

# BEARING 315

Newsletter of the Cascade Orienteering Club



FEBRUARY/MARCH 1981

## COC Annual Meeting

The February 9th meeting will feature a discussion by Göran Larsson on map reading and orienteering techniques, beginning at 7:00. This will probably be Göran's last club meeting before he returns to Sweden in April, so it will be one of our last opportunities to learn from our expert orienteer.

The annual business meeting following Göran's discussion will deal with the 1980 audit, election of officers and proposed Bylaws amendments, in addition to normal business. Mike Schuh and Harvey Friedman, who did the audit, found that we made a slight profit, with total income and expenses of about \$2,200.00 for the year.

The Nominating Committee has identified a slate consisting of Dave Enger for President, Jean Davis for Vice President, Susan Hamilton for Secretary and Jean Hendrickson for Treasurer. Additional nominations will be accepted at the meeting.

Extensive amendments to the club Bylaws will be discussed and voted upon. The most significant, are two proposals to raise the annual dues, either to \$4.00 associate, \$7.00 single, \$10.00 family, or to \$5.00, \$10.00 and \$15.00 respectively. Other proposals would establish regular Executive Board meetings and better define the duties of the club officers and coordinators. For copies of the current Bylaws and the proposed amendments, contact Dave Enger.



Len Englund and an EOC member checking out Cle Elum Ridge, site of a class A meet in the fall. See related article on page 3.

## from the President

The stated purpose of the Cascade Orienteering Club is 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". We experienced a tremendous increase in enthusiasm and participation during 1980, and created a lot of fun. I would like to thank last year's club officers and coordinators who ran the show.

Vice President Charlie Bock produced the fine Seward Park map and set the courses for our biggest event, the Eddie Bauer Fun Trek meet. Secretary Lorrie O'Brien singlehandedly produced the newsletter for the first half of the year. Treasurer Jean Hendrickson helped with a second year of excellent bookkeeping. Thanks also for much behind-the-scenes work from coordinators Len Englund, Tony Paulson, Mike Schuh and the MacDonalds and current newsletter editor Clayton Smith.

We all owe a special debt of gratitude to Göran and Berith Larsson. Without their inspiration, knowledge, time and effort, last year's club program would not have materialized. Göran and Berith produced our first two multi-color maps and provided training and guidance to those who produced our other maps. They spurred us into attending meets held by other clubs and introduced us to many people and ideas from the outside orienteering world.

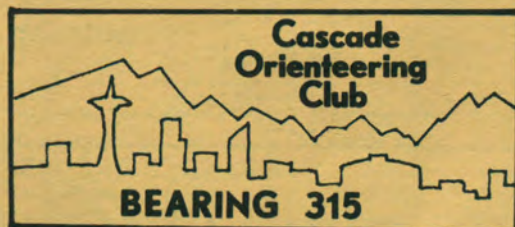
Unfortunately for us, the Larsson's must return to Sweden after spending nearly two years in Seattle. Berith and their son Robert have already left and Göran will be following in April. Göran will be employed half time as a coordinator for the Swedish Orienteering Federation in his home district. I'm sure the Larsson's will welcome fellow orienteers who visit Sweden and they may be able to visit us in a few years. I would like to wish Göran, Berith and Robert (future world class orienteer) much happiness and many successful route choices!

*Dave*

I would like to remind everyone that club memberships expire in December and those who do not renew will be removed from the mailing list.

—Mike Schuh





PRESIDENT	Dave Enger	455-5320, 789-4137
VICE-PRESIDENT	Charlie Bock	641-4791
SECRETARY	Lorrie O'Brien	746-4573
TREASURER	Jean Hendrickson	772-1241
EVENTS	Len Englund	746-3822
PUBLICITY	Tony Paulson	784-4649
MEMBERSHIP	Mike Schuh	783-3960
MAPPING	Göran Larsson	938-2058
TRAINING	Gary & Debbie MacDonald	823-9337

## Mapping Projects

Last issue we gave you a list of all current mapping projects. In our continuing efforts to provide you with the very best in orienteering literature, we now present a complete list of all COC map projects.

Map	scale	who	when
Bridle Trails Park	10	1	March 82
Camp River Ranch	10	2	April 81
Carkeek Park	5	2	March 81
Cle Elum Ridge	15	3	June 81
Discovery Park	15	4	June 81
Farrel McWhirter Park	4	3	March 81
Fort Steilacoom Park	5	5	March 82
Greendale (Fort Lewis)	15	5	(done)
Greendale II	15	5	Dec. 82
Lincoln Park	5	6	March 81
Rainier (Fort Lewis)	15	5	June 82
St. Edwards Park	5	3	(done)
Seward Park	5	7	(done)
Woodland Park	5	3,1	(done)

Scale: in 1,000

Who:	1	Jean Davis	525-5773
	2	Dave Enger	789-4137
	3	Göran Larsson	938-2058
	4	Mike Schuh	783-3960
	5	Clayton Smith	474-5675
	6	Debbie Newell	824-7250
		Richard Lacy	937-1533
	7	Charlie Rock	641-4791

When: date planned for printing a color version. St. Edwards Park will be reprinted March 1982 and Woodland Park will be reprinted March 1981.

Not mentioned are several miscellaneous maps produced for special events such as Stevens Pass Ski Area, Trollhaugen Ski meet, and Ranger Creek Airstrip camporee. If mapmaking interests you, feel free to call any of the above people.

Göran Larsson

## Editorial Comment

Our club's creed is that we do orienteering to enjoy it. One of the unique things about this sport is that there are as many reasons for people enjoying this sport as there are people involved. This is something we should not forget, whether we are trying to get new members or designing courses for a local meet. Some orienteer because they like the challenge of the terrain, or the challenge of competition, maybe its a different type of running exercise to them and others enjoy the woods and outdoors and would like to enjoy it at a slower pace than a competitive orienteer. That's what's so great about this sport, it brings different people together. It caters to the young and old, athlete and weekend hiker, family and individual, so share your sport with everybody. Tempt them to try a local event and if they're interested they'll come back and later on they'll bring their friends. Once you attracted people, how do you get them to join the club? Well, an Australian O newsletter had some good ideas to observe. Get them involved, either in their own development as orienteers or in the development of the club or both. Have time to talk to each other at events, this is best done by providing yourselves with a good excuse for sitting down after each event, preferably after everyone is done. What better excuse for a picnic or barbeque, and time for a "post-mortem" analysis of what went wrong, as well as time to share useful tips about techniques. Don't take competition too seriously, a happy-go-lucky approach allows people to suffer setbacks with equanimity and to keep trying. The most essential ingredient is "personal development". Find out who is interested in, say, mapping, course-setting, or organizing socials, and make sure they get a chance to do it. Also make sure they have all the advice and assistance they need in order to do it well. If they feel they've done a good job and it's appreciated, then they'll take on more and more. A spinoff of all this is that the club is more stable, balanced and consequently everyone is happy and enjoy the experience.

yours in orienteering

Clayton



## COC to Host Class A Meet

As announced in the last issue of Rearing 315, COC will be hosting a Class A meet next October 3rd and 4th near Cle Elum. Much work has been done with lots more to do. The next planning meeting will be held at Dave Enger's apartment February 7. Some of the major events so far:

- Nov '79 Göran Larsson visited Ellensburg and learned of the Cle Elum Ridge area.
- Mar '80 Göran Larsson and Anders Haglund (ranked 111th nationally in Sweden in spring '80 and 7th in H19-20) spent two and a half hours running through the area. They proclaimed it the best terrain they have seen in the United States.
- Aug 31 Göran, Clayton Smith, and I visited the area and met with representatives from the Ellensburg Orienteering Club and the Flying Horseshoe Ranch as well as other land owners. Some preliminary mapping was done. Later we visited another area nearby but determined that it was too brushy for good orienteering.
- Sep 20 Göran held a mapping clinic for FOC and COC members in the Cle Elum Ridge area. Given the size of the area (something like 13 square km) and the available resources and time constraints, it was decided to reschedule the meet.
- Oct 18 At the U.S. Championships in St. Louis, Dave Enger and Göran met with various USOF officials and discussed our plans with them.
- Nov 2 At the FOC meet on the Central Washington University campus, COC and FOC agreed to manage the meet as a joint effort. It was also decided to have Bakken and Helgesen in Oslo, Norway, prepare the base map.
- Dec 12 Aerial photos were sent to Pat Dunlavey who is our contact with Bakken and Helgesen. Pat has since forwarded them to Norway and we expect to have the base map by the end of February. Arrangements are being made for Gunnar Larsson (26th in Sweden, no relation to Göran) and possibly Lars Sjökvist (174th) to do the field work this spring.
- Jan 8, '81 - At the Executive Board meeting I was appointed Meet Director and chose the following:

Göran - mapping  
Clayton - course setting  
Len Englund - promotion/sponsor

We still have opportunities for COC members to show off their talents in long range planning and publicity. If you would like to help, please give me a call.

Mike Schuh

Bill Connett notes a map change during a mapping clinic in the Cle Elum Ridge area (Right). A closer look at the good terrain for orienteering in the Cle Elum Ridge area (below).

~photos M. Schuh



## INDIVIDUAL RANKINGS

Next month Rearing 315 will bring you yet another first for Cascade Orienteering Club: club rankings for 1980. We had no fewer than 26 meets last year, with a lot of good competition. The rankings will be calculated three ways: the United States Orienteering Federation method, a proposed new method (courtesy of Peter Gagarin), and the method used in Sweden (as taught to me by our resident Swede). Look for it soon in your favorite mailbox.





# MEET RESULTS

## ST. EDWARDS PARK

December 27, 1981

A good crowd turned out on December 27th at the St Edward Park meet. The meet director, Dave Enger, set some challenging courses at the club's first meet held during the holiday season. Thanks go to Carol Johnson for doing the timing, Harvey Friedman on registration and Debbie Newell on result posting. Bruce Wolfe from BAOC, who was 7th in the US Championship, took the honors on the red course with close competition from Jeff Lewis of Oregon and Goran Larsson, who was suffering from a cold.

The orange course was quite difficult and should have been classified as a green course. The green course, which is undergoing experimentation by USOF, is intended to be the length of an orange course but the technical difficulty of a red course. Since all but one of the controls on the orange course were also on the red course, this fits a green course. Apologies to those who were not prepared for the difficulty and spent 2 or 3 hours on the course.

### RED 4.7 km 13 controls

250 meters	
1. Bruce Wolfe	60:30
2. Jeff Lewis	62:10
3. Goran Larsson	65:15
4. Richard Lacy	105:10
5. Mike Fiedler	140:16
6. Harvey Friedman	230:00
7. Tom Harding	232:00
Jeff Kelly-Clark	DNF
Lynne Pederson	DNF
Kim Bottles	DNF
Corrie Fiedler	DNF

### ORANGE 3.1 km 9 controls

200 meters	
1. Paul Gauthier	69:00
2. Daniel Waugh	75:10
3. Bob Skarin	87:03
4. Debbie Newell	88:45
5. J. Rykken & J. Pittis	127:10
6. Anne York	149:05
7. Morrison & Lewis	158:04
8. Diane Kraus	192:30
Bob Barnes	DNF

### YELLOW 2.0 km 7 controls

1. Gabe Patterson	40:00
2. Bob Skarin	40:00
3. Morrison & Lewis	42:25
4. Sandy Miller	47:00
5. James O. Weed	63:00
6. Nancy Lewis	69:50
T. Fraus & R. Beggs	DNF
Richard Gauthier	DNF

### WHITE 1.5 km 7 controls

1. Paul Gauthier & kids	18:00
2. J Remington & T Knapp	28:00
3. Daniel Waugh & family	35:00
4. D. Berek & S. Bottles	40:00
5. James DePartee	45:15
6. Hoosier (2)	45:30
7. Miller & Rogdon	56:00
8. C. Geyer & J. Fiedler	57:00
9. Jeanne Goings	74:00
10. JoEllen Kuipers	82:35

### RED 4.1 km 12 controls

1. Dave Enger	32:11
2. Berith Larsson	36:05
3. Mike Schuh	36:27
4. Egon Nordholm	38:57
5. Harry Morgan	45:02
6. Henrik Nordholm	48:41
7. Tony Paulson	49:55
Jeff Kelly-Clark	DO

### ORANGE 2.6 km 8 controls

1. Harry Morgan	26:12
2. Debbie Newell	38:59
3. B. Hall & R. Bougner	42:29
4. K & S Hamilton	42:51
5. Harvey Friedman	47:08
6. Janet Wall	48:50
7. Karl Nolte & friends	49:15
8. Lynne Pedersen	50:55
9. Jeannit Nordholm	53:40
10. Bill Fritz et al	54:30
11. Bob Hale-Harbaugh	58:52
12. Gary & Debra MacDonald	59:15
13. Carol Johnson	62:55
14. Miller	63:24
15. Hardin-Miller	90:41

### WHITE 1.1 km 4 controls

1. Janet Wall	28:15
2. Richard Fawcett	36:23
3. The Hedmans	48:19
4. S. McCutchen & J. Corn	51:37
5. Liz Yates & Dick Jones	103:50
Jo Ellyn Kuipers	DNF



"That's funny! I don't remember signing up for the night meet. Do you?"

J. Cassidy

## WOODLAND PARK NIGHT MEET

Fair weather and the novelty of a night orienteering meet served to encourage over 40 competitors to turn out for the November 22th meet at Woodland Park. The relatively fast times for all three courses indicated a comparatively low degree of difficulty, which was the object of the course setters, Goran Larsson and Richard Lacy. Despite generally low light conditions at registration and the map tables and a start delay to await full darkness, the chilled orienteers remained in high spirits, as a good time was had by all. Many thanks to Anne York and Harvey Friedman for excellent assistance in timing and registration.

-R.Lacy



## Thanks...

Some of you might have seen our new promotional flyer currently in circulation. The two runners are part of a copyrighted design by our new found friend Herb Parsons, residing in Anacortes. Many thanks Herb for letting us use the design.

-LE



# MEET RESULTS

## WOODLAND PARK

January 17, 1981

Though it was their first experience with course setting and they were a bit apprehensive, meet directors Harvey Friedman and Anne York did a good job with COC's first meet of 1981 in Woodland Park. They were rewarded with one of the largest crowds we've had for a local meet, despite the rain. Because of the open, tame terrain in the park, the times were fast. After the meet, 22 starving orienteers gathered at Vaersgo, a Danish restaurant in Ballard, for a very enjoyable lunch in honor of the Larssons.

### 1.1 km 6 controls

1. Richard Gauthier	11:00
2. Daniel Waugh & family	12:00
3. L. Warren	14:00
4. Robert Koenig	14:00
5. Gabe Patterson	17:00
6. Keith Barton	18:00
7. Paul Mocha	20:00
8. B. Buttrfield	21:00
9. Mike Baker	22:00
10. Craig Lyon	22:00
11. Morrison	23:00
12. Robert Larsson (with G)	29:00
13. Linda Littrell	30:00
14. Roger Brautigan	32:00
15. Marcia & Jenny Koenig	33:00
16. Dick Brown	36:00
17. Mark Buie	37:00
18. Jayne Lillienfeld	39:00
19. M. Perlman	49:00
20. Jeanne Gorings	50:00
21. Christine Patterson	50:00
22. Larry Thorson	57:00
23. Jon McLeod	57:00
24. Charles Gliva	60:00

### YELLOW 1.6 km 9 controls

1. Gabe Patterson	23:00
2. Paul Mocha	26:00
3. Richard Gauthier	27:00
4. Debra McDonald	30:00
5. Bottles	32:00
6. Jean Barker	32:00
7. Jeannit Nordholm	32:00
8. Kenneth & Heather Barr	36:00
9. Marcia Koenig	37:00
10. Larry Dunlap	44:00
11. Ellen Bogdon	48:00
12. Jon McLeod	60:00
13. J.W. Bruso	65:00
14. Mark Buie	66:00
15. Danny King	82:00

### ORANGE 3.3 km 14 controls

1. Daniel Waugh	24:00
2. Paul Gauthier	29:00
3. Berith Larsson	30:00
4. Donald Lewis	31:00
5. David Lewis	32:00
6. Kim Bottles	33:00
7. Jason Warren	35:00
8. Morrison & Morrison	41:00
9. Keith Barton	42:00
10. Jessica Rykken	45:00
11. Sandy Kish-Miller	47:00
12. James Bratt	47:00
13. Carol Johnson	56:00
14. Robert Brautison	61:00
15. Nancy Lewis	61:00
16. Wm. Sperry	65:00
17. Mike Baker	69:00

### RED COURSE (Score)

20 controls, maximum of 40 pts.  
time limit: 40 minutes  
penalty: 1 point per minute

1. Jeff Lewis	40 (29min)
2. Goran Larsson	40 (30)
3. Richard Lacy	40 (31)
Curt Ralston	40 (31)
Wayne Patterson	40 (31)
Henrik Nordholm	40 (31)
4. Daniel Waugh	40 (32)
5. Robert Miller	40 (37)
6. Dave Enger	40 (38)
7. Jean Davis	37
8. Donald Lewis	29
Glen Englund	29
9. Debbie Newell	28
10. Peter Cuttorp	27
Jerry Doyle	27
11. Lynn Pederson	13

## FARREL-MCWHIRTER PARK

December 6

Our first meet at Farrel-McWhirter Park in Redmond was successful in spite of the freezing temperatures and snowy ground. This new park has a variety of terrain and delightfully quaint facilities, though it is a bit small for the larger O' courses. Meet directors Goran Larsson and Egon Nordholm created the red course with numerous short legs criss-crossing the park, with competitors changing maps midway. Thanks go to Tom Trueblood of Redmond Parks and Recreation for general organization and especially for building the fire in the meeting room!

### RED 6.2 km 28 controls

1. Mike Schuh	57:45
2. Dave Enger	59:08
3. Henrik Nordholm	62:54
4. Richard Lacy	63:40
5. Harry Morgan	70:28
6. Tony Paulson	75:37
7. David Larson	76:20
8. Harvey Friedman	112:26

### GREEN 3.3 km 15 controls

1. Bob Barnes	51:30
2. Debbie Newell	51:59
3. Jean Davis	55:12
4. Glenn Englund	56:20
5. Anne York	58:49
6. Wm. Connett	62:47
7. Judith Connett	67:00
8. Jeannit Nordholm	75:14
9. Lottsfeldt & Herman	125:40

### ORANGE 2.7 km 12 controls

1. Bottles (5)	30:18
2. Max Meyring	38:04
3. Richard Fawcett	43:14
4. Robert Skarin	43:47
5. Anne York	43:58
6. Jim Moy	46:27
7. Crittenden & Josephson	54:30
8. Marlow & Jushinski	61:00
9. Nancy Lewis	61:49
10. Cleland & Crossman	70:25
11. Harvey Friedman	70:51
12. Tom Hardin	70:59
13. Mabel Moy	78:30
14. Josephson & Kreidler	97:40

### WHITE 1.2 km 9 controls

1. Bottles (5)	20:36
2. Crittenden & Josephson	26:00
3. Robert Skarin	34:25
4. Marlow & Jushinski	35:15
5. Ken & Heather Barr	40:10
6. Rick Donaldson	42:20
7. Cleland & Crossman	42:39
8. Larry & Susan Dunlap	43:00
9. John Fergus-Jean	50:20



# Route Selection

If you are a competitive orienteer a good thing to do after each meet is to mark your map showing your route selection between each control. This enables you to compare and discuss route selection with other orienteers who ran the same course, thereby analyzing your route selection. As you share experiences with other orienteers you will pick up new techniques and tactics and also improve your own route selection. At a later time you can go back and study the map along with the course and your route selection. This is a good way to keep your mind thinking about route choices between meets and allows you to "run" a course any time you want.

The courses below are from a two day meet in Canada this past August. The courses and clue sheets are provided. How would you run each leg and why? Go ahead and mark your route selection and next issue will show how different orienteers ran the courses. Compare your selections with theirs and learn a little what goes on in another orienteers mind as they run the courses.

## Mailbox

Dec. 2nd 1980

Hello,

I just wanted to drop a note of thanks and support for all the great meets I was able to attend and be involved with. I've moved to Anchorage and am presently exploring orienteering possibilities up here. Meager as they may be.

COC has been a great experience for me. The people always so friendly and helpful, I learned alot, although not as much as I would have liked. I wish you luck and hope that you continue to prosper and grow in the coming years.

Your friend,  
Savitri Kaur Khalsa  
S.R.A. 467H Bayview Dr.  
Anchorage, Alaska 99507

BLUE (2) 7.8 Km

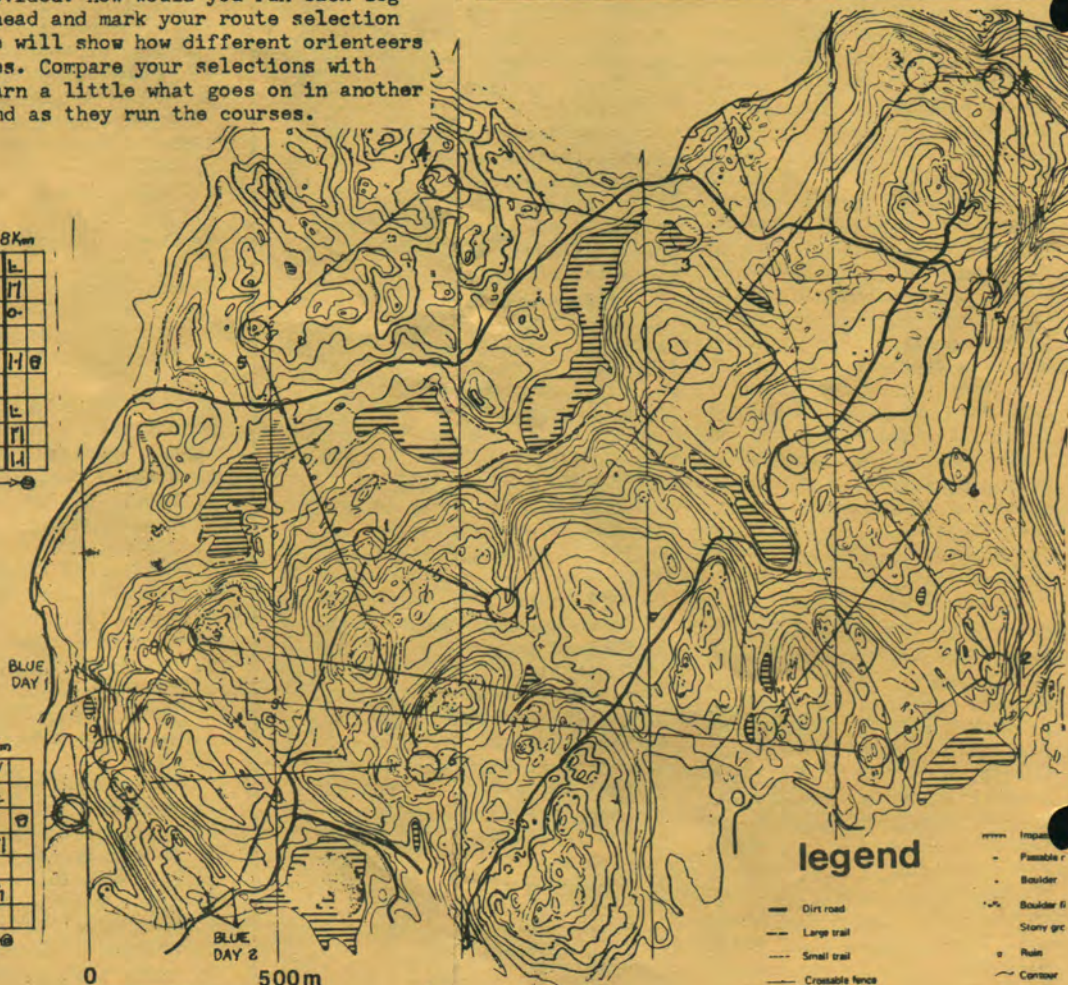
1	VI	mm		L
2	VB	u		7
3	VB	A		0
4	VA	A		
5	VB	7		14
6	VB	H		
7	VB	mm		L
8	VB	7		7
9	VB	A		14

0 400m

BLUE (1) 7.5 Km

1	VA	0		V
2	VB	7		L
3	VC	7		7
4	VD	u		7
5	VE	7		
6	VF	mm		7
7	VG	7		

0 250m





# Schedule of upcoming events

**GENERAL INFORMATION** - Unless otherwise noted, novice (white), intermediate (yellow or orange) and advanced (green, red or blue) courses will be available at all COC local club meets. Registration and start times occur from 10:00am until noon unless noted otherwise. The fee is usually \$1.50 per map for COC members and \$2.50 per map for non members. Instruction for new people is always available at all events.

## SUNDAY, FEBRUARY 1 - LINCOLN PARK MEET

Meet Director Richard Lacy will set courses on the new 1:5,000 black and white map prepared by Debbie Newell. The park is on Fauntleroy Way SW and Puget Sound in the southwest corner of Seattle. Meet at the picnic shelter near the south parking lot. Bring a lunch to the post-meet gathering at Richard Lacy's house, about five blocks south of the park. Hot soup and hot beverages will be provided!

## MONDAY, FEBRUARY 9 - CLUB ANNUAL MEETING

Green Lake Library, 7364 E Green Lake Drive N in Seattle (across the street from Green Lake) Beginning at 7:00 Goran Larsson will discuss map reading and orienteering techniques. Our most important business meeting will be from 8:00 to 9:00. Adjournment to one of the local establishments may follow.

## SUNDAY, FEBRUARY 15 - GREENDALE MEET (FT LEWIS)

Enjoy courses set in very runnable pine forests, large grassy fields and a chance to see some wildlife for early starters. This meet site is located near Tacoma in an eastern section of the Fort Lewis Military Reservation with a 1:15,000, 5-color map. Choose a course to challenge yourself or to enjoy the terrain, there will be four courses; white, orange, green and blue. Directions: take exit 127 off I-5, head east on Hgy 512 for 2 miles, exit onto Hgy 7 southbound toward Mt Rainer, after 5 miles veer right onto Hgy 507 southbound toward Roy and continue for about 5½ miles to O-signs indicating a left turn into the meet site, this is a new start area.

## SUNDAY, FEBRUARY 22 - CROSS COUNTRY SKI O MEET

Snow permitting, our 2nd ski-O meet will begin at 11:00am at the Kongsburger Ski Club lodge, which is about 10 miles east of Snoqualmie Pass. Take exit 63 (Cabin Creek) off I-90, park in the Sno-Park area, and go to the lodge located a couple of hundred meters north of the freeway. To legally park you must have a Sno-Park permit which are available at REI and other outdoor equipment stores. We will meet for carpooling at 9:00am in the Albertson's parking lot in the Eastgate area of Bellevue, just off I-90. Call Len Englund or Dave Enger for more information as well as to verify that skiing conditions are adequate.

## SATURDAY, FEBRUARY 28 - FARREL-McWHIRTER PARK MEET

From Redmond proper go NE on Avondale Rd, turn right onto Novelty Hill Rd, then right onto NE 102nd Pl. The address is 10400 192nd Ave N and the meet is co-sponsored by the City of Redmond Parks and Recreation Dept. Meet Director: Egon Nordholm will use a variation of orienteering for the adv crs. Black & White 1:4,000 map. A heated building will be available for gathering for picnic lunches after the meet. Come and enjoy the fun.

## SUNDAY, MARCH 8 - SEWARD PARK MEET

Meet in the picnic area at the top of the hill as you enter the park. 5-color, 1:5,000 map.

## MONDAY, MARCH 9 - EXECUTIVE BOARD MEETING

Potluck dinner for those interested beginning about 6:00pm and business meeting at 7:00pm. Both at Dave Enger's home, all club officers and coordinators should attend. All interested club members are invited to attend and learn what goes on at these meetings.

## SATURDAY, MARCH 21 - CARKEEK PARK MEET

New 1:5,000, 5-color map by Dave Enger. You've never seen so many green O's on one map! As meet director, Dave Enger will set several challenging courses for the more experienced orienteer and enjoyable courses for the less advanced courses. Enter the park via NW 110th St west of 3rd Ave NW and continue to the picnic area overlooking Puget Sound.

## SATURDAY, APRIL 4 - ST EDWARD PARK - CLASS B MEET

The park is located near the northeast corner of Lake Washington with the entrance on Juanita Drive at NE 145th St, south of Kenmore. White, yellow, orange and red courses will be set using the 5-color, 1:5,000 map.

## MONDAY, APRIL 13 - CLUB BUSINESS MEETING

Green Lake Library, 7:00-9:00pm

### a reminder....

Dues will probably go up with the next newsletter, so now is the time to renew and avoid the increase until renewal time next year.



# United States Orienteering Federation

P. O. BOX 1039  
BALLWIN, MISSOURI 63011

Application for Membership - Date \_\_\_\_\_

Please check - New Member ( ) Renewal ( )

I hereby apply for membership in the U.S. Orienteering Federation. I understand that I am entitled to all benefits of the organization, including membership in the International Orienteering Federation. I am applying as follows:

A. As a member of a club chartered with USOF:  
Club \_\_\_\_\_

Club officer's signature \_\_\_\_\_

( ) Student \$4 ( ) Individual \$8  
( ) Family \$12 ( ) Lifetime \$125  
( ) Contributing \$40 or more

B. Member-at-large (not a club member):

( ) Student \$5 ( ) Individual \$10  
( ) Family \$15 ( ) Lifetime \$125  
( ) Contributing \$40 or more

Name (print) \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

Zip \_\_\_\_\_

Year of Birth \_\_\_\_\_ Home phone \_\_\_\_\_

(If family membership, please list other members)

Name \_\_\_\_\_ Sex \_\_\_\_\_ Yr born \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Membership expires one year from date of receipt by USOF. For renewals, membership is for one year from the expiration date shown on the front of your card. Please make checks payable to the United States Orienteering Federation and mail to USOF at P.O. Box 1039, Ballwin, MO 63011.

Time Dated Material

Cascade  
Orienteering  
Club  
P.O. BOX 3572  
BELLEVUE, WASHINGTON 98009

## Membership

If you would like to join in the fun and learn more about the sport of orienteering, we would be happy to have you as a member of the Cascade Orienteering Club. Fill in the membership blank below and send with the yearly dues to:

Cascade Orienteering Club  
P.O. Box 3572  
Bellevue, WA 98009

☐ Renewal ☐ New Member

☐ Family \$8.00 ☐ Individual \$5.00 ☐ Associate (under 18 years) \$3.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

BULK MAIL

