



# Bearing 315

The newsletter of the Cascade Orienteering Club

First Quarter 2003

## Improve Your Orienteering Skills - March 22!

Plan to join us for the first ever Cascade Orienteering Clinic, Saturday, March 22, at Lynndale Park. Katie Sprugel and Eric Bone are organizing a full day of orienteering activities. Whether you are a novice or an experienced orienteer, you should be able to get a lot out of the day.

The program will include:

- **Orienteering skills training and practice** for novice/intermediate orienteers and those ready for more advanced skills.
- **Meet staff orientation-** the organization behind a successful meet; how you can help as a participant or a volunteer, what the job entails when you help with registration, starts, finishes, control pickup, etc.
- **Course design basics-** learn what goes into good course design for local meets, including the opportunity to practice and critique. Even if you never want to design a course, you can be a better orienteer by understanding the principles of good course design.
- **Training/skills practice-** test new skills and/or learn how to train for improvement

Mark your calendar!

Saturday, March 22, 2003

9am-4pm

Lynndale Park classroom and grounds

### Current COC Officers and Coordinators

**President** – vacant

**Vice President** – vacant

**Training Coordinator** – Eric Bone, 206-634-2279, eric.bone@attbi.com

**\*Treasurer** – Katie Sprugel, 206-365-8742, sprugels@att.net

**Secretary** – Ardis Dull, 206-364-4062, ardisdull@juno.com

**Mapping Coordinator** – Don Denbo, 206-366-0624, dwd6@mindspring.com

**\*Equipment Coordinator** – Don Atkinson, 425-488-0270, dona@atmos.washington.edu

**Newsletter Editor** – Debbie Newell, 425-488-3691, dnewel@gte.net

**Membership Coordinator** – Jim Sisco, 425-778-7202, jsisco@cmc.net

**Publicity/Promotion Coordinator** – Jennifer Knowles, 253-845-6588, jsknowles@msn.com

**Land Use Coordinator** – Dave Tallent, 425-488-3691, dtallent@gtmail.net

**\*Technical Coordinator** – Bill Cusworth, 206-271-0652, cusworth@chem.washington.edu

\*Eugen Groff, 206-985-2198, groffmarek@earthlink.net

\*Patrick Kelly, 206-760-9554, patandlaureen@onebox.com

\* Executive Board Member

Watch the club website ([www.cascadeOC.org](http://www.cascadeOC.org)) for registration information beginning in mid-February.

## Ultimate Orienteer Series to Begin in March

The 2003 edition of the Ultimate Orienteer series begins in March. The UO consists of a series of 5 orienteering events, each a different format. The winner of each UO course (the longest course at each event) receives 1000 points, and everyone else receives points based on their time compared to that of the winner. Your top three scores are added together to determine your placing in the series. Ultimate Orienteer events are:

March 8 – Score-O, Seward Park (Seattle)

March 29 – Night Sprint-O, Lynndale Park (Lynnwood)

April 19 – Short-O, Woodland Park (Seattle)

May 10 – Classic-O, Cle Elum Ridge (Cle Elum)

June 1 – Long-O, location TBA

## (Sub) Urban Adventure Race

COC is organizing an adventure race this year. Tentatively scheduled for August 30, the race will include kayaking, trekking, mountain biking and (of course) orienteering. Current plans are to hold the race in and around St. Edward State Park in Kenmore.

We'd like to make this a first-class event and will need some dedicated volunteers to make it happen. **Debbie Newell** has agreed to be event director and is looking for quality-minded individuals to volunteer for major roles. Jennifer Knowles has taken on the role of Communications Director and we still need people for the following areas:

Course planning

Land use liaison

Sponsorship

Publicity

Timing/results

Equipment manager

Food

Awards

Map production

First aid

Volunteer coordination

If you would like to help in any of these areas, please contact Debbie at 425-488-3691 ([dnewel@gte.net](mailto:dnewel@gte.net)). We need your help to put on a quality event and your participation will be greatly appreciated.

## Pacific Northwest Orienteering Festival 2003

Plans for this summer's PNWOF2003 are moving along. The schedule for the big event is:

June 21-22	Classic-O, Cle Elum
June 23	Short-O, Fishtrap Lake, e. Spokane
June 24	Goat event, Riverside State Park, Spokane
June 25	Trail-O, Riverside State Park
June 25	Night-O, Riverside State Park
June 27	Sprint-O, Thorn Creek, McCall ID
June 28	Classic-O, Bear Basin, McCall ID
June 29	US Relay Champs, Ponderosa St. Park, ID

If you would like to volunteer, please contact **Jennifer Knowles** (253-845-6588, [jsknowles@msn.com](mailto:jsknowles@msn.com)). The event website (<http://velichko.home.mindspring.com/PNWOF2003>) will have additional information in the coming weeks.

## Permanent O' Courses

Have you ever wanted to orienteer when no events were planned? COC maintains 4 permanent courses at various parks in the area, which you can go out on whenever you want. Jim Siscel, coordinator, provides the following details about permanent courses.

### Farrel-McWhirter Park, Redmond

**Location:** From Redmond, north on Avondale Road, right on Novelty Hill Road, left on 102nd for 1 mile, entrance on the left

A color map is available at the Redmond Parks and Recreation Office, 1660 NE 80<sup>th</sup> (Old Redmond Schoolhouse Community Center), Redmond. Telephone 425-556-2300. Map and Booklet: \$1.

### Hamlin Park, Shoreline

**Location:** 15th Ave. N.E. and N.E. 162nd St.

A color map is available at the Shoreline Parks and Recreation Office, 17544 Midvale Avenue N, Shoreline. Telephone 206-546-5041. OR Spartan Gym, East Campus of Shoreline Center, 18560 1<sup>st</sup> Avenue NE, Shoreline. Telephone 206-418-3383. Map and Booklet: \$2.

### Lynndale Park, Lynnwood

**Location:** 189th Place S.W. and 72nd Ave. W.

A color map is available at the Lynnwood Parks and Recreation Office, 18900 44<sup>th</sup> Avenue West, Lynnwood. Telephone 425-771-4030. Map and Booklet: \$2.

### St. Edward State Park, Kenmore

**Location:** Juanita Drive and N.E. 145th Street

A black and white map is available at the Park Office in the park. Telephone 425-823-2992. You will probably have to leave a message. Ask for a time when

you can pick up the map as rangers are not in the office at all times. Map is free.

## State Parks to Begin Charging Parking Fees

Starting on January 1, 2003, most state parks in Washington began charging a fee of \$5.00 per vehicle for parking. State parks currently used for orienteering include St. Edward (Kenmore), Ft. Casey (Whidbey Island), Lake Sammamish (Issaquah), and Riverside (Spokane).

## Sign up for the Club Email List

COC's email list is used to announce upcoming events, post results of past events, make carpool arrangements, and discuss club business or orienteering in general. You must subscribe to the list in order to receive and post messages.

### To subscribe to the list

- Visit <http://groups.yahoo.com/group/cascadeoc/> OR
- Send e-mail to: [cascadeoc-subscribe@yahoogroups.com](mailto:cascadeoc-subscribe@yahoogroups.com)

### To post a message

[cascadeoc@yahoogroups.com](mailto:cascadeoc@yahoogroups.com)

### To unsubscribe

[cascadeoc-unsubscribe@yahoogroups.com](mailto:cascadeoc-unsubscribe@yahoogroups.com)

### To contact the list owner

[cascadeoc-owner@yahoogroups.com](mailto:cascadeoc-owner@yahoogroups.com)



Deep in the woods at Pt. Defiance Park. Photo by Rick Breseman.

# Meet Results

## Salmon La Sac Score-O

October 5

Meet Director: Eric Bone

Courses: Eric Bone

Registration: Jon & Tori Campbell

23 people and one dog enjoyed good weather, autumn colors, and a challenging, 18-control score orienteering course at Salmon La Sac. Some of the controls were probably too technical for what the USGS map would support, but the participants were good sports about it. As usual, some people raced, while others made a leisurely hike of it, taking their time to explore the unique landscape. The terrain at this new venue received good reviews and several calls for an orienteering map to be made. Thanks to Jon and Tori Campbell for working registration and to Joel and Justin Yeager, Amber Shaffer, Matthew Church, Anastasia Telesetski, Mike Schuh, and Ginger Stratton for control pick-up. A special thanks to Ginger Stratton, who not only drove me and the equipment to the event site and back, but waited for me to pick up controls (after picking some up herself).

Eric Bone

3 hour time limit, penalty for overtime

		Pts.	Ctrl.	Pen.	Time
Jon Campbell	COC	16	16	0	2:56:02
Matthew Church/ Anastasia Telesetski		14	14	0	2:56:30
Eugen Groff	COC	14	14	0	2:56:45
Targo Tennisberg	SAMM	12	12	0	2:51:23
John Lee	COC	12	12	0	2:52:30
Justin/Joel Yeager	COC	12	12	0	2:54:30
Mike Schuh	COC	11	11	0	2:59:35
Dale Width	EOC	10	11	1	3:00:56
Katrin Gabrel (carrying Toomas)					
	SAMM	9	9	0	2:44:37
Amber Shaffer	COC	8	8	0	2:43:50
Victoria Campbell	COC	8	8	0	2:54:48
Kean Williams	COC	8	8	0	2:55:56
Larry & Marie Sorenson	COC	8	8	0	2:59:07
Ginger Stratton	Husky	8	10	2	3:02:45
Mark E.-Taylor	Husky	7	7	0	2:11:43
Harvey Friedman	COC	6	6	0	2:33:39
Anne York	COC	0	4	13	3:25:00
Jim Bogesvang/ Harish Abbott/dog		0	4	31	4:00:30

## Lincoln Park Vampire-O

October 27

Weather: Cloudy, temperature in low 50s

Meet Director: Jim Siscel

Course: Jim Siscel

Registration: Cheryl Marek, Eugen Groff, Targo Tennisberg

Finish: Cheryl Marek, Eugen Groff

Marker Pick-up: Don Atkinson, Eric Bone

Participants numbered approximately 40 adults and 60 youth

This was a modified Score O where a person could lose their punch card to a Vampire, so the scores do not necessarily reflect punches made by the individual whose name was on the punch card at the end. It is known that the first three individuals did maintain their cards through the 45 minute time period. There were a total of 22 controls. 0-29 seconds additional no point penalty, 30-59 seconds additional 1 point penalty.

	Final Score (Pen.)	Time
Eric Bone	22	27:11
Dean Verillo	17	42:00
Mike Schuh	17	44:36
Hy Dang, Tai Nguyen	13	39:02
Virginia Allemann	11	43:25
Targo Tennisberg	11	44:28

Tyler Frederickson	11	44:44
Virginia Stratton	11	44:53
Gerry Croteau (2)	11(-3)	47:30
Don Atkinson	10	45:22
Jacob Reeder	10(-1)	46:19
David Burroughs (2)	10(-3)	47:30
Katrin Tennisberg (1)	9(-1)	46:10
Steve Swanson (3)	9(-7)	51:45
Joe Prall (3)	8	45:15
Kean Williams	8(-7)	52:05
Barb Headley (1)	7	32:30
Kimberly Hendrickson (1)	7	39:50
Jim Pridgeon (4)	7(-3)	47:50
Steve Price (3)	7(-3)	47:50
Dan Rousseau	6	40:20
Time Brown (2)	6	41:15
Hinh Sy (1)	6(-2)	46:55
Steve Leonard	6(-11)	56:10
Roy Colvin	5	29:38
Tony Amort (4)	5	32:27
Heather Coyle	5(-12)	56:30
Steve Frederickson	4(-4)	49:18
Michael Stout (1)	3(-8)	53:20
Bob Ardissano	3(-8)	53:20
Madelyn Hadley (1)	2(-7)	52:20
Timothy Truong (1)	1(-10)	55:40
Michelle Quackenbush (2)	0(-9)	54:25
Jerry Howe (2)	0(-13)	58:15
Jake McDonough	-1(-9)	54:00
Troop 319 (3)	-2(-13)	57:50
Jeff Chapman (1)	-3(-11)	56:15
Connie Gold (3)	-6(-12)	57:00
Kent Koll	-6(-15)	60:05
Carolyn Davis (3)	-12(-15)	60:25
Troop 319 (3)	-17(-26)	71:18
Vampire Troop 319	(3)	
Two Vampires - No names because cards were not exchanged		

## Woodland Park, Seattle

November 9

Meet Director: Jim Siscel

Courses Setter: Eric Bone

Public Registration: Ardis Dull and Sandy Kish Miller

WIOL Registration: Don Denbo

Starts: Patrick Kelly and Eugen Groff

Finishes: Don Atkinson, Oyvind Naess, John

Campbell

Results Posting: Dave Petty and Ken Lew

Bremerton JROTC provided assistance in WIOL

Registration, Starts, and Finishes

Weather was cloudy and temperature was in low 50s at beginning of meet. Public participants numbered between 90 & 95 adults and youth.

### Course 1

<b>Public</b>			
Thomas Hoshiro		15:17	
Alex Wade		15:36	
Laura Brown		18:35	
Emily Sturtevant/A Johnstone		21:10	
Kyle Q., Salmon bay		21:28	
Sanna, Greenlake Sch.		23:27	
Klein & Soper		24:33	
Tracy Wheelan		28:10	
Bret Sepulveda		47:43	
Matt & Max Tristad		MSP	

### WIOL - Female

Urbanova, Anna	HKEL	16:56	100
Bresemann, Dana	WDMT	27:23	95

### WIOL - Male

Motzer*, Charlie	SCD	8:33	100
Sprugel*, Peter	SCD	10:01	95
Motzer*, Thomas	SCD	16:45	92

### Course 2

Ginny Allemen		11:50	
Charlie Motzer		14:45	
Marc Rufin		17:24	
Bret Sepulveda		24:59	

Cole Manahan		28:00	
Lou Cutler		28:43	
Cameron Carr		41:45	
Magnus kids & Family		45:09	
Logan Knowles		49:15	
Jason & Marian Andrews		49:20	
Tracy Whelan		51:23	
Anne McCall/Rita, Bretta,Nicki		MSP	
Nathan van der Most		MSP	
Garrett Stout & Michael		MSP	
Angie Frederickson		DNF	

### WIOL - Female

Selby*, Mary	BREJ	36:08	88
Archuleta*, Heather	BREJ	97:20	81
Sheneman*, Michelle	BREJ	107:17	80
Prescott*, Ashlee	BREJ	MSP(1,2,3)	
Wade, Caroline	SCD	MSP 5	
Paugh*, Scarlett	BREJ	DNF	

### WIOL - Male

Quon*, Stefan	BREJ	14:01	100
Sprugel, Ben	SCD	16:00	95
Newell*, Austin	BREJ	22:08	92
Circulador*, Chola	BREJ	24:02	90
Kreifels*, Joshua	BREJ	26:04	89
Fink*, Logan	BREJ	38:47	87
Mattox*, Derek	EVRH	47:11	86
Perkins*, Brien	EVRH	49:01	85
Chan*, Colgan	EVRH	49:23	84
Richmire*, Joseph	EVRH	51:04	83
Basse*, Ethan	BREJ	89:00	82
Van Norman*, Carl	SALM	MSP 1	

### Course 3F (2.2k, 11 Controls)

Dean Vergillo		16:02	
Lewis Family		28:06	
Darcy & Elvey		42:12	
Matt Emmons		55:50	
C Amundson, J Kanetomi		63:24	
Dotty		72:46	

### WIOL - Female

Ridgeway*, Jane	LKHS	31:30	100
Montgomery, Brandy	BREH	33:09	95
Rooke*, Linnea	LKHS	33:23	92
Layton, Amanda	SKHS	40:03	90
Feld*, Kayla	LKHS	41:55	89
Todd, Alicia	SKHS	43:04	88
Cook*, Becke	SKHS	54:40	87
Osborne*, Briana	BREJ	55:23	86
Cummings*, Rachel	BREJ	57:54	85
Branlund*, Larisa	EVRH	68:26	84
Gallagher*, Ashley	EVRH	69:09	83
Hamill, Sonja	MARH	72:12	82
Heide*, Tomie	MARH	72:18	81
Parks*, Summer	EVRH	82:09	80
Ihrig*, Lindsay	EVRH	84:05	79
Carlsen, Nicole	MARH	118:51	78
Ray*, Courtenay	EVRH	MSP 1,2,3,4,6	

### Course 3M - WIOL Male

Haddad-Fonda, Kyle	LKHS	18:42	100
Layton, Stephen	SKHS	21:15	95
Gingerich, Sergio	SKHS	21:53	92
Bresemann, Ryan	LEJH	22:02	90
Leahy*, Patrick	LKHS	22:57	89
Getman, Ian	MARH	25:07	88
Urban, Matej	SKYJ	25:11	87
Pennington*, Andrew	SKHS	26:11	86
Ascanio, Randy	MARH	26:56	85
Smith*, Joshua	CURH	27:24	84
Stacey, Steffen	SKHS	27:43	83
Billen, Clinton	MARH	28:16	82
Maroon*, Eryk	BREH	28:31	81
Murray, Jake	MPHS	28:36	80
Guindon, Tristan	SKHS	28:43	79
Ullii*, Jessie	BURH	28:56	78
Poling*, Sam	MPHS	29:14	77
Torresin, Timothy	SKHS	29:57	76
Gagner, James	SKHS	30:40	75
Lang, Jeffrey	BREH	30:52	74
Pulsifer*, David	SKHS	32:32	73
Fassio, Brian	SKHS	32:56	72
Docker, Elijah	BREH	33:10	71
Bulpett, William	MPHS	34:37	70



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Schroeder*, Rodney	SKHS	35:35	69
Spiehl*, Zack	SKHS	38:09	68
Noble, Christopher	BURH	38:16	67
Hunt*, Sean	SKHS	39:36	66
Borka*, Nathan	SKHS	42:37	65
Parsons*, Nick	BREJ	43:18	64
Datson, Christopher	CURH	45:54	63
Brown*, Kenneth	CURH	52:23	62
Walters*, Robert	EVRH	56:05	61
Mazdzer*, Scott	BREH	58:11	60
Riggs*, Joel	FOSH	61:03	59
Cao*, Andrew	CUJH	62:55	58
Stopoulos*, Andrew	EVRH	65:00	57
Wroblos*, Bradley	CURH	68:19	56
Lester*, Jaime	MPHS	69:57	55
Parker*, Tony	SKHS	71:58	54
Burkett*, Philipe	MARH	73:18	53
Marsh*, Quentin	MPHS	76:59	52
Fink*, John	BREJ	MSP	
Miner*, Dave	FOSH		MSP 6
Blackard, Robert	EVRH		MSP 1
Robinson*, Daniel	EVRH		MSP 1,2,3,4
Hanlon*, Tylor	EVRH		MSP 1,2,3
Camero*, Sean	BURH		MSP 4,5,7,8,9
Hammond*, Anthony	EVRH		MSP 2,4
Tilley*, Chad	CASH		MSP 1,6
Rieck*, Adam	SKHS		DNF

### Course 4 (3.0k; 10 controls)

Paul Magnus	16:08	100
Eugen Groff	18:29	95
Oyvind Naess	19:25	92
Ben Hall	19:27	90
Steve Knowles	19:32	89
Jennifer Knowles	21:18	100
Peter Golde	21:46	88
Tyler Frederickson	22:11	87
Targo Tennisberg	22:30	86
Eileen Breseman	23:06	95
Larry Eich	23:37	85
Andy Bennett	24:06	84
Jana Dvorak	25:25	92
Ginny Alleman	25:38	90
Patrick Kelly	25:45	83
Robert Miller	26:09	82
John Lee	27:11	81
John Selby	27:53	80
Jacob Reeder	27:57	79
Paul Shanahan	29:22	78
A.J. Ritter	29:21	77
Matt Hazel	29:57	76
S.K. Miller	30:01	89
Robin Clark	30:27	88
T. Bryant	32:39	75
Katrin Tennisberg	33:30	87
Doug Sprugel	33:46	74
Dave Petty	34:13	73
Steve Miner	34:27	72
Don Denbo	34:38	71
Karen Case	35:00	86
Ron Brown	35:30	70
M.J. Eich	35:41	85
Danh Vo	35:48	69
Jim Keahy	36:10	68
Ken Lew	36:30	67
Jim Siscel	39:18	66
Don Howard	44:19	65
Adrienne Lopez	46:25	84
M. & F. Sheehan	60:12	
C-K & Brett Eason	81:00	
Clint Bjella	MSP	
Dean Verhillo	MSP	
Kyle Seifullin	MSP	
Barbara Headley	MSP	
Kean Williams	MSP	
James Bailey	MSP	

## Kelsey Creek Park, Bellevue November 23

### Course 4 (3.1 km, 10 controls)

Eric Carlson	16:59	100
Steve Knowles	19:32	95
Sean Conto	21:14	92

Ben Hall	21:28	90
Eugen Groff	21:40	89
Jennifer Knowles	22:15	100
Targo Tennisberg	22:21	88
Peter Golde	22:34	87
Tyler Frederickson	23:32	86
Eileen Breseman	23:57	95
A.J. Ritter	24:51	85
Dave Vergillo	25:22	84
Robert Miller	25:38	83
Ben Lischner	26:24	82
M. Schmitt	27:30	81
Patrick Kelly	27:35	80
Virginia Stratton	28:15	92
Andy Bennett	29:30	79
Steve Miner	29:36	78
Walter Braun	30:03	77
Paul Cornish	30:19	76
Katrin Tennisberg	30:44	90
Jana Dvorak	30:46	89
Jason Andrews	32:37	75
Chris Whitmyre	32:42	74
Paul Shanahan	33:55	73
John Selby	33:55	73
Doug Sprugel	34:57	71
John Clouse	36:43	70
Jerry Howe	37:28	69
Harvey Friedman	38:52	68
Ginnie Allemann	38:57	88
Steve Frederickson	38:58	67
Dave Petty	39:40	66
Terry Bryant	39:41	65
Carl Ebeling	40:24	64
Birkeland/Sayers	42:06	
Ken Lew	42:29	63
Erik Pearson	44:18	62
Anthony Vergillo	46:27	61
Ann Glenn	47:01	87
Danh Vo	49:23	60
Ron Brown	56:10	59
Ed Pottharst	56:16	58
Ardis D/Eric S	60:28	
Matt Hazel	DNF	
James Bailey	No time	

## NAD Park, Bremerton December 7

The weather was cold, but not rainy, and there was a pretty good turnout, considering the farther-than-usual location. Many thanks to those who helped make the event happen

Meet Director: Eric Bone  
Course setter: Jim Siscel  
Registration: Sandy Kish Miller and Robert Miller  
Start: Patrick Kelly and Bremerton HS administrators  
Finish: Eugen Groff, Stephanie Blum, Ursula Schwager, Matej Urban, Jim Siscel, Jana Dvorak, Jon Campbell, and Bremerton HS administrators  
Control pick-up: Jon Campbell, Eric Bone

### Course 1 (0.6 km, 6 controls)

Tracy Whelan	12:52
Jaimee & Chris Miller	14:41
Allison Knowles	19:23
Logan Knowles	19:32

<b>WIOL - Female</b>			
Urbanova, Anna	CRSE	11:00	100
Bresemann, Dana	WDMT	27:00	95

### Course 2 (1.5 km, 11 controls)

Marshall & Laurel Suttles	34:34
Tracy Whelan	48:34
Stephanie Blum/Ursula Schwager	(29:43)
(skipped control 8 to come back and help at the finish)	
Gordon Brown	(47:34) MSP (#11)

<b>WIOL - Female</b>			
Bresemann, Kelsey	WDMT	30:51	100
Prescott*, Ashlee	BREJ	51:56	95
Paugh*, Scarlett	BREJ	106:07	92
Enger, Molly	KIRJ	DNF	

Selby*, Mary	BREJ	MSP 3
Sheneman*, Michelle	BREJ	DNF

### WIOL - Male

Quan*, Stefan	BREJ	19:01	100
Newell*, Austin	BREJ	22:20	95
Kreifels*, Joshua	BREJ	28:38	92
Parsons*, Nick	BREJ	30:29	90
Fink*, John	BREJ	35:09	89
Circulada*, Chola	BREJ	39:47	88
Fink*, Logan	BREJ	MSP 11	
Basse*, Ethan	BREJ	MSP 3	

### Course 3F (3.0 km, 15 controls)

Troop 212	57:11
Jackie Ritmire	86:16
Laura Brown	87:02

### WIOL - Female

Enger, Madeline	INTC	43:55	100
Layton, Amanda	SKHS	44:58	95
Suttles, Della	BURH	46:28	92
Ridgeway*, Jane	LKHS	50:06	90
Hall, Josi	MARH	58:00	89
Todd, Alicia	SKHS	59:01	88
Cummings*, Rachel	BREJ	62:40	87
Cook*, Becke	SKHS	65:13	86
Reyes*, Christelle	CURH	77:37	85
Jarvey*, Natalie	TOJH	86:48	84
Mitchell*, Maranda	MARH	98:53	83
Hamill, Sonja	MARH	122:43	82
Gallagher*, Ashley	EVRH	167:13	81
Hilby*, Vicky	LIBH	173:49	80
Munzi, Aimee	BREH	MSP 9	
Montgomery, Brandy	BREH	MSP 9	
Archuleta*, Heather	BREJ	MSP 13	
Osborne*, Briana	BREJ	MSP 4	
Carlsen, Nicole	MARH	MSP 11	

### Course 3M (3.0 km, 15 controls)

BSA Troop 212	75:31
Bennett-Keller	60:28
(visited 10/15 controls)	

### WIOL - High School Male

Robeson, Stephen	TOJH	26:04	100
Enger, William	INTC	28:57	95
Haddad-Fonda, Kyle	LKHS	31:08	92
Murray, Jake	MPHS	33:02	90
Stacey, Steffen	SKHS	35:48	89
Guindon, Tristan	SKHS	36:00	88
Vetere, Josh	TOJH	36:24	87
Bunting*, Christopher	TOJH	38:50	86



Dana Breseman punches a control at Woodland Park. Photo by Eileen Breseman.

Hunt*, Sean	SKHS	39:14	85
Miner*, Dave	FOSH	39:20	84
Ascanio, Randy	MARH	39:38	83
Billen, Clinton	MARH	40:58	82
Gingerich, Sergio	SKHS	42:47	81
Suttles, Joseph	BURH	42:55	80
Spieth*, Zack	SKHS	43:46	79
Gagner, James	SKHS	44:13	78
Dotson, Christopher	CURH	44:19	77
Schroeder*, Rodney	SKHS	45:07	76
Smith*, Joshua	CURH	46:20	75
Abubo*, Chris	SKHS	48:06	74
Noble, Christopher	BURH	49:57	73
Maroon*, Eryk	BREH	55:21	72
Borka*, Nathan	SKHS	60:01	70
Hanlon*, Tylor	EVRH	62:37	69
Collard*, Matthew	LIBH	63:50	68
Pester, Kaelin	MPHS	71:49	67
Parker*, Tony	SKHS	73:26	66
Winters*, Ben	MPHS	73:45	65
Robinson*, Josh	BURH	73:58	64
Poling*, Sam	MPHS	77:09	63
Schwer, Mathew	BURH	85:38	62
Chang*, James	CUJH	86:49	61
Lester*, Jaime	MPHS	90:32	60
Marsh*, Quentin	MPHS	96:26	59
Hillebrecht*, Eric	SKHS	DNF	
Layton, Stephen	SKHS	DNF	
Coxon*, Daniel	LIBH	DNF	
Widell*, Derek	LIBH	DNF	
Anderson, Leif	BREH		MSP 13
Oswald, Tyler	SKHS		MSP 13
Cramer, Zachary	MARH		MSP 12
Aguayo*, Jose	MARH		MSP 12
Urban, Matej	SKYJ		MSP 12
Ulii*, Jessie	BURH		MSP 12
Getman, Ian	MARH		MSP 12
Pennington*, Andrew	SKHS		MSP 12
Pulsifer*, David	SKHS		MSP 12
Camero*, Sean	BURH		MSP 8
Roach, James	TOJH		MSP 3
Young*, Tyler	CUJH		MSP 1,2...
Placido, Jonathan	BREH		MSP 4,13
Hoppe*, Cody	MARH		MSP 1,13
Suttles, Owen	BURH		MSP 12
Wroblos*, Bradley	CURH		MSP 12
Saatchi*, Bejan	CUJH		MSP 12

#### Course 4 (5.2 km, 24 controls)

Eric Bone	COC	38:33	100
Jon Campbell	COC	49:36	95
Steve Knowles	COC	49:57	92
Rick Breseman	COC	52:07	90
Eugen Groff	COC	53:03	89
Mike Miller		53:49	88
Jennifer Knowles	COC	56:06	100
Sean J. Conto	COC	59:19	87
Dave Enger	SAMM	59:36	86
Jana Dvorak	COC	61:00	95
A.J. Ritter	COC	64:39	85
Mike Schuh	COC	64:48	84
Patrick Kelly	COC	71:04	83
Steve Miner	COC	71:43	82
Terry Bryant		75:17	81
Chris Whitmyre	COC	77:03	80
Donald Denbo	COC	78:37	79
Kean Williams	COC	79:32	78
Karen Case	COC	80:58	92
Sandy Kish Miller	COC	82:39	90
Cheryl Marek	COC	85:01	89
Roxy & Clive	COC	98:18	
Troop 212		101:36	
Adrienne Lopez		108:05	88
Ken Lew	COC	108:07	77
Ann Glenn		129:52	87
Leif Anderson		18:24 (first half)	

#### Pt. Defiance Park, Tacoma

##### December 21

Meet Director: Katie Sprugel  
 Courses: Jon Campbell  
 Registration: Sandy Kish Miller, Ardis Dull  
 Starts: Pat Kelly, Rod Fonda, Lauri Haddad, Rick Breseman, Dave Tallent

Finish: Jennifer and Steve Knowles, Jon Campbell, Shari Gagner, Darla Murker, Dave Pennington  
 Marker Pick-up/Search Crew: Jennifer and Steve Knowles, Eric Bone, Paul Magnus, Robin Clark, Jon and Tori Campbell

#### Course 1 (2.7k, 7 controls)

Steven Phillips	44:14
Dean Vergillo	52:45
Bob Reddick	62:27
Jaron Spoja	64:15
Jouete Rehmke	70:43
Erin Hall	73:00
Johnson Clan	73:05
Antje Staudt	79:46
Frank Lewis	110:11
Devonte Diaz	130:32
Tessa Jinneman	186:00

#### Course 2 (4.2k, 8 controls)

Lars Anderson	35:12
Amber Shaffer	45:37
Dave Petty	52:07
Angie Frederickson	73:19
Matt & Debbie Stevens	74:01
Deb & Dave Luxem	74:37
Lisa Hoebbel	81:58
Michel Rutherford	92:18
Kevin Feiszli	95:03
Laura Brown	102:3
Hein Family	103:27
Seth Suttles	106:33
Marshall & Laurel Suttles	106:39
Chris & Jaimee Miller	111:53
Tracy Whelen	117:48

#### Course 3F (5.5k, 9 controls)

Arne Skog	45:52
Dave Hull	51:37
Paul Wade	62:33
Ardis Dull	65:43
SK Miller	71:36
Harvey Friedman	75:29
Alan Chaffee	83:59
Ken Lew	84:01
Carl Erecine	97:08
Stephanie Blum	111:38

#### Course 3M (5.9k, 9 controls)

Dave Enger	53:40
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#### Course 4 (8.4k, 16 controls)

Eric Bone	COC	52:41	100
Mark Howlett	COC	60:35	95
Paul Magnus	COC	61:37	92
Dave Tallent	COC	62:05	90
Bruce Christopherson		65:59	89
Mike Miller		67:21	88
Rick Breseman	COC	69:23	87
Steve Knowles	COC	69:53	86
Eugen Groff	COC	70:00	85
Dean Vergillo		73:30	84
Tyler Frederickson	COC	73:32	83
Jeff Robeson		73:45	82
Andrew McDavid		74:49	81
Oyvind Naess	COC	75:24	80
Ben Hall	COC	75:35	79
Debbie Newell	COC	76:53	100
Bill MacDonald	COC	78:07	78
Maiya Kraus		78:25	95
Jennifer Knowles	COC	81:13	92
Ben Lischner	COC	81:21	77
A.J. Ritter		82:27	76
Danh Vo		86:49	75
Steve Miner		88:27	74
Don Atkinson	COC	88:36	73
Jake Reeder		88:40	72
John Lee		89:04	71
Justin Yeager	COC	89:07	70
Sean Conto		89:09	69
Sidney Whaley		90:28	68
Victoria Campbell	COC	94:05	90
Eileen Breseman	COC	94:15	89
Cheyl Marek	COC	94:44	88
Ken Peters		94:51	67
John Selby	COC	94:56	66

Keith Burdette		95:10	65
Robin Clark	COC	96:07	87
Dave Dummeyer		100:27	64
Kean Williams	COC	100:41	63
Team JV		100:54	
Patrick Kelly	COC	101:19	62
Virginia Stratton	COC	102:30	86
Paul Cornish		104:08	61
Theo Browne		105:28	60
Mike Schuh	COC	105:29	59
Bernd Voht		113:02	58
Cindy Dennis		114:28	85
Richard Staudt		118:08	57
Steve Frederickson	COC	120:37	56
Frank Magaña		122:53	55
Scott Robeson		125:46	54
Jim Siscel	COC	146:29	53
Ann Glen		153:25	84
Marjorie Stratton	COC	160:50	83
Jeff & Kim Power		DNF	
Mac MacDonald	COC	DNF	
T. Bryant		DNF	
Ryan Connelly		DNF	

#### St. Edward Park Bog Slog – December 28

Meet Director: Doug Sprugel  
 Course Designer: Debbie Newell\*  
 Starts: Oyvind Naess, Dave Petty, Arne Skog  
 Registration: Sandy Kish Miller  
 Finish: Don Atkinson, Debbie Newell, Steve and Angie Frederickson, Eugen Groff, Callie Wade  
 Beginner Instruction: Katie Sprugel  
 Control Pickup: Debbie Newell, Dave Tallent, Don Atkinson, Doug Sprugel  
 Additional help: Peter Golde, Peter Sprugel, Ardis Dull  
 Pies: Katie Sprugel  
 Weather: Dreary and damp but not actually raining, at least most of the time

\*To celebrate the 25<sup>th</sup> anniversary of COC, course 4 was a re-creation of the long course from the 1980 Bog Slog, designed by Dave Enger

#### Course 1 (1.1k, 5 controls)

Chris Deets	12:35
Craig and Rod Sternagel	13:30
Anders Skog	15:32
Skog Family	15:45
Peter Sprugel	17:13
Belt, Dolat, and Lincoln	19:45
Tracy Whelen	22:40
Mike and Kevin Gilluly	23:07
Colven family	24:06
Allan family	27:00
Dana Breseman and Russell Skorina	28:40
Ellie Rogers	37:05
Jana and Carina Brocato	46:30
Jacob Dickson	50:48
Bob Reddick	DNF

#### Course 2 (2.2k, 6 controls)

Roger Sharp	22:32
Dave and Kim Evans + Andrew Gilmour	24:40
Ben Sprugel	30:46
Scott Donald	32:20
Chris Deets	34:40
Keith and Sarah Jones	36:45
Craig and Rod Sternagel	36:51
Eric Skorina	41:40
Picciana	41:49
Caroline Wade	43:13
Madison and Emily Eich	43:21
Jenny and Travis Armstrong	46:23
Chris Palmer, Matt Collard and Dan Coxon	48:30
Rod White	53:01
Maria Lewis	54:11
Moulton family	59:55
Andrilla family	60:20
Frank Lewis	62:07
Dickson family	62:25
J. Andrilla	64:46
Picciana	68:24

## Bearing 315

Karen Ewing	82:47	<b>Course 4 (4.7k, 13 controls)</b>	John Selby	132:17	
Mike and Kevin Gilluly	116:30	Eric Bone	55:52*	Cheryl Marek	146:27
Wes Hikida	DNF	Mark Howlett	63:35	Team JV	146:33
<b>Course 3 (3.2k, 10 controls)</b>		Dave Tallent	68:13	Ryan Breseman	151:49
Arne Skog	45:29	Jon Campbell	73:04	Don Denbo	157:28
Mike Schuh	57:22	Rick Breseman	74:56	Ardis Dull	166:10
Paul Wade	67:27	Dave Enger	78:48	Ken Lew	203:35
Steve Frederickson	70:06	Jim Rogers	80:14	Joel Yeager	MSP
Dave Petty	76:29	Ben Hall	81:24	Justin Yeager	MSP
Kyle Haddad-Fonda	87:29	Leif Anderson	84:30	Kyle Seifullin	MSP
Sandy Kish Miller	89:12	Eileen Breseman	90:21*	Matt and Ashley Stevens	MSP
Katie Sprugel	89:33	Dean Vergillo	91:59	Rik Jones	MSP
Robert Stratton	93:48	Peter Golde	93:42	Eugen Groff	DNF
Bill Cusworth/Heidi Bohn	99:30	Oyvind Naess	95:51	Mac MacDonald	DNF
Matt Skorina and Kelsey Breseman	105:29	Frank Skorina	96:06	Alan Chaffee	DNF
Harvey Friedman	109:43	Larry Eich	97:17	Bill MacDonald	DNF
Craig and Rod Sternagel	128:38	Don Atkinson	99:53	Brian Cropp and Katie Emmons	DNF
Shirley Donald	136:53	Victoria Campbell	101:08	Felipe Colon and Matt Gribbon	DNF
Molly and Madeline Enger	137:43	Kean Williams	103:52	Jim Sisco	DNF
Dolat, Belt, and Lincoln families	146:44	Will Enger	106:53	David and Deb Luxum	DNF
Van Hoff Family	151:34	A.J. Ritter	114:38	Marjorie Stratton	DNF
Mark and Jeremy Nihart	175:28	Maiya Kraus	119:36	Steve Miner	DNF
Anne York	DNF	Dave Dummeyer	119:57	Roy and Diane Colven	DNF
Dickson family	DNF	Virginia Stratton	124:57		
Mike Tamada	DNF	David/Kim Evans/Andrew Gilmour	126:04		
Dottie Selby	DNF			*Pie winners	

## Current O' Series Standings

Name	Club	1	2	3	4	Total
<b>Women</b>						
Jennifer Knowles	COC	100	100	100	92	392
Eileen Breseman	COC	95	95	—	89	279
Jana Dvorak		92	88	95	—	275
Sandy Kish Miller	COC	89	90	90	—	269
Ann Glenn		—	86	87	84	257
Virginia Stratton	COC	—	92	—	86	178
Karen Case		86	—	92	—	178
Ginny Allemann	COC	90	87	—	—	177
Cheryl Marek	COC	—	—	89	88	177
Katrin Tennisberg	SAMM	87	89	—	—	176
Robin Clark	COC	88	—	—	87	175
Adrienne Lopez		84	—	88	—	172
Debbie Newell	COC	—	—	—	100	100
Maiya Kraus		—	—	—	95	95
Victoria Campbell	COC	—	—	—	90	90
Cindy Dennis		—	—	—	85	85
M.J. Eich	COC	85	—	—	—	85
Marjorie Stratton	COC	—	—	—	83	83
<b>Men</b>						
Steve Knowles	COC	89	95	92	86	362
Eugen Groff	COC	95	88	89	85	357
A.J. Ritter		78	83	85	76	322
Patrick Kelly	COC	83	78	83	62	306
Steve Miner	COC	72	76	82	74	304
Rick Breseman	COC	—	92	90	87	269
Oyvind Naess	COC	92	87	—	80	259
Ben Hall	COC	90	89	—	79	258
Tyler Frederickson	COC	87	84	—	83	254
Sean Conto		—	90	87	69	246
Terry Bryant		75	61	81	—	217
John Selby	COC	80	70	—	66	216
Don Denbo	COC	71	57	79	—	207
Ken Lew	COC	67	59	77	—	203
Eric Bone	COC	—	—	100	100	200
Danh Vo		69	55	—	75	199
Paul Magnus	COC	100	—	—	92	192
Jim Sisco	COC	66	63	—	53	182
Mike Miller		—	—	88	88	176
Peter Golde	COC	88	85	—	—	173
Targo Tennisberg	SAMM	86	86	—	—	172
Robert Miller	COC	82	81	—	—	163
Andy Bennett		84	77	—	—	161
Ben Lischner	COC	—	80	—	77	157
John Lee		81	—	—	71	152
Chris Whitmyre		—	71	80	—	151
Jake Reeder		79	—	—	72	151
Paul Shanahan	COC	77	70	—	—	147
Mike Schuh	COC	—	—	84	59	143
Doug Sprugel	COC	74	68	—	—	142

Kean Williams	COC	—	—	78	63	141
Paul Cornish		—	74	—	61	135
Dave Petty	COC	73	62	—	—	135
Ron Brown	COC	70	54	—	—	124
Steve Frederickson	COC	—	64	—	56	120
Eric Carlson		—	100	—	—	100
Jon Campbell	COC	—	—	95	—	95
Mark Howlett	COC	—	—	—	95	95
Dave Tallent	COC	—	—	—	90	90
Bruce Christopherson		—	—	—	89	89
Dave Enger	SAMM	—	—	86	—	86
Larry Eich		85	—	—	—	85
Dean Vergillo		—	—	—	84	84
Dave Vergillo		—	82	—	—	82
Jeff Robeson		—	—	—	82	82
Andrew McDavid		—	—	—	81	81
M Schmitt		—	79	—	—	79
Bill MacDonald	COC	—	—	—	78	78
Matt Hazel		76	—	—	—	76
Walter Braun		—	75	—	—	75
Don Atkinson	COC	—	—	—	73	73
Mac MacDonald	COC	—	73	—	—	73
Jason Andrews		—	72	—	—	72
Justin Yeager	COC	—	—	—	70	70
Jim Keahy		68	—	—	—	68
Sid Whaley		—	—	—	68	68
John Clouse		—	67	—	—	67
Ken Peters		—	—	—	67	67
Jerry Howe		—	66	—	—	66
Keith Burdette		—	—	—	65	65
Don Howard		65	—	—	—	65
Harvey Friedman	COC	—	65	—	—	65
Dave Dummeyer		—	—	—	64	64
Theo Browne		—	—	—	60	60
Carl Ebeling		—	60	—	—	60
Bernd Voht		—	—	—	58	58
Eric Pearson		—	58	—	—	58
Richard Staudt		—	—	—	57	57
Anthony Vergillo		—	56	—	—	56
Frank Magaña		—	—	—	55	55
Scott Robeson		—	—	—	54	54
Ed Pottharst	COC	—	53	—	—	53

### O' Series Events

- 1 – Woodland Park (November 9)
  - 2 – Kelsey Creek Park (November 23)
  - 3 – NAD Park (December 7)
  - 4 – Pt. Defiance Park (December 21)
  - 5 – Forest Park (January 11)
  - 6 – Ft. Steilacoom (January 25)
  - 7 – Washington Park, Bellingham (February 8)
- Championships - Lake Tradition (February 22)



# Schedule of Events

## JANUARY 2003

Sat 11 10am-noon	<b>Interscholastic Orienteering League #5; Winter O' Series #5</b> Forest Park, Everett	C	SAMM	1:5,000	Dave Enger 425-822-6254
Sat/Sun 18/19	<b>US Interscholastic Championships</b> Sweetwater Creek Park, Lithia Spring, GA <a href="http://www.gaorienteering.org/Special_Events/GNC/gnc.htm">http://www.gaorienteering.org/Special_Events/GNC/gnc.htm</a>	A	GAOC	1:15,000	Robin Shannonhouse rshannonhouse@mindpring.com
Sat 25 10am-noon	<b>Interscholastic Orienteering League #6; Winter O' Series #6</b> Ft. Steilacoom Park, Tacoma	C	COC	1:10,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com

## FEBRUARY

Sat 08 10am-noon	<b>Interscholastic Orienteering League #7; Winter O' Series #7</b> Washington Park, Bellingham	C	COC/ CHUCKO	1:5,000	Eric Bone (206-634-2279) eric.bone@attbi.com
Sat 22 10am-noon	<b>Interscholastic Orienteering League Championships; Winter O' Series Championships - Lake Tradition, Issaquah</b>	C	COC	1:15,000	Eric Bone (206-634-2279) eric.bone@attbi.com

## MARCH

* Sat 08 10am-noon	<b>Ultimate Orienteer #1</b> - Score-O, Seward Park, Seattle	C	COC	1:10,000	Eric Bone (206-634-2279)
Sat 22 9am-4pm	Training Workshop - Lynndale Park, Lynnwood - see page 1 for additional details	X	COC		Katie Sprugel (206-365-8742) sprugels@worldnet.att.net
Sat 29 6:30-8pm	<b>Ultimate Orienteer #2</b> - Night-O, Lynndale Park, Lynnwood	C	COC	1:5,000	Hotline (206-783-3866)

## APRIL

* Sat 19 10am-noon	<b>Ultimate Orienteer #3</b> & Newcomers Meet, Woodland Park, Seattle	C	COC	1:5,000	Hotline (206-783-3866)
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## MAY

* Sat 10 10am-noon	<b>Ultimate Orienteer #4</b> , Classic-O - Cle Elum Ridge, Cle Elum	C	COC	1:15,000	Hotline (206-783-3866)
17-19	BC Championships - McQueen Lake, Kamloops	B	SAGE	1:15,000	Allan Stradeski woods@i@mail.ocis.net
24-25	Newcastle Island - Nanaimo, Vancouver Island BC	B,C	VICO	1:10,000	(250) 598-6420

## JUNE

Sat 01 10am-noon	<b>Ultimate Orienteer #5</b> , Long-O - location TBA	C	COC		Hotline (206-783-3866)
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## PACIFIC NORTHWEST ORIENTEERING FESTIVAL (<http://velichko.home.mindspring.com/PNWOF2003>)

21-22	"A" Meet, Teanaway Forks, Lick Creek, Cle Elum	A	COC	1:15,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
Mon 23	Short-O, Fishtrap Lake, east of Spokane	A	SACO		Frank Skorina (509-522-2770) frank@skorina.com
Tue 24	Goat-O, Riverside State Park, Spokane		EWOC	1:15,000	John Beck (509-838-7078) beck@gem.gonzaga.edu
Wed 25	Trail-O, Riverside State Park, Spokane	X	EWOC	1:15,000	John Beck (509-838-7078) beck@gem.gonzaga.edu
Wed 25	Night-O, Riverside State Park, Spokane	A	EWOC	1:15,000	John Beck (509-838-7078) beck@gem.gonzaga.edu
Fri 27	Sprint-O, Thorn Creek, McCall ID (US O' Team benefit)	A	US Team		Sergey Velichko (208-377-4213) savelichko@micron.com
Sat 28	"A" Meet, Bear Basin, McCall ID	A	CTOC		Sergey Velichko (208-377-4213) savelichko@micron.com
Sun 29	US Relay Champs, Ponderosa State Park, McCall ID	A	CTOC		Sergey Velichko (208-377-4213) savelichko@micron.com

\* Pending land use permission - check web site

A - National meet  
B - Major local meet  
C - Regular local meet  
R - Rogaine  
X - Special event



**Follow the signs to orienteering fun**

Pacific Northwest Orienteering web site - [www.pnwo.org](http://www.pnwo.org)  
US O' Federation web site - [www.us.orienteering.org](http://www.us.orienteering.org)  
Chuckanut Orienteers - [www.televa.com/~maryse/chucko.htm](http://www.televa.com/~maryse/chucko.htm)  
City of Trees O' Club - <http://velichko.home.mindspring.com/ctoc>  
Columbia River O' Club - [www.croc.org](http://www.croc.org)  
Foothills Wanderers O' Club - <http://gumbi.com/fwoc>

Husky O' Club - <http://students.washington.edu/run>  
Oregon Cascades O' Club - [www.geocities.com/orca\\_orienteering](http://www.geocities.com/orca_orienteering)  
Sacajawea Orienteers - [mutiny.cbvcp.com/saco](http://mutiny.cbvcp.com/saco)  
Sage Orienteers - <http://www.orienteeringbc.ca/sage/>  
VictOrienteers O' Club - <http://www.orienteeringbc.ca/vico/>

Bearing 315  
c/o Cascade Orienteering Club  
P.O. Box 31375  
Seattle WA 98103

**First Class**