

Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

September/October 1997

1997 Washington State Classic and Relay Champs



Kean Williams hands off to "COC's Finest" teammate Eileen Breseman. Classic and Relay results and more photos are inside!

Search for new WIOL Director

The Washington Interscholastic Orienteering League (WIOL) is searching for a Director for the 1997-98 season. Pre-season events are set to begin in December, with the Championship to be held in February. For more information, or to volunteer, contact Ardis Dull, WSOA secretary at (206)364-4062

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News and Notes

Lincoln Park Meet

Sunday September 7, 1997. Starts 10 am till Noon

This meet will be fairly low key as most of us are still recovering from staging the Trollhaugen A meet and the Convention. Starts will be at the shelter near the South Parking lot. Beginners and Intermediate courses will be offered. The Advanced course will consist of the intermediate course plus a couple of long legs around the coastline for those who want a longer workout. Don Atkinson, Course setter (425) 488 0270

Potluck and Mini-Motola at the Breseman's

Rick/Eileen Breseman, Cascade O' Club

Join us Wednesday, September 10th for a low key event, potluck (BBQ will be on) & evening with friends. Directions: From Junction I-405 & Hwy 522, Exit 23 NE on 522 for 5mi., rt. on

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Paradise Lake Rd 1mi., l. on 99th Av for 1/2mi., rt. on 216th for 1/2mi., l. on Wildwood Drive for 1/8mi., turn rt. into driveway.

Cascade OC takes 2nd!

Bill Cusworth, Cascade O' Club

For those of you who haven't heard, Cascade OC took second place out of 41 teams at the US Relay Champs on July 12, 1997 at Lake Manitou, CO. The team consisted of Bill Cusworth, Eileen Breseman, Rick Breseman, and Eric Bone. The winning team was Rocky Mountain OC (who had the home field advantage). I have the full results of the relay as well as all the other Colorado 1000-day results and I can e-mail them to anyone who would like to see them.- Bill Cusworth, Registrar for the Trollhaugen A-meet and USOF Convention

VWC T-shirts Available

I am designing and printing T-shirts for Pacific Northwesterners to wear in the opening parade. If you would like to order a shirt,

please let me know as soon as possible. I plan to send the order in by September 10. Cost will be about \$6 per shirt. Order a shirt by either sending me e-mail (although I don't read my e-mail every day, sometimes not even every week) or by calling me (425-488-7471). Be sure to tell me your size, otherwise you will get a Large. - Debbie Newell

Thanks for making a great Convention

Rick Hood, now retired Convention Director

On behalf of COC, I would like to thank Bill Cusworth, Sandy Kish Miller, and Peter Golde who made the 1997 USOF Convention so successful. I would also like to recognize the special contributions of Bruce McAlister and Howard Halter of Sammamish and Ardis Dull and Debbie Newell of Cascade who also made a significant contributions. (Of course, there were many others that helped make the convention memorable, not the least of which were you from the here that attended and served as "informal hosts".) Again thanks.

Takhlakh Rogaine

Bob Reddick, Sammamish O' Club

Sorry to hear of cancellation of the Forbidden Plateau Rogaine in B.C. But the next weekend, Sept 13th, a 6-hour rogaine on the slopes of Mt. Adams in Washington State will make a fine substitute for all you eager rogainers! If you think a 6-hour rogaine is not enough fun, stay overnight and plan to pick up the controls you missed on Saturday - same navigational & endurance effort, but no competitive pressure! Time to swim and hang out, too!

My first visit there last weekend was a pleasure, although I observed that the area is better suited for an all-daylight affair, instead of the classic 24-hour I favor. Great campground, postcard view of the mountain (bring your camera), and good canoeing/kayaking/rubber boating and cold-water swimming at the lake. Big dinner is planned by CROC. Mosquitoes weren't too bad last weekend, and crowds of them and humans are expected to be gone by September.

Driving times & directions from the north: I5 to Hwy 12 turnoff south of Chehalis, then one hour east to Randle. Or from eastern WA, Yakima to Hwy 12 over White Pass to Randle. Turn south (right) at first Randle stop from west, where last gas station (Texaco) is, then short mile to Y, left on Forest Service Road 23 (well signed) for about 32 miles and one more hour - mostly on paved road, with a few gravel sections, at 35 MPH. About 4 hours from downtown Seattle or Portland.

Takhlakh Campground is at Takhlakh Lake, on NW slope of Mt. Adams, glacier-covered at 12,276 feet. RV and tenting spaces, tables at each space, outhouses and water taps. No store or other facilities. Campground elevation is only 4400 Ft; expect cool nights and warm days. Map is updated USGS 1:24,000, with 40 foot contour interval. Beginner walkers to elite running teams should all enjoy this.

Call or email Les Stark, lstark@pacifier.com, (360-693-9379) for more info

and to enter. Deadline is August 31st, 1997.

GLITF,

Bob Reddick IRF V-P for North America (unelected) USOF Rogaine Committee Sammamish Orienteering Club - Washington State Tel: (425) 487-0099 USA

Rogaine Food

Bob Reddick, Sammamish O' Club

[NOTE: This message has been censored of all political comment].

Two old subjects came up this weekend while Les Stark and I were field checking the Takhlakh Rogaine map and proposed course. One, mysterious "gluttony factor", which always seems to surprise the most well-prepared rogaine organizer, who finds the abundance of food at the Hash House wiped out about 9 PM Saturday night! Second, the absence of any recent list of the basics in food and food preparation and serving equipment needed for, say 100 competitors at a 24-hour event.

Maybe a forthcoming book on the sport may address this, but it seems that this maillist is an ideal place to exchange successful lists, recipes, the favorite dishes that get consumed most rapidly, the most memorable dining experiences of rogainers over the years, etc. Even such niceties as (an old-timer's) recommendation that some of the key organizers could even spare a moment to personally deliver a hot plate of food to a team that comes staggering in late at night, and obviously barely able to even sit down!

And not to forget those whose competitive spirit preclude them from a HH visit until about 1 minute before time expires. What do they get, and do they deserve any priority in line (the queue), if any? And do we save anything for those not back in after an hour or so, or just presume them dead?

Should the most expensive/short supply items be rationed out? How about the smartest rogainers (arguably) who spent the bulk of their time eating, with some minor breaks for control finding? [My

favorite group, now.] Are meal tickets used, or is everyone expected to pay the full fare for food, regardless if in 6, 8, 12, or 24 hour sections?

Any special requirements - such as food saved for the staff, vegetarian and other dietary needs (when known about)?

Has provisioning of water controls or surprise locations with fruit, juices, etc. been found practical, appreciated, etc. I've not seen or heard of this done except in Australia, but could be uninformed.

Why all this stuff on food? IMHO, great food/food service sticks in peoples minds in relating positive memorable rogaining experiences, perhaps second only to 99.99% accurate control placement. (98% is a low standard around here!)

YOUR response is specifically solicited - please reply to all. Thanks.

Good Luck in the Forest,

Bob Reddick Tel: (425) 487-0099 USA



Meet Results

UW Campus, July 12, 1997 Seattle

Cascade Orienteering Club

Meet Director: Eric Pearson
Courses: Kean Williams

Course 1, Beginner

Kathy McDonald	COC	18:58
Emily Rutledge	COC	19:15
Elizabeth Loveland		19:36
Howey		37:25

Course 2, Intermediate

Roger Rosenblatt	COC	35:53
Max & Lindsay Wells	COC	39:55
David Campbell		48:04
Ben Young		49:10
Erin Foxford	SAMM	57:33
Eric Hofbeck	COC	60:50
Aaron Charlop	COC	66:31
Senescal		78:10
Terri & baby Paul Magnus	CAOC	90:58
Amy		DNF
Howey		DNF

Course 3, Advanced

Mark Howlett	SAMM	54:10
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Paul Magnus	COC	56:33
John Magnus	CAOC	66:34
Pat Kelly	COC	83:40
Michael Corey	SAMM	85:45
Donald Denbo	COC	96:05

Bullfrog Flats July 26, 1997

Sammamish Orienteering Club

Meet Director: Dave Enger
Course Setter: John Sincok
Timing: Jan Urban
Registration: Bob Reddick

Course 1 (2.9 km, 6 controls)

Bob Reddick	46:20
Ben and Ed Robinson	46:30
Connor Robinson	69:36
Molly and Dave Enger	69:53
Will and Madeline Enger	116:44

Course 2 (3.3 km, 6 controls)

Erin Foxford	51:56
Holly Atkinson and Elizabeth Dickie	56:12
Beth Elliott	69:44

Course 3 (5.4 km, 8 controls)

Mac MacDonald	46:54
Don Atkinson	53:57
Bill Borrie	58:47
Dave Petty	62:38
Knut Olson	63:37
Ken Lew	66:09
Michael Schneiderman	74:42
Katie Peckham	75:03
Karen Robinson	76:23
Harvey Friedman	81:10
Bruce McAlister	88:27
Greig Rolfe	92:24
Shannon Peckham	94:34
Amy Burgess	101:59

Course 4 (8.1 km, 11 controls)

Jan Urban	58:19
Paul Magnus	58:24
John Rodgers	61:44
Bruce Christopherson	68:56
Alex Hall	72:31
Debbie Newell	78:13
D. O'Donghaile	83:55
Bruce Bassett	85:46
Ilze Rupners	87:50
David Gordon	105:23
Ardis Dull	115:40
Kean Williams	128:15
Rob Knudsen	139:27
Robin Nordberg	144:57
Jack Ramsey	171:40

Bullfrog Pond July 27, 1997

Sammamish Orienteering Club

Meet Director: Dave Enger

Course Setter: John Sincok
Timing: Jan Urban
Registration: Bob Reddick

Course 1

Hanan Bell	50:33
Eva and Thomas Corey	55:27
Madeline and Will Enger	58:52
Bob Reddick (marker pickup)	63:56
Molly and Dave Enger	81:05
Sarah Dunn + 3	88:20

Course 2 (3.9 km, 7 controls)

Amy Burgess	63:35
Ben Robinson	78:32
Bruce McAlister	79:46
Hanan Bell (lost punchcard)	100:19

Course 3 (6.2 km, 8 controls)

Ed Robinson	71:57
Don Denbo	74:12
Knut Olson	86:15
Ken Lew	86:59
Kent Verbeck	100:15
M.J. Corey	107:23
Sandy Kish Miller	108:06
Karen Robinson	113:36
Harvey Friedman	172:10
Bill Borrie	DNF
Jeff, Kim and Nigel Packer	DNF
Michael Schneiderman	DNF
Anne York	DNF

Course 4 (8.0 km, 11 controls)

Jan Urban	65:00
Debbie Newell	99:26
Kean Williams	104:00
Rob Knudsen (lost punchcard)	108:35
Rune Torkildsen	109:15
D. O'Donghaile	115:16
Mac MacDonald	117:32

Washington State Champs Trollhaugen August 23, 1997

Cascade Orienteering Club

By most outward measures, the Trollhaugen A meet on August 23 and 24 was a success. The event - which served as this year's Washington State championships and the USOF convention A meet - was the fifth A meet hosted by Cascade OC, and the ninth one in the state. It was the second one that I've directed, the first one being the 1981 Cle Elum Ridge event. A lot has changed since then...

Many individuals contributed to this meet, and without them the event would not have been possible. First and foremost among them is Bill Cusworth. It was discussions with him last summer that led to investigating several potential meet sites and ultimately to the idea of bidding on the 1998 US Championships and hosting this meet as a "rehearsal". Bill has contributed to the mapping, course setting, USOF liaison, and registration. (In his spare time, Bill is Cascade OC's President and the USOF Rankings Coordinator; at the meet, he

was elected Regional Representative to the USOF Board of Directors.)

Mike Fritz, Vivien Birtwistle-Fritz, and Ron Brown led the search for mapmakers. Eric Bone did some of the early updating of the map, and was in charge of the course design team; he also placed most of the water controls. Marat Gizatulid did the remaining field work, and Debbie Newell did the drafting of the revised map.

The courses were designed by Eric Bone, Jim Sissel, Neil and Lael Smith, and Harvey Friedman. Harvey also helped with some of the coordination of the course design team. Robert and Sandy Miller helped to set the courses. Sandy also helped with a lot of the pre-event preparations. Rick Hood and Bruce McAlister secured land access.

Ivar Husa headed up the Saturday start crew, which included Harvey Friedman, Anne York, Aaron Charlop, and Rick Breseman. Frank Kuhn and Alan Petit volunteered to help set up Friday afternoon, but events conspired to preclude their involvement (thanks anyway, guys). Mike and Mary Stainsby helped set up the finish line early Saturday morning, and then were in charge of the finish line both days. They were assisted by their son Tommy and his friend Cory, and by Don Atkinson, Ardis Dull, Don Denbo, Carl Moore, Kathy Ashead, and Harvey Friedman. Don Atkinson also helped with a variety of tasks before the event, including marker pick up late Sunday. Howard Halter created the webpage used for on-line registration. Saturday's refreshments were handled by Doug and Katie Sprugel. Trish Charlop and Eileen Breseman provided baby sitting on Saturday. Dave Petty assisted with registration Saturday morning, and with clearing the trail to the start. Fred Schmitt coordinated parking on Saturday.

I fear that I have overlooked someone... If so, my apologies.

Finally, our thanks to Mount Baker-Snoqualmie National Forest and Trollhaugen Lodge for the use of their land and facilities.

Most of all, I'd like to thank our participants for attending this event. They are the whole reason we did this, and we hope they had a fun time.

Thank you very much.

- Mike Schuh, Meet Director

Place	Place	Name	Club	Time
* - denotes ineligible for awards				

White Course (2.22 km, 35m, 7)

M12A				
1		Russell Follett	ARCT	21:11
2	1	Will Enger	SAMM	39:05
3	2	Ben Robinson	EWOC	39:21

MOPW

		Ruth Crawford	RMOC	DNF
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Yellow Course (3.01 km, 130m, 8)

F14A				
1		Eileen Follett	ARCT	63:25

FOPY			
1	Jill Custer	BAOC	96:27
MOPY			
	Frank Kuhn	FLO	DNF
Orange Course (5.23 km, 165m, 11)			
F20B			
	Ginger Stratton		DNF
FOPO			
1	Shannon Peckham	SAMM	122:31
2	Katie Peckham	SAMM	134:44
3	Erin Foxford	SAMM	138:37
	Yelena Savranskaya	SDO/LAOC	DNF
	Rosemary Johnson	BAOC	DNF
MOPO			
1	Curtis Condon	CROC	102:08
2	Scott Drumm	CROC	161:52
	Ed Ledger	COC	DNF
Brown Course (4.04 km, 120m, 9 cont)			
F18A			
1	Sandra Zurcher	RMOC	57:06
2	Sarah Minarik	BAOC	59:26
F60A			
1	Gill Bailey	VICT	88:15
2	Donna Gookin	SDO	98:25
3	Barb Sleight	CNYO	104:41
F65A			
1	Ruth Johnson	NEOC	91:06
2	Caroline Ringo	DVOA	197:08
M65A			
1	Ken Lew	COC	68:58
2	Kent Ringo	DVOA	78:52
3	Karl Kolva	ROC	89:11
F35B			
1	Katie Sprugel	COC	106:45
2	Sara Cechner	NEOH	147:17
F45B			
1	Flo Williams	DVOA	160:17
2	Robin Shannon-house	GAOC	DNF
M50B			
1	Jack Williams	DVOA	98:34
FOpBr			
1	Johanne Klepsch	CHUKO	163:48
MOpBr			
1	Gary Kraght	BAOC	59:35
2	Michael Minium	OCIN	61:04
Green Course (6.3 km, 220m, 11)			
F35A			
1	Clare Durand	LAOC	127:16
F40A			
1	Karen Robinson	EWOC	156:03
	Meg Garrett	TOA	DNF
*	Sandy Kish Miller	COC	121:20
F45A			
1	Jill Follett	ARCT	121:11
2	Ardis Dull	COC	141:38
3	Leslie Minarik	BAOC	163:19
4	Vivien Birtwistle-Fritz	COC	DNF
F50A			
1	Nancy Neuburger	PTOC	183:50

F55A			
1	Sara Mae Berman	CSU	159:12
	Betsy Hawes	HVO	DNF
M50A			
1	John Harbuck	EWOC	88:29
2	George Minarik	BAOC	100:17
3	Richard Neuburger	PTOC	102:07
4	Robert McBride	RMOC	108:16
5	Don Atkinson	COC	114:59
6	Dave Petty	COC	131:50
7	Stephen Shannon-house	GAOC	135:47
8	Scott Coble	EWOC	146:24
	Mac MacDonald	SAMM	DNF
*	Marat Gizatulin		86:08
*	Robert Miller	COC	106:04
M55A			
1	Georgy Kuntsevich		84:05
2	Evan Custer	BAOC	95:49
3	Rich Parker	SDO	126:29
4	George Hawes	HVO	158:46
	Glen Cafferty	CROC	DNF
M60A			
1	Alex Kerr	GVOC	95:06
2	Edwin Gookin	SDO	103:31
3	Leigh Bailey	VICT	123:22
	Bill Gookin	SDO	DNF
M35B			
1	Ken Klepsch	CHUKO	134:53
M40B			
1	Terradan Landchild	CROC	119:43
M45B			
1	Doug Sprugel	COC	142:53
*	John Beck	EWOC	181:31
F21B			
1	Amy Burgess	EWOC	156:21
2	Lisa Nordlund	HUSKY	157:46
3	Ellen Boomer	NISQ	159:46
4	Suzanne Pearson	GVOC	180:13
Red Course (8.04 km, 310m, 16)			
F21A			
1	Kristin Ritzenthaler	Goerlitz (Ger)	88:48
2	Ilze Rupners	GVOC	107:09
3	Sharon Crawford	RMOC	107:42
4	Eileen Breseman	COC	134:10
5	Debbie Newell	COC	140:50
	Beatrice Zurcher-McBride	RMOC	SPW
M35A			
1	Arne Skog	SAMM	88:09
2	Mike Fritz	COC	98:38
3	Frank Skorina	SACO	101:47
4	Ian Tidswell	HVO	103:22
5	David Wesen	MNOC	105:23
6	Bill Green	SMOC	117:01
7	Paul Regan	HVO	134:59
8	Desmond Mott	GVOC	137:27
9	Kean Williams	COC	141:15
	Mark Howlett	SAMM	MSP
M40A			
1	Dave Enger	SAMM	92:14
2	Rick Breseman	COC	94:02

3	Ove Albinsson	GVOC	112:00
4	Rob Knudsen	SAMM	120:30
5	Robert Buraczynski	CNYO	157:48
	John Rogers	SAMM	DNF

M45A			
1	Eric Follett	ARCT	94:31
2	Dave Tallent	SAMM	111:29
3	Dale Width	EOC	119:35
4	Joe Hallett	CROC	182:21

M21B			
1	Chris Lum	SAMM	114:15
2	Bill Borrie	EWOC	141:51

Blue Course (9.44 km, 340m, 23)

M21A			
1	Andy Dale	CROC	89:01
2	Martin Pardoe	GVOC	96:55
3	Michael Eglinski	OK	101:02
4	Bruce Wolfe	BAOC	101:48
5	Clem McGrath	DVOA	105:44
6	Wyatt Riley	BAOC	109:53
7	Fred Schmitt	COC	110:44
8	Jan Urban	SAMM	111:20
9	Alex Hall	COC	118:53
10	Gordon Bowen	CROC	147:00

Washington State Relay Champs Trollhaugen August 24, 1997

Cascade Orienteering Club

The 1997 Washington State Relay Championships were held at Trollhaugen on Sunday, August 24. 20 teams took part, with about half of the participants visiting from out of state due to the concurrent USOF convention.

The mass start was at 10:00 AM, with catch up starts at 11:15, 11:35, and 12:25. Due to the length of the courses, most teams were involved in the final catch up start, which was done to prevent the meet from running into Sunday afternoon's convention activities. Final team standings are based on the sum of each team member's elapsed time, corrected for any involvement in a catch up start.

There were radios at the first control on the first lap (Don Denbo), and at the common split control for all four laps (Eric Bone) as well as at (or near) the next-to-last control on each lap.

Thanks go to course designers Eric Bone and Don Denbo; course setters Bill Cusworth, Robert Miller, Sandy Kish Miller, Neil Smith, and Harvey Friedman; warning control spotter Tommy Stainsby; and the actual finish line crew headed by Mike and Mary Stainsby: Ardis Dull, Ellen Boomer, Tommy's friend Cory, Bill Cusworth, and others who helped out but (in the thick of the event) I neglected to get their names. Special thanks to Ilze Rupners for helping us correct a minor timing error.

I would also like to thank all of the participants. You are the reason for the event... - Mike Schuh, Meet Director

Leg 1, Orange: 4.2 km, 100m, 7 cont
Leg 2, Yellow: 2.5 km, 55m, 7 cont
Leg 3, Green: 4.2 km, 130m, 9 cont
Leg 4, Red: 5.9 km, 180m, 11 cont

10	3	8	N	Mixed Moss			
				Don Atkinson	40:40	60:23	60:23
				Sarah Mae Berman	16:22	31:25	91:48
				Alex Kerr	45:20	64:51	156:39
				Ove Albinson	54:57	76:29	233:08
			N	EWOC 2 (Thrashers)			
				Amy Burgess	54:15	80:37	80:37
				Ben Robinson	15:10	37:28	118:05
				Bill Borrie	47:33	66:47	184:52
				Kristin Ritzenthaller (<i>second lap</i>)	46:45	60:50	240:05
11	4	8	N	HVO			
				George Hawes	48:10	72:19	72:19
				Betsy Hawes	20:26	40:01	112:20
				Paul Regan	53:18	73:25	185:45
				Ian Tidswell	50:51	67:00	252:45
12	5	8	Y	EWOC 1			
				Karen Robinson	59:47	102:30	102:30
				John Beck	18:35	37:43	140:13
				Scott Coble	53:26	73:16	213:29
				John Harbuck	52:17	73:39	259:38
13	8	4	N	We're Not Worthy			
				Lisa Nordlund	52:40	84:34	84:34
				Amy Wells	15:50	36:40	121:14
				Ellen Boomer	55:24	80:13	201:27
				Chris Lum	53:07	73:21	265:14
14	6	12	N	West by Midwest			
				Ken Lew	54:15	78:46	78:46
				Sara Cechner	17:10	36:34	115:20
				Ardis Dull	55:55	78:38	193:58
				Clare Durand	83:11	109:37	299:49
15	7	8	N	SDO 1			
				Donna Gookin	57:55	89:15	89:15
				Bill Gookin	13:30	26:20	115:35
				Rich Parker	93:10	134:23	249:58
				Ed Gookin	53:51	69:38	305:21
DNF	6	Y		COC 1			
				Max Wells	57:42	70:16	70:16
				Debbie Newell	9:28	18:49	89:05
				Paul Magnus	37:52	54:17	143:22
				Fred Schmitt	61:38	DNF	
DNF	4			CROC 2			
				Curtis Condon	34:55	54:50	54:50
				Scott Drumm	15:30	32:39	87:29
				Joe Hallett	62:03	84:49	172:18
						DNF	
DNF	0			Easterners			
				Kent Ringo	54:28	78:12	78:12
				Caroline Ringo		62:21	140:33
				Steve Shannonhouse	46:55	68:38	209:11
						DNF	

Upcoming Orienteering Events

Call the Hot Line at 206-783-3866 (or the website at

<http://www.eskimo.com/~halter/orienteering/pnw.html>) for latest information and details

Date/Time	Location and Comments	Type	Club	Map	Contact
SEPTEMBER					
Sat, Sep 6	Mt. Washington ROSSATNE, Vancouver Island, B.C.	R	VicO		Steve Chatwin 250-592-3559
Sun, Sep 7 1 - 3 pm	Finch Arboretum, Spokane, WA. I-90 exit 280 (eastbound), exit 280A (westbound), north to 2nd Av, take 2nd west continue on Sunset Blvd.	C	EWOC	1:5000	John Beck 509-328-4220
Sun, Sep 7 10am-noon	Lincoln Park, Seattle, WA. Exit from I-5 at Spokane St. Head west until you reach Fauntleroy Way, head south to the park.	C	COC	1:5000	Don Atkinson 425-488-0270
Wed, Sep 10 5:30 - 8 pm	Wildwood Mini-Motata and Potluck. 21607 Wildwood Drive (Near Maltby - see directions in News and Notes)	X		1:560	Rick/Eileen Breseman 425- 483-6592
Sat, Sep 13 11 am - 5 pm	Takhlakh 6-hr Rogaine, Mt. Adams, WA	R	CROC	1:24000 USGS	Les Stark 360-693-9379
Sat/Sun, Sep 13-14	Thetis Lake / Royal Roads, Victoria, B.C.	A	VicO		Alan Philip 250-478-3659
Sun, Sep 14 1-3pm	Sacajawea State Park, Pasco, WA. Take Sacajawea State Park Road off SR 12 near Pasco.	C	SACO	1:10000	Frank Skorina 509-522-2770
Sun, Sep 21 1 - 3 pm	Farragut State Park, Athol, ID. From Coeur D'Alene take Hwy 95 north to Athol, east on Hwy 54 to park.	C	EWOC	1:10000	John Beck 509-328-4220
Sat/Sun, Sep 20-21	Logan Lake, Logan Lake, B.C.	C	GVOC		Mark McMillan 604-708-9119
Sun, Sep 21 11am-1pm	Cornwall Park, Bellingham. I-5 exit 256 (Meridian St. Ramp) South 1/2 mile. First left past railroad track.	C	CHUCKO	1:5000	Ken Klepsch 360-299-1010
Sun, Sep 28 10 am - noon	Lake Sammamish State Park, Issaquah. Exit I-90 at Exit 15. Head north on 17th Ave NW towards park. Turn left onto NW Sammamish Rd. Travel about 0.4 miles and watch for signs.	C	SAMM	1:10000	Dave Enger 425-822-6254
OCTOBER					
Sep 30 - Oct 4	Vet. World Cup + 2 Day "A", Camp Ripley, MN.	A	MNOC		Maggie Vogel-Martin 612-869-4001
Sat, Oct 4 10 - noon	Liberty Lake County Park, Spokane, WA. I-90 exit 296, follow Mission east, right on Molter, left on Valley Way onto Lakeside Rd.	C	EWOC	1:10000	John Beck 509-328-4220
Sun, Oct 5 1-3pm	Rooks Park, Walla Walla, WA. Take Mill Creek Road off SR 12 east of Walla Walla.	C	SACO	1:10000	Frank Skorina 509-522-2770
Sat, Oct 11 11am - 1pm	McIver State Park, Estacada, OR. I-205 exit for Hwy 224 to Estacada. Hwy 224 to Carver, cross Clackamas River and follow signs to Park.	C	CROC	1:10000	Mal Harding 503-638-8977
Sun, Oct 12 11am - 1pm	Western Washington University, Bellingham, WA.	C	CHUCKO		Ken Klepsch 360-299-1010
Sat, Oct 18 11 am - 1 pm	Scout-O, Hoyt Arboretum, Portland, OR. North of Portland Zoo.	C	CROC	1:7500	Curtis Condon 503-357-1999
Sun, Oct 19 4 pm	Washington State Orienteering Assn meeting at Dave Enger's. WIOL will be main topic of discussion				Dave Enger 425-822-6254
Sat/Sun, Oct 25 - 26	Western States Champs, Santa Rosa, CA.	A	BAOC		Ev Bauerman 408-255-8510
Sun, Oct 26 1 - 3 pm	Bennington Lake, Walla Walla, WA. Off of Tausick Way in Walla Walla.	C	SACO	1:10000	Frank Skorina 509-522-2770
Sun, Oct 26 dusk	Woodland Park, Vampire Night O', Seattle, WA. NE 50th St exit from I-5 go west. Turn left into park just before Aurora Way.	C	COC	1:5000	206-783-3866

COC: Cascade Orienteering Club
EWOC: Eastern Washington O.C.
VO: Victoria Orienteers
GVOC: Greater Vancouver

SAMM: Sammamish O.C.
CHUCKO: Chuckanut
CROC: Columbia River O.C.
SAGE: Sage Orienteering Club, Kamloops B.C.

A: National Meet
R: Rogaine
B: Major Event
C: Regular Local Meet
X: Special Event

United States Orienteering Federation

P.O. Box 1444

Forest Park, GA 30051/

MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

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

Date _____ Yr. Born _____

Name _____

Address _____

Home Phone (____) _____ - _____

If family membership, list other persons:

Name _____ Year Born _____

Member of a chartered club? Club _____

☐ Individual \$25 member of a chartered club

☐ Individual \$30 at-large

☐ Family \$30 members of a chartered club

☐ Family \$35 at-large

☐ Student \$10 (21 & under)

☐ Junior \$5 (18 & under/no vote/no magazine)

☐ Individual Life \$450 ☐ Family Life \$540

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 along 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 501c(3) corporation. Which means that donations, including costs, are fully tax deductible. JOIN NOW!

Bearing 315 is

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If your label is marked with high-lighter, your membership has lapsed!