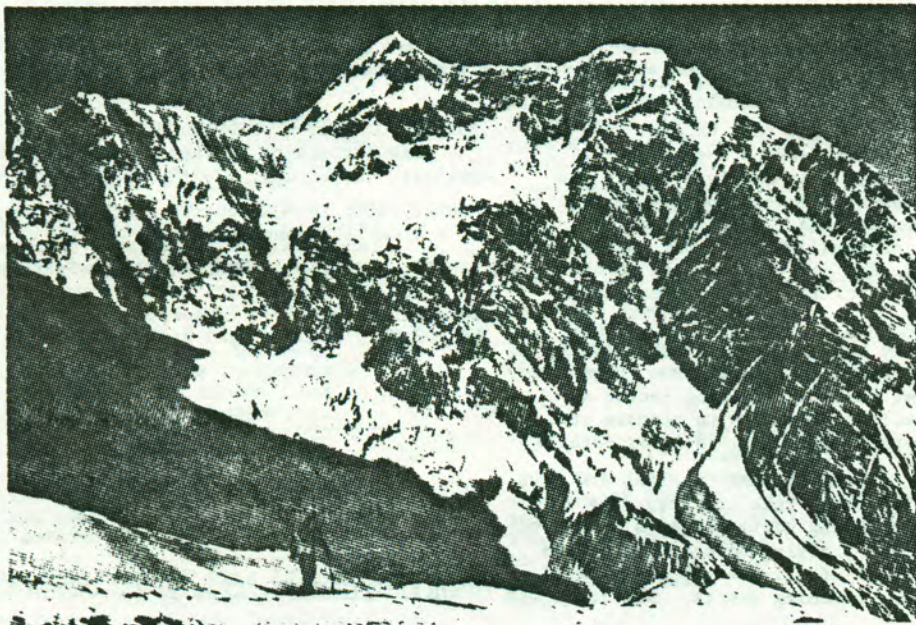


BEARING 315

Newsletter of Northwest Orienteering

Sept/Oct '82



"NEPALESE 30-DAY" MAIN EVENT FOR SEPT. 8 MEETING

On September 8, 7 pm at the GreenLake Library, Harry Morgan, intrepid COC member, will narrate a slide show about his journey last winter to Nepal and India. Entitled "Orienteering Annapurna (or the Nepalese 30-day)", the slide program will depict a 200-mile trek around the Annapurna Range in the Himalayas. Also included will be a side trip to the semi-tropical Royal Chitwan National Park for some wild animal trekking and viewing. Don't miss this excursion into the world's highest mountains and visit in a most intriguing culture.

PROGRAM FOR THE SEPT. 8 MEETING

7-7:30 pm	Slide show on Nepal
7:30-8:00	Bylaws Revision
8:00-8:15	More about Cle Elum two-day event and Mountain Marathon
8:15-8:30	Report "How are we doing financially"
8:30-9:00	Refreshments and idea sharing

Highlights of Bylaws Revisions

Did you feel cheated last time you paid your dues in May and got a membership which lasted until December 31? And then found out about the person who paid dues in July and got a membership which ran until December 31 of the following year?

Inequities and absurdities and poor grammar will hopefully be banished with revised Bylaws. Please come and vote the old into oblivion and institute a better set of Bylaws by which we govern the Club.

Many words; a few important changes:

- Term of membership changed from old method to straight 12 months from time of payment. Article 3, Section 4
- Term of office for officers changed to coincide with fiscal year. Article 4, Section 3.
- Changes annual meeting from February to November, Article 5, Section 2.
- Institute balloting by mail, Article 4, Section 5.

SCHEDULE OF EVENTS

GENERAL INFORMATION: Unless otherwise noted, novice, intermediate and advanced courses are available at all regional meets. Normal registration and start times for Cascade OC (Seattle area) events are from 10:00am to 12:00noon. Normal registration and start times for events by the Nisqually Orienteers (Tacoma and Lacey areas) are from 12:00noon to 2:00pm. The entry fee for local club events is usually \$1.50 for club members and \$2.50 for non-members. Novice courses at Nisqually Orienteers events are only \$1.00. Regional and National events (Class 'B' and Class 'A') usually have a higher entry fee and awards are given to winners in different categories. Instruction for beginners is always available at all events. A limited number of compasses are available on a rental basis at registration.

SATURDAY, AUGUST 28 - WOODLAND PARK RELAYS

The last of the summer park series. Teams of 3--bring your own or simply come and join others who need teammates. Awards for winners and for team with most original and amusing name. Registration beg. at 10 AM in picnic shelter at S. end of park. Instruction and novice course for individuals from 10 AM; mass relay start soon after 11. Info.: Dan Waugh, 365-1810.

SUNDAY, AUGUST 29 - FT. STEILACOOM CO. PARK, TACOMA

Registration and starts, 12 noon-2 PM. Beginner and intermed. courses; advanced training course a multi-leg one with split times taken to compare rte. choices. Contact Clayton Smith, 474-5675, for details.

WEDNESDAY, SEPT. 8 - SPECIAL PROGRAM ON NEPAL AND CLUB

MEETING. 7 p.m. at Green Lake Library, 7364 E. Greenlake Drive. N. Featuring Harry Morgan's slides of his Nepal Trip followed by voting on proposed bylaws revisions (see pages 9-11 of this issue) and general club meeting concerning upcoming events. New ideas are always welcome.

SAT/SUN, SEPT. 11-12 - BLACK MOUNTAIN, B.C.

Two-day, Class A meet organized by OABC. At Cypress Bowl Provincial Park, West Vancouver. Take Highway #1 for 5 km west of Taylor Way. Registration is at Downhill Ski Parking Lot. For info call John Collings (604)984-9897 or Duncan Wyllie (604)988-2806.

SAT/SUN, SEPT. 18-19 - CLE ELUM RIDGE

O Festival and Washington Championships. Details and registration info. on insert.

SAT/SUN, SEPT. 25-26 - CALERO PARK, SAN JOSE, CALIF.

Class A meet, California championships, on new IOF std. map. For details, call Clayton, 474-5675.

Those interested in going to this meet in a rented van please contact Clayton Smith 474-5675

SAT/SUN, OCT. 2-3 - FIRST CASCADE MOUNTAIN MARATHON

In proposed Cougar Lakes Wilderness area, E. of Mt. Rainier. Details on p.3-4.

SATURDAY, OCT. 9 - ORIENTEERING BIATHLON

Novice/intermediate cross country and bicycle courses in Woodland Park and Ballard. Details, p.12.

SAT/SUN, OCT 9-10 - KAMLOOPS, B.C.

Western Canadian Championships. Info.: Afan Jones, 732-5129 (B.C. tel.).

SUNDAY, OCT. 17 - WONDERWOOD PARK, LACEY

Regular novice courses; score event for adv. Registr. and starts, 12-2PM; inf. Pat Malloy, 491-0861.

MONDAY, OCT. 18 - Executive Board Meeting, 7 PM, location to be announced.

SUNDAY, OCT. 24 - FARREL-McWHIRTER PARK, REDMOND

Fun courses for all levels, including something special for advanced runners. Park located at 19200 NE 102 Pl.; registr. and starts, 10-12 AM.



ORIENTEERING CLASS AT COMMUNITY COLLEGE

An orienteering class is being offered this fall at Fort Steilacoom Community College in Tacoma. The class will consist of three Tuesday evening sessions beginning October 5 and four Saturday sessions (some of the Saturday sessions can be conducted on Sundays if the class members so choose). The class will present orienteering as family fun and fitness as well as a sport for individual competition and enjoyment. Families can take the class at a special group rate. Contact Fort Steilacoom Community College for more information and to register. 964-6500 or 964-6633.

NEWS FLASH!

Annichen Kringstad, the current World Champion and the 1981 Swedish Athlete of the Year, has tentatively agreed to come to Seattle early in October in conjunction with the Scandinavia Today program and our orienteering biathlon. The trip is contingent on finding sponsorship and working out a satisfactory schedule. We hope that will be here the week of October 3-9 (possibly even arriving in time for the Mountain Marathon) and will be able to present a clinic as well as engage in promotional activity for the October 9 event. A special announcement will be mailed if and when details are confirmed.



FIRST CASCADE MOUNTAIN MARATHON,
October 2-3, 1982, in the proposed
Cougar Lakes Wilderness area, E. of
Mt. Rainier. Sponsored by the Cas-
cade Orienteering Club.

This is a two-day mountain navigation
competition designed to test map-read-
ing, navigation skill and endurance in
the traverse of difficult and unknown
hill country.

Competitors enter as teams of two and
must maintain contact with each other
throughout the event. A topographic
map (based on the unpublished USGS
1:24000 scale map) will be provided
with the location of a number of check-
points that must be visited. Partici-
pants must carry food, clothing and
equipment necessary for a two-day hike
in autumn conditions; camp will be es-
tablished at the end of day 1's course.

As with the event on which this com-
petition is modeled--the Karrimor In-
ternational Mountain Marathon held an-
nually in Great Britain--there are
courses for different levels of skill
and fitness: a "competitive" course
of up to 40 km. total for two days;
a "recreational" course of up to 25 km.
For both courses, ability to use map
and compass is a prerequisite and a
high level of fitness is recommended.

Location: Proposed Cougar Lakes
Wilderness east of Mt. Rainier. From
Seattle, drive rte. 410 thru Enumclaw
and 20 mi. beyond Chinook Pass to Bump-
ing River Rd. where go rt., cont. to
end of pvt. at Bumping Lk. dam. Cont.
2.5 mi. to jct., take left fork (Deep
Creek Rd., No. 162, not marked), go 7
mi. to end where park at USFS Deep
Creek Campground. Driving time from
Seattle, 3+ hr. Start area is 1.5 mi.
up trail to rt. at Little Twin Sister
Lake (allow 1 hr. for hike).

First Cascade Mountain Marathon

October 2-3, 1982

Terrain: Open and gently rolling meadows, reasonably open and somewhat more dense forest, many large and small alpine lakes; elevation, 4500-6500 ft.

Schedule: For both courses, starts day 1 from 10:00 to 11:00 AM; day 2 starts from 8 AM at the campsite at S. end of course. Finish day 2 at Little Twin Sister Lake (est. around 2 PM).

Required equipment (will be checked by organizers at start): Each team must carry--tent or bivvy sacks, first aid kit, food for 2 days and cooking gear (fires may/may not be allowed); individuals must carry--sleeping bag, suitable warm clothing and rain gear, hat, gloves, emergency food, flashlight, whistle, and compass. Plan for worst weather (rain/snow), hope for best. Purified water will be available at campsite, end of day 1, but carry some during competition as well.

Miscellaneous:

1. All participants must check in at finish whether or not they have completed the course.
2. Participants under 18 must have permission of guardian to compete and must be on team with person over 18.
3. If you need a teammate, we will try to match you up with a person of equal ability: enclose half of entry fee and give brief statement of experience.
4. Prizes will be awarded.
5. More information? Call Harry Morgan, 283-6498 (H) or Carol Johnson, 632-6682(H)

This is a great opportunity to test and improve your mountain navigation skills at what can be the most beautiful time of year in the Cascades. The bugs are gone, there should still be some huckleberries, and the fall colors will be out. A weekend to remember; see you there!

Registration and Waiver Form

MAIL TO: HARRY MORGAN
203 8th Avenue N.
Seattle, WA 98109

Course (check one): ☐ Competitive ☐ Recreational

Name: (1) _____ (2)

Address: _____

Tel.: _____

Enclose entry fee of \$ 8.00 (checks payable to Cascade Orienteering Club) per team; deadline September 25. Late registration \$ 11.00. Day-of-meet registration (at start) will be accepted only upon availability of maps--prior notification strongly recommended. Canadian participants may pay in Canadian dollars at par value.

Waiver: In consideration of the acceptance of this entry, intending to be legally bound, I do hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Cascade Orienteering Club, the United States Forest Service, their representatives, successors and assigns, for any injuries or damage by, during or resulting from this event. Signature: (1) _____ (2)

Signature of guardian if under 18 _____

Proposed Bylaws Revisions

BYLAWS OF THE CASCADE ORIENTEERING CLUB

Article 1

The name of this organization shall be the Cascade Orienteering Club.

Article 2

The purpose of this Club shall be to stimulate participation in orienteering through organized events, instruction in use of maps and compass and through appreciation and enjoyment of the natural resources of the Pacific Northwest.

Article 3

Section 1. The membership of this organization shall be unlimited and any person shall be eligible for membership as provided herein.

Section 2. Membership grades shall

consist of single memberships, family memberships, associate memberships, and honorary memberships. The single membership shall be allotted one vote. The family membership shall include the members of an immediate family or a formally organized group and shall be allotted one vote per person present, with a maximum of two votes.

The associate membership shall be for persons under eighteen (18) years of age; members under the age of 16 will not be eligible to vote or hold office. The

honorary membership shall be bestowed upon worthy individuals as seen fit by the Club, may be revoked by the Club, and shall entitle the bearer to all the rights and duties of a single membership.

Section 3. ~~The annual membership dues~~ The Club shall set the annual dues at its ~~shall be single-\$7.00, family-\$10.00 and~~ annual meeting. ~~associate-\$4.00.~~ There shall be no annual dues for honorary membership. The annual

~~newsletter fee for non-members shall be \$3.00 which shall be charged on the same calendar as the annual membership dues.~~ The Membership Coordinator shall notify members two months

in arrears and those members whose dues are not paid within one month thereafter shall be automatically dropped from the Club.

Section 4. New members who pay their first annual dues between January 1 and June 30 shall be paid through December 31 of that year. New members who pay their first annual dues between July 1 and December 31 shall be paid through December 31 of the following year.

PROPOSED SECTION 4. Dues are paid annually for a 12-month period of membership. A membership runs for 12 months beginning with the first of the month following the month in which the dues are received.

Section 5. Any member desiring to resign from the Club shall submit his resignation in writing to the Secretary who shall present it to the Executive Board for action.

Article 4

Section 1. The officers of the Club shall be a President, Vice-President, Secretary and Treasurer. All officers shall be members of the Club in good standing and shall perform the duties prescribed by these Bylaws. The President and Vice-President shall be members in good standing of the United States Orienteering Federation.

Section 2. The President shall coordinate the affairs of the Club and preside at meetings. The Vice-President shall be responsible for the scheduling of meets and shall assume the duties of the President in the President's absence. The Secretary shall maintain up to date records of the general affairs of the Club, including meeting minutes and correspondence. The Treasurer shall maintain accurate and up to date records of the financial affairs of the Club.

Section 3. Election of officers shall occur at the annual meeting in February. Nominations from the floor shall be accepted, in addition to those candidates nominated by the Nominating Committee. The officers shall be elected by a simple majority ballot to serve for one year or until their successors are elected, and their term of office shall begin at the close of the annual meeting at which they are elected.

PROPOSED CHANGES: (1) delete "in February" and change last two lines to say "their term of office shall begin one month after the date of their election."

Section 4. No member shall hold more elected office or two coordinators than one office-at-a-time-positions at one time.

new section...

mail ballot proposed

Section 5. Those items requiring a vote of the Club membership, such as election of officers and changes in Bylaws, may be handled by mail ballot. A minimum return of votes by 10% of the paid members is required to validate the election. A mailed ballot must be signed by the voter.

Article 5

~~Section 1. The regular meetings of the Club shall be held on the second Monday of the month; every other month beginning on the second Monday of February, unless otherwise ordered by the Club or by the Executive Board.~~

~~Section 2. The regular meeting on the second Monday in February shall be known as the annual meeting and shall be for the purpose of electing officers, receiving reports of officers and committees, and for any other business that may arise.~~

~~Section 3. Special meetings may be called by the President or by the Executive Board and shall be called upon the written request of seven (7) members of the Club. The purpose of the meeting shall be stated in the call. Except in cases of emergency at least three days notice shall be given.~~

~~Section 4. Five (5) members of the Club shall constitute a quorum at any Club meeting. Five members of the Executive Board shall constitute a quorum at Board meetings.~~

Article 6

The Executive Board

Section 1. The officers of the Club, the duly appointed coordinators and the newsletter editor shall constitute the Executive Board.

Section 2. The Executive Board shall have general supervision of the affairs of the Club between its business meetings, fix the hour and place of meetings, make recommendations to the Club and shall perform such other duties as are specified in these Bylaws. The Board shall be subject to the order of the Club and none of its acts shall conflict with action taken by the Club.

Section 3. The regular meetings of the Executive Board shall be held at a time and place announced at least two weeks prior to the meeting. Meetings may be attended beginning on the second Monday of January, by any Club member, unless otherwise ordered by the Club or by the Executive Board.

Special meetings of the Board may be called by the President and shall be called upon the written request of two (2) members of the Board.

Article 7

~~Section 1. A Public Relations Coordinator shall be appointed by the President promptly after each annual meeting, whose duties shall include general promotion, contacting potential sponsors, and general publicity.~~

PROPOSED NEW SECTION 1.

Promptly after taking office, the President shall appoint a Publicity Coordinator whose duties shall include general promotion, and general and specific event publicity.

~~Section 2. A Membership Coordinator shall be appointed by the President promptly after each annual meeting, whose duties shall be to secure members, process membership cards and maintain an accurate and up to date listing of members and interested non-members. Non-members should be dropped from the listing if they have not attended a Club event or exhibited continued interest during the previous three months.~~

PROPOSED NEW SECTION 2.

Promptly after taking office, the President shall appoint a Membership Coordinator whose duties shall be to maintain an accurate and up to date listing of members and interested non-members and notify those whose membership has expired.

~~Section 3. An Event Publicity Coordinator shall be appointed by the President promptly after each annual meeting, whose duties shall be to inform the media and other interested parties of coming Club events and results of past events.~~

PROPOSED NEW SECTION 3.

Promptly after taking office, the President shall appoint a Fundraising Coordinator whose duties shall include contacting potential sponsors, soliciting donations, or otherwise acquiring money for the Club.

Section 4. (revised for grammar only)
Promptly after taking office, the President shall appoint a Mapping Coordinator whose duties shall be to identify and review locations suitable for Club events, and obtain or prepare suitable maps.

Section 5. (Revised for grammar only). Promptly after taking office, the President shall appoint a Training Coordinator whose duties shall include organizing and conducting lectures and workshops teaching orienteering skills.

Section 6. An Auditing Committee of two members shall be appointed by the President at the Club's December meeting, and its duty shall be to audit the Treasurer's accounts at the close of the calendar year which shall be the fiscal year, and to report at the annual meeting.

PROPOSED SECTION 6.

An Auditing Committee of two members shall be appointed by the President at the Club's annual meeting and its duty shall be to audit the Treasurer's accounts at the close of the fiscal year, and to report at the first Executive Board meeting following the annual meeting. The audit summary shall be published for the general membership.

Section 7. A Nominating Committee of three (3) members shall be elected by the Club at the regular meeting in December. The duty of this Committee is to nominate candidates for officers and submit them for the election at the annual meeting.

PROPOSED SECTION 7.

A Nominating Committee of three members shall be appointed to nominate candidates, for officers and shall submit the nominees' names for the annual election.

Section 8 -- DELETION OF THIS ENTIRE SECTION IS PROPOSED

Such other Coordinators and Committees standing or special, shall be appointed by the President as the Club or the Executive Board shall from time to time deem necessary to carry on the work of the Club. Each Coordinator may form a Committee to assist with the work described above, and shall chair such Committee. The President shall be ex officio a member of all committees except the Nominating Committee.

PROPOSED NEW SECTION 8. Promptly after taking office, the President shall appoint a Club News Coordinator whose duties shall include disseminating news of Club activities in accordance with the provisions of Article 9.

Article 8 Meets

Section 1. The scheduling of Club meets shall be coordinated with the schedules of other clubs, holidays, and other pertinent events in accordance with the policies of the Club.

Section 2. Each meet shall have a Meet Director appointed by the Vice-President, except that the Meet Director of meets intended to be sanctioned by the United States Orienteering Federation as Class A shall be appointed by the Executive Board.

Section 3. Each Meet Director shall be responsible for the conduct of the meet in accordance with the policies of the Club.

Article 9 Club News

Section 1. The Club shall publish a newsletter to inform members and other interested parties of coming events, results of past events, and other pertinent information.

Section 2. A Newsletter Editor, appointed by the Secretary, shall be responsible for the production and distribution of the newsletter.

PROPOSED NEW SECTION 2.

This information shall be disseminated in a timely fashion under the guidance of the Executive Board.

Article 10

Parliamentary Authority

The rules contained in the current edition of Robert's Rules of Order shall govern the Club in all cases to which they are applicable and in which they are not inconsistent with these Bylaws and any special rules of order the Club may adopt.

Article 11 Amendment of Bylaws

These Bylaws may be amended at any regular meeting of the Club by a two-thirds vote of those members present and voting; providing that the amendment has been submitted in writing and discussed at the previous regular meeting and mailed by the Club to the membership at large.

PROPOSED NEW ARTICLE 11

These Bylaws may be amended by a two-thirds majority of those members voting, providing that the amendment has been mailed to the membership at large and that at least 10% of the eligible members cast votes.

Article 12 Disbanding

In the event of the disbanding of the Club, any remaining assets of the Club shall become the property of the United States Orienteering Federation.

FIVE MILE FUN RUN & ORIENTEERING BIATHLON

Honoring SCANDINAVIA TODAY!

Name _____ Address _____
City _____ State _____ Zip _____

Please return to NORTHWEST CENTER FOR THE RETARDED by OCTOBER 7, 1600 West Armory Way, Seattle, Washington 98119.
Make checks payable to Northwest Center for the Retarded.

DECLARATION OF RESLEASE

In consideration of the acceptance of my entry I, for myself, my heirs and assigns intending to be legally bound, do hereby waive and release any and all rights and claims for damages that I may have against NWCCR or Cascade Orienteering Club, the officers, volunteers, agents or co-sponsoring groups as a result of my participation in this event, or subsequent use of my photo. I verify that I have full knowledge of the risks involved in this race(s) and I freely assume those risks and I attest that I am physically fit and sufficiently trained to participate in this race.

Signature _____
Date _____

PEOPLE UNDER 18: STATEMENT OF RELEASE

_____ has my permission to participate in the above checked events on October 9, 1982.
He/She has trained for this race and is in good physical condition.
Signature of Parent or Guardian _____ Date _____

FIVE MILE FUN RUN	<input type="checkbox"/>	\$6.00
BIATHLON ORIENTEERING	<input type="checkbox"/>	\$6.00
foot	<input type="checkbox"/>	
bicycle	<input type="checkbox"/>	
both	<input type="checkbox"/>	
number in group	_____	Combination Run & Biathlon \$10.00

Please reserve _____ more mugs at \$3.00 each.

Total from mugs \$ _____
TOTAL ENCLOSED _____

Time Dated Material

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

BULK MAIL



This special event in conjunction with the Ballard Oktoberfest honors "Scandinavia Today." It is co-sponsored by the Northwest Center for the Retarded which receives a substantial portion of the meet entry fees.

Early registration fee is noted on the form above. Day of the event registration costs \$8.50 which covers entry in both the foot orienteering at Woodland Park and the Bicycle orienteering thru Ballard's environs.

Prizes will be awarded by local Ballard merchants and consist of sports equipment and clothing. Each entry (group or individual) will receive a mug.

Start time for on-foot event in Woodland Park 11 am
Start time for on-bicycle event is 1 pm; meet at Rainier Bank parking lot at 2054 NW 56th in Ballard.

Beginner's instruction will be given at 10 am at Woodland Park and at 12 noon at the Rainier Bank site mentioned above.

The fun run (which is a separate event) begins at 9 am.



CAN WE MAKE
IT HAPPEN?