

Bearing 315

November - December 1992

Orienteering News for the Pacific Northwest

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Bearing 315 is a newsletter for orienteering clubs in the Pacific Northwest. Information is provided for:

Cascade Orienteering Club,
Sammamish Orienteering Club,
Nisqually Orienteers,
Ellensburg Orienteering Club
and the
Washington Interscholastic
Orienteering League.

This issue of **Bearing 315** has been prepared by Cascade Orienteering Club.

Coming: Clinic, WIOL and the Bog Slog

The winter series of weekly park meets begins Sunday, November 22 with a Sammamish meet at Forest Park just south of Everett. This will be the first meet on the new color map. Forest Park is a varied area, and with the new color map should quickly become a favorite with local orienteers.

Thanksgiving weekend brings a clinic and the first WIOL Practice meet at Evergreen High School, Burien. This is a repeat of the clinic from last year. There will be beginner and intermediate courses on a color map. Although the clinic is designed primarily for beginners, and those just starting the WIOL program, all of us can benefit from this opportunity to think about fundamentals. For experienced orienteers, one of the best ways to become clear about techniques is to teach them to beginners. There are lots of opportunities to help with the clinic. Additional volunteers are still needed. Please call Mike Schuh at 783-3960, or leave a note on the hotline at 783-3866 if you would like to help.

The winter schedule starts in earnest in December with five meets in December (including a Poker-O the day before the Bog Slog). Park meets in December include Kelsey Creek Park, Bellevue, Saturday, Dec. 5 and Farrel McWhirter Park, Redmond on Saturday, December 12. These are also practice meets for WIOL. The meet at Ft. Steilacoom State Park, South Tacoma, on Saturday December 19 marks the beginning of the regular WIOL season. This year the WIOL season will also include the Bog Slog meet at St Edward.

12th St Edward's Bog Slog and Poker-O

Christmas break as usual will bring the 12th Annual Bog Slog. The format will be a little different this year, and will include a Poker-O on Saturday, Dec. 26, followed by a dinner and social evening at Rick Hood's. Sunday will see the regular Bog Slog at St. Edward, followed by a pot-luck and awards at Debbie Newell's. The pool will be open during public hours (11:00 -1:30).

This is sort of a preview for 1993 when the Bog Slog will become a full two day event. More complete details in the next issue of **Bearing 315**.

We have volunteers to house any out-of-towners, so come and make it a holiday weekend!

Yes, **Bearing 315** is late this month. Since your editor and many of our contributors were back at the US Championships, we decided to delay **Bearing 315**, so we could report on the US Championships and still come out well before the clinic.

Next month, **Bearing 315** will come out about Christmas time, to include update information on the Bog Slog and winter events.

Washington State Orienteering Championships

Cle Elum Ridge - September 19/20

by Mark Howlett

Cle Elum Ridge offered terrain and runnability that we here in Western Washington rarely have the pleasure of running in. Wide open forests, clear-cuts, and an interesting array of topographic features, plus ideal weather conditions made for a splendid weekend of orienteering. It was wonderful to have the option of leaving the gaiters behind, and not having to perform my Sunday evening ritual of removing thorns from my legs and resewing my O-suit.

I was using the Washington State meet to help me identify areas in which I would have to improve to do well at the upcoming U.S. Championships which were being held in Pennsylvania. Hopefully the open terrain and subtle topographic features at Cle Elum would be similar to what I would be seeing in Pennsylvania. Orienteering is a sport in which you are always looking for ways in which to improve your performance. I made mistakes both days of the meet, and learned lessons that may be valuable to others. During Day One, everything was going great; I was orienteering well; I was running well and everything was falling into place; that was until the next to the last control. Sensing that I was nearly finished and speculating about my overall place, I let my concentration level lapse and let myself become distracted by other competitors going in the same general direction that I was. This caused me to overrun my control and become disoriented, forcing me to lose valuable time. The lesson I learned here was that when you are getting tired or anxious about finishing it is very important to concentrate extra hard and maintain confidence in your own orienteering abilities and not allow yourself to be distracted by other competitors who may or may not be on the same course that you are.

I learned a very big lesson on Day Two as well. As an orienteer I tend to worry about little minute details that I feel will help me to perform better. I worry about how light my shoes are, where to attach my punch card to minimize wasted time while punching, etc. Often I pay too much attention to these details and miss a "big ticket item" like copying the correct master map. I was so caught up in thinking about how I was going to perform that I totally spaced out over the most important part of the meet, and discovered my mistake too late to recover. The lesson here to learn, which I haven't come close to mastering, is that it is very important to relax and be methodical about your orienteering, and concentrate on one thing at a time. Don't worry about how you are going to finish while you are only at control number two, and don't worry about how well you are going to navigate while you are getting ready to copy your map. Focus on the task at hand and concentrate only on those things which you have control over.

Overall, the meet was very well organized and staffed; coupled with a great map, great terrain and good weather, it made for a fun weekend of orienteering.

US and North American Championships

FrenchCreek, Pennsylvania-Oct 31/Nov 1

Prince William Forest, Virginia - Nov 7/8

The air fare wars at the end of August provided a great opportunity for northwest orienteers to attend a gala week with 6 days of A meets. The week started with the US Championships at French Creek State Park, in the Amish area near Lancaster, Pennsylvania, a one day meet at Mack Scout Camp in the same area, then one day at Hemlock Overlook and finally the North American Championships at Prince William Forest about 50 miles south of Washington D.C.. There was also a Trivia-O on the Mall in Washington D.C. It rained at Hemlock Overlook, but otherwise, the weather was close to ideal.

Attending all or part of the events from the Northwest were: Ken Lew, Knut Olson, Bruce McAlister, Mark Howlett, Jeff Coker, Ben Hall, Margie Bone, Eric Bone, Nicholas Bone, Mike Schuh, Mac and Karen MacDonald, Mike and Vivien Fritz, John Rogers, Debbie Newell, Dave Tallent, Fred Veler, Carl Moore and Dan Waugh. There was also a nice contingent of British Columbia orienteers.

We have only partial results, and only from the US Championships, but some of those finishing well in their categories at French Creek were: John Rogers (2 in M35A), Ben Hall (10 in M35A), Eric Bone (2 in M18A), Nicholas Bone (4 in M18A), Fred Veler (3 in M50A) and Vivien Fritz (3 in F40A). At the North American Championships, Eric Bone was first in M18A, and also had the fastest time on Green (under 6 minutes/km) for any competitor. More complete results in the next issue of Bearing 315. And apologies to anyone who should have been mentioned..

Mac and Karen on the US/NA Championships by Karen and Mac MacDonald

Karen: I went to keep Mac company, but wound up having a really good time at the competitions. I entered the Yellow courses (advanced beginner) which was just right for me. I walked and jogged on trails most of the way, but had to go off the trail to find the control. Usually I could see it from the trail. Often you could stay on the trail and go way around, or "take a chance" and go cross-country to the next trail which was fun. The people were really friendly and easy to meet, which made it nice. It was great that they had awards even for non-championship courses like mine. I felt I was really part of the competition!

Mac: Going to a major meet is always an education for me. The need to go fast and orienteer right on the edge shines a glaring light on any flaw in fundamentals. I happen to be sloppy about regularly orienting my map to the terrain, just using the compass instead. I also don't always pause at the attack point until my "image" of the circle fits the terrain; I may just use a compass bearing and pace count. At local meets these bad habits don't matter. At a difficult course going fast, these are fatal. Experience at big meets helps show me what to work on. The other lesson at

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Mac and Karen on the US/NA Championships - cont

the meets was on an old one: to be competitive, be perfect. Until you're perfect on intermediate at a good pace, you don't need to move up to an advanced course. Getting smooth, ingraining good habits, and becoming confident are important skills to develop even on easier courses. French Creek in Pennsylvania was supposed to be hard, and it was. There were no hill-tops, no re-entrants, no ridges, no streams, no ditches, no knolls. Just lots of football sized rocks under leaves. If you can very accurately run 400 meters on a slight sidehill and run it fast, you'd love French Creek. I can't; I didn't. Prince William Forest in coastal Virginia was lovely. It's a pretty, leaf-covered oak forest with all the big features that make map reading enjoyable. A typical leg would be along the stream to its junction, over the vague hilltop to the southwest of several spurs, and down the second reentrant to the flag. It was fast and fun to run. Two nice touches were worth noting. There was a "Brown" course, a short Green which unconditioned and injured orienteers especially appreciated. Putting them on the same Green course designed for Fred Veler and Eric Bone doesn't make sense to me. They also awarded a time for the fastest times in minutes per kilometer, which somewhat equalizes the three advanced courses to a "Best Orienteer" category. No one, however, matched the wonderful finish area we had at our Western States Championships Meet, with continuous music and each finisher announced by name. It was a great week, and I'm already looking forward to the same next summer.

Vampire 'O' II -- Two

by Dave Lilly

I think that the rain kept some folks away, and I know one person who got stuck in the traffic, but it didn't matter for the dedicated few. No matter how strange the event, the competition seems always to come to a head. I found myself only one out of half a dozen local orienteers dressed in black from head to toe in order to "hide" from the ever present vampires. Flashlights and headlamps of all shapes and wattages seem to be the order of the evening.

This forty-five minute score course (in the dark) went by way too quickly. I started out as a vampire, and took over fifteen minutes to unload my deadly vampire flashlight. My strategy was to work quickly to the far end of the map, hoping to snag fresh blood with lots of punches. After ten minutes of hiding in the bushes, and twice trying to bite another member of the living dead (Don Atkinson), I took the offensive posture and went out looking for victims. Sneaking silently up on Sandy Kish Miller (and partners Vivien Fritz and Moose), I quickly put the bite on them and exchanged punchcards. I quickly added 4 or 5 punches only to be bit by Mark Howlett, with about 17 minutes left. I quickly put the bite on a new face, but decided I didn't have time to chat. I picked up five more punches, to add to the four of my victim, on a counter clockwise sweep of the border of the park. I cut it a little too close and my watch (that was set for the forty-five minute time limit) sung out loudly, as I clearly had another 70 yards to sprint in.

Rick Hood put together another super event. I know from the conversation at the pizza joint afterwards that I wasn't the only one who had a great time.

Vampire 'O' II -- One -- The Hartinger Curse

by Rick Hood

It was a cold and wet mid-week night this past October 17th where some 25 souls headed out into the night in Hamlin Forbidden Forest. And 17 were willing to risk an encounter with vampires in hopes of returning control-laden!!! (Hey, if I have any hopes of writing the movie script, it's got to start like this. But hey, I didn't get any nibbles, so I might just as well write the rest of this in English.)

Vampire 101: A vampire 'O' is a cross between tag and capture the flag, score orienteering style. Of the 17 participants (the others went on the standard beginners' course) three were randomly chosen as vampires at the start and received a voided punch card and a red flashlight. In Vampire 'O' the object is to return within the allotted time (45 minutes) with the most control punches. But if you are "bitten by a vampire" with its red light, you become the vampire and have to give the former vampire your punch card.

So what happened? Mark (this park is really my backyard when I'm not out running 40 mile trail runs) Hartinger managed the almost impossible--he successfully avoided being bitten and return with a record 16 control punches. How he did it would make a good instructional video for the Navy SEALs, but I promised not to give away too many secrets. Suffice to say, I think I've come up with a plan than might keep Mark from winning again next year.

I know, when I tell you that the second best score was Mark (lycra almost always keeps vampires at bay) Howlett's, you might guess that vampire 'O' is meant for the swift. Not so, just ask Don (the night fox) Atkinson, who tied for second. And yes, there might be just a bit of luck too, or how else could one explain the team of Melvin and Eric (Garfield/UW Ra, Ra, Ra) coming back as one of the vampires. So it seems strategy, stealth, and serendipity often offset speed in a "mostly for fun" event like this.

And if you think the event was fun (and you should) the pizza and route choice tales were almost better. "... so I hopped this fence...oh, there aren't any controls over there, no wonder I didn't see any vampire over there...if only I had the garlic pizza first...etc."

In sum, many thanks to everyone who braved the weather and traffic to join us, a special mention for Kathy Trost who spent almost two hours in traffic trying to make it from the Eastside, and a final thanks to Linda Hood letting me talk her into co-directing/gophering this meet. Hope everyone can join us next year; we'll try for a weekend night.

Five Months and Hooked On "O"

by Sam Bryan

(Sam started orienteering this summer and took to it like a duck to water; I hope many of you have had the pleasure to meet him. Anyway, I asked him if he would share his impressions about the sport with us...rjh)

While I have spent quite a bit of time in the woods, even working as a guide for a couple of summers in Canada, I first did an orienteering event in August of this year after a friend who has orienteered for years came through town. Since August I have done most of the events in the area, with most of these being park type events that required some navigation skills, but mostly measured running speed. These park type events have been a lot of fun, and I think everybody does a great job of getting people out, and providing instruction.

In my brief career I have competed in three major events. I did the Drunken Charlie ROGAINÉ with friend Steve Elrod, and we enjoyed it the most of any that we have done. In particular, we liked the added dimension of route planning that a ROGAINÉ has over a normal meet. In addition, the length of the event, 6 hours, was such that you really had a feeling of accomplishment at the finish. Maybe having the fixed time limit gives you a more positive outlook on the event, because you know that you can't wander around forever.

The next major event I competed in was the State Champs. While we were warned about the short length, I was still somewhat disappointed to spend the whole weekend for about two hours of orienteering. The best thing about the State Champs, as far as I was concerned, was the route descriptions given by various people Saturday night. After running in parks, and around Drunken Charlie Lake, the subtlety of the terrain wreaked havoc. To quote Perot, again and again I looked on the map on Saturday, and again and again I decided there was nothing to do but count paces on a bearing. At the Saturday night get together I was first exposed to what orienteers really do. While my Sunday time was not much of an improvement, I had a much higher awareness of the terrain around me. This route show-and-tell is a must-do.

The third major event I competed in was the BC Champs. This was a new experience, in that I believe it is similar to what I might have experienced had I gone back east for the US or North American Champs. While the number of participants was lower, there were eight courses, pre-marked maps, and a complex start system that contained about five holding areas with an automatic buzzer going off all the time. Since my approach has been to get my money's worth, I elected to run course eight which was about 8 km long with 14 or so controls. On Saturday I had 186 minutes to evaluate the course choice, and only finished ahead of Adrian Zissos, who spent at least half an hour trying to push-start some locals who had gotten their 4x4 stalled, and then ran with me. Saturday night we had an enormous catered dinner, and ate appropriately. On Sunday I set a personal best, by spending only about one and a half times as long on the course as the winner. I also proved that running speed is not all that it takes, by passing Tony Byrne three times before reaching the second control.

Ski Orienteering at Lake Wenatchee

keep your non-thumb compass hand
fingers crossed for snow.

by Rick Hood

Well yes, last year's meet didn't quite make it. So we are hedging our bets this year and asking Don (the winter fox and weather insider) Atkinson to, "get it white" for our January 3rd Ski-O at Lake Wenatchee State Park on the east side of Stevens Pass.

The meet site is fairly level so the cross-country ski pros can really fly and for the rest of us, it's a great place to have some recreational Ski-O fun. Bruce (this is my last newsletter as editor) McAlister has been kind enough to invite everyone to stay at his rustic (no running water) ski cabin (at Scenic about 5 miles west of the summit at Stevens Pass) Saturday night. Rumors of a pot-luck are true too.

As for the map, it's a basic black and white state parks ski trail map that has been partially updated with some terrain features. (Translation: it isn't World Cup quality, but it is almost perfect for Fun-Ski-O.) So, if there is snow, we'll have three courses for you to choose from and even if you can't make it on the third you can go out anytime during January and do one or all of the course as we are leaving the "semi-trim course markers" out till February.

If you have any questions, give me a call (367-2606) and regardless please check the hotline before driving out to see if this snow dependent meet is still on. If you'd like to join us at Bruce's, please give him a call (821-6862). Lastly, if you don't have your own ski equipment, you can rent it right outside the park for about \$12; we'll have the info on the hotline. OK, here's hoping that you and the snow will be at Lake Wenatchee come January 3rd.

Marker Pick-Up Lotto; the Hot Ticket

by Rick Hood

After the regular Fort Casey Meet, we tried a competitively fun way of picking up the markers. It worked like this: Everybody interested gets a master map showing the location of all the controls (on all the courses). It is then just like a short score-o course, with a mass start (OK, 4 people in this case) and pre-set finish. As to the scoring, for each marker you bring back (that is reach first, untie, and return with) you get a point. Of course if someone beats you to the marker and it is gone, you don't earn a point. And for every minute overtime, you lose a point. (If there is a tie, then the one who best guessed how many, if any markers will still be hanging at the end of the pre-set time wins.)

How did it work? Everyone had a good time with stories to tell. They said it was fun getting in a "thinking 2nd run" on the same day and thought strategy was a big key. Now for the results: Sam Bryan came in first with 6 controls, then Eric Bone with 5, Steve Elrod with 3, and Dave Tallent with a donated 1. Of course, Rick Hood, the course setter and default marker picker upper, was the big winner; all the controls were brought back within the 25 minute pre-set time.

OK, want to play marker pick-up lotto? Stay tuned....

Ramblings From "The Wildman"

by Kathy Trost and Dave Lilly

Funny things spoken lately. At a recent after-meet gathering the following funnies were heard. On Dave Tallent's latest east coast swing, it seems he had trouble with a new Russian compass. As Dave was merrily running along, he noticed that he was following the wrong end of the compass needle. Dave stopped to relocate the best he could, and unfolded a larger section of map to aid in the relocating process. He then discovered that he was reading his map upsidedown. Alas, with no harm done Dave was off, as always. Who says two wrongs don't make a right? A note to goofy-footers, this new compass is available in both right and left handed versions.

Dave also invented a new way to spend time out on a course. As Dave was running at force five through the woods, it seems that a tree branch dislodged his eyeglasses. Dave, being "farsighted", had attached a small piece of bright colored surveyor's tape in case of just said incident. What Dave hadn't planned on was that his forward momentum loaded up quite a bit of force on that old tree branch, and when the glasses let go they were catapulted some feet in the opposite direction.

A number of Local O folks got together recently to help celebrate Pat Albright's 50th B-day. All involved had a great time and enjoyed seeing Pat.

Garth and I have been spending most of our training miles, as of late, in Cougar Mountain Park. The majority of the trails are very well maintained and make running there a joy. A map in the area would not be out of the question. It is amazing the amount of detail that can be seen as fall brings the leaves down. All the mining in the area has created quite a fair amount of detail. Only time will tell.

Letters, Letters, We Get Letters

IMBY Sounds Good to Me Dear Editor:

I live just North of Hamlin Park and not far west of St. Edward Park. Since I often visit these parks for training runs and enjoyable walks, it seems like it might be logical for me to kind of have an "In-My-BackYard" approach to these places. That is, it would be easy for me to set courses, be on the meet staff, notice changes in trails and other features, and to some extent stay in touch with the nearby community that also uses the park. For example, it would be easy for me to pick up markers after the event or even the next day or make a trip or two before hand for course design purposes. By almost eliminating the commute time and with my local knowledge I think it would be much easier for me to accept or volunteer for meet jobs here. (Besides, orienteering locals, take Mark Hartinger at Hamlin for example, kind of have a competitive advantage on their home turf). In contrast, it is harder for me to help out with meets on the other side of town, especially if I am not driving over there by myself, which is often the case.

So, I'd ask that orienteers consider offering to help with a meet In-Their-BackYard next year and maybe keep an eye on any trail or feature changes. In essence, think about becoming part of an informal "map neighborhood."

Rick Hood

The Pig War Challenge 1992

by Rick Hood

The annual fall classic, second only to the Apple Cup in the hearts and minds of Washingtonians is the Pig War Challenge. Well, it is important to us orienteers at any rate. Some four years ago Sandy Kish Miller and Katie Sprugel thought it might be fun to have a friendly rivalry with our B.C. orienteering friends, shades of the historic bloodless land dispute between Canada and the US centered in San Juan Islands. We won it last year for the first time. How did we do this year? Say, don't you want to know about the rules first? (Say yes.)

Every Washington State and British Columbia orienteer who completes the Washington State Champs (see article) earns a point for the BC Champs. Additionally, teams earn 3 points for every first place finish in the competitive classes at these meets, 2 points for 2nd, and 1 point for third.



Yes, there is a tremendous home map advantage, so we always look good after the Washington State Champs when it's held first. Matter of fact, we had a whopping 81.5 to 27 point lead heading up to the B.C. Champs. (see Sam Bryan's article). Up in B.C. we got outgunned by 33.5 to 133.5, bringing the grand total to 115 for us and 160.5 for them and so we say a fond farewell to the trophy till at least next fall.

Notes from the USOF Board Meeting:

A USOF Board meeting was held as part of the US Championships. Bruce McAlister, regional representative, and Vivien B. Fritz, vice president for Administration attended the meeting. There were several items which the Board considered which are of interest to west coast orienteers.

1) The "O-Zone" is gone. All US orienteers will be ranked under the same conditions (only four A meets for anyone to be ranked).

2) The Board approved a 5-day meet in Colorado to be put on by the Blue Star Komplex O-Club on the weekend before the Convention at Tahoe next year. This weekend has been scheduled for a Rogaine as part of the Convention. Some BOAC folks are not very happy.

3) Competitors in the M21A/F21A championships, split next year as part of the US team trials, can compete at the regular US championship meet, but will not be eligible for titles.

Finally, K-Swiss is now supporting US orienteering, both with an advertising program, and also by supporting the US Team. Note Debbie's classy new US Team uniform from K-Swiss. The K-Swiss support has a lot of implications: it means both better support for the team, and increased financial support for holding major meets.

Cascade Chatter and Membership Report

Compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 26 October 1992. Words of both thanks and welcome go to the following new or renewing club members: Rick Donaldson, Elis & Susan Eberlein, Aurelio Estrada, Peter Golde, Marcus Goshen, Mike Groner, Steven Hoffman, Bruce Milne, Lisa Nordlund, Brad Payne. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; everyone plan on attending at least 5 per year. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost); especially since we now send the newsletters out at bulk rate, we no longer know if or when you move.

Now, what's new? Robert and Sandy K. Miller have returned from their European jaunt which included Norway, Sweden, Denmark, Germany, Austria, Italy, Monaco, France, Belgium this fall. NO, they didn't attend O' meets in all those countries but had a great time anyway. While in Norway, they visited Ingemar Jansson, former club member, and his wife Helga Haverstad, and their children, Sindre, Eirik, and their new daughter, Maren. The Bresmans (Rick, Eileen, Ryan, and Kelsey) are having a super time in New Zealand orienteering and are now really seeing things from a local's perspective; they are trading their help for room and board on a working farm.

If you want more news about people in the club, you'll have to tell me something or preferably write or scribble me something that is for this column since I have such a bad memory.

Troll Cup and World Cup in New Hampshire

by Harvey Friedman

During the Columbus Day weekend, 9 Cascade and 2 Sammamish members attended the Troll Cup (an annual national "Class A" meet put on by the New England O' Club) which was in New Hampshire this year. The area mapped was especially technical and intricate (not steep, but think more of forested sand dunes with rocks of varying sizes with several the size of barns) because it was also used for the World Cup '92 final event that drew about 150 elite orienteers from about 25 countries. The NEOCers performed admirably except for the finish and results. Most of the World Cup runners clicked their watches at the finish line so knew their own time but when they checked the results board, they saw no split times at all and very few final times for previous finishers. Several Europeans who were here at Cle Elum when we hosted World Cup #5 in August 1990 told me that we were much better then. For those who don't remember or are new to local O', we posted split times (from only 1 radio control for the men and 1 radio control for the women) as soon as we received them and posted provisional finish times usually within 1 minute of the runner crossing the finish line. We then checked punches and DSQed any necessary. This was much more exciting for the spectators and for the competitors who could see their finish time before they finished their fluid at the end of the finish chute. Incredible that with so many meet workers available that NEOC couldn't have handled finish and results better. For those who might be interested, Joakim Ingelsson and Marita Skogum, both from Sweden are the World Cup champions for 1992. Cascade's own Debbie Newell ran for the US in the World Cup and was 3rd U.S. woman; Cascade's own Mike Schuh was the P. A. announcer for Saturday. He had to fly back Saturday evening in order to teach his Experimental College class on O' bright and early Sunday morning. I have the official results for WC#8 and a sorted list of all who received points in any of the

8 World Cup races in 1992 if any one is interested. In addition to the 2 above, Doug & Katie Sprugel, Mike & Vivien Fritz, Anne York, Bruce McAlister and I were the other Cascade members attending and Dave Tallent and Ben Hall were the Sammamish guys.

More Cascade Comments

by Rick and Bruce

--Seen at the US Championships - Ben Hall and Jeff Coker. Ben is still in New York with his family, but hoping to get back out west soon. Jeff is in the Marine Corps at Quantico, but will be back for Christmas, and promises to be at several meets. Rumor has it that there are wedding plans in the immediate Coker future.

--We've ordered some orienteering training books that are aimed at the beginner-to-intermediate level for our new training library. If you'd like to look them over or check them out, please call Eric Bone at 634-2279 or come to the Bog Slog. (The funds came from the beginner-to-easy-intermediate meet held this fall.)

--The Woodland Park Trim Course is ready for you now. It's a great place to introduce a friend to orienteering on an informal level. For more information call Rick Hood at 367-2606 or Jim Sissel at 778-7202.

(Please note the thank yous to the businesses that helped us establish the course, on the information board at the north end of the main tennis court area.)

--Some orienteers think it might be fun to have an informal "adult" series for us regular orienteers that is held in conjunction with the WIOL regular season. Interested or have an opinion? Call the hotline at 783-FunO in December.

Mini-Markers for "C" and Local Meets (Version 1.0)

Markers by Rick and Linda Hood

If you attend many meets this winter, you will start to see some of Cascade's new "mini-markers".

After seeing a two-stick flat model control at the Alberta Blue Lake Clinic, Rick Hood was inspired to come up with a new design for O-markers. The new two-stick models are three dimensional, but have only one stick at top and one at bottom. They roll easily, have a velcro close, and the punch can fit inside the control. Orange and white, they look generally a little more triangular from a distance, but are as visible as the old markers. They are, however, much easier to make and are more durable, more easily carried, and less costly.

Watch for them. We need comments. Tell Rick or Linda Hood what you think at 367-2606.

Up and Running (Walking ?) with OCAD

by Bruce McAlister

Those of you who attended the Ft. Casey meet saw the results of our first attempt at a computer generated map. The Ft. Casey color map was produced using OCAD. OCAD is a PC drawing program that helps produce color maps. The Thetis Lake map at the BC Championships was a new OCAD map.

The program allows you to draw and edit the map on a computer, instead of drawing on mylar sheets. The result can either be used by a service bureau (print shop) to produce separate color negatives, or can be printed directly on a color printer. The Thetis Lake map was printed professionally. The Ft. Casey map was printed on an HP500C color desk jet for about 25 cents. The color xerox copies cost a little less than a dollar each. If we can get access to a Postscript color printer, we should be able to improve the color and quality of the draft maps.

We are currently in the process of converting Carkeek Park and Hamlin Park to OCAD; you should be seeing these soon.

The time involved in drawing the map is about the same as conventional drafting, and, of course, OCAD is no help with the field checking and base map. It does, however, allow for rapid map correction, and relatively inexpensive printing of good draft quality maps for local meets, where only a small number are needed. As the quality and cost of color laser printing comes down, we can look forward to even better and less costly color maps.

The program presently only runs on PCs, and also requires a tablet, although a mouse can be used for some purposes. Call or ask Bruce or Debbie for more information.

Ellensburg Sets 93 Schedule

compiled from notes of Will Sperry

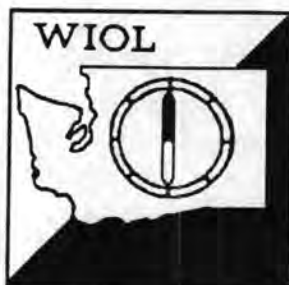
Ellensburg is planning for several meets in 1993: Dates and locations set are: Feb 27 at Reed Park (Mundi Hamilton); a late July meet on the Cle Elum Ridge map (Michel Billaux); and September 5 at Easton Grade (Will Sperry).

Ellensburg is also planning new mapping ventures: possibilities under consideration include: the L T Murray Wildlife Area between Indian John rest area on I-90 and Taneum canyon to the south; also being considered are several areas near Mineral Springs on highway 97 towards Blewett Pass.

Who Are They?

Do you recognize these precocious orienteers? If you have any interesting pictures of orienteers in earlier days, send them in, and we'll see who can identify them. Here are two easy ones to start with. Answers next issue.





WIOL NEWS

The Washington Interscholastic Orienteering League

November 1992



James Hopper, Green Lake, one of the younger WIOL orienteers

WIOL Clinic - November 29

Evergreen HS in Burien

The 1992-93 Washington Interscholastic Orienteering League season starts Sunday, November 29, with the annual clinic at Evergreen High School. As usual, the event will be from 10:00am until noon with free instruction available. Meet fees will be \$3 for WIOL participants; the general public fees will be the normal \$3 for club members, \$4 for non-members, and \$1 for first time orienteers.

Experienced orienteers are encouraged to bring guests who might like to give orienteering a try. This will be a good opportunity to introduce newcomers to our sport.

Evergreen High School and the adjacent Lakewood County Park are in White Center. From the south, take I5 or I405 to SR518 to SR509. Go north on SR 509 to S 128th st, west (left) to 1st Ave S, north (right) to S 116th st, west (left) to the school at 8th Ave SW. From the north, take I5 to Michigan St, go west to the 1st Ave S bridge, and go south th SR509. Take SR509 to the Glendale Way exit, go west (right) up the hill bearing left to go south on 5th Ave S to S 116th st and then go west (right) on 116th as above.

For further information about the event, please call Mike Schuh 783-3960 or the orienteering hotline 783-3866.

1992/93 Schedule

Starting times for all events are between 10:00 a.m. and noon unless otherwise noted.

Date	Location	Information
NOV 29	Evergreen High School Clinic and meet	Mike Schuh 783-3960
DEC 5	Kelsey Creek Park, Bellevue practice meet	Dave Enger 822-6254
DEC 12	Farrel-McWhirter Park, Redmond practice meet	Peter Golde 883-3732
DEC 19	Ft. Steilacoom Park, Tacoma WIOL 1	Dave Tallent 392-3061
DEC 27	St. Edward State Park, Kenmore WIOL 2	Mike Schuh 783-3960
JAN 9	NAD Park, Bremerton WIOL 3	Sean Olmsted 697-1815
JAN 16	Marymoor Park, Redmond WIOL 4	Dave Enger 822-6254
JAN 23	Priest Point Park, Olympia WIOL 5	Dave Tallent 392-3061
FEB 6	Pt. Defiance Park, Tacoma WIOL 6	Dave Tallent 392-3061
FEB 13	WIOL Championships Bridle Trails State Park, Kirkland	Dave Tallent 392-3061

□ We hope you'll join us for some orienteering fun and challenge this WIOL season.:

- Dave Tallent, Director

WIOL will have a new Director this year. After many years of service, Mike Tharp is taking a much deserved break. Heading up the WIOL staff this year will be David Tallent. Dave is president of the Sammamish Orienteering Club, and has two young orienteers, Nick and Angela, whom you will see at the meets this year.

Registrar will continue to be Ardis Dull of Cascade Orienteering Club. Dave and Ardis, and all the local orienteering community invite you to participate in what is certain to be an exciting year for WIOL.

A CHANGE IN COMPETITIVE STYLE

by Bob Reddick

How the *Damn the torpedoes, full speed ahead! Technique* became the *I'm sick, so I'll just try to survive this course! Technique*.

I realize that some of you gentle readers have already been bored to tears with the first part of this tale, since the 1989 Washington State Centennial Games in Spokane. However, the second part from the September 1992 Washington State Championships held in Cle Elum Ridge hosted by Cascade, with cookie support by Ellensburg OC, is brand new.

First, a little background on this M55A class, 5-years in orienteering competitor's previous style on O' courses including the first day on the Riverside Park map. This map was new for the first Summer Games and the 1989 Washington Centennial. Al Smith of SLOC and Ulf Koster of Germany did the field work with R.D. and Gary McCausland and Pat Albright getting it in final form. My mode had always been to go at a fairly fast pace at first and then speed up whenever things looked right or runnable trails looked useful. I use the backward planning technique of CARTT or Control, Attack point, Route, Terrain, and Tempo (or time) to select my whole route from control to control. But in practice, I'd always take the somewhat aggressive and risky routes which while very direct involved all the navigational difficulties the clever course designer had devised to challenge the competitors. This usually led to very good results on say 9 controls on a 10-control Green course. And to a loss of about 30 minutes on just one control which often was the easiest-looking one. (I sense the reader's head nodding in recognition of a common foible in us all.)

I also previously quickly considered, but just as quickly discarded the looping, long-way-around routes as not too much fun or challenging -- such as coming in the back way to the feature to see the control bag early after taking the longer way there. This method if used takes advantage of the elephant tracks and sometimes an orienteer departing that control for the next one.

For this Spokane event my wife Pat and I had driven 6 hours overnight from Steilacoom on Puget Sound after flying in from California, sleeping an hour in the car, then competing in the hot weather of Day One. My result the first day was dismal -- although I made only one navigational mistake in midcourse when I tried to remove a nylon long-sleeved O' shirt to cool off while running. I got it tangled in my compass cord tied to my wrist, and wandered far enough off my track to make a parallel error costing 5 minute's relocation time. I ended up dead last among the men (all classes) in the event, so knew where I'd start the next day in the Chase Start planned. (Chase Start: competitors start spaced out in order of finish times from first day -- so if you pass someone, you've gained a place, etc.)

Pat and I spent the afternoon taking in other Centennial Games events, and were most humbled about our personal athletic endeavors while watching the top competitors vying in Wheelchair Tennis! On Sunday, both of us were feeling bad, and just 15 minutes before my dead-last start time I felt the urgent need to visit the outhouse, and didn't quite make it there before a sudden diarrhea attack occurred. I just had time to change my shorts,

debate whether to compete at all, then get myself (sweating on a cool day) to the start area. I watched my closest competitor Carl Moore take off two minutes ahead. Convincing myself that I might just be able to walk around to a few controls before bagging it, I drank more water and took off, vowing to be extremely conservative. I'd planned to stick on or close to trails, keep in constant touch with the map (thumb compass pointing to my exact location always), and be ready to collapse on a big trail or walk back to the finish at any moment if need be. Selecting the most bombproof attack points, and sure and simple routes regardless of the time factor involved, seemed the sensible thing to do.

Carl was last seen climbing a hill far ahead of me at control 2, and thereafter the only competitor seen was Pat Albright on a different course. I did all those things we're taught or pick up with lots of experience, such as frequent checking of the compass, matching features passed with the map, verifying directions after trail turns or junctions, using handrails, etc. Otherwise, using not just one navigational tool on each leg, but many. At the mid-point control I stopped for water and told the Air Force Search & Rescue person my name, and suggested that he might be done for the day, since I was last out.

The next leg was the cleverly designed killer leg -- almost 1200 meters with no ready handrail, except a hard-to-follow contour. The course designer Scott Donald told me later that he had set the Green course up to make this the premier leg. It was later found that an earlier, easier leg undid many. One look at this leg caused me to reject the direct route, trying to hit a tiny grove of trees on a faint foottrail after the long, featureless open forest trek. The alternative, a long, looping jeep trail that involved an added 700 meters, but with the safety of a ready handrail, two side roads, and good compass checkpoints at the bends looked promising. I worried about possibly passing or undershooting the side trail connection with the jeep road, so I carefully pace-counted and timed myself. For the first time, I even jogged this leg, and was pleased to nail the road-trail junction and then the control!

Somewhat elated, my male ego then overrode common sense when I encountered Pat Albright and attempted to run up a steep hillside in front of her! My body instantly told my brain NO WAY, and I found myself following her around instead of up over the 6 contours of the 12 contour river bluff I didn't need to climb. My legs and digestive system thanked my brain (and Pat) for compromising!

So finally to the Finish -- but no one was there but the finish timer! People were off having lunch, comparing routes, and having fun, so I dragged on back to the parking lot and changed my shorts again, thankful to have just finished. John Sincock, sitting in the next car, yelled over that I'd had a good day. I quipped back something disrespectful, and questioned how long he'd been sitting there. He responded that Carl Moore, Knut Olson, and Doug Sprugel weren't in yet -- and he'd taken my picture crossing the finish line. Somewhat confused, I stumbled back to the finish to watch my chase start competitors arrive, and it suddenly struck me that, wonder of wonders (or as my many friends say- an outright

continued page 10

A Change in Competitive Style - continued

fluke) I'd become the WASHINGTON STATE CHAMP! (Don't ask how many were in my class -- we're focusing on lessons learned here.)

Since that time, I've adopted the I'M SICK TECHNIQUE or style, with very good results, at least compared to the old aggressive style: competing at my own fitness level, not some other competitor's; trying to outthink the course designer by using obscure handrails and simplifying the map; treating even the easiest leg like it might be the killer; using the terrain, and not letting it use me; thumbing the map like I'm supposed to; and knowing how to get back quickly if DNF seems the optimum solution.

Now, to September 1992 and the Washington State Champs at Cle Elum Ridge. The same new technique was used here, but this time I'd not done any training or even running for a year, attended very few meets, and was on penicillin for severely clogged sinuses. The open forest and very dry conditions allowed almost bee-line shots between controls, even through mapped dark green fight areas. The weather was perfect.

The first day I walked the course, and my only problem was a loss of focus when the male ego kicked in again. Karen Lachance appeared ahead of me walking on the leg between controls 4 and 5. I tried to RUN by her and get out of sight before she could trail me into the control. Of course, I could barely breathe after that exertion, and had to walk slowly on the next leg, with the thinking process in neutral. So I overshot the next control by two minutes, and found Karen walking past me as I returned down HER backtrail to get the control. Such a humbling sport!

The second day I also walked, and had only a minor problem in focusing when I missed finding the end of a vague ridge top, an exceedingly poor attack point. By awards ceremony time, I hadn't even checked the entry list or results for either day -- so, when Carl Coger of B.C. won the blue ribbon in my class, I was perfectly set up for the surprise result -- you've guessed it -- I'm once again the WASHINGTON STATE CHAMP!

Does the I'm Sick Technique work, or what? Might it work for you? I now always carry with me my COMPASS -- that is:

Compromise on speed vs. accuracy, Outwit the course designer, Map read constantly, Pace myself, Assess options on routes, Spare body so brain can work, Seek easiest way to finish!

Good luck in the forest!

POKER-O on Saturday Dec 26

On Saturday December 26 COC will have their first Boxing Day Poker-O meet at Hamlin Park. There will be a mass start at 3pm for this 45 minute event where your objective is to return with the highest possible 5 card poker hand from among the 15 controls that are marked on your map. The trick is that you can only punch five boxes so you will probably want to visit as many controls as possible and remember where they are (no writing or memory aids) so you can go back and punch them within the allotted time. You don't have to know how to play poker, but you do have to want to have a good time the day after Christmas and the day before the Bog Slog. And for all those folks north of the border (or east of the mountains or south of the River) looking for something exciting for Boxing Day, COC will host dinner and lodging for Saturday evening, but please let us know in advance. For info call Rick or the Hotline.)

ROGAINE, ROGAINE, ROGAINE

No, this not an advertisement for a hair restorer, but your advance notice of next summer's ROGAINES. Yes, ROGAINES, plural, three of them.

The Vancouver Island ROGAINE didn't make it this year, but is promised for next summer, tentatively 6 and 12 hours.

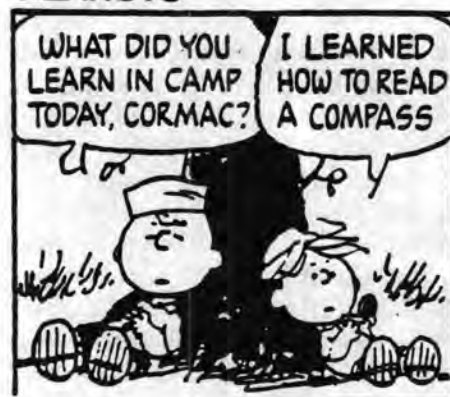
COC will repeat the 3 and 6 hour Drunken Charlie ROGAINE, tentatively scheduled for early summer.

Finally, for the true masochists, Bob Reddick is arranging a genuine 24-hour ROGAINE, September 25-26 on or near Table Mountain north of Ellensburg. This will be the 100 square kilometer, start about noon Saturday, finish about noon Sunday real thing, but take heart; this is not only for ultra-marathoners, military teams and others of that ilk. For everyone, there will be great hiking, great food, and great company. Watch for more information, or write Bob Reddick at Sammamish O'Club.

O-Suit Update

O-suit designs are now finalized after a color change. Call Debbie Newell to get in your order - there is still time, but just barely. 488-7471.

PEANUTS



Meet Results

Washington State Championship Cle Elum Ridge - September 19/20 1992

Course Design Mike Fritz
Meet Director B. McAlister
Registration Linda Hood, Vivien Fritz
Starts P. Golde, K. Lew, R Hood, M Bone
Finish MSchuh, D Newell, E Bone, D Tallent
Pick Up M. Rader, N. Bone, E. Bone,
P. Bonek, M. Howlett

Special Thanks to Ellensburg OC for refreshments and overnight arrangements

PlaceName Day 1 Day 2 Total

COURSE 1

MAP HIKER

Quinn Width

FOPEN

1 Johanne Klepsch 39:10 40:10 79:20
2 Patricia Charlop 49:00 40:45 89:45
Nancy Oakes-Width 36:30 DNS
Nancy Coon 46:51 DNS

COURSE 2

MAP HIKER

Jim Barker/Kathy Murphy
Eileen Breseman
rish McKee/Susan McGovern

FOPEN

Susan Crane 74:49 DNS

MOPEN

Fred & Ruth Miller 96:10 DNS

F16A

1 Lena Tibbelin 35:13 37:00 72:13

COURSE 3A

FOPEN

1 Beth Elliott 67:17 55:33 122:50
Jill Follett DNS 66:21

MOPEN

Mark Marshall DNS 156:05

F18A

Sheila Ryan 105:54 DNF

F35A

*1 Katie Sprugel 66:38 60:27 127:05
Susan Eberlein DNS DNF

F40A

*1 Ardis Dull 56:56 42:34 99:30
2 Vivien Birtwistle Fritz 53:54 52:21 106:15
3 Karen Lachance 78:17 51:59 130:16
4 Margie Bone 78:26 58:03 136:29

F45A

1 Shirley Donald 83:22 60:10 143:32
*2 Joanne Sperry 104:27 76:49 181:16

M40A

*1 David Tallent 35:35 25:02 60:37
2 Mike Schuh 40:58 32:21 73:19
3 Doug Sprugel 63:42 54:19 118:01
4 John Beck 78:12 63:45 141:57
Bob Williamson 53:25 DNS

M45A

*1 Kent Verbeck 54:50 47:51 102:41

COURSE 3B

MOPEN

1 Arne Skog 34:25 29:59 64:24
2 Aaron Charlop 78:03 67:25 145:28
Larus Byrne 56:31 DNS

M18A

*1 Nicholas Bone 39:19 34:27 73:46
2 Melvin Rader 48:51 38:11 87:02
Marid Marchand 59:54 DNF

M50A

*1 Fred Veler 33:50 31:32 65:22
2 Michel Billaux 48:01 44:11 92:11
3 Harvey Friedman 98:28 54:19 152:47

M55A

1 Carl Coger 49:51 68:33 118:24
*2 Bob Reddick 65:07 64:21 129:28
3 Knut Olson 68:01 62:21 130:22
4 Ken Lew 90:48 71:33 162:21
Will Sperry 97:34 DNS

COURSE 4

F21A

1 Susan Moore 60:54 51:32 112:26
*2 Debbie Newell 64:12 57:43 121:55
3 Mel Dutkiewicz 73:04 75:34 148:38

M21A

1 Peter Bonek 34:11 30:52 65:03
2 Martin Pardoe 40:08 33:04 73:12
*3 Ellis Eberlein 39:49 42:29 82:18
4 Eric Bone 47:09 39:22 86:31
5 Marek Dutkiewicz 46:18 43:45 90:03
6 Dave Enger 47:25 63:29 110:54
7 Paul Magnus 57:47 53:54 111:41
8 Sam Bryan 74:11 69:11 143:22
9 Peter Golde 79:58 61:37 141:35
10 Gar Fisher 101:12 62:38 163:50
11 Steve Elrod 102:38 117:39 220:27
Mark Howlett 53:45 DNF
Steve McConnell 74:57 DNF
Bill Cusworth DNF DNF

M35A

*1 John Rogers 41:04 37:36 78:40
2 Colin Preston 56:50 45:16 102:06
3 Dan Waugh 53:51 49:45 103:36
4 Tony Byrne 58:30 51:42 110:12
5 Dale Width 62:58 50:13 113:11
6 Rick Breseman 54:14 63:25 117:39
7 Alex Kerr 61:53 57:55 119:48
8 John Rance 57:37 63:19 120:56
9 Scott Donald 73:19 76:37 149:56
10 Dave Lilly 73:51 65:43 138:34
11 Dennis Leveridge 96:39 67:06 163:45
12 Mac MacDonald 99:48 85:38 185:26
13 Gerry Grieve 100:34 91:20 192:54

ROTC

1 Kelly Webster & Co. 115:23 92:04 207:27
2 Matt John & Co. 112:32 104:52 217:24
3 Gates & Co. 133:59 109:40 243:39
4 Jason Evers & Co. 129:28 133:14 262:42
5 Vern Randall & Co. 137:42 131:14 268:56
6 J. Stephens & Co. 162:39 111:40 274:19
7 Levi Dunton & Co. 213:32 74:12 287:44
8 Paige Shirle & Co. 217:22 146:30 363:52

BC Champs- Oct 10/11

Selected Results (Washington State Residents)
(trg = training run,)

Course 2, F Open trg,
Karen MacDonald, SAMM, DNS (CRS 3 + 100:11)

Course 3, F Open
1st, Val Enger, SAMM, 191:05 (85:33 + 105:32)
trg, Claudia Knuzel, GVOC/COC, DNS (53:17 + DNS)

Course 4, M50
2nd, Ken Lew, COC, 240:10 (126:20 + 113:50)

Course 5, F40 2nd, Ardis Dull, COC, 266:44 (130:43 + 136:01)

trg, Margie Bone, COC, DNS (189:47 + CRS 6)

Course 6, M17-18
1st, Eric Bone, COC, 177:36 (78:07 + 99:29)
3rd, Nick Bone, COC, 263:54 (140:00 + 123:54)

Course 6, M40
6th, Mac MacDonald, SAMM, 214:47 (101:11 + 113:36)

Course 7, M35
2nd, Dave Enger, SAMM, 192:20 (102:15 + 90:05)
3rd, Dan Waugh, COC, 239:50 (142:02 + 97:48)

Course 8, M21
5th, Sam Bryan, COC, 314:24 (186:06 + 128:18)

* Indicates Washington State Champion

Ft. Casey State Park, Oct 17

Cascade Orienteering Club
Saturday, Oct. 17th

Meet Director: Debbie Newell
Courses: Rick Hood
Timing: Dave Tallent, Rick Hood
Registration: Debbie Newell
OCAD Map: Bruce McAlister

Ft. Casey is a historically imposing place to go orienteering. Unfortunately so was our b & w map of the park. Luckily, Bruce spent 20 hours updating, expanding, and producing a computer-generated color map; it was a big improvement and made running there a lot more fun.

Rick had four courses, consisting of a beginners' loop and short, medium, and long courses achieved by completing a combination of Legs A, B, or C. Everyone seemed to have a good time. It was great to have the Paul Clark family of "Sports Northwest", and John Rance (GVOC) drive down from Vancouver.

Beginner course (5 controls, 0.9 km)

Nick Tallent,	6:31
Angela Tallent,	6:40
Kimball group,	11:09
Allgood group,	11:57
Kathleen Curry,	14:11
Billy Grant/Nick Bone,	16:32
Lucas group,	22:00
McDivitt group,	25:17
Clark family, map hiker/training	

Short Course (Leg A alone, 4 controls, 1.6 km)

Naselow group,	23:44
Susan Crane,	25:00
Billy Grant/Nick Bone,	25:30
Jeff Kohoff,	31:02
Kathy Wright,	35:30
Sarah Bayle group,	38:50
McDivitt group,	48:09
Sandy Vanderzee group,	85:42

Medium Course (Leg A & B, 8 controls, 3.6 km)

Eric Riggers,	37:16 (17:38 + 29:38)
Gerry Croteau,	37:39 (13:45 + 23:54)
Tomas Clark,	38:12 (13:13 + 24:59)
Neil Smith,	50:56 (20:55 + 30:01)
Kathleen Curry,	56:57 (23:15 + 23:54)
Maureen Traxler,	58:45 (22:22 + 36:23)
Melv Rader/James Hopper,	64:49 (20:30 + 44:19)
Peter Kynion,	86:22 (34:23 + 51:59)
Pat Kennedy/Mike/Chris,	94:18 (40:01 + 54:17)

Long Course (Leg A, B & C, 12 controls, 5.6 km)

Eric Bone,	31:15 (8:25 + 11:35 + 11:15)
Dave Tallent,	38:34 (8:23 + 13:52 + 16:19)
Debbie Newell,	43:18
Sam Bryan,	47:48 (10:30 + 19:28 + 27:55)
Steve Elrod,	47:59 (11:30 + 16:00 + 20:29)
John Rance,	48:18 (11:20 + 16:50 + 20:08)
Don Atkinson,	58:09 (13:03 + 23:36 + 21:30)
Ken Lew,	65:31 (15:20 + 23:54 + 26:17)
Ardis Dull,	69:06 (17:51 + 25:44 + 25:31)
Jim Siscel,	83:06 (24:58 + 30:16 + 27:52)
Margie Bone,	89:54 (20:00 + 31:15 + 38:39)
Holliez Jones,	104:57 (35:25 + 34:50 + 34:42)
Nancy Coon,	120:59

VAMPIRE O, Hamlin Park Oct 28

Cascade Orienteering Club
Wed. Night, Oct. 28th

It was wet, cold, and traffic was a mess, but nonetheless those brave souls out there had a good time seeking the 18 controls and trying to avoid the vampires. Most wanted it to be an hour event on a weekend night, so next year we'll try it and our new color map. More important though, it was great to see Shoreline and Briarcrest students join us for the fun.

Beginners' course (5 control, 0.8 km)

Vampire O Course (18 controls, 45 min. time limit, minus 1, control for each minute overtime)

Mark Hartinger,	16 controls
Mark Howlett,	14
Don Atkinson,	14
Vivien Fritz/Sandy K. Miller,	11
Peter Golde,	11
Debbie Newell,	10 (11-1)
Paul Magnus/Susan Sellers,	9 (11-2)
Dave Lilly,	8 (9-1)
Steve Elrod,	8 (9-1)
Nick Bone/Billy Grant,	8
Marisa/Bruce/Pam,	8 (beg. garlic pass)
Mike Schuh,	6 (9-3)
Jenna/Dan,	0 (Vampire)
Carl McNab,	0 (Vampire)
Eric Bone/Melvin Rader,	0 (Vampire)

Marymoor State Park, Oct 25

Sammamish Orienteering Club
Saturday, October 26

Weather: Rainy until the meet was over

Meet Director: Kathy Trost
Course Designer and Setter: Dave Tallent
Map Hike Instructors: Rick Hood & Dave Tallent
Registration: Dave Lilly
Starts/Finishes: Kathy Trost
Marker Pick-up: Dave Tallent & Debbie Newell

Despite drizzle and grey skies, Sammamish O' Club's Marymoor meet was a success. Due to Dave Tallent's diligence we were able to accommodate experienced orienteers as well as a large contingent of newcomers. Marymoor is a flat, sometimes uninteresting park in Redmond, but Dave T. really squeezed a lot out of it, and a very good time was had by all.

Rick Hood and Dave Tallent wore the mantle of instructors, taking first timers on map walks and compass exercises. By the time these folks (of all ages) reached the starter, they had fire in their eyes. Even the wet weather didn't dampen their spirits, and their enthusiasm was infectious. Instead of experiencing my usual exhaustion after hosting a meet, I felt exhilarated! (maybe it was listening to COC's Bruce McAlister's "FIRE IN THE BELLY" politicisms, I don't know).

We were even visited by a young Swedish orienteer who happens to be an exchange student at Redmond High School. Eric was intelligent, enthusiastic and very personable. He snapped photos and exchanged conversations (in Swedish and English) with many club members. Considering Eric's background as a member of the largest O' club in Sweden, he was gracious and very complimentary. He really liked our laid back, fun attitudes as opposed to the very serious competitiveness of his homeland's O' meets. We hope to see a lot more of Eric during his stay in America. I'm sure we can learn a lot from him, as well as he can from us.

I'd like to thank everyone for their help at the meet. A special bow to Dave Tallent who did one incredible job on the courses. Hope to see everyone soon!!

Marymoor-Oct 25-continued

Course 1 (7 controls)

Michael Bingham	16:43
Brian Hans/Braden Searing	18:42
Alan Dixon	20:15
Chris Marabetta/Zac Shileika/	
Chuck Caessens	21:21
Neil Smith/Kare Nordeng	24:12
Benson Cromwell/Ryan Peck/	
Ben Olson	26:00
Oberloh family	26:42
Larry Honeycut	27:04
Clint Marabetta/G. Caessens	27:15
Peter Brown	27:37
Lael Smith/Matt McCulloch	28:42
The Three Amorts	30:42
Mark Goshen	31:00
George & Nancy Lilly	33:30
John, Jill, & Alex Stevens	36:09
Virginia & Chris Finney	36:19
Sara Funk/Michael &	
Chris Sannella	37:19
Karen Austin/Brenda Moreland/	
Sylvia Peckham	38:36
Sheri Amundson	147:20
Andrew Feet	Map Hike
Doug Hans	Map Hike

Course 2 (9 controls)

Sandy Kish Miller	27:03
Knut Olson	32:36
Jean Davis	44:14
Eric Riggers	47:09
David Conlin	51:07
Chris Marabetta/Chuck Caessens/	
Zac Shileika	59:00
Harvey Friedman	59:24
Tyler & Mike Bural	67:05
Larry Honeycut	97:10
Mark Goshen	100:52
P. Goldman	131:05

Course 3 (13 controls)

Mark Howlett	24:24
Eric Bone	24:37
Debbie Newell	34:45
Nicholas Bone	39:31
Sid Whaley	40:19
Linda Moore	41:34
Kevin Finney	42:24
Carl Moore	43:42
Melvin Rader	44:08
Don Atkinson	47:18
Ken Lew	48:57

Margie Bone	56:47
Ardis Dull	56:52
Eric Edgren	61:56
Rob & Becky Smurr	78:04
Michael & Chris Sannella/	
Sara Funk	108:48
Peter Golde	Map Hike

Lake Sammamish State Park

Sammamish Orienteering Club
Sunday, September 27, 1992

Meet Director -	Dave Enger
Course Setter -	John Sincock
Training -	Rick Hood, Dave Tallent
Registration -	Valerie Enger
Timing -	John Sincock

Course 1 - Short Intro 1.8 K - 6 controls

Conlin, David	18:58
Bowman, David	19:24
Little, Kim	23:10
Hopper, James	24:17
Parker, Sheila	24:37
Williams, Nick	25:45
Kraetsch, Ryan & Pete	26:43
Stone/Montgomery	28:45
Smith, Lael	30:14
Traxler, Maureen	32:10
Taylor, Alex	32:44
Thompson, Michael	34:03
Jones, Hollie	34:10
Feet, Chris & Jeff	34:23
Goshen, Mark	34:26
Williams, Mark, Ben Luke, Blake	38:40
Mades, Paul	44:32
Suttmeier, Scott & Jenna	52:30
Whitten, Chris	59:06
Scofield, Marge	67:40
Van Blom	No time

Course 2 - Longer Med. 2.8 K - 7 controls

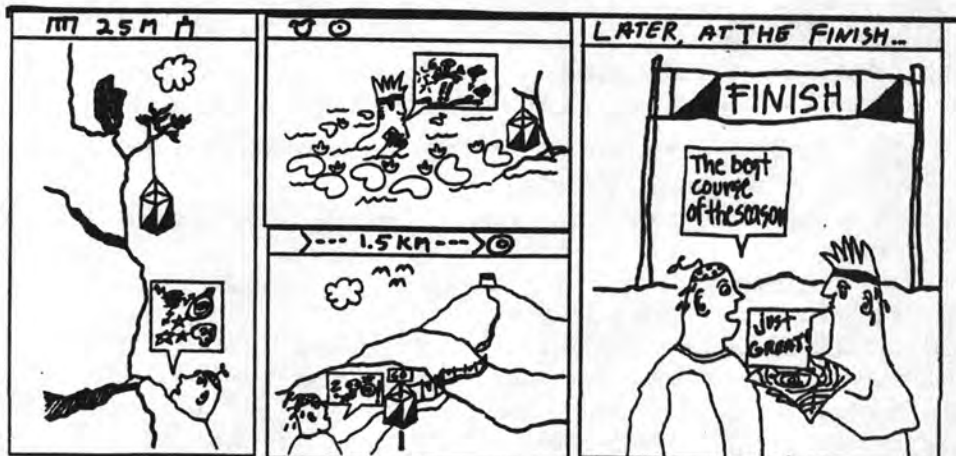
Tallent, Dave	21:55
Bowman, David	35:30
Bural, Mike	36:00
Crane, Susan	37:30
Schmidt, Bob	39:43
Conlin, David	42:05
Feet, Chris & Jeff	51:23
Jones, Hollie	53:50
Traxler, Maureen	53:50
Goshen, Mark	58:15
Parker, Susan	69:26
Raid, Shellie	103:16

Course 3 - Longer 3.4 K - 7 controls

Lilly, Dave	38:18
Birtwistle Fritz, V.	47:38
Siscel, James	77:56
Smith, Neil	68:28
Bural/Schmidt	80:26
Dull, Ardis	No time

Course 2 & 3 - Advanced 6.2 K - 14 controls

Newell, Debbie	63:28
Bryan, Sam	67:14
Fritz, Mike	67:33
Bone, Nicholas	71:17
Cox, Brian	76:02
Lew, Kevin	88:18
Bone, Eric	98:30
Bone, Margie	108:24
Robinson, Brad	130:06
Clark, Thomas	131:30
Rader, Melvin	DNF



Cascade Orienteering Club

Membership Application

Name _____

Address _____

Phone _____

Other family members _____

Club activities _____

Other interests _____

Membership Category	Yearly Fee
Associate (under 18)	\$ 5.00
Individual	10.00
Family, organized groups	15.00
Local Business Sustaining	30.00
Corporate Sustaining	90.00

Mail this form, along with your payment to:

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

Sammamish Orienteering Club

Membership Form

Family or organized group (scout troop, class etc.)
\$15.00

Individual \$10.00

Associate (under 19) \$5.00

Please circle type of membership, fill in the following information and send to the address below.

Name _____

Address _____

City, State, Zip _____

Telephone # _____

Optional information:

Occupation _____

Work phone _____

Orienteering experience _____

Special Interests _____

Orienteering Interests (please Circle) Participation in events, Improving skills, Writing, Teaching, Coaching, Publicity, Event organization, Course setting, Fieldchecking, Mapmaking, Exploration of new areas.

Sammamish Orienteering Club

P.O. Box 3682
Bellevue, WA 98009

COC Officers and Coordinators

Peter Golde	President	883-3732
Dave Petty	Vice President	822-4223
Ardis Dull	Secretary	364-4062
Margie Bone	Treasurer	634-2279
Rick Hood	External Coordinator	367-2606
Debbie Newell	Mapping Coordinator	488-7471
Harvey Friedman	Membership Coordinator	784-2774
Jim Siscel	Trim Course Coordinator	778-7202
Don Atkinson	Equipment Coordinator	488-0270
Eric Bone	Training Coordinator	634-2279
Mike Schuh	Executive Board	783-3960
Bruce McAlister	Executive Board	821-6862

Sammamish Officers and Coordinators

Dave Tallent	President	392-3061
John Sincock	Vice President	821-7581
Kathy Trost	Treasurer	271-5508
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Ben Hall	Membership Coordinator	

What is COC or Sammamish OC? The Cascade Orienteering Club and Sammamish Orienteering Club are non-profit organizations chartered by the United States Orienteering Federation (USOF) and the International Orienteering Federation (IOF). The clubs hold 25 to 30 orienteering events a year, which usually include one national Class A meet every other year. They sponsor the Washington Interscholastic Orienteering League. Membership is open to everyone, and includes a subscription to the Clubs' newsletter, **Bearing 315**, published bimonthly.

What do I need for equipment? 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. (A Club can rent you one until you buy your own). The Club will supply a topographic map of the area for each meet. There is usually an entrance fee of \$3 per map. Jogging shoes or lightweight hiking boots and old clothes (long pants and long sleeves for brushy areas) complete your equipment. Wear a watch - there is always a time deadline.

Upcoming Orienteering Meets

Call Orienteering Hotline at 783-3866 for latest information and details

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Contact</i>
<i>NOVEMBER</i>					
Nov. 7/8	North American Championships Prince William Forest, Dumfries, VA	A	QOC	1:15000 color	Peggy Walsh (215)446-3255
Sun. Nov. 8 12-2pm	McIver State Park, Estacada OR, SE of Portland Take I-205 bypass, about 20 km S of border to SR224	C	CROC		Mal Harding (503)638-8977
Sat. Nov 21 10am-noon	Manito Park, Spokane Near the Picnic Shelter	C	EWOC		John Beck (509)536-0650
Sun. Nov 22 10am-noon	Forest Park, Everett I-5 exit 192, 1 mile west on Mukilteo Blvd	C	SAMM	color	Dave Enger 822-6254
Sun. Nov 29 10am-noon	Clinic and WIOL Practice I, Evergreen High School, Burien 900 block of SW 116th	S	COC	1:5000 color	Mike Schuh 783-3866
<i>DECEMBER</i>					
Sat. Dec.5 10am-noon	Kelsey Creek Park, WIOL Practice II Exit 12 east from I-405 to SE 8th, cross Lake Hills Connector Rd to SE 7th	C	SAMM	1:3000 color	Dave Enger 783-3866
Sat. Dec 12 10am-noon	Farrel McWhirter Park, Redmond, WIOL Practice III Avondale Rd north at end of SR520, right on Novelty Hill Rd, left on Redmond Road	C	COC	1:3500 color	783-3866
Sat. Dec.19 10am-noon	Ft. Steilacoom State Park, South Tacoma, WIOL I Exit 128 west on I-5; via 84th/S Tacoma Way/Steilacoom Blvd.	C	NISQ	1:10000 color	783-3866
Sun. Dec. 27 10am-noon	St. Edwards State Park, old map, north of Kirkland, Bog Slog, WIOL II NE 141st and Juanita Drive, pot-luck to follow	C	COC	1:10000 color	783-3866
<i>JANUARY</i>					
Sat. Jan. 2 11am-1pm	SKI-O, Lake Wenatchee State Park, about 50 km east of Stevens Pass Pot-Luck and overnight, McAlister cabin at Scenic (8km west of Stevens Pass)	S	COC	b/w 367-2606	Rick Hood
Sat. Jan 9 10am-noon	NAD Park, Bremerton, WIOL III SR 304 from ferry to SR3, S Kitsap Way exit, Park on north	C	NISQ	1:5000	Sean Olmstad (206)697-1815
Sat. Jan 9	Kelso High School, Kelso Training Event	S	CROC	1:5000	Glen Cafferty (503)281-5137
Sat. Jan 16 10am-noon	Marymoor Park, Redmond, WIOL IV Exit SR 520 south at W. Lake Sammamish Parkway	C	SAMM	1:10000 color	Bob Reddick 487-0099
Mon. Jan 18 10am	RAMBO V, Point Defiance Park, Tacoma - Tentative - 3 hr. Rogaine	S		1:10000 color	Carl Moore (206)858-8217
Sat. Jan 23 10am-noon	Priest Point, Redmond, WIOL V I-5 to Plum St Exit (105B), N. on Plum, then 3 km east on Bay Dr.	C	NISQ	color	G McCausland (206)352-5542
Jan 23/24	Georgia Navigator Cup Mistletoe State Park, 40 km NW of Augusta	A	GAOC	1:15000 color	Bill Cheatum (404)549-3068
Sat. Jan 30 10am-noon	SKI-O, Trollhaugen, about 15 km east of Snoqualmie Pass Exit62 on I-5, park in Sno-Park on east side of interchange YOU MUST HAVE A SNO-PARK PERMIT	C	COC	1:15000	783-3866
<i>FEBRUARY</i>					
Sat. Feb 6 10am-noon	Point Defiance, Tacoma, WIOL VI Lake Washington Blvd S at Orcas	C	COC	1:10000 color	Steve Miner (206)752-7765
Sat. Feb 13 10am-noon	Bridle Trails State Park - WIOL CHAMPIONSHIPS Exit I-405 at NE 70th (exit 17) east, south on 116th Ave NE	S	SAMM	1:10000 color	Dave Tallent 392-3061
Sun. Feb 14	Relay - U Wash - Intercollegiate Team Benefit	S			Eric Bone
<i>Coming Major Events</i>					
April 3/4	US Intercollegiates				Dumfries VA
July 14/18	USOF Convention and A Meet				Sugarbowl Lodge, Lake Tahoe CA
Sept 11/12	Washington State Championships				Riverside State Park, Spokane
October 9/17	WOC 93 and US Champs				New York

What is USOF? Often in this newsletter, or in orienteering conversation, you will hear references to "yousoff", and most of you have seen the magazine "O/NA". 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 free 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/ 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 I 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, however, like Cascade is an IRS section 501.c.3 corporation. Which means that donations, including actual out-of-pocket costs in helping out are fully deductible for income tax.

JOIN NOW!

☐ 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
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 chartered club
☐ Individual \$30 at-large
☐ Family \$30 members of chartered club
☐ Family \$35 at-large
☐ Student \$10 (21 & under)
☐ Junior \$5 (18 & under/no vote/no magazine)
☐ Individual Life \$300 ☐ Couple Life \$450
For mailing ONA overseas (except APO & FPO):
☐ \$5 extra surface ☐ \$25 extra airmail

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