy tickets on United for the US Championships were shocked at Christmas to find out that there were no excursion rate seats available on the Saturday or Sunday before the meet to Anchorage, nor seats back to Seattle on the following weekend; and had to book mid-week flights (you could book full coach or first class for \$1000+). Mike Schuh is checking on charter possibilities, but if you are planning on attending, you may want to make your plans early. These fares are low fares driven by MarkAir (currently in Chapter 11), and could double at any time if MarkAir quits.

Beyond Orienteering

edited by Debbie Newell

[A compendium of non-orienteering athletic achievements by local orienteers.]

Wanda Howlett, SOC, and her teammates on the UPS women's cross-country team won the 1993 NAIA national championship. This was UPS's second consecutive NAIA championship. Mark Hartinger, COC (3:22:11), participated in the Seattle Marathon on November 27. Rick Breseman, COC (1:40:09), Mac MacDonald, SOC (1:41:50), Debbie Newell, COC (1:39:44), and Magne Raadal, COC visitor from Norway (1:33:24), completed the accompanying Half-Marathon.

Field Notes

Rick Hood

- Goodbyes and best wishes to Magna and Else who are heading home to Norway after spending the fall here in Seattle. And special regards to Peter and Claudia who are heading back to Austria after completing their two year graduate programs at UBC. The farewell parties for both were both well attended and a lot of fun. (Thanks to my wife for letting me hold them at our place.)
- Special hellos to our newest orienteer—Peter Sprugel. Born to two proud orienteering parents, Doug and Katie, with the help of our own "orienteering MD" Margie Bone. (All are healthy and happy!)
- The Big event, the A meet on Sept. 10th/11th, hosted by COC, is now slated for Cle Elum Ridge. Other Washington biggies: SAMM will host a two day event at Ros Elum Ridge at the end of July and EWOC will host a two day event at Riverside in late Sept. or Early Oct.
- Our friends to the north in BC really have a super set of events for this year. Here are some of the highlights that you will want to mark in your calendar; we will have details next issue: Thetis Lake Spring O meet on March 5/6; McQueen Lake C/B four day on April 1-4; Sage Stomp on May 21/22; Newcastle on May 28/29; North Am. Rogaine Champs in Kamloops on June 25/25th; Blue Lake Training Camp (in Alberta) July 1-3; and BC Champs on Sept. 3/4th. So there is plenty of "local" orienteering next. And for those with time/money to fly don't miss the 9 days of orienteering from Aug. 13th to 22nd in Ontario (which includes the USOF convention, NA Champs, and Canadian Champs!). Now for those seeking true adventure, there is the US Champs on June 20-23 in Alaska!
- Out natural bridge project at St. Edwards Park has been postponed until June. For more info just give me a call at 367-2606. Again, this is a great way to show both the park management and general community the positive contributions orienteers make to the woods.
- Mac and Karen MacDonald are doing SAMM and the Pacific Northwest and the US orienteering community proud by making the trip to the Asian Pacific Orienteering Carnival being held now in New Zealand! (OK, mostly they are having fun running courses and hiking trails and riding mountain bikes on other days, but if we had to really choose representatives from the states, we couldn't do any better than Mac and Karen.)
- Late breaking news: EWOC will hold their two day Inland Empire Cup at Riverside Park in Spokane on Oct. 1st and 2nd. The courses are always fast and fun, so put this event on your list now.

Regional BOD Elections

Bruce McAlister is presently the Northwest Region representative on the USOF board. His term expires this August at the convention. Dan Ellsworth (Artic O.C.) is the current alternate.

There will be a mail ballot and in-person election scheduled at the regional meeting to be held at the U.S. Championships in Anchorage in June.

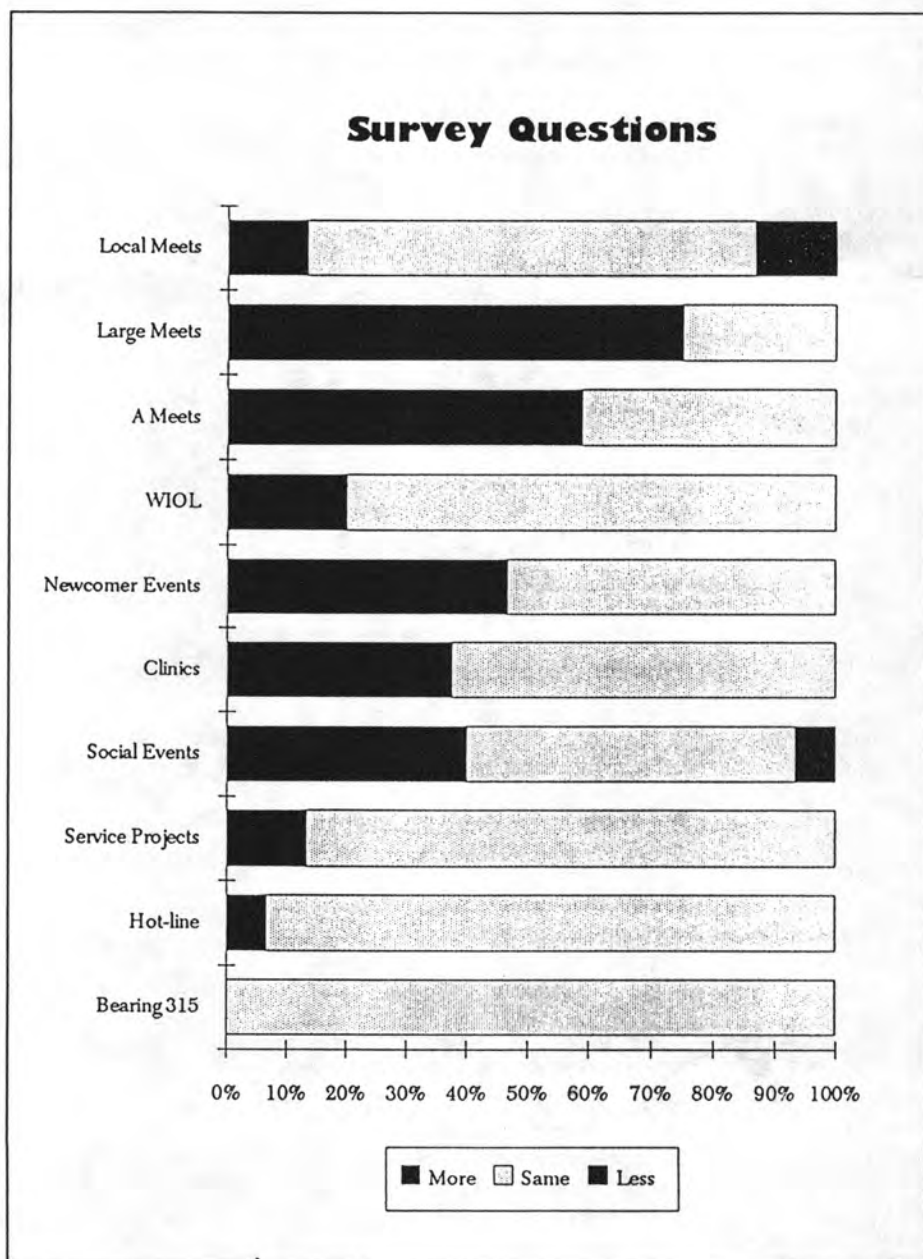
Anyone interested in either being representative or alternate for three years, please send in your name, or nominate someone, to Ardis Dull.

COC Election/Survey Results

No surprise in the Cascade Orienteering Board election: the five open board positions were filled by the five nominated people. However, the position of President (elected by the Board) is still open: if you are interested in this position of great power and prestige, please talk to any of the current board members.

The survey of current members revealed that most people are pretty satisfied with the club, with one obvious exception: people want more large, class "B" and "A" meets. A significant number of people also requested more newcomer events, clinics, and social events. One member thought a group outing to the Deja Vu club would be a good idea (would that be orientleering?)

The results for each of the survey questions are graphed here.



Where and what are these Orienteering Clubs?

Cascade Orienteering Club, Sammamish Orienteering Club, Ellensburg Orienteering Club, Sacajawea Orienteers, and Husky O.C. are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue and Redmond) area, while Cascade (the largest club) operates in the greater Seattle area. Ellensburg is centered in that town, and Sacajawea is based in the Tri-Cities area. Husky Orienteering is for University of Washington students, faculty, and staff. Cascade and Sammamish clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains; the other clubs hold events in their areas. 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 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
Aaron Charlop	Memberships	440-1497
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	634-2279
Peter Golde	Newsletter	883-3732
Mike Schuh	Executive Board	783-3960
Paul Magnus	Executive Board	821-6862
Bill Cusworth	Executive Board	322-6693
Jim Siscel	Trim Course Coordinator	778-7202
Mark Anderson	Publicity and Promotion	286-9136

Sammamish Officers and Coordinators:

Dave Tallent	President	392-3061
John Sincok	Vice President	822-3621
Valerie Enger	Treasurer	822-6254
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Kathy Trost	Memberships	271-5508

Orienteering Club Membership Application

- ☐ Cascade O.C. ☐ Sammamish O.C.
☐ Ellensburg O.C. ☐ Sacajawea O.C.

Name _____

Address _____

Home phone _____ Work (opt.) _____

E-mail _____

Family Members _____

Optional Information:

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

- Event Participation Improving Skills Writing Teaching
 Event Organization Map Making Publicity Coaching
 Course Setting Field Checking 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 one of:

Cascade Orienteering Sammamish Orienteering
 P.O. Box 31375 P.O. Box 3682
 Seattle, WA 98103 Bellevue, WA 98009

—OR—

Ellensburg Orienteering Sacajawea Orienteers
 c/o Will Sperry c/o Elis Eberlein
 1006 N. Water St. 520 Meadows Drive S.
 Ellensburg, WA 98926 Richland, WA 99352

Other Clubs:

Elis Eberlein, President Sacajawea O.C.	(509)627-0378
Will Sperry, President Ellensburg O.C.	(509)925-4816
John Beck, Preseident Eastern Wash. O.C.	(509)838-7078
Charley Kellerman, Columbia River O.C.	(503)231-0443
Eric Bone, President, Husky O.C.	(206)634-2279

Event Fees

Event fees are charged on a per-registration basis: two people running together with the same map and punch card pay a single fee. Additional maps are available; the charge varies depending on the map. The following are typical fees for local ("C") events with color maps. "A" and "B" meets, state championships, rogaines, and other events will cost somewhat more.

Club members (any club)	\$3.00
Non-club members	\$4.00
Junior (< 18, except WIOL)	\$2.00
WIOL (school league) participants	\$3.00
First time orienteering participants	\$2.00
Families	\$1/person after first two

Meet Results and Standings

Lincoln Park Relay

November 21
Husky Orienteering Club

New Map: Bill Cusworth, Eric Bone
Courses: Bill Cusworth
Meet Director: Eric Bone
Registration: Bruce McAlister

A sort of relay/freestyle course. Each team member was required to punch 16 of the 18 available controls in any order in 2 loops, with a minimum of 5 controls per loop. Most people punched the same 16 controls, as two of the controls (#11 and #13) proved difficult to find. It didn't pay to spend too much time looking for a control, since it was faster to simply punch a different one.

The course was further complicated by a driving rain, which became wet snow as the day progressed.

Times in italics are cumulative team results (i.e., first time is after runner 1, loop 1; second time is after runner 2, loop 1, third time is after runner 1, loop 2, etc.).

16 Controls

	Loop 1	Loop 2	Total
Mark Howlett	11:06	15:37	26:43
Debbie Newell	13:02	15:08	28:10
<i>11:06</i>	<i>24:08</i>	<i>39:45</i>	<i>54:53</i>
Paul Magnus	11:24	12:03	23:27
Peter Golde	15:27	17:23	32:50
<i>11:24</i>	<i>26:51</i>	<i>38:54</i>	<i>56:17</i>
Mac MacDonald	17:44	20:02	37:46
Ben Hall	9:31	12:46	22:17
<i>17:44</i>	<i>27:15</i>	<i>47:17</i>	<i>60:03</i>
Jana Urbanova	17:28	24:06	41:34
Jan Urban	10:17	18:03	28:20
<i>17:28</i>	<i>27:45</i>	<i>51:51</i>	<i>69:54</i>
Ross Stevens	21:09	17:25	38:34
Rick Breseman	16:03	19:02	35:05
<i>21:09</i>	<i>37:12</i>	<i>54:37</i>	<i>73:39</i>
Sandy Kish Miller	15:31	20:54	36:25
Dave Tallent	17:21	20:37	37:58
<i>15:31</i>	<i>32:52</i>	<i>53:46</i>	<i>74:23</i>
Ardis Dull	25:08	20:19	45:27
Sasha Boltnev	22:29	16:21	38:50
<i>25:08</i>	<i>47:37</i>	<i>67:56</i>	<i>84:17</i>
Mark Anderson	16:39	29:05	45:44

Marti Anderson 18:44 35:37 54:21
16:39 35:23 64:28 100:05

Ken Lew 22:18 38:57 61:15
Don Atkinson 19:30 21:46 41:16
22:18 41:48 80:45 102:31

Carl Moore 20:25 24:31 44:56
Linda Moore 33:22 26:25 59:47
20:25 53:47 87:09 104:43

Robert Miller 10:52 12:54 23:46
Paul Shaprott 36:44 52:41 95:17
10:52 47:36 60:30 119:03

10 Controls

Harvey Friedman 12:07 22:38 34:45
Anne York 9:58 21:39 31:37
12:07 22:05 44:43 66:22

Map Hikers

Harald Gundersen
Ellen & Sarah Boomer
Jacqueline Gardner
Dick Wilson
Jackie Ritmire

Evergreen High School

November 27
Cascade Orienteering Club

Course 1 (1.2k, 5 controls)

Jonathan Bingham 11:40
Phil Dowe & Chris Lacamara 12:50
April Carlsen 13:20
Matej & Anna Urban 18:45
Darren Robinson 18:45
M. & A. Uran 36:19
Donna & Jama Gerhart map hike

Course 2 (2.5k, 7 controls)

Nils Ostenfor 14:10
Ken Lew 23:28
Jonathan Bingham 40:30
April Carlsen 58:45

Course 3 (8 controls)

John Nitardy 19:50
Ardis Dull 23:01
Tony & Alex Eldenburg 26:30
Tom Chapman & Ben Jury 27:15
Don Jury 36:15
Jonathan Bingham 46:30
Sue Ulric + 4 50:10
Alan & Morgan Dixon/K. Bingham 55:45

Course 2 + 3 (15 controls)

Rune Hoel 12:25+14:00=26:25
Jan Urban 13:30+15:30=29:00
Bill Cusworth 12:30+18:47=31:17

Jana Urbanova 16:14+19:39=35:53
Sasha Boltnev 18:45+18:00=36:45
Sandy Kish Miller 18:35+22:50=41:25
Mark Anderson 20:08+23:00=43:08
Anne York 22:20+32:30=54:50

Kelsey Creek Park

December 4
Sammamish Orienteering Club

Meet Director:
Courses: Dave Lilly
Registration: Kathy Trost, Linda Hood
Timing: Rick Hood, Dave Lilly
Food: George & Nancy Lilly

Course 1 (10 controls)

Lael Smith 19:58
Rob Simpson 21:39
Tommy Stainsby 24:52
Hopper + 4 36:36
Matej & Anna Urban 38:17
Jean Lee 48:35

Course 2 (2.0k, 14 controls)

David Stainsby 18:00
Chris Hooyman/Matt Swanson 19:22
Ardis Dull 22:39
Dave Petty 23:08
James Hamaker 25:21
Rob Simpson 27:22
Jean Lee/Jan Urban 27:34
David Nichols 29:13
Paul Alsdorf/Eric Matsen 29:43
David Matney 32:44
Tony Amort 33:38
Sue Ulric 33:59
Ewing 34:51
Ann Amort 40:35

Course 3 (17 controls)

Rune Hoel 23:11
Paul Magnus 23:44
Mark Howlett 25:07
Bill Cusworth 26:14
Rick Breseman 27:09
Howard Halter 30:18
Debbie Newell 32:15
Jan Urban 32:22
Bill MacDonald 32:38
Paul Alsdorf/Chris Hooyman 32:52
Arne Lund 33:06
Peter Golde 33:39
Neil Smith 35:04
Aaron Charlop 35:38
Brian Goesling/Jason Dadakes 36:37
Jana Urbanova 37:02
Mac MacDonald 39:12
Sandy Kish Miller 40:04
Don Atkinson 43:15

James Hamaker	45:20
Sesso	46:54
Eric Riggers/Tim Tuan	47:50
Erick Matsen/Matt Swanson	48:25
Nick Bone/James Hopper	48:30
Yates/Hutchinson	49:44
Bob Reddick	51:04
Steve Frederickson	52:36
Ken Lew	54:34
M. Magee	62:37
Ellen Boomer	65:58
Mark Anderson	66:53
Hopper + 2	69:46
Jim Sissel	72:18
Enger family	82:03

Woodland Park

December 11

Cascade and Husky Orienteering Clubs

Meet Director: Bill Cusworth

Course Design: Eric Bone

Course Setting: Bill Cusworth

Registration: Paul Magnus, Ardis Dull,
Margie Bone, Mark Anderson

Timing: Bruce McAlister, Bill Cusworth,
Mike Schuh

Beginner Instruction: Mike Schuh

Marker Pick-up: Paul Magnus, Aaron
Charlop, Mark Anderson

Results: Bill Cusworth

Refreshments: Bruce McAlister

Course 1 (1.1k, 6 controls)

WIOL Elementary

Brigitte Estvanik & Joan Maza	6:58
Mikael Hershey	9:20
Kris Alina	9:23
Tommy Stainsby	9:55
George Alina	10:25
Erin Daniels & Pat Pittman	12:35
James Hopper	14:05
Crystal Johnston & Heather Daniels	15:39
Louis Oliveri	15:42
Jennifer Rogers & Jennifer Akrom	16:17
Crystal Clouter	17:02
Leland Rollings & Lance Ackerman	21:06
Jacob Korpela	22:32

PUBLIC

Walt Winter	10:05
Roger Sharp	10:08
Chris Carder & Kevin McElliott	11:45
Lorun Winter	14:05
Ginny Haver	15:40
Ben Shively	16:03
Steven Herlocker	16:40
Matej & Anna Urban	17:01
John Lee	25:33
Joseph Hudson	DNF
Donna Gerhart	map hike

Course 2 (2.0k, 9 controls)

WIOL B

Matt Ley	10:45
Chris Ley	12:42
Kris Alina	18:37
Ross Wahlborg	20:22
Jacob Harrison & Eric Heistand	20:34
Chris McClelland & George Alina	22:37
Jason Richards	24:15
Robert Daniels, Jon Beck, & Jeremy Watson	25:39
Joan Maza	29:09
Brigitte Estvanik	30:07
Heather Daniels	31:35
Patrick Pittman	33:55
Lance Ackerman, Leland Rollings, & Louis Oliveri	35:44
Erin Daniels	35:55
Jennifer Abram & Trinda Stephenson	36:20
Crystal Johnson	36:32
Matt Anderson & Ryan Daniels	37:12
Jacob Korpela & Mikael Hershey	45:15
Jennifer Rogers, Jason Baker, & Crystal Clouter	MSP
PUBLIC	
Chris Carder & Kevin McElliott	19:09
Jon Kelly	21:25
Jean Lee	22:49
Lorna Williamson	24:40
Fred Warden	25:40
Ginny Haver	25:50
Herlocker & Sledghall	28:33
Sean Eby, Travis Watilo, & Mike Christian	36:10
Alan Powers	36:26
Scott and Rosie Miller	38:23
Sally VanderZee	41:16
Nathan Mangum	47:50
Ken Bailey, Bill Harmon, & Eric Turner	67:35
Walt Winter	MSP

Course 3 (3.1k, 90 m, 12 controls)

WIOL A

Fred Schmitt	20:54
Matt Swanson	21:38
John Logan	23:18
Matt Ley	25:20
Chris Schreiner	25:35
Jason Dadakis	26:26
Brian Goeslinc	30:18
David Stainsby	30:39
John Mohrmann	31:25
Jason Baker	32:32
Eric Riggers & Tim Tuan	32:33
Robert Daniels, Jon Beck, & Jeremy Watson	DNF
Chris Hooyman	MSP
Paul Alsdorf	MSP
Jacob Harrison	MSP
Matt Anderson	MSP
Jason Dempsey	MSP
PUBLIC	
Paul Magnus	16:08
Arne Skog	17:53
Jan Urban	19:28
Harald Gunderson	20:35

Mac MacDonald	21:50
Arne Lund	22:58
Jana Urbanova	23:03
Sandy Kish Miller	24:45
James Hamaker & Jeremy Powers	26:29
Wasser Schmitt	27:13
Don Atkinson	27:17
Mark Anderson	28:09
Eva & Michael Corey	28:25
Ross Stevens	28:47
Harvey Friedman	30:41
Chris Burns	31:34
Aaron Charlop	32:04
Chuck & Jan Ward	37:00
Alan Powers	37:26
Ken Lew	37:41
Ron & Andy Brown	38:01
Paula Brown	39:25
Steve Watilo, Jeff Watilo, & Phillip Stone	50:08
Anne York	50:28
Jay & Sue Hopper	51:52
Rick Trout & Tracey Sesso	56:22
Peter Brown & Nick Watill	58:54
Tony & Ann Amort	62:19
Chris McClelland	DNF
Jackie Ritmire	MSP

Sprint-O (2.6k, 95m, 14 controls, mass start)

Jan Urban	17:53
Mark Hartinger	17:54
Mac MacDonald	18:09
Nick Bone	20:04

Ft. Steilacoom Park

WIOL #1

December 18, 1993

Nisqually Orienteering Club

Course 1

WIOL Elementary/Middle School

Derek Schmitt	POULSBHJ	32:23
Alan Lee	GARFIELD	34:16
Nathan Schmitt	POULSBHJ	35:00
James Lee Hopper	HAMLTNMS	35:16
Charlie Barnes	POULSBHJ	35:24
Lael Smith	EVERGRMS	40:12
Tommy Stainsby	TOTEMJHS	60:39

PUBLIC

Nathan Beedle	20:00
Jack Weeks	26:22
Son & John & Thuan	26:40
John Urdal	32:22
Katie Stone	42:42
Anna Urbanova	46:21
Val Enger & kids	51:03

Course 2

WIOL B

Nate Oraker	BREMERTN	32:40
Steve Oraker	BREMERTN	34:20
Dan Baird	BREMERTN	42:22

Randy Coe	BREMERTN	46:15
George Alina	BREMERTN	48:53
Patrick Pittman	BREMERTN	50:24
Mah Anderson	BREMERTN	50:41
Joan Maza	BREMERTN	51:05
Jeremy Watson	BREMERTN	51:41
Robert Daniels	BREMERTN	52:41
Christine Matter	WILSON	53:48
Heather Daniels	BREMERTN	56:20
Scott Neff	STADIUM	56:51
Lillyann Estvanik	BREMERTN	62:26
Brigitte Estvanik	BREMERTN	63:14
E Daniels & Rollings	BREMERTN	63:28
Crystal Johnston	BREMERTN	65:11
M Tan & B Oraker	BREMERTN	68:24
Kristopher Alina	BREMERTN	69:28
J Downs & C Kang	WILSON	71:33
Jennifer Abram	BREMERTN	78:20
Mickael Hersey	BREMERTN	84:15
Leland & Jonathan	BREMERTN	85:15
Jason Baker	BREMERTN	DNF
Arriel Atienza	BREMERTN	DNF
Kari Jones	BREMERTN	DNF
Ryan Daniels	BREMERTN	DNF
Lance Ackerman	BREMERTN	DNF
Trinda Stephanson	BREMERTN	DNF
Bryan Carpenter	BREMERTN	DNF
Luke Caldwell	GARFIELD	DNF
Crystal Cloutier	BREMERTN	DNF
PUBLIC		
Nathan Beedle		30:05
Jack Weeks		43:53
Jackie Ritmire		48:39
C Hein & N Miller		53:18
Lynn Jensen		53:18
Paula Brown		57:10
Bob & Pat Reddick		63:00
Son & Jon		72:17
John Lee		DNF

Course 3

WIOL A

J. Fred Schmitt	NORTKITS	33:20
Nicholas Bone	GARFIELD	38:14
Jon Michael Topolski	WILSON	60:05
Chris Schreiner	JEFFERSN	62:09
Chris Weltzer	WILSON	65:06
Tony Bertocchini	WILSON	84:23
Craig Nicholson	WILSON	91:39
Jason Dempsey	BETHEL	93:00

PUBLIC

Harvey Friedman		57:45
Neil Smith		60:20
Jackie Ritmire		61:08
J Newmark		62:01
Paul Schuller		66:03
Margie Bone		67:36
Wasser Schmitt		73:18
Nick Nguyen		82:00
Dickinson & Tharp		107:15

Course 4

Mark Howlett		37:46
Dave Enger		40:40
Eric Bone		41:13

Mike Miller		42:10
Jan Urban		42:11
Paul Magnus		43:25
Harald Gundersen		43:33
Nils Ostenfor		43:39
Bill Cusworth		44:50
Keith Wren		56:11
Don Atkinson		59:40
D Hall & T Hein		60:18
Ellen Boomer		64:45
Sandy Kish Miller		66:20
Marti Anderson		66:49
Aaron Charlop		68:08
Lisa Nordlund		73:05
Jim Siscel		78:16
Michael Corey		79:49
Thuan Nguyen		83:00
Steve Frederickson		85:30
Ken Lew		86:13
Chuck Ward		90:52

St. Edward State Park

Bog Slog and WIOL #2

December 26, 1993

Cascade Orienteering Club

New Map: Don Atkinson, Bruce

McAlister

Courses: Don Atkinson

Meet Director: Peter Golde

Timing: Mike Schuh, Mike Fritz, Paul

Magnus

Registration: Ardis Dull, Peter Golde

Control Pickup: Don Atkinson, Peter

Golde

Other Assistance: Bruce McAlister

Course 1 (1.8km, 1 controls)

Haines family		35:20
Randee Schmitt		37:04
Dad & Elizabeth Keyes		43:16
Matej & Anna Urban		DNF
Karen Nordeng		DNF

Course 2 (3.0km, 1 controls)

WIOL Middle School

Derek Schmitt	POULSBH	41:00
Nathan Schmitt	POULSBH	43:18

WIOL B

Jon Michael Topolski	WILSON	37:07
Tim Tuan	INGLEMOR	58:55
Christine Matter	WILSON	61:51
John Urdal	ROOSEVLT	62:51

PUBLIC

Phil Everett		63:44
Ted Stodskill		68:49
Terry Bone		84:00
Bob & Pat Reddick		96:40
Terry Loving		98:45
Al Blair		98:45
Jena Brostrom		MSP
Sally Vanderzee		DNF

Course 3 (3.7km, 1 controls)

WIOL A

Fred Schmitt	NORTKITS	36:18
Nicholas Bone	GARFIELD	48:23
Chris Hooymann	LAKESIDE	56:36
Chris Schreiner	JEFFERSN	57:18
Eric Riggers	INGLEMOR	DNF

PUBLIC

Mike Schuh		43:05
Dave Petty		61:23
Michelle Everett		61:23
Knut Olson		62:20
Wasser Schmitt		63:39
C Calloun & P Breach		66:53
Neil Smith		67:25
Harvey Friedman		68:13
Mike Tamada		70:40
Susan St. John & Pat Little		73:10
Shirley Donald		73:31
Anne York		78:25
Sue Ulrich & friends		96:14
Rick Trout		DNF

Course 4 (4.8km, 1 controls)

Eric Bone		52:33
Rune Hoel		53:17
Paul Magnus		58:02
Ben Hall		59:10
Dave Enger		61:09
Mark Howlett		63:33
Nils Oystenfor		64:44
Rick Breseman		65:50
Dan Waugh		68:14
David Thatcher		70:05
Bill Cusworth		71:59
Gary Kraght		83:43
Carl Moore		88:15
Sandy Kish Miller		88:51
Debbie Newell		89:19
Scott Donald		89:44
Alison Keyes		90:28
Mike Fritz		93:17
Fred Veler		95:16
Linda Moore		98:24
Garth & Dave Lilly		102:39
Marti Anderson		103:27
Peter Golde		104:13
Sid Whaley		114:49
Margie Bone		129:23
Tyler Frederickson		140:09
Jonathon Newmark		141:09
Ken Lew		141:37
T Hutchinson, R & I Yates		145:48
Chuck & Jan Ward		156:00
Jim Siscel		166:50
Jan Urban		DNF
Jean Davis		DNF
Lisa Nordlund		DNF
Steve Frederickson		DNF
Nick Nguyen		DNF

NAD Park

WIOL #3
January 8
Nisqually Orienteering

Course 1 (1.2km, 5 controls)

Nick Fitch	7:34
Dave Hull	13:50
John Stanley	15:50
Sally Vanderzee	19:38

Course 2 (1.5km, 7 controls)

WIOL Middle School

Derek Schmitt	POULSBHJ	12:00
Nathan Schmitt	POULSBHJ	12:08
Charlie Barnes	POULSBHJ	14:08
Tommy Stainsby	TOTEMJHS	MSP

PUBLIC

Nick Fitch	7:55
R Garner & M Kruk	10:07
Jon Weltzer	12:05
Y Mizuno & J Lal	19:12
K Chenng & A Wong	20:11
Bob & Pat Reddick	20:48
Ivy Wong	22:12
Patrick & Kori Kelley	23:29
John Lee	DNF

Course 3 (2.1km, 9 controls)

WIOL B

Matt Ley	GIGHARBR	12:05
D Clark & J Smith	SHELTON	16:45
Clayton Bennett	SHELTON	17:45
Eric Riggers	INGLEMOR	17:50
Nathan Oraker	BREMERTN	18:00
Jon Michael Topolski	WILSON	18:16
Jeff Zalewski	WILSON	18:43
Maia Wright	NORTKITS	19:45
Stephen Oraker	BREMERTN	24:55
Tim Tuan	INGLEMOR	25:58
Van Trinh	INGLEMOR	28:00
Ryan Daniels	BREMERTN	28:05
George Alina	BREMERTN	29:07
Crystal Rollings	BREMERTN	30:05
Kristopher Alina	BREMERTN	31:41
Johnathan Devine	BREMERTN	33:07
Joan Maza	BREMERTN	34:00
Blythe Oraker	BREMERTN	34:30
Lance Ackerman	BREMERTN	39:07
Heather Daniels	BREMERTN	39:08
Mickael Hersey	BREMERTN	39:20
Mah Anderson	BREMERTN	40:00
Trinda Stephanson	BREMERTN	40:45
Jeremy Watson	BREMERTN	41:31
Patrick Pittman	BREMERTN	43:26
Leland Rollings	BREMERTN	43:34
R Gamer & Z Taber	SHELTON	44:00
Erin Daniels	BREMERTN	45:30
Noel Johnson	WILSON	46:40
Louis Oliveri	BREMERTN	62:40
Randy Coe	BREMERTN	DSQ
Arriel Atienza	BREMERTN	MSP
Daniel Baird	BREMERTN	MSP

Bryan Carpenter	BREMERTN	MSP
Jacob Harrison	BREMERTN	MSP
Jennifer Abram	BREMERTN	MSP
Rouch & Kenndy	SHELTON	DNF
Robert Givens	SHELTON	DNF
Gary Yarbrough	SHELTON	MSP
Michael Kruk	NORTHMAS	MSP
Michael Altaffer	SHELTON	MSP

PUBLIC

Steve Lynch	11:48
Nick Fitch	16:26
Nora Miller	18:00
Dustin & Jennifer Berlin	18:55
Kyle Gott	19:09
Lisa Armistead	22:30
Bren Corcoran	26:10
Kori Kelley	41:02
Ron Faird	52:16
Chuck Gnegy	MSP
John Lee	DNF

Course 4 (2.7km, 16 controls)

WIOL A

J. Fred Schmitt	NORTKITS	20:26
David Stainsby	JEFFERSN	24:15
Christopher Schreiner	JEFFERSN	26:10
Nicholas Bone	GARFIELD	26:40
Scot Neff	STADIUM	28:05
Kyle Gott	SHELTON	34:35
Eric Heistand	BREMERTN	43:23

PUBLIC

Eric Bone	16:54
Rune Hoel	17:49
Mark Howlett	18:36
Mike Miller	19:55
Bill Cusworth	20:00
Paul Magnus	21:55
D Clark & C Bennett	23:09
Matt Ley	26:16
Harald Gundersen	26:25
Patrick Kelley	27:55
Ken Peters	28:27
Carl Moore	29:09
Thaun Nguyen	31:55
Sid Whaley	31:59
B Flynn & H Halter	32:27
David Korthals	34:00
Lisa Nordlund	34:05
Linda Moore	35:03
Edwin Armistead	36:20
Ted Smith	36:26
Wasser Schmitt	37:50
Daniel Baird	42:16
J & C Ward	43:00
Jackie Ritmire	43:40
Ellen Boomer	45:12
Toko Magnus	48:53
Terry Loving	67:09
Venita Casey	DNF
J Stanley & R Givens	DNF

1993 PNW Rankings

Ranking covers events from Jan 1, 1993, to December, 1993.

Name	days ranked	points
1. Ben Hall	7	100.0
2. Mark Howlett	9	97.1
3. Eric Bone	7	96.9
4. Dave Enger	9	93.3
5. Paul Magnus	7	93.0
6. Rick Breseman	5	88.3
7. Arne Skog	5	85.0
8. Bill Cusworth	12	84.4
9. Harald Gunderson	4	81.7
10. Steve McConnell	6	80.9
11. Debbie Newell	10	80.8
12. Dave Tallent	6	79.4
13. Fred Veler	6	76.2
14. Jan Urban	13	73.1
15. Peter Golde	10	71.8
16. Mac MacDonald	8	69.1
17. Mike Schuh	4	68.9
18. Arne Lund	4	67.6
19. Robert Miller	4	66.4
20. Sandy Kish Miller	7	63.7
21. Nick Bone	6	62.4
22. Jana Urbanova	6	61.2
23. Don Atkinson	7	60.0
24. Mark Anderson	5	55.3
25. Dave Lilly	4	53.1
26. Carl Moore	4	52.6
27. Eva & Michael Corey	8	52.0
28. Ardis Dull	6	50.9
29. Ken Lew	10	47.9
30. Sid Whaley	5	43.0
31. Margie Bone	5	41.6
32. Jim Siscel	4	40.5
33. Linda Moore	4	39.8
34. Steve Frederickson	5	33.5
35. Anne York	4	25.7

Correction

At the Fort Casey meet, Jan Urban was mistakenly disqualified for mispunching control #2 on Course 3. Although he did mispunch, he subsequently punched the correct control. His time was 69:58. Sorry about that, Jan.

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
JANUARY					
Sat., Jan. 22 10am sharp	Point Defiance St. Park, Tacoma. Rambo V: mass start Score-O/Rogaine format. Exit 132 on I-5 to SR 16, 6th St. exit, 3mi. N on Pearl to park.	C	NISQ	color 1:10000	Carl Moore (206)756-5739
Sun., Jan. 23 10:30-noon	Trollhaugen Ski-O, near Snoqualmie Pass, snow permitting. Exit 62 on I-90, park in Sno-Park near interchange (permit <i>required</i>). Confirm with hot-	X	COC	color 1:15000	Don Atkinson (206)488-0270
Sat., Jan. 29 10am-noon	Priest Point Park, Olympia. WIOL Event #5. I-5 exit 105B. Plum St. NW into town, becomes East Bay Dr., follow to park.	C	WIOL NISQ	color 1:5000	G. McCausland (206)352-5542
Sun., Jan. 30 10am sharp	U of W, Seattle. 3-person relay & novice course. WIOL Relay. Register at preceding events or call Bill. I-5 exit 45th St. East until 17th Ave entrance.	C	WIOL HUSK	color 1:5000	Bill Cusworth (206)322-6693
FEBRUARY					
Sat., Feb. 5 10am-noon	Bridle Trails State Park, Bellevue. WIOL Event #6. Exit 17 on I-405 at NE 70th/NE 68th, south on 116th Ave NE, turn left into park.	C	WIOL SAMM	color 1:10000	Dave Enger (206)822-6254
Sat., Feb. 5 10am-noon	Manito Park, Spokane. WIOL Event #7.	C	WIOL EWOC	color 1:5000	John Beck (509)838-7087
Sun., Feb. 6 10am-noon	Kelso High School, Kelso. WIOL Event #8. Exit 39 from I-5.	C	WIOL CROC	color 1:5000	C. Kellerman (503)231-0443
Sat., Feb. 12 10am-noon	Seward Park, Seattle. Includes WIOL Championships. West shore of Lake Washington, Lake Washington Blvd. S at Orcas St.	C	WIOL COC	color 1:10000	Dave Petty (206)822-4223
Sat., Feb. 26 10am-noon	Lincoln Park, Seattle. Trivia Orienteering. Exit I-5 Spokane St, W until Fauntleroy Wy, S to park.	C	HUSK	color 1:5000	Eric Bone (206)634-2279
Sun., Feb. 27 10am-noon	Lake Tradition, Issaquah. Includes WA Intercollegiate Champs. Call hot-line for detailed directions.	C	COC	color 1:15000	Mike Schuh (206)783-3960
MARCH					
March 5-6	Thetis Lake, Victoria B.C.	B	VO	color	Alan Philip (604)721-5759
Sat., Mar. 12 10am-noon	Carkeek Park, Seattle. From I-5, west on Northgate Way/105th St, turn north on 3rd Ave. NW, turn west on N 110th St. into park.	C	COC	color 1:7500	(206)783-3866
Sun., Mar. 13 10am-noon	McIver Start Park, Portland area.	C	CROC		C. Kellerman (503)231-0443
Sun., Mar. 13 1am	Riverside State Park at Camp Seven Mile. Score meet mass start at 1:30 p.m. Beginners' course 1-3:00 p.m.	C	EWOC	color 1:15000	John Beck (509)838-7087
Sun., Mar. 20 10am-noon	Kelsey Creek Park, Bellevue. East from I-405 SE 8th Eit, cross Lake Hills Connector onto SE 7th and follow signs to park.	C	SAMM	color 1:3000	Dave Enger (206)822-6254
Sun., Mar. 27 10am-noon	Farrel McWhirter Park, Redmond. Hwy 520 to end, straight on Avondale Way. Right on Novelty Hill Rd, then left and follow signs to park.	C	COC	color 1:3500	Vivien Fritz (206)481-5877
APRIL					
April 1-4	McQueen Lake, Kamloops, BC. Meets and training camp.	B/X	SAGE	color 1:15000	Doug Smith (604)372-1993
Sun., Apr. 10 10am-noon	Mt. Tabor Park, Portland area.	C	CROC		T. Landchild (206)696-9486
Sat., Apr. 16 10am-noon	Gonzaga University (park by Martin Center). Course registration 10:00am-noon. Teacher workshop 9:00 a.m.-4:00 p.m.	C	EWOC		John Beck (509)838-7087
Sat., Apr. 16 10am-noon	Fire Mountain Scout Camp, Mt. Vernon. New area! I-5 N to Mt Vernon, exit 227. E Hwy. 538, S Hwy. 9, left on Walker Valley Rd. to end.	B	COC	new clr 1:15000	Jim Siscel (206)778-7202
April 16-17	University of B.C. Endowment Land, Vancouver BC.	B	GVOC	color	George Pugh (604)261-1075
Sat., Apr. 23 10am-noon	Forest Park, Everett. West on 41st St. which becomes Mukilteo Blvd.; park is on Mukilteo Blvd.	C	SAMM	color 1:10000	Bob Reddick (206)487-0099
MAJOR NATIONAL EVENTS					
April 9-10	U.S. Intercollegiate Championships, Devil's Soup Bowl, MI.	A		1:15000	
June 20-23	U.S. Championships plus 1-day "A", Anchorage, AK.	A	ARTC	1:15000	(907)333-5429
June 28-July 3	Colorado 5-day.	A	BSK	1:15000	(303)494-8695
Aug. 13-21	Canadian Champs, North American Champs, O-Fest, USOF Convention	A/X	ROC	1:15000	(716)865-2161
Sept. 10-11	USOF Individual "A", Sprint event, Cle Elum Ridge, Cle Elum, WA.	A	COC	1:15000	(206)376-2606

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.

SACO: Sacajawea O.C.

SAGE: Sage O.C., Kamloops B.C.

NISQ: Nisqually O. C.

WIOL: Wash. Interscholastic O' League

GVOC: Greater Vancouver O. C.

VO: Victorienteers

MEET TYPES:

C: Regular local meet

B: Large local meet, more courses

A: National-level meet, must preregister

X: Special event

Computer users: get schedule and other orienteering information from the Alpine Trails BBS at (206)882-0110. Message area 120.

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, are fully tax deductible. JOIN NOW!

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