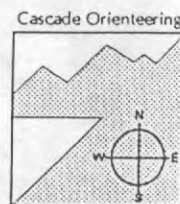




BEARING 315



The Newsletter of Orienteering in the Pacific Northwest

May, 1995

Surviving Your First Rogaine

(How to do it right the first time)

by Bob Reddick

For orienteers who haven't yet participated in the long-distance version of the sport, here are the basics: A rogaine is a rugged, outdoor, group or team activity involving cross-country navigation and endurance. No, it's not an acronym. The name was coined from the names of the founders in Australia back in the 70's, with the first Victorian Rogaining Championships held in 1976. Your team of up to five members receives a USGS-type topographic map and a description sheet showing about 50 controls of various point values scattered over about 100 square kilometers of the venue. You have two hours to plan your likely route during your 12 or 24-hour event time. A mass start typically is at 12 Noon, and teams scatter in all directions. At about 6 PM a food tent opens at the central Hash House for continuous serving. The smart teams loop back there to eat, rest, refresh, and prepare for the remainder of the event. The finish is at 12 noon the next day, with more food and awards. Highly competitive teams will reach most of the controls; those out to enjoy some great scenery and some challenging navigation will "win" no matter how many controls they visit. So here is a checklist of sorts on how to make your first rogaine survivable AND enjoyable:

1. **PARTNER.** Find a compatible partner or partners. Will his/her fitness disappoint you, and hamper the team? Or vice versa? Will someone wimp out at night or get lured back to the Hash House with the thoughts of food and rest when you're five kilome-

ters out and in an unexpected downpour? Ask yourself, "Why am I doing this?" Find a partner of similar mind, then "just do it!"

2. **FITNESS.** Get mentally and physically prepared for the rogaine. Run or walk longer distances than you're normally comfortable with, while reading the topographic map of your practice area. Practice with your partner and your loaded fanny or day-pack and other gear. Try some night navigation. Fit your team's capabilities to your route selections. The best teams seem to find the routes that minimize both steep ascents and total climb.
3. **GEAR.** Carefully fit out your lightweight (10 pound) rogaine pack. Include the essentials (matches and lighter, knife, compass, emergency food, first aid kit, extra clothing, toiletries, pen and paper, I.D., flashlight and batteries, plus water, water treatment, and a whistle. Many take no sleeping gear, but you should take something for emergencies. Carbo-load before the event, and use energy foods during it. A new item being marketed is a tube of energy-drink-type carbohydrate pills that you can chew, instead of mixing gooey powder into your water supply.
4. **PRACTICE.** Yes, team practice, going up steep slopes, in level but brushy terrain, and downhill, estimating you best and worst team speeds. Overall rates for the 12 or 24 hours will vary from 1.5 km/hr (KPH) to 4 KPH for the wide range of teams that compete. Predict your arrival time at easy-to-find features. If your actual time of arrival is within 10%, or +/- 10 minutes of your estimate, you're O.K. Assuming 48 or more controls, averaging 50 points per control, a world-class team will gain about 100 points per hour, or about two controls per hour. An average recreational team doing a 12-hour event will gather perhaps 12 controls and maybe 400 points. Set your goals high, but grin and accept what Mother Nature allows.
5. **WATER.** Estimate your water consumption rate. Food will matter little during the 24-hour event, but you can't go on without water. Carry three water bottles, drinking one per hour while moving. Drink about 16 ounces of a sports energy drink just before the event. You've drunk enough if you have to void

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a lot. Locate water refill sources on the map while you're planning your route.. You can't leave the slowest teammate behind, so keep all healthy—which means hydrated. Dehydration ruins your mental processes, too!

6. **MEASURE.** Time and pace-count on every chancy leg. If all partners are pace-counting and timing each section from one prominent feature or attack point to the next, you won't get far off. As you might expect, this is surprisingly hard to keep doing over a 24-hour period. There will invariably be parts you blunder on—such as walking right by the not-obvious trail junction, and the missing the vague, nebulously set control in the dark. It's fun to share experiences after the event is over: The beginner team that took the bomb-proof route into a difficult control and nailed it in the dark, while the "elite" team never found it in broad daylight—great sport!
7. **LOST?** You won't get lost if you always thumb your map—keeping track of just where you are at any time. Use both pace counting and timing to nail some easy intermediate points en route. When you forget, or didn't because the leg was "too easy," relocate to an identifiable rock-solid feature. Large or linear features are best. Plan for this "bail-out," and set a time limit of 10 minutes, after which you

give up your aimless wanderings!

8. **CHECKUPS.** Frequently double-check your partner's condition, navigation, mood, and energy level. Revise your initial plan when things don't work out (they never quite do!). Late returning teams are penalized at 10 points per minute. With just one hour left, you should be within about 2km of the Hash House finish, with just one control left to get.
9. **NIGHT.** Night navigation takes about the same application of skills as daytime. You want to be in the part of the map that is very open, or has a dense trail system, and many linear handrail features. Try to avoid steep climbs and descents after dark, when footing can be critical. Headlamps often don't show all you need to maneuver well, so use a flashlight, too. It is somehow comforting to think (as you crash through wet brush in the dark) that seventy percent of the rogainers are back at the Hash House, digesting the great food you paid for, and curling up in cozy sleeping bags. Pitiful! Yes, they're losing points and missing out on the best part of the rogaine!
10. **REST.** Few rogainers can move for 24 hours continuously. Plan to rest and relax at water stops, try to swing back by the Hash House at mid-event,

BALD MOUNTAIN ROGAINE **North American Rogaining Champs**

August 19-20, 1995

12 and 24 hour Events

Map issue: 10 a.m.

Snoqualmie National Forest
near Cliffdell, WA Hwy 410

Columbia River and

Sammamish Orienteering Clubs
3802 122nd Ave.,

Vancouver, WA 99682 USA

and always stop to treat any hints of blisters or injuries. Rogainers often are surprised to find that they achieve results far beyond their anticipated endurance capacities. But don't think you can "gut it out" without rest, water, or attention to your sore spots. Invariably your team will suffer the consequences if you try! To summarize, the old saying about "plan your work; work your plan" fits rogaining very well. Find that partner, get fit, select good equipment, practice, plan water use, time and pace-count, plan for relocation, check up on your partner, pick good night travel areas, and plan rests. Yes, just do it, but do it the way that will make your rogaining even more fun.

EOC Welcomes Guests

by Will Sperry

Have you ever wondered: If you are orienteering in Belgium and run off the map, must you be able to show your passport? Is any part of Belgium higher than Snoqualmie Pass?

Ask our Belgian visitors this August. Nine Members of the Altaïr OC will be guests of EOC for almost two weeks of orienteering and other sightseeing. Michel Billaux, a member of both clubs, suggested the visit, and the idea of *pommes frites* and cookies was too good to pass up.

The two day Bullfrog meet on August 12 and 13 will be the main attraction, but you are invited to an August 10 simple meet on the Ros*Elum map which is planned to get the kinks out of the deplaned visitors and to introduce them to our forests. In any event, plan to *parlez* with our Belgian comrades during the festive dinner at Camp Koinonia on the evening of August 12. In between these two events they will be rafting on the Yakima River or look at a not-so-extinct volcano. You'll see them, too, at the August 19 & 20 North American Rogaine Championships.

Other EOC events include a Durr Road meet on June 25, 10am - noon registration as usual. On July 12, we will picnic and look over two potential map areas. One is near Blewett Pass, the other is near the Reecer Creek Rogaine area. Call Will at (509)925-4716 for information about any of this.

Bullfrog Flat Mapping Report

by Fred Veler

The Bullfrog Flat Orienteering map and area is located west of the Cle Elum township and is bounded by the Cle Elum-Roslyn road on the east, the I-90 on the south, the Cle Elum River on the west, and the Roslyn water supply overflow creek on the north. The area is

dissected by the Bullfrog Flat road and hence the name of the area. The entire area is owned by the Plum Creek Timber Company and is the south part of their 'Cle Elum River Properties' plan with which Plum Creek hopes can be developed one day into a major international resort.

Access for any organized usage must be attained from Plum Creek Timber which has offices in Roslyn, telephone (509) 649- 2218. Plum Creek was the major sponsor of the Ros*Elum map and the 1990 USA World Cup. The managers of Plum Creek have been extremely cooperative in supporting Orienteering in the past. The present manager is Hartvig Vathauer, with Peter Heide 2nd in command. The specific manager of the Bullfrog Flats area is Lee Spencer, (509) 649-2165.

The area is approximately 14 square kilometers in size and mapping was done between mid-June and the end of August. The weather was mostly sunny and warm with temperatures between 60 and 95 degrees and a low humidity. There were only two rainy days during the summer which according to locals was unusual, and one fire, burning about 100 yards, broke out adjacent to the north edge of the map. The area was closed by Plum Creek after that, and I was the only person to have a permit to be in the area until they reopened it in September.

The map was produced using 3 meter contours at a 1:7500 scale. The original photogrammetry was attained from DeGross Aerial Surveys, a firm in Bothel. It was originally commissioned for the site study for the Cle Elum River Properties. It was **not** very good for orienteering applications as the major roads were inaccurate, there was no clue as to the 100 or more minor motorcycle tracks which were everywhere, the river was photographed at drought level (it was max until about August 20), the contours in most places were purely coincidental as they were based off the tops of the trees, and major point features such as cave-ins and a couple of 3x3x4 meter boulders out in the open were not included. It took me about 45 days to complete mapping, although I intend to update it this spring.

Submission Guidelines

Bearing 315 welcomes submissions of articles, letters, or other material about orienteering. If you would like your submission returned, please include a self-addressed envelope. The submission deadline is the 23rd of each even month for the issue to be mailed on the following 1st. Submissions should be mailed to:

Bearing 315
c/o Peter Golde
14422 NE 42nd Pl. #801
Bellevue, WA 98007

If possible, please submit on an IBM or Macintosh diskette, or submit via electronic mail to petergo@microsoft.com. If you use a word processor, please submit in Microsoft Word (Mac, DOS, or Windows), WordPerfect, or RTF format; plain text format is also an option. Meet directors, please send meet results to Debbie Newell for compilation.

* Subscription problems? Please contact the membership coordinator for your club (see club information page). Do not call the editor.

Sammamish and Ellensburg Orienteering Clubs

invite you to the

1995 Western States Orienteering Championships

Two Day USOF 'A' Event

Bullfrog Flats, August 12-13

Bullfrog Flats is a new IOF standard map, near Roslyn, Washington, 70 miles east of Seattle on I-90. It is fairly level, open pine forest, with very fast running. Accommodations will be available Friday through Sunday at nearby Camp Koinonia, with either camping (\$5/day) or bunk cabins (\$14/day). A banquet dinner will be held at the Camp on Saturday evening (\$8), and other meals are available for \$5 each. (Use line 12 of the entry form for meals).

The condensed USOF class structure will be used (no brown course). Registration for adult advanced course is \$15/day, with \$3 discount for USOF/IOF members. Children under 18 pay \$10 and non-competitive map hikers of all ages pay \$6. Special awards will be given for the Western States champions; you must be a USOF member and resident in a Western U.S. state to be eligible.

Please use the standard USOF registration form; entry deadline is July 31. Please indicate you eligibility for the Western States Championship. Mail your entry forms to: Kathy Trost, 2611 Meadow Ave. N., Renton, WA, 98056.

If you can volunteer to help at the event (this does not affect your eligibility or ability to compete, although you may need to run very early or late), please call John Sincock, (206) 822-3621.

MAPPING AND AREA DESCRIPTION

The area has, for the most, very good visibility and fast running over perhaps 75% to 80% of the area, even though most of the area has been logged at one time or another. There are several different "dialects" including open grasslands, several 10-12 year old pine plantations, open logged forest, a few clear-cut sections, some open and not so open forest, and several strips with huge depressions caused from mine cave-ins! Most of the area is flat although a steep escarpment bisects the western part of the map and the river flats. There are two fairly steep hills, one of them a reminder of the sandstone formations of the Ros*Elum area. This area does not look like the Ros*Elum map area except for the better parts such as the very good open forest.

Standard IOF mapping was followed, but take note : a brown 'x' for the 1000 or so root stocks that litter the area (some were 3 meters high), a green 'x' for some significant log piles (maybe 100), and a non-IOF symbol 't' for large wind blown-down trees with the stem of the 't' pointing in the direction of the trunk (they are significant in some areas). Also mapped were about 400 boulders, and many dot knolls. Not mapped were 30 or so large red ant mounds, a coyote's lair, bear tracks, and

the archery course. There are some small areas of extremely thick going, but in most cases it is easy to choose a route around. There are also a few areas of subtle contours which could surprise the orienteer who adopts a casual approach during his/her course.

Orienteers will have to be careful running, as the area can be rough underfoot, either from rough ground or from 'slash' which covers about 12 inches above the ground left over from previous logging. However, even some of the slash areas can be navigated easily with attentive foot placement. There are also some very large, and potentially dangerous depressions caused from mine cave-ins. Several have a 2-3 meter drop and if you are not looking when you are running full bore, you will get a nasty surprise. They often have discarded materials at the bottom. There are no open mine shafts. Beware of a 100 foot cliff at the top of the quarry (out of bounds area at north of map) which is also sign-posted and mostly fenced. The area looks more like a flat, fast Cle Elum Ridge!

EMBARGO REMINDER

This is a reminder for all orienteers regarding the embargo of the Bullfrog Flats area. The embargoed area is bounded by:

- On the east: the road between Cle Elum-Roslyn-Cle Elum lake dam.
- On the south: I-90, from the Salmon La Sac "Exit 84" to Cle Elum.
- On the west: a large ridge running north from "Exit 84".
- On the north: a west/east latitude line running from the large ridge on the west through the Cle Elum lake dam to the Roslyn-Salmon La Sac road.

Why do we have embargos in orienteering?

All sports are governed by a set of rules which have evolved over time to ensure fairness for all participants on an equal basis. In Orienteering, a number of guidelines throughout the world have been established for all competitors including:

1. It is an unfair advantage for competitors to visit an area beforehand and become familiar with the terrain before the event.
2. It is an unfair advantage to have seen the map or any part of the map to be used before the area is first used. This includes fieldworkers, photogrametrists, and cartographers.
3. It is an unfair advantage to have seen or learnt about the courses or start/finish areas beforehand. This includes coursesetters, vetters, and course consultants. This also encompasses any information gained before your start from a competitor who has finished.
4. Any other act which gains information not easily available to all other competitors is an unfair advantage.

Unfortunately, there have been many incidents in our sport done by competitors who have tried and succeeded to gain an advantage by these and other unacceptable practices. Orienteering has been a sport that used to be self-regulating. I remember the attitude when I first started in the mid-70's where a competitor would be disgusted with themselves or others if prior knowledge was aquired, and that individual disqualified. It used to be said, "if you can't trust an Orienteer, then who can you trust."

Field Notes

- ♦ Calling all orienteers—please come to our St. Edward's Trail Building Party, every Tuesday night in June from 5-8pm. This is a great chance to make a difference and help orienteering maintain a positive rapport with both land managers and the general public. Moreover, it is fun. Bring a friend and wear work clothes. We will be meeting in the new parking lot near the pool, just look for the "O" sign. Again, thanks for helping out; maybe you will be in the group shot we send to O/NA and The Seattle Times.
- ♦ The Husky Orienteering and Running Club sent a large contingent to this years U.S. Intercollegiate

Championships. Eric Bone continued his winning ways with his third straight individual Men's Intercollegiate Championship! Unfortunately, the Husky team's bid for a third consecutive team championship was dashed, as they finished second to a strong team from West Point.

- ♦ E-Mail Addresses Wanted! A local version of the Onet is being planned where messages of interest (schedules, club meetings, affairs of general interest, travel, etc.) to Northwest orienteers would be circulated by means of a mailing list. We need to know if you have any interest in being on such a list, and what your e-mail address is. Please respond directly to B. McAlister at: 70673.1764@compuserve.com.
- ♦ Anyone interested in planning for the future of orienteering in our area is invited to a retreat, Saturday, May 27, 10am - 4pm at Camp Koinonia. We will be meeting at the Staff House. Lodging available in cabins 1 & 2 (\$14/person) or camping (\$3.50/person). Meals available at \$5/person. We do not need to pre-register for lodging or camping but we do need to let them know approximately how many meals to plan on. Please leave a message on Margie's answering machine at 634-2279 by 5/22 if you would like meals at camp, or bag lunches anytime on the weekend.
- ♦ Cascade Orienteering Club has a vacancy on its board of directors. If you are interested in this position, please call Margie Bone.
- ♦ A sizable contingent of Northwest orienteers is planning on attending the Colorado 7-Day and U.S.O.F. Convention on June 24 - July 2. It promises to be quite an event, with 7 days of orienteering (including a sprint, relay, and 5-day total time USOF 'A' race) and all the activities of the convention too. If you don't have an entry form, call Dan Walker at (303)494-8695. Lots of people from the area will be driving, so ask around and you may be able to get a ride.
- ♦ If you have a computer and a modem and would like to tie into the orienteering local or national info the folks at "Puget Sound Computer User" provide an inexpensive account option. Basically, you pay 50 cents an hour with no monthly or yearly fee. They give you two free hours initially then you send in a check to establish an account. The number to dial from your modem is 547-2393. If you want more info or help getting signed up, you can call Rick at 367-2606.

[Please send your anecdotes, information, rumors, announcements, or anything else about orienteering or orienteers to Field Notes. E-mail: petergo@microsoft.com]

Where and what are these Orienteering Clubs?

The Orienteering clubs listed here are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue and Redmond) area, while Cascade (the largest club) operates in the greater Seattle area. Ellensburg is centered in that town, Sacajawea is based in the Tri-Cities area, and the new Chuckanut O.C. is based in Bellingham. Husky Orienteering is for University of Washington students, faculty, and staff. Cascade and Sammamish clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains; the other clubs hold events in their areas. Membership is open to everyone, and entitles you to event discounts, club voting rights, and includes a subscription to Bearing 315, published six times per year.

What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for rent at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

| | | |
|-------------------|-------------------------|----------|
| Margie Bone | President | 634-2279 |
| Bill Cusworth | Vice-President | 322-6693 |
| Sandy Kish Miller | Treasurer | 782-1437 |
| Ardis Dull | Secretary | 364-4062 |
| Debbie Newell | Mapping Coordinator | 488-7471 |
| Aaron Charlop | Memberships | 937-5855 |
| Don Atkinson | Equipment | 488-0270 |
| Eric Bone | Training Coordinator | 524-3718 |
| Peter Golde | Newsletter | 883-3732 |
| Paul Magnus | Executive Board | 335-3555 |
| Jim Siscel | Trim Course Coordinator | 778-7202 |
| vacant | Executive Board | |
| vacant | Publicity and Promotion | |

Sammamish Officers and Coordinators:

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

Orienteering Club Membership Application

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

Name _____

Address _____

Home phone _____ Work (opt.) _____

E-mail _____

Family Members _____

Optional Information:

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

- Event Participation Improving Skills Writing Teaching
 Event Organization Map Making Publicity Coaching
 Course Setting Field Checking Exploration of new areas

- ☐ Family or Group \$15.00/year
☐ Individual \$10.00/year
☐ Associate (under 18) \$5.00/year
☐ Newsletter only [COC only] \$6.00/year

Mail this form, along with payment, to one of:

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

—OR—

—OR—

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

Other Club Contacts:

| | |
|---|---------------|
| Elis Eberlein, President Sacajawea O.C. | (509)627-0378 |
| Will Sperry, President Ellensburg O.C. | (509)925-4816 |
| John Beck, President Eastern Wash. O.C. | (509)838-7078 |
| Terradan Landchild, Columbia River O.C. | (360)254-4090 |
| Eric Bone, President, Husky O.C. | (206)634-2279 |
| Ken & Joanne Klepsch, Chuckanut O.C. | (360)299-1010 |

Event Fees

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

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

Meet Results and Standings

Washington Park

February 19, 1995

Chuckanut Orienteering Club

Meet Director: Lisa Nordlund

Course Design: Lisa Nordlund

Registration/Start/Finish: Ken Klepsch,

Johanne Klepsch, John Crammer

Course 1 (1.80km)

| | |
|-----------------------|-------|
| Dick Johnson | 27:47 |
| Carl & Suson Meiziyer | 36:45 |

Course 2 (2.98km)

| | |
|------------------------------------|-------|
| Sally Riggers & Michael Dalsing | 63:43 |
|------------------------------------|-------|

Course 3 (3.17km)

| | |
|---------------------|-------|
| Rick Breseman | 28:38 |
| Debbie Newell | 30:46 |
| Howard Halter | 31:44 |
| Eileen Breseman | 31:55 |
| David Tallent | 38:45 |
| Eva & Michael Corey | 39:02 |
| Marti Anderson | 49:27 |
| Donald Denbo | 52:11 |

Tim Randall & Eric Riggers 65:15

Moran State Park

USOF-Ranked B-Meet

Orcas Island

March 26, 1995

Cascade Orienteering Club

Meet Director: Bruce McAlister

Assistant Meet Director: Bill Cusworth

Course Design: Bruce McAlister

Course Setting/Vetting: Eric Bone, Paul
Magnus

Registration: Sandy Kish Miller, Paul
Magnus

Starts: Ellen Boomer, Lisa Nordlund,
Eric Bone

Finishes: Paul Magnus, Don Atkinson

Control Pick-Up: Peter Golde, Martin

Pardoe, Tony Byrne, Don Atkinson,

Ellen Boomer, Paul Magnus, Eric

Bone, Bruce McAlister, Bill Cusworth

1. White (0.9 km, 40 m, 6 controls)

| | |
|-------------------|-------|
| Matej Urban | 14:25 |
| Elizabeth Britton | 40:17 |

| | |
|-----------------|-------|
| Ryan Breseman | 45:45 |
| Kelsey Breseman | 45:50 |

2. Yellow (2.6 km, 110 m, 9 contr)

| | |
|----------------|--------|
| Jill Miller | 84:50 |
| Joanne Klepsch | 100:34 |

3. Orange (3.2 km, 150 m, 8 contr)

| | |
|-----------------|--------|
| Ken Klepsch | 96:25 |
| Bob/Pat Reddick | 121:11 |
| Jill Enright | DNF |

4. Green/Brown (4.2km, 170m, 10 controls)

| | |
|--------------------|--------|
| Fred Veler | 62:28 |
| Howard Halter | 76:56 |
| Debbie Newell | 77:15 |
| Sandy Kish Miller | 93:51 |
| Ardis Dull | 105:17 |
| Lisa Nordlund | 105:44 |
| Ellen Boomer | 106:42 |
| Knut Olson | 110:45 |
| Donald Denbo | 118:36 |
| Dave Petty | 126:08 |
| Harvey Friedman | 127:47 |
| Ken Lew | 166:40 |
| Margie Bone | 168:22 |
| Arne Skog | DNF |
| James Pyles | DNF |
| Terradan Landchild | DNF |

Orienteer Cle Elum Ridge

Sunday, May 28 — One Day 'B' Meet

Five fantastic courses: 2 beginning, 1 intermediate, and 2 advanced courses.

Starts from 11am to 1pm and free instruction. All participants must be back to start/finish before 4pm. Cost is \$4 per map (members) or \$5/map (non-members). No pre-registration. Other than water, there will be no bathrooms or other facilities at the start site.

To reach the start, take I-90 east to exist 85 (east Cle Elum). Take SR 10 east 2 miles to Teanaway junctions, 1 mile SR 970 to Masterson road, right on Red Bridge Road about 2 miles. Limited parking on the access road; best to park on Red Bridge Road and walk to start area. Road signed from Teanaway junction; walk signed from Red Bridge Road.

Camping, cabins, and meals available at Camp Koinonia; call Margie at 634-2279 by May 22.

Monday, May 29 — Training Clinic

Training with Husky Orienteering Club, \$10, starting 10am. Training exercises on the Cle Elum map for competitive orienteers wishing to improve their orienteering ability. Attendees should be able to complete a 'B' or 'A' meet course at the advanced level (Green or above) and be in good physical condition. Pre-registration is required for the training event. Register with Bruce McAlister at (206)821-6562. For information on the training, call Eric at (206)624-3718.

5. Blue/Red (6.63km, 315m, 16 controls)

| | |
|-----------------|--------|
| Wyatt Riley | 79:12 |
| Ross Burnett | 79:22 |
| Martin Pardoe | 88:24 |
| Bill Cusworth | 99:06 |
| Steve McConnell | 100:51 |
| Jan Urban | 105:01 |
| Mike Schuh | 111:52 |
| Eileen Breseman | 123:36 |
| John Britton | 125:45 |
| Rick Breseman | 134:37 |
| Tony Byrne | 138:33 |
| Peter Golde | 157:41 |
| Don Atkinson | 193:20 |
| Chris Lum | OVT |
| David Tallent | DNF |

Sacajawea State Park

April 1, 1995

Sacajawea Orienteering Club

Meet Director and Courses: Elis Eberlein
Control Pick-up: Michel Billaux
Registration: Gene Robertson
TV-support: Susan Eberlein, Gene Robertson

We had this meet on a beautiful but not very hot spring day. We were joined by Peggy, a local television reporter for KVEW 42 (ABC), who made a report about Orienteering, that was shown at the 5 o'clock news the following Thursday. Peggy even carried the heavy TV equipment out on a course to record some real control action. We are expecting to see her at our next meet (without the camera) to try out Orienteering herself. Orienteers from Ellensburg and Coeur d'Alene participated.

Advanced Course, 3300m, 7 controls

| | |
|--------------------|-------|
| 1. Gene Robertson | 26:36 |
| 2. Frank Skorina | 27:15 |
| 3. Bob Gruel | 35:20 |
| 4. Susan Eberlein | 40:45 |
| 5. David Longtin | 43:20 |
| 6. Michel Billaux | 49:00 |
| 7. Bruce Bjornstad | 54:00 |
| 8. Will Sperry | 67:56 |
| 9. JoAnne Sperry | 69:25 |

Intermediate Course, 2270m, 6 controls

| | |
|--------------------|-------|
| 1. Gene Robertson | 16:50 |
| 2. Liliane Billaux | 31:36 |
| 3. Sally Evens | 55:00 |

Beginner Course, 1490m, 8 controls

| | |
|-------------------------------|-------|
| 1. Ingrid Hutter | 13:40 |
| 2. Casey Thune/ Josh Williams | 14:30 |

Woodland Park

April 1, 1995

Cascade Orienteering Club

Meet Director:

Courses: Sture Carlsson

Registration:

Timing:

Course 1

| | |
|---------------------------|-------|
| Eric Yamada | 6:42 |
| Alex Fruburg/Byron Spence | 10:24 |
| Jeff Reeves | 13:06 |
| Amanda Day | 14:30 |
| Sheila Allen | 14:53 |
| Steve Nelson | 15:50 |
| John Llewellyn | 18:59 |
| Carin/Sue/Beth/James | 19:20 |
| Anna/Sophie/Chris | 19:34 |
| Chrissy Yamada | 21:44 |
| Anise Staudt | 30:00 |
| Tom Aldrich/Kate Stirling | 31:00 |
| Virginia Baird | 47:29 |
| Debbie Hamunond | 52:31 |

Course 2

| | |
|-------------------------------|-------|
| Jeff Reeves | 17:30 |
| Chris Calder | 19:07 |
| Boy Scout Troop 375 | 21:07 |
| Sheila Allen | 22:36 |
| John Llewellyn | 24:34 |
| Anna/Sophie/Chris Reiser | 27:00 |
| John Dellenbush/Tim Watson | 28:22 |
| Greg Sandwich | 34:58 |
| Tony, Austin, and Aaron Amort | 38:33 |
| Michael Green | 40:00 |

Course 3

| | |
|-----------------------------|-------|
| Eric Bone | 11:20 |
| Howard Halter | 14:06 |
| Bill MacDonald | 14:34 |
| Debbie Newell | 14:35 |
| Peter Golde | 14:56 |
| Mac MacDonald | 15:54 |
| Don Atkinson | 16:37 |
| Dave Tallent | 16:50 |
| Jonathan Newmark | 18:20 |
| Harvey Friedman | 19:46 |
| David Guiles | 21:03 |
| Chris Lum | 23:00 |
| Ben Shively | 23:01 |
| Andy Sweet | 23:22 |
| Boy Scout Troop 375 | 24:31 |
| Kent Jameson | 25:31 |
| Margie Bone | 25:59 |
| Brian & Deb Wingert | 29:45 |
| Tom Aldrich/Kate Stirling | 30:05 |
| Tim Randall | 30:19 |
| Sherry Allen/Holly Shala | 32:38 |
| Charlotte Gould | 33:03 |
| John Llewellyn | 34:07 |
| Jane Swanson/Mark Vardekamp | 35:17 |

| | |
|----------------------------------|-------|
| Barbara Rapp | 39:17 |
| Michele Pompe | 39:17 |
| Theresa Burciaga | 40:53 |
| Beth, Carin, Sue, James Hanks | 43:45 |
| Jackie Ritmire | 50:28 |
| Jami Trout | 51:43 |
| Ken Hanks/Josh Dafoe/B. Anderson | DNF |
| Sabina Hawkins | DNF |

Fire Mountain

April 8, 1995

Cascade Orienteering Club

Meet Director: Jim Siscel

Course Setter: Bruce McAlister

Registration: Gerri King, Ken Lew

Starts: Norm King, Dave Petty

Finishes: Eric Bone, Margie Bone, Dave Petty

Control Pick-Up: Eric Bone, Dave Tallent

Course 1 (1.5k, 6 controls)

| | |
|-----------------|-------|
| Chris Heffernan | 45:20 |
|-----------------|-------|

Course 2 (1.6k, 5 controls)

| | |
|-------------------------------|-------|
| Nicholas Boos/Robbie Barlow | 20:47 |
| Nick Miketinas/Steven Prelice | 32:50 |
| Jon Perry/Derrick Burlingame | 33:55 |
| Ruth Meshriy | 35:10 |
| Alex Miller/David Urtula | 35:10 |
| Alex Knobles | 35:38 |
| Zach Simard | 35:50 |
| Trevor Sullivan | 37:13 |
| Eric Miler | 37:21 |
| Ian Huffington | 38:55 |
| Darin Deloitt/Danny Jonson | 47:20 |

Course 3 (1.5k, 6 controls)

| | |
|-------------------------------|-------|
| Robbie Burlow/Nicholas Boos | 27:20 |
| Reddick | 36:29 |
| David Nichols | 39:43 |
| Tim Randall | 45:45 |
| Sally Riggers/Michael Dalsing | 53:34 |
| Ian Huffington | 66:00 |
| Trevor Sullivan | 66:15 |
| Daniel Urtula/Alex Miller | 73:20 |
| Darin Denoitt/Mike Knowles | 75:30 |

Course 4 (3.5k, 8 controls)

| | |
|------------------------|--------|
| Ken Lew | 71:38 |
| Ellen Boomer | 76:48 |
| Ardis Dull | 77:50 |
| Steve Frederickson | 79:50 |
| Tyler Frederickson | 81:00 |
| Henry Morgan | 81:40 |
| Margie Bone | 84:00 |
| Eva & Michael Corey | 85:50 |
| Eric Riggers/Ben Scott | 87:15 |
| Barbara Rapp | 156:20 |
| Donald Denbo | DNF |
| Tim Randall | DNF |

Course 5 (5.7k, 13 controls)

| | |
|-----------------|--------|
| Eric Bone | 80:29 |
| Jan Urban | 90:35 |
| Howard Halter | 96:49 |
| Mac MacDonald | 97:06 |
| Sture Carlsson | 98:15 |
| Steve Cashen | 112:30 |
| Mike Miller | 137:56 |
| Chris Lum | 165:50 |
| Dave Tallent | 210:17 |
| Bill Cusworth | DNF |
| David Guiles | DNF |
| Mark Howlett | DNF |
| Steve McConnell | DNF |
| Debbie Newell | DNF |
| Richard Staadt | DNF |
| Max Wells | DNF |

Forest Park

April 23, 1995

Sammamish Orienteering Club

Meet Director: John Sincock

Course Setter: Mac MacDonald

Marker Pickup: Mac, Dave Enger

Registration: John Sincock

Timing: Mac, J. & J. Urban, Mike Schuh

Course 1: 5 controls, 800m

| | |
|-----------------------------|----------|
| Greg Bush | Map Hike |
| Harry Nelson | Map Hike |
| Brian Gillum & D. Barker | Map Hike |
| Przybelinski Family | Map Hike |
| "C. McFarland, E. Robinson" | 10:59 |
| Urban Family | 13:00 |
| Freddie Golena | 13:32 |
| "Robin, Erin, Sindy" | 14:25 |
| Marshall | 18:00 |
| Susie Cvengros | 20:11 |
| Cheri Bywater | 30:20 |

Course 2: 8 controls, 1800m

| | |
|----------------------------|----------|
| Michael Doubrana | DNF |
| Don Atkinson | DNF |
| Wojcik | Map Hike |
| Larry Sorenson | 22:42 |
| D Barker | 24:31 |
| Brian Gillum | 26:05 |
| "Del Teter, LaDonna Teter" | 26:20 |
| Marshall | 31:25 |
| Barbara Rapp | 32:35 |
| Chris McFarland | 39:35 |
| Danh Vo | 41:06 |
| David Guiles | 44:47 |
| "Erin, Robin, Sindy" | 46:04 |
| Harry Nelson | 49:00 |
| Michele Pompe | 49:47 |
| Susie Cvengros | 50:41 |
| Chris Heffernan | 63:12 |
| Fred Galen | 65:06 |
| Przybelinski | 65:43 |
| Jackie Przybelinski | 66:55 |
| Greg & Rick Bush | 76:51 |
| Claudia C. Comay | 87:10 |

Kathy McDonald 88:35

Course 3: map memory, 11 controls, 4300m

| | |
|---------------------|-------|
| Dave Enger | 33:00 |
| Howard Halter | 33:16 |
| Jan Urban | 37:42 |
| Mike Schuh | 42:32 |
| Eileen Breseman | 43:55 |
| Jana Urbanova | 45:15 |
| Peter Golde | 47:26 |
| Richard Stanar | 49:39 |
| Rick Breseman | 52:17 |
| Eva & Michael Corey | 55:49 |
| Larry Sorensen | 60:41 |
| Brian Wingert | 66:47 |
| Ken Lew | 68:55 |
| Marti Anderson | 68:56 |

Capitol Hill

Volunteer, Interlaken, and Boren Parks

April 29, 1995

Husky Orienteering and Running Club

Meet Director: Eric Bone

Course Setter: Bill Cusworth

Registrar: Bill Cusworth

Timing: Eric Bone, Ellen Boomer

Marker Pick-Up: Margie Bone, Eric Bone, Bill Cusworth

Course 1, Novice (6 controls)

| | |
|--------------|------|
| Kevin Welton | 4:58 |
| Keir Whitson | 5:48 |
| Jay Kuhn | 6:11 |

Course 2, Beginner (6 controls)

| | |
|-----------------------------|-------|
| Kevin Welton | 6:25 |
| Matej Urban | 13:12 |
| Elizabeth Robinson | 13:37 |
| Tom Aldrich & Kate Stirling | 15:30 |
| Bob Reddick & Djaerik Peck | 15:40 |
| Shannon Green | 20:32 |
| Jeff Reeves | 23:12 |
| Val Enger group | 32:26 |
| Katie Vanderzee | 62:33 |

Course 3, Short Intermt. (3.56 km, 15 ctrls)

| | |
|---------------------|-------|
| Mark Howlett | 25:52 |
| Jan Urban | 28:38 |
| Dave Enger | 30:19 |
| Rick Breseman | 31:31 |
| Mac MacDonald | 31:50 |
| Kevin Welton | 32:10 |
| Knute Brinchmann | 33:38 |
| Mike Schuh | 34:50 |
| Howard Halter | 35:19 |
| Jim Green | 36:18 |
| Jana Urbanova | 36:54 |
| Eileen Breseman | 38:57 |
| Eva & Michael Corey | 43:27 |
| Don Atkinson | 44:47 |
| Ellen Boomer | 45:58 |
| Eric Riggers | 46:11 |

| | |
|-----------------------------|-------|
| Sandy Kish Miller | 46:44 |
| Debbie Newell | 49:26 |
| Ardis Dull | 50:03 |
| Ken Lew | 51:24 |
| Jay Kuhn | 52:13 |
| Keir Whitson | 53:18 |
| Kean Williams | 57:16 |
| Tom Aldrich & Kate Stirling | 57:58 |
| Margie Bone | 67:34 |
| Tim Randall | 71:26 |
| Steve Maier | 86:33 |
| Susan Cvengros | 89:22 |
| Bob Reddick & Djaerik Peck | 98:19 |
| John Sincock | DNF |

Robinswood

May 3, 1995

Sammamish Orienteering Club

Meet Director: Dave Enger

Course Setter: Jana Urbanova

Registration: Dave Enger

Timing: Jan Urban, Jana Urbanova, Chris Lum

Help: Mark Howlett

BBQ: Valerie Enger, Pat Reddick, George Lilly

Map Fieldwork: Jana Urbanova

Map Drafting: Bill Cusworth

Instruction: Eric Bone, Mark Howlett, Paul Magnus, Jan Urban

Course 1: 1.15km, 9 controls

| | |
|--------------------------------|---------|
| Matt Schmidt & Jeff Gramling | 15:46 |
| Jeremy Peterson & Nick Alt | 16:47 |
| Danielle Grissky & Kasey Faris | 17:37 |
| Erin Gunn & Elisabeth Benson | 18:40 |
| Linsey Kissinger & Bess Butler | 18:55 |
| Chad Tozer | 20:52 |
| Jake Scott & Mandy Heenan | 22:51 |
| Kim Newman & Chris Kummer | 24:18 |
| Misty Johnson & Jaime Edgar | 26:00 |
| R Stigers & McNeal | 26:16 |
| Jennifer Robinson | 40:08 |
| Barclay Roper & Chris Tobey | no time |

Course 2: 2.1km, 14 controls

| | |
|-----------------------------|-------|
| Rick Breseman | 20:35 |
| Matthew Shulman | 24:06 |
| Bob Schmidt | 32:33 |
| Beth Elliot | 39:46 |
| Martin Fruge | 52:17 |
| Todd Aitkins | 52:17 |
| Michael Doty | 61:43 |
| Ashley Eadon | 61:43 |
| Tyler Arquist & Matt Fraser | 64:35 |

Course 3: 26 controls, freestyle

| | |
|--------------|-------|
| Jan Urban | 16:05 |
| John Rogers | 18:27 |
| Eric Bone | 18:59 |
| Paul Magnus | 19:14 |
| Mark Howlett | 20:53 |

| | |
|--------------------------------|--------|
| Peter Golde | 21:30 |
| Debbie Newell | 22:07 |
| Eileen Breseman | 22:46 |
| K. Welton | 23:38 |
| Chris Lum | 27:58 |
| Michael Corey | 28:37 |
| Ardis Dull | 29:39 |
| Howard Halter | 29:41 |
| Josh Rogala | 33:18 |
| Jacob Robinson | 33:18 |
| Margie Bone | 34:12 |
| Brian Wingert | 35:59 |
| Tim Randall & Chris | 36:19 |
| Chris Reid | 41:14 |
| John Boverg | 41:14 |
| Ken Lew | 45:39 |
| Cindy Bader | 46:22 |
| Susan Cvengros | 50:58* |
| Jesse Smith & Mike Jarvis | 53:35 |
| David Jacobson | 56:14 |
| Scott Feigner | 60:08 |
| Josh O' Sullivan | 60:08 |
| Josh Sweet & Leigh Erickson | 61:21 |
| Kean Williams | 66:17 |
| Tim Kruger & D. Gordeon | 67:04 |
| Matt Cogelske | 67:18 |
| Dick Dimtroff & Erike Johanson | 73:02 |
| Matt Danicheck | DNF |
| Bill Cusworth | DNF |

* Punched controls in order

Ros★Elum Ridge

May 7, 1995

Cascade Orienteering Club

Weather: Nice

Meet Director: Rick Hood

Courses: Peter Golde

Vetting: Bill Cusworth

Registration: Linda Hood

Starts: Bruce McAlister

Finishes: Eric Bone, Margie Bone, and above

Pick-up: Mike and Eva Cory, Ardis Dull, Peter Golde, & Kent Verbeck

Course 1 (White): 6 ctls, 1.6km, 40m climb

| | |
|-----------------------------|-------|
| Team Tallent | 32:35 |
| Elizabeth Britton & Company | 42:13 |

Course 2 (Yellow): 8 ctls, 2.3km, 115m

| | |
|-------------------------|-------|
| Team Tallent | 28:45 |
| Larry Sorenson | 37:31 |
| Matt Shulman | 51:17 |
| Team Stirind/Aldrich | 58:05 |
| Team Robinson/McFarland | 61:18 |

Course 3 (Orange): 9 ctls, 3.7km, 170m.

| | |
|-----------------------------|--------|
| John Fretz | 97:03 |
| Kate Stirling & Tom Aldrich | 104:44 |
| Will Sperry | 105:21 |
| Kean William | 164:30 |

| | |
|-----------------------|--------|
| Team "Alaska Bound" | 176:43 |
| Matt Schulman | DNF |
| Tim Randall & Company | DNF |
| Joanne Sperry | DNF |

Course 4 (Green): 8 ctls, 4.2km, 200m

| | |
|----------------------|--------|
| Nick Bone | 48:54 |
| Fred Veler | 53:29 |
| Carl Moore | 68:17 |
| Don Atkinson | 69:09 |
| Eric Riggers | 69:18 |
| Linda Moore | 74:00 |
| Knut Olson | 76:44 |
| Larry Sorensen | 78:33 |
| Kent Verbeck | 79:46 |
| Ken Lew | 81:32 |
| Ardis Dull | 86:36 |
| Michael Schmeiderman | 88:37 |
| Ben Scott | 89:13 |
| Neil Smith | 93:33 |
| Margie Bone | 96:02 |
| Mark Anderson | 96:58 |
| Brian Wingert | 102:06 |
| Marti Anderson | 112:56 |
| Ellen Boomer | 121:45 |
| David Guiles | 127:57 |
| Susan Cvengros | 173:21 |
| Sid Whaley | DNF |
| Tim Tuan | DNF |

Course 5 (Red): 12 ctls, 6.7km, 320m

| | |
|---------------------|--------|
| Eric Bone | 63:54 |
| Paul Magnus | 73:46 |
| Jan Urban | 79:48 |
| Debbie Newell | 91:06 |
| Howard Halter | 102:30 |
| Dave Enger | 103:33 |
| John Britton | 105:21 |
| Rick Breseman | 109:14 |
| Eileen Breseman | 124:58 |
| Eva & Michael Corey | 219:12 |
| Mark Howlett | DNF |
| Steven Stevens | DNF |
| Bill Cusworth | *64:09 |

*Course vetter—result doesn't count.

Correction

Roger Sharp's time at Carkeek Park was inadvertently listed in the last issue on Course 1 rather than Course 2.

Upcoming Orienteering Events

(call 783-3866 for latest information and details)

| Date/Time | Location and Comments (events close to Seattle in bold) | Type | Club | Map | Contact |
|-----------------------------|--|------|--------------|--------------------|--------------------------------|
| MAY | | | | | |
| Sat., May 20 10am-noon | Rocks Park, Walla Walla. | C | SACO | new map | Elis Eberlein (509)627-0378 |
| May 20-22 | McQueen Lake. Training event and "B" event. Call to pre-register and for more information. | X/B | OABC SAGE | color 1:15000 | Kris Dartnell (604)743-9678 |
| Sun., May 28 11am-1pm | Cle Elum Ridge, Cle Elum. I-5 Exit 85, north across freeway, east on SR 10 to Teanaway Jct., 1 mile on SR 970 to Masterson Rd, right on Red Bridge Rd. | B | COC | color 1:15000 | Peter Golde (206)883-3732 |
| Mon., May 29 10am-5pm | Cle Elum Ridge Training Clinic. Training exercises for competitive orienteers; pre-registration required. See ad this issue. | X | HUSKY | color 1:15000 | B. McAlister (206)821-6862 |
| Wed, May. 31 5:30pm-7pm | Luther Burbank Park, Mercer Island. I-90 Island Crest Way exit. North one block to 26th St., east to park. | C | SAMM | color 1:5000 | (206)783-3866 |
| JUNE | | | | | |
| June 3-4 | Whistler B.C. 2-day. | B | GVOC | color | Martin Pardoe (604)732-8731 |
| June 6,13, 20,27; 5-8pm | St. Edward Park Trail Building. Every Tuesday night in June. NE 141st and Juanita Dr. NE, Bothell. See Trail Notes for more information. | X | COC | n/a | Rick Hood (206)367-2606 |
| June 9-11 | 4 maps in 40 hours (!), Kamloops, B.C. | B | SAGE | several color | Doug Smith (604)372-3401 |
| Sun. June 11 1pm-3pm | Riverside State Park, Spokane. | C | EWOC | color 1:15000 | John Beck (509)838-7078 |
| Sun., June 11 noon-2pm | Washington Park, Portland. | C | CROC | | T. Landchild (360)254-4090 |
| Sat., June 17 3pm-5pm | 3rd Annual Finn Hill Park fun run (with new OCAD map) and BBQ potluck at 5pm. Meet at Bruce's house: 14014 81st Pl. NE, Bothell. All welcome! | X | COC | new clr 1:5000 | B. McAlister (206)821-6862 |
| Tue., June 20 5:30pm-7pm | Boeing Creek. Possible night-O to follow regular event (bring flashlight). I-5: NE 145th St. exit, west to Greenwood Ave., north into Shoreline College. | C | SAMM | color 1:5000 | Bob Reddick (206)487-0099 |
| Sun., June 25 10am-noon | Durr Road, Ellensburg, WA. | C | EOC | | Will Sperry (509)925-4716 |
| JULY | | | | | |
| July 8-9 | Western Canadian Champs, Logan Lake, B.C. Pre-registration required. | A | GVOC | color 1:15000 | Mark McMillan (604)322-0103 |
| Sun., July 9 1pm-3pm | Gonzaga University, Spokane. | C | EWOC | | John Beck (509)838-7078 |
| July 11 | Sage Stomp, Valleyview, Kamloops B.C. Pre-registration required. | A | SAGE | color 1:10000 | M. Foubister (604)374-6497 |
| July 15-23 | Canada 5-day, including Canadian Championships. Alberta. Major international event. Pre-registration required (register early). | A | | new color | (403)455-1916 |
| Sun., July 16 noon-2pm | Battleground Lake State Park, Clark County. | C | CROC | | T. Landchild (360)254-4090 |
| Wed., July 26 5:30pm-7pm | Howarth Park, Everett. From I-5 exit 192: west on 41st St. which becomes Mukilteo Blvd.; follow until close to water. | C | SAMM | color 1:10000 | (206)783-3866 |
| AUGUST | | | | | |
| Sat., Aug. 5 2pm-3pm | St. Edward State Park, Bothell. Fun run (with map), followed by potluck picnic at Don's house (w/ swimming). NE 141st and Juanita Dr. NE, Bothell. | X | COC | color 1:10000 | Don Atkinson (206)488-0270 |
| Thu., Aug. 10 | Ros*Elum Ridge, Roslyn, WA. I-90 exit 80, north toward Roslyn, right at T intersection; follow signs from high school. | C | EOC | color 1:15000 | Will Sperry (509)925-4716 |
| Aug. 12-13 | Western States Championships and USOF 'A' event. Bullfrog Flat, Roslyn, WA. Pre-registration required; see entry information this issue. | A | SAMM EOC | new clr 1:15000 | Kathy Trost (206)271-5508 |
| Tue., Aug. 15 | Union Bay Canoe-O, Seattle. Pre-registration required; register with Bullfrog Flat event or call Bob Reddick. | C | SAMM | color 1:10000 | Bob Reddick (206)487-0099 |
| Thu., Aug. 17 | Poker-O, Hamlin Park, Seattle. Pre-registration required; register with Bullfrog Flat event or call Bob Reddick. | C | SAMM | color 1:5000 | Bob Reddick (206)487-0099 |
| Aug. 19-20 | North American Rogaining Championships. Near Cliffdell, WA. 12 and 24 hour event. Must pre-register; see ad this issue. | R | CROC SAMM | USGS | T. Landchild (360)254-4090 |

CLUBS:

COC: Cascade Orienteering Club
EWOC: Eastern Washington O. C.
CROC: Columbia River O. C.
HUSKY: Husky (UW) O. C.

SAMM: Sammamish O. C.
EOC: Ellensburg O. C.
SACO: Sacajawea O. C.
SAGE: Sage O. C., Kamloops B.C.

NISQ: Nisqually O. C.
CHUKO: Chuckanut O. C.
GVOC: Greater Vancouver O. C.
VO: Victorienteers

MEET TYPES:

C: Regular local meet
B: Large local meet, more courses
A: National-level meet, must preregister
R: Rogaine 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 alone is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501c(3) corporation. Which means that donations, including costs, are fully tax deductible. JOIN NOW!

Bearing 315
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