

# Bearing 315

Orienteering News for the Pacific Northwest

January, 1977

## Coming Soon: Bids in for: 1997 USOF Convention; 1998 USOF Championships

Cascade OC will be hosting two Class A orienteering meets in the next two years. The first will be on August 23rd and 24th, 1997, at Trollhaugen, just east of Snoqualmie Pass, and will use the existing map (it will be updated this spring). Immediately following the A meet (on Monday and Tuesday), we will host the annual USOF convention at Camp Waskowitz near North Bend.

The 1997 A meet will be a "rehearsal" for the 1998 A meet, which we are bidding to be the 1998 US Championship. The 1998 date is firmly fixed as August 8th and 9th, as it fits between the North American Championships and other events in Kamloops, BC, the week before, and the World Masters Games in Portland the week after (see related articles). Under discussion is a change from the usual two day, total time format that the US championships has always used, to a one day individual championship followed by a relay event; the relay might be the US relay championships.

The 1998 meet will be on a new map in the Teanaway River valley, about 5 miles north of the town of Cle Elum and about 6 miles northwest of the existing Cle Elum Ridge map. Fieldchecking will take place during the summer of 1997.

The staff for these two events will be largely the same, with the goal of putting on a flawless event in 1998. Presently, the event staff includes Eric Bone, who will be in charge of the courses; Bill Cusworth, who will handle registrations; and Bruce McAlister. Rick Hood has helped with land owner permission (as has Ellensburg OC's Will Sperry), and Rick will be heading up the convention effort. As always, more volunteers are needed and welcome. Especially needed at this stage are workers for publicity and course design. Remember, early volunteers get a great choice of jobs

If we do change formats as described above, then it would be possible for members to work one day and compete the next.

However, it is my philosophy (and that of current staff members) that it is much more important that we put on a well organized and flawless event that is enjoyed by the participants, than it is to compromise the organization of the event so that the staff members have an opportunity to compete. It is not essential that the staff members be allowed to compete: the maps will be available for our use in the future, and there will be other championships. We look forward to hosting these two A meets, and we invite Cascade OC members to help us organize a wonderful pair of events.

Mike Schuh, Meet Director

home: 206-783-3960 [schuh@farmdale.com](mailto:schuh@farmdale.com)

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## Ski-O Events

### Lake Wenatchee

Now that the first ever St Edward Ski-O has been successfully completed, skiers can start waxing up their skis and look forward to Ski-Orienteering returning to Lake Wenatchee on Sunday, January 18. The map has been updated and buildings, roads and fixed trails located. Actual location of the ski-trails depends upon the trails groomed that weekend. If there is enough interest, we will try to rent a condo in the area for Saturday night. If you are interested in staying over Saturday night, please call Bruce McAlister at 206-821-6862.

If you drive, you will need a Sno-Park permit. Starts will be 11 to 1 in the upper parking lot.

### Trollhaugen

A second Ski-O is planned for Trollhaugen late in February. The actual date will depend upon arrangements with the Sons of Norway. The tentative date is Sunday, February 23. Please check with the hot line for final dates and for overnight accommodations for Saturday night. Overnight users of the Sons of Norway lodge do not need a Sno-Park permit.

## WIOL Inside

This issue of Bearing 315 is a joint issue of Bearing 315 and WIOL NEWS.

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## Field Notes

### Bullfrog Sold:

Don't miss the opportunity to run on the Sammamish Bullfrog Maps this year as the land has "leaped" to a new owner and the future of "O" there is uncertain.

### New Trim Course

Cascade will be putting up a trim course in St. Edward State Park and taking a more active trail maintenance role in 97.

### Northwest Intercollegiate

The "Pacific Northwest Intercollegiate" will be at Fire Mt. on March 1st. OK, maybe you are out of college, no problem, form an alumni or future alumni team. (Of course, we will keep this classes separate.) And wouldn't it be great, to have a UBC and some others BC alumni as well as from Oregon.

### Skills Clinic

Speaking of March, Cascade and Husky OC are hosting a meet staff and skills clinic in later part of March. Like all "O" events this special event is open to all.

### COC Updates

Eileen Breseman is doing a dynamite job with publicity, Don Denbo (a frequent course setter) joins the board, Rob Simpson signs on as volunteer coordinator, and "all-welcome" business meetings will be held on the second Sunday of the Month. (Call Ardis for meeting details at 364-4062.)

### Service Recognition

COC would like to thank Margie Bone for serving as president for the past two years and Ron Brown for his service as volunteer coordinator. Both made a very valuable to the club and, in turn, to orienteering in the Pacific Northwest. Thanks again Margie and Ron!

### The Big News

And finally the big news: In August on the 23rd and 24th, COC, with Mike Schuh at the helm will host a two-day "A" meet followed by a 2.5 day USOF Convention, with Rick Hood heading the effort. Mega details in the next issue, but if you want to make a suggestion or volunteer before then please call Mike at 783-3960 or Rick at 367-2606.

### Rick

If you have items for Field Notes, call or send them to:

===== Rick Hood  
19708 15th Ave NE #19  
Seattle WA 98155  
phone: 206 367 2606  
email: rickhood@juno.com

## St Edward Score-O and Ski-O

Fifteen hardy participants braved snow and storm and successfully navigated the snowy roads to reach St Edward State Park for the annual Bog Slog/O Lang Syne, which this year also featured the first annual St Edward Ski-O. The lucky few were rewarded with brilliant sun and 15 inches of snow. In addition to some true COC diehards, the event also drew newcomer Scott Bleakley, Glen Cafferty who drove up from Portland, and Vladimir Gusiatsnikov, who put his fate in the hands of the airlines and flew in from Cincinnati. Of course, we told Vlad that this is just everyday weather in Seattle.

In spite of the snow, Meet Director Rick Hood had everything organised. Course setter Don Atkinson had set both a long and short option Score-O as well as a Ski-O course. All were vetted by Paul Magnus. Once on the course, everyone had a great time. Most elected to do the long option. Afterwards, all celebrated their victories at the COC annual pot-o-luck hosted by Bruce McAlister, joined by several who just came to party. A few remarked at the number of first place class awards until they learned that the winners were going to share their edible awards (home baked pies) with all. Rick Breseman also added to the end-of-year festivity by bringing

## Cascade Orienteering Club Minutes of Annual Meeting

December 3, 1996

The meeting was called to order by Master of Ceremonies, Eric Bone, at 8pm at Cocos restaurant in Edmonds. Twenty members and several guests were in attendance. Outgoing President, Margie Bone, spoke briefly, recapping club activities and member involvement nationally. Ron Brown, outgoing Volunteer Coordinator, was presented with the Presidents Award. Ardis Dull received a Board of Directors Life Service Award. The following were elected unanimously to the Board of Directors: Bill Cusworth, Don Denbo, Paul Magnus, Debbie Newell and Jim Siscel. Eric reported on our 1998 U.S. Champs bid. Rick Hood reported on the 1997 "A" meet and U.S.O.F. Convention. The meeting was adjourned at 8:27pm.

Ardis Dull, Secretary.

## Membership Report

It is that time of year again. When most thoughts are towards Christmas and family. The same is true for the membership coordinator. However it is also the time when COC must make an official counting of its membership for USOF. As of 12/15/1996 COC had 94 memberships total. Of these memberships, 53 were for individual members and 41 were for family/groups memberships. Under the USOF rules this gives the club an official membership of 135. This represents a loss of 16 memberships (26 by USOF Rules). Actual membership is probably greater then the numbers above indicate. There are many renewal notices out that had not been returned by the 15th of december.

Aaron the Alchemist

## World Master Games in Portland

The 1998 NIKE World Masters Games in Portland, Oregon will be the largest multi-sport participatory event EVER with 25,000 athletes expected in 25 sports, including Orienteering as a "core" sport! The Columbia River Orienteering Club will receive generous sponsorship including a new IOF map. However, our small O-Club needs some help from some of the more experienced orienteers from up north to develop a \*world-class event\*. If you'd like to get on board, please contact CROC's WMG Commissioner of Orienteering, Terradan Landchild <terradan@pacifier.com> (360)604-5263.



## COC Sustaining Membership Option for 1997

The COC board has elected to try, on a one-year trial basis, a Sustaining Membership Option linked to the calendar year. To take advantage of this option, you must mail the special form below, along with a check, in January. You can of course, join or renew your membership in the usual way (and at the usual price) at any time.

If, however, you elect to become a 1997 COC sustaining member, not only will you be helping the club; you will also receive some nice benefits. For example, you are entitled to attend all COC "C" and "B" sponsored meets for no charge in 1997. (Not only won't you need to bring your \$4 to each meet, you won't have to print your name, address, phone, number etc, as there will be a special sustaining membership sign-in. You just sign your name and you are set to go.) Remember though, this applies only to COC meets and not to Sammamish, Nisqually, Ellensburg OC sponsored meets, for example.

Also, because sustaining members just "sign their name", registration for all should go quicker. Thus you are helping other club members as well as yourself.

Moreover, because your sustaining membership includes free meet registration, the total income at most meets will be reduced, and this works to the club's advantage as the club has to pay a percentage (10 - 20%) on top of a permit fee at most county and city park meets. This, in turn, helps COC keep "more of our money".

You might be interested to know that COC is slated to host 13 one-day "C" events, one clinic, and one two-day "B" meet; all of which are included in your sustaining membership. If one were to attend all these meets and buy a regular membership, costs would total \$76. (Please note that COC's two-day "A" meet is not included in this sustaining membership package, nor is the sustaining membership transferable.)

(Because COC current youth fee is \$3 and that is less the the \$4 member rate for "C" and the fact that a family only receives one copy of the newsletter, the Board elected not to complicate the sustaining membership experiment with multiple family plans, for larger families, scout troops, or other groups.)

OK, that's the 1997 trial plan in a nutshell: here are some specifics.

If your current individual membership expires:

in December of 1996 or January, February, or March of 1997 your 1997 sustaining membership would cost \$ 53  
or in April, May, or June of 1997 it would be \$51  
or in July, August, or September of 1997 it would be \$49  
or in October or November, it would be \$47

COC will also offer a two-adult family sustaining membership as follows:

If your current family membership expires in:

December of 1996 or January, February, or March of 1997 your 1997 sustaining membership would cost \$103  
or in April, May, or June of 1997 it would be \$101

or in July, August, or September of 1997 it would be \$99

or in October or November of 1997 it would be \$97

If you would like to help COC and become a sustaining member of COC in 1997, please fill out the following form, enclose the appropriate value check and mail to "COC Sustaining Membership" PO BOX 31375, Seattle, WA 98103 prior to January 31st. ( In order to have your Sustaining Membership recognized for the January 11 NAD Park Meet, we must receive your form and check by January 7th). For more information, please call Aaron at 935-8742 or Rick at 367-2606.

YES I want to help COC by signing up for an  
INDIVIDUAL Sustaining Membership in 1997

Name:

Address:

City State Zip:

Phone:

Car likely driving (make and licence number):

Current membership expires:

Check amount and number:

Regarding Volunteering in 1997: Yes, you may call  
me <or> No, I prefer not to to volunteer

Yes I want to help COC by signing up for a TWO-  
ADULT FAMILY Sustaining Membership in 1997

Name of first person:

Name of second person:

Address:

City State Zip:

Phone:

Car likely driving (make and licence number):

Current membership expires:

Check amount and number:

Regarding Volunteering in 1997: Yes, you may call  
us <or> No, we prefer not to to volunteer

## Regional Election

The Pacific Northwest Region of USOF will be electing a new Regional Representative and Alternate to the USOF Board by mail and at the Convention A meet. Nominations should be sent to Carl Moore. Bruce McAlister is the current representative and is not a candidate. Details later.

# Meet Results and Standings

## Lake Sammamish State Park

*Sammamish Orienteering Club*  
September 29, 1996

### Course 1 (1.8k, 8 controls)

Karin Mesmer	30:00
Amanda East	30:26
Charles Frevert	32:24
Loren Webener	33:33
Ryan & Kelsey Breseman	COC 45:39
Matej Urban	SAMM 46:15
Collins/Singer	59:55
Engers	SAMM 60:16

### Course 2 (11 controls)

Sue & Tina Ulric	COC 40:35
Fred Veler	SAMM 41:17
James T. O'Malley	SAMM 53:45
Erik Pearson	56:21
Ed Pottharst	COC 75:10
Charles Frevert	80:39
Karin Mesmer	82:31
Ryan Stearns	83:03
Kim O'Malley	83:11
Mark Watson	84:05
Amanda East	87:28
Loren Webener	93:17
Kathy McDonald	COC 119:15
Nate Harrington	158:48

### Course 3 (17 controls)

Eric Bone	COC 44:46
Rick Breseman	COC 56:17
Dave Tallent	SAMM 60:55
Debbie Newell	COC 61:06
Eileen Breseman	COC 70:39
Howard Halter	SAMM 72:32
Sandy Kish Miller	COC 81:38
Robert Miller	COC 90:58
Richard Staudt	COC 96:11
Ken Lew	COC 101:07
Roger Rosenblatt	COC 102:10
Kean Williams	COC DNF
Mark Howlett	SAMM DNF
Don Atkinson	COC DNF

## Boeing Creek

*Sammamish Orienteering Club*  
October 20, 1996

Meet Director: John Sincock  
Courses: Bob Reddick  
Marker hanging: Bob Reddick, Jan Urban, Jana Urbanova  
Registration: John Sincock

Timing: Bob Reddick

Marker pickup: Bob Reddick, Arne Skog

### Course 1

Eva Corey	27:13
Katie & Sharon	35:26
Ardis & Erik	37:16
The Burke 4	42:12

### Course 2

Else Raadal	40:40
Jennifer Knapp	64:10
Engers	SAMM 67:00
Karl Klaben	82:00

### Course 3

Larry Sorenson	COC 75:00
Mike & Lou Haff	83:40
Parr	89:40
Katie & Sharon	93:30

### Course 4 (3.2k, 17 controls)

Eric Bone	COC 35:40
Magne Raadal	FANA 48:40
Fred Veler	SAMM 48:42
Nic Bone	COC 50:50
Mike Schuh	62:34
Chris Lum	SAMM 64:58
Don Atkinson	COC 65:50
R. Stuart	67:10
Don Denbo	COC 68:46
Arne Skog	SAMM 72:00
Bret, Ben, & Todd Drobnick	74:05
Harvey Friedman	COC 83:45
Chuck & Jan Wood	85:15
Brian Wingert	87:40
Michael Corey	SAMM 90:40
Roger Rosenblatt	92:44
Kean Williams	93:26
Don Atkinson	93:35
Margie Bone	101:10
Traxler	120:46
Pat Kelly	COC 128:40

## Island Crest Park

*Sammamish Orienteering Club*  
November 17, 1996

Meet Director: Jan Urban

Courses: Jan Urban

Registration: Jana Urbanova

Timing: Chris Lum

Marker pickup: Dave Tallent, Kean Williams

### Course 1 (1.3k, 7 controls)

Temi Shajuyigbe	19:07
Troop 1178	21:47
Girl Scouts 1572	22:46
Troop 268	25:20

Marjorie Mills	28:22
Troop 1178 (B)	28:46
Sue Sudim	30:29
Girls Scouts 1972 (B)	33:17
Cyndy Hatcher	34:22
Troop 1540	36:57
Phyllis, Troop 1540	37:57
Doug Hathaway	40:36

### Course 2 (3.9k, 11 controls)

Tom Slocum	COC 48:24
Bill Cusworth	COC 49:44
Todd Dan	56:58
Neil Smith	COC 65:38
Lael Smith	COC 70:10
Charles Frewert	74:42
Ed Pottharst	COC 80:56
Mike Salisbury	92:55
Susan Cvengros	COC 103:09
Rick Evans	129:18
Harvey Friedman	COC 129:46
KKM	131:40
Todd Bohle	141:55
Troop 1572A	DNF
Troop 1572B	DNF
Troop 1540	DNF
Cheri Bywater	DNF
Troop 1178A	DNF
Troop 268	DNF
Troop 1540 (Mills)	DNF
Troop 1540 (Rowe)	DNF
Gretchen Hull	DNF
Ken Case	DNF
Katie Peckham	DNF

### Course 3

Mark Howlett	SAMM 49:18
Rick Breseman	COC 51:16
Dave Tallent	SAMM 52:30
Howard Halter	SAMM 55:04
Arne Skog	SAMM 56:01
Kevin Welton	COC 59:31
Debbie Newell	COC 67:17
Don Denbo	COC 67:31
Ardis Dull	COC 72:18
Kean Williams	COC 72:24
Roger Rosenblatt	COC 72:35
Steve Fredrickson	COC 75:01
Ken Lew	COC 75:09
Don Atkinson	COC 76:36
Patrick Kelly	COC 84:27
Todd/Dan	85:00
Yoxall	POTOC 87:15
D. Guiles	87:33
Bill Messina	DNF



## Woodland Park

WIOL/Cascade Orienteering Club

December 14

### Course 1

WIOL

Sean Reehoorn/Curtis Chambers 7:00

Erika Jones/Ginger Stratton 12:22

Public

Kyle Roeter Troop 662 9:37

Chris Beard Troop 662 11:21

Peter Barnes Troop 662 12:45

Marcus Barnes/Taylor Emerson

Troop 662 12:59

Michael Lingard Troop 662 13:58

Michele Dean 14:28

John Simpson 14:29

Chris Kilmer 15:16

Matej Urban SAMM 16:51

Fordyce 21:31

JoAnne Hurst COC Map hike

Marcus Barnes Troop 662 8:05

(2nd time)

### Course 2

WIOL

Alan Burdick BREH 15:13

Christina Strasser/Jessie Aumann 16:26

Josh Parker/Jason Dempsey 17:05

Daniel Smart BREH 17:10

Dan Allen/Giuseppe BREH 18:12

Al Faikner EVEH 18:23

Michael Braden EVEH 20:13

Miguel Nolencir/Gabriel Mejia

20:22 Louie Smith BREH 21:30

Lacey Dobsen BREH 27:58

Carl Coombe/Hebert Green

BREH 27:59

Eileen Estvanik BREH 28:30

Laura Wehnert BREH 30:59

Leland Rollings/Joel Gailbraith

BREH 34:05

Matthew Pavlich BREH 34:25

Public

Taylor Emerson Troop 662 23:39

Kyle Roeter Troop 662 24:58

Chris Beard Troop 662 25:57

Michael Lingard Troop 662 26:30

Fordyce MSP (38:07)

### Course 3

WIOL

Dan Kechmarik BOTH 15:44

Loren Stamey/Rob Smith 20:02

Dean Neshem/Rosalyn Pham 21:36

David Thompson BREH 24:20

Trina Molien/Katrin Lux BREH 24:44

Tommy Stainsby TJFH 28:28

Veronica Garcia/Rhiannon Rouse

BREH 28:57

Corena Meyers/Tracy Coe 32:43

Ginger Stratton/Erika Jones 35:41

Gabriel Mejia/Miguel Valencia 36:31

Sean Reehoorn/Curtis Chambers 39:11

BREH 41:11

Joe Rothery BREH 51:43

Public

Jan Vrana COC 16:45

Mike Salisbury 26:26

Roger Dean 27:05

Chris Strasser/Jessie Aumann 28:18

Kyle Roeter Troop 662 29:56

Else Raadal FANA 31:55

Paula Brown COC 41:26

### Course 4

WIOL

Dallas Newman 32:39

Miguel Valencia/Gabriel Mejia

BREH 46:16

Public

Dave Tallent SAMM 18:51 (2ncourse)

Mac MacDonald SAMM 20:43

Mike Fritz COC 20:49

Tyler Frederickson COC 21:16

Magne Raadal FANA 21:28

Koetlever 22:38

Dan Baird HUSKY 23:24

Steve Frederickson COC 26:28

Ellen Boomer NISQ 29:13

Ken Lew COC 29:37

Vivien Fritz COC 30:43

Reader 32:22

Loren Stamey 32:58

Dale Bryant Troop 662 33:28

Jim Siscel COC 33:31

Ardis Dull COC 33:36

Rob Smith BOTH 34:36

Roger Dean 38:58

Henken 39:10

Margie Bone COC 42:03

Katie Pectchain SAMM 59:13

### Course 5 (freestyle, 30 controls)

Rick Breseman COC 25:01

Dave Tallent SAMM 27:37

Debbie Newell COC 27:50

Eileen Breseman/Jana Urbanova 30:24

Dan Kachmarik 30:58

Jan Urban SAMM 33:37

Kean Williams COC 34:21

Don Denbo COC 38:44

Brothers 40:30

Kevin Welton COC 40:47

Michael Corey SAMM 43:55

Roger Rosenblatt 52:08

## Ft. Steilacoom Park

WIOL/Nisqually Orienteers

December 21, 1996

Meet Director: Carl Moore

Courses: Carl Moore

Registration: Linda Moore, Jan Whaley

Timing: Carl Moore, Sid Whaley

### Course 1 (1.6k, 8 controls)

Public

Hull family 27:12

Anna Urbanova SAMM Map hike

### Course 2 (2.5k, 10 controls)

Public

Dave Petty COC 32:42

Charles/Linnen Wahlston 50:24

Nick & Alan Cock NISQ 55:50

### Course 3 (4.1k, 12 controls)

WIOL

### Course 4 (5.1k, 13 controls)

Dan Baird SAMM 39:42

Don Atkinson COC 43:30

Ken Lew COC 47:49

Skanes/Hull 57:10

Neil Smith COC 58:00

Erik Osborne 59:38

Dan Ellenwood 63:28

Kari Jones COC 63:58

Harvey Friedman COC 76:36

Danny Waite 79:58

Michele Dean 126:00

### Course 5 (6.5k, 14 controls)

Eric Bone COC 40:28

Bill Cusworth COC 42:19

Kean Williams/

Rick Breseman COC 44:58

Mac MacDonald SAMM 45:48

Jan Urban SAMM 46:39

Kevin Welton COC 47:47

Debbie Newell COC 48:53

Mike Miller SAMM 51:16

Jana Urbanova SAMM 52:17

Dave Tallent SAMM 56:25

Tyler Frederickson COC 64:34

Roger Rosenblatt COC 64:47

Ardis Dull COC 66:33

Mike Derie 66:44

Ellen Boomer NISQ 68:45

Lisa Nordlund HUSK 74:54

Steve Frederickson COC 77:15

Steve Miner/

David Miner NISQ 81:19

Roger Dean 88:15

Shannon Peckham SAMM 125:19

Katie Peckham SAMM 126:25

## Capitol Hill

### Cascade Orienteering Club

November 2, 1996

Meet Director: Bill Cusworth

Course Setter: Bill Cusworth

Registration: Maureen Traxler

Start Timing: Denise Klein, Kevin Welton

Finish Timing: John Nitardy, Eric Bone

Control Pick-Up: Eric Bone, Bill Cusworth

#### Course 1 (Novice)

George Burgstaller 16:22  
Ryan Breseman 30:09

#### Course 2 (Beginner)

Todd Drobnick 8:53  
Ardis Dull 12:23  
Ed Potthurst 19:19  
Eva Corey 24:49  
Denise Klein 26:48

#### Course 3 (Intermediate)

Jan Urban 25:21  
Jean Marc Lenoir 31:26  
Magne Raadal 31:36  
Dave Tallent 32:41  
Kevin Welton 33:25  
Debbie Newell 33:35  
Eileen Breseman 34:10  
Dale Width 34:37  
Chris Lum 35:49  
Todd Drobnick 37:47  
Don Denbo 41:39  
Kean Williams 44:22  
Rick Breseman 44:38  
Russ Caldwell 44:44  
Patrick Kelly 44:49  
Ken Lew 44:51  
Roger Rosenblatt 44:52  
Ed Potthurst 46:21  
Michael Corey 46:48  
Shannon Barnes 49:17  
Gary Altman 50:15  
Lael Smith 51:25  
Neil Smith 54:06  
Daniel Parr 57:08  
Andi Nelson 65:55  
John Nitardy 68:17  
Dave Henken

## UW Campus

### Husky Orienteering and Running Club

November 3, 1996

Meet Director: Bill Cusworth

Course Setter: Nic Bone

Registration: Bill Cusworth

Beginner Instruction: Eric Bone,  
Nic Bone Self-Timing

#### Course 1 (Novice)

Mike Schuh (on bicycle) 11:57  
Jennifer Hill 14:38  
Jesse Malkin 16:20  
Simpson 21:41  
Kyle Lybecu 30:00  
Emily Welton 35:20

#### Course 2 (Intermediate)

Sture Carlsson & Anne York 18:00  
Russ Caldwell 25:05  
Roger Rosenblatt 27:30  
Harvey Friedman 31:00

Lisa Boutwell 37:01  
Kari Jones 38:01  
Jonathan Woodard 38:32  
Margie Bone 42:29  
Bob & Pat Reddick 48:48  
Jennifer Hill 49:50  
Fernne Rosenblatt 53:00  
Teri Jones 60:00  
Kyle Lybeck 61:00  
Jody Bywater 97:00

#### Course 3 (Advanced)

Jan Urban 42:38  
Kevin Welton 43:03  
Howard Halter 45:45  
Magne Raadal 46:30  
Jana Urbanova 47:06  
Jean Marc Lenoir 47:11  
Bret Ray & Todd Drobnick 59:25  
Ardis Dull 63:38  
Michael Corey 66:04  
Ken Lew 68:40  
Kean Williams 79:00  
Chuck & Kyle Ward 82:37  
Miller family DNF

## Winter O' Series

### Current Standings (after 1 meet)

Name	Club	Points
<i>Women</i>		
Debbie Newell	COC	100
Jana Urbanova	SAMM	95
Ardis Dull	COC	92
Ellen Roemer	NISQ	90
Lisa Nordlund	CHUKO	89
Sharon Peckham	SAMM	88
Katie Peckham	SAMM	87
<i>Men</i>		
Eric Bone	COC	100
Bill Cusworth	COC	95
Mac MacDonald	SAMM	92
Jan Urban	SAMM	90
Kevin Welton	COC	89
Mike Miller	SAMM	88
Dave Tallent	SAMM	87
Tyler Frederickson	COC	86
Roger Rosenblatt	COC	85
Mike Derie		84
Steve Frederickson	COC	83
Roger Dean		82

## Travel Notes

Thinking of travelling to A-Meets this summer. You might want to check out the travel notes on the PNW O-Net. Late fares are listed there for out of town meets. Remember these fares change quickly.

Recent Round Trip fares have been:

## SEE US IN THE NEWS AND ON THE INTERNET

Cascade Orienteering Club events are once again listed regularly in the following publications since October: Sports Etc., Seattle PI Getaways Recreation Calendar, Seattle Times Sports Calendar and Northwest Runner Magazine.

A press release about our local US Championship winners (run in Indiana/Ohio in October) was picked up by Sports Etc., Seattle PI and the Woodinville Weekly... yet more newsprint to our benefit.

If anyone has specific ideas or other suggestions as to where we might interest would-be, current and used-to-be orienteers, please let me know. I'm hoping that regular long term exposure to the sports world will attract new folks interested in our sport.

Look for our new venture in January '97 on the Internet! We were recently invited to send our calendar and other press releases (including our Web site) to Microsoft's newly launched "Seattle Sidewalk" (<http://www.seattle.sidewalk.com/>). This online arts and entertainment guide for Seattle will be the first of the world cities to debut this service.

Eileen

## Orienteers Surf the Web

Yes, the Northwest has not one, but two web pages. Check out our two web pages. Mike Schuh maintains one for COC at: <http://www.halcyon.com/schuh/orienteering/coc.html>. Howard Halter maintains "Pacific Northwest Orienteering Information" at <http://www.eskimo.com/~halter/orienteering/pnw.html>. Both pages have links to the PNW Schedule, and include driving help and site notes. In addition, Husky Club maintains pages on the UW pages.

The IOF maintains a web page at <http://www.orienteering.org> which has links to most national pages. The Orienteering Association of British Columbia also maintains a web page.

\$131 to Kansas City for the Intercollegiates; \$170 to Atlanta for the Georgia Navigator Cup and \$186 to Columbus OH for the team trials. We are trying to arrange a group fare to Norway for the WC this summer.



# ***The Washington Interscholastic Orienteering League Newsletter***

1996-97 Season -- Issue #1

## **Welcome to WIOL '96-'97**

by Debbie Newell, WIOL Director

Welcome to a new season of scholastic orienteering events. I would also like to encourage you to get your friends and relatives to attend a meet or two. They don't have to be of school age. Old fogeys (like your parents) can participate in the annual "Winter O' Series," which runs concurrently with the WIOL meets. You wouldn't want them to miss the pleasure of running through mud, rain, snow, and underbrush, would you? Anyway, I hope you have a great time running through the woods, no matter what the weather is like.

## **Brief Updates**

Inclement weather (try a foot of snow) made travel difficult for the St. Edward State Park meet in Bothell. Although the meet was not canceled, it will not count towards the season standings. Several people (though no school league participants) did turn up, enjoying the beautiful sunshine while running or skiing through the deep snow.

If you bought a WIOL season pass, you will get a \$3 refund check. Also, you can still buy a season pass at the Lake Sammamish meet for \$18.

It is always a good idea to call the **Orienteering Hotline (206) 783-3866** for the latest updates.

Lastly, please visit our WIOL website hosted by Howard Halter at: [www.eskimo.com/~halter/orienteering/wiol/wiol.html](http://www.eskimo.com/~halter/orienteering/wiol/wiol.html)

## **Running Smart**

Tips by Eric Bone, former WIOL Champion and current USOF Team Member

When you're orienteering, you can sometimes get around the course pretty quickly without planning or paying close attention to what you're doing. Running without any plan or technique is a hit-and-miss way of orienteering: sometimes you will succeed, but often you will lose time making navigation mistakes. Two techniques that are helpful in approaching navigation problems are *generalization* and *attack points*.

**Generalization:** Orienteering maps are specially made with lots of detail. There are usually many more features shown on the map than you need to get from one control to the next. It is helpful to be able to "filter-out" the unnecessary information and only see features that are important in

finding the control. This is not something that you do automatically, but takes practice. You can do this by looking briefly at a leg between two controls, then turning the map over and drawing on a sheet of paper all the features you remember which are important in finding the control. Look for the biggest, easiest features to find and ignore things that are subtle or don't affect your running or navigation. Trails, roads, and other linear features, big hills and valleys, and large thickets and open fields are all important in choosing and following a route.

**Attack points:** Some parts of an orienteering course are easier than others. It's usually easy to get near the control, but tricky to actually locate the control marker. You should adapt your orienteering technique to this by running fast in the easy sections and going slowly and carefully in the hard sections. One way of doing this is to use *attack points*. An attack point is an easy-to-find point from which the control can be approached, or "attacked." You should choose attack points which you are confident you can find easily and quickly, even if they are not on the shortest route--you usually lose more time than you gain by attempting direct, difficult routes when there are simpler choices available. Sometimes the attack point for a control is the control before it--when there's no easy intervening feature. Other times, the control is as easy a feature as any other; in other words, it is the *attack point*. These situations are unusual. Some typical attack points include a road bend, a stream junction, a trail intersection, the corner of an open field, and the top of a hill.

## **WIOL Results**

### **WIOL Meet #1 -- December 21st FT. STEILACOOM PARK Nisqually Orienteers**

article by Carl Moore, Meet Director  
and results by Don Denbo, WIOL Results Director

Many thanks to those who participated in the FS Meet. We had about 65 kids do the WIOL courses. About 20 ran the long advanced course and 8 on the short advanced. Special thanks go to Sid and Jan Whaley who helped with many tasks, Ken Peters who had the signs up early, Don Denbo who got up early and vetted the WIOL courses and suggested two small changes and hammered on the computer during the meet, Linda Hood who came early to do the WIOL registration (The first kid was on the HS course at 9:20 am!), Debbie N who helped with registration, Ellen, Lisa and the Whaleys for marker pickup.

**Course Notes:** I designed the WIOL HS course for a 30 min. winning time. A few kids were faster, but most of the kids were in the 30 to 50 minute range. Not bad. I made a major

course-setting mistake on the HS course by making a last-minute change on their next-to-last control, from a small knoll to a fence around the northern water tower. (Paul Magnus sent me notes on past courses and I thought the knoll would be a little tough to find if I were to stick to my 30 min. guideline.) While setting out the controls I realized some of the younger HS kids might go to the wrong water tower where the middle school kids had a control. This in fact happened to 4 or 5 kids on the HS course, causing them to mis-punch. Too bad.....The long-advanced course got mixed reviews from a few runners. The pit was chosen as a control site to get the mindless, non-thinkers to switch gears and speeds after several long, easy legs to some careful map-reading and messy going. I squeezed out a few minutes on this one, an "in-and-out" control from a small path accurately mapped. #13 in a small reentrant was placed to trap the fast runner toward the end of the course. Careful map-reading with some fierce berry patches not completely mapped made this one tough. I got an 8-minute delay out of one experienced runner! The course planner's sweet revenge! Controls were hung at ground level in some cases because we have a problem with stolen markers at this park. Remember last year? One crucial marker was stolen mid-way through the meet. It didn't happen this year.

Unsung heroes: Terry Bryant who drove the Bremerton bus and brought about 32 kids. Eric Bone volunteered to take the HS kids around the course for a critique. Steve Miner made a last-minute trip to the Xerox machine for description sheets that were running out. Jan Whaley brought the food and drink.

Thanks again for the response at Fort Steilacoom. Hope to see you at RAMBO in January.

#### Course 1 - Elementary (1.6 km, 8 controls)

	<u>Code</u>	<u>Time</u>	<u>IPE</u>
Matej Urban	HKEL	25:28	100

#### Course 2 - Middle (2.5 km, 10 controls)

##### --Men

Diamond Baird	RIDJ	35:55	100
Carl Coombe	BREJ	42:28	95
William Johnson	BREH	46:42	92
Matthew Pavlich	BREJ	DNF	

##### --Women

Jeanine Dempsey	BETJ	38:18	100
Sarah Miner	SPMS	61:35	95

##### --Non-Competitive

Veronica Garcia	BREH	35:05	
Jason Ahmu	BETJ	24:35	
Mark Scott	BETJ	24:36	
Angela Tallent	KENJ	50:47	
Nick Tallent	KENJ	50:47	

#### Course 3 - High School (4.1 km, 12 controls)

##### --Men

	<u>Code</u>	<u>Time</u>	<u>IPE</u>	<u>TPE</u>
Sean Bemis	BREH	26:50	100	100
Jason Dempsey	BETH	33:20	95	95
Chris Bloczynski	BETH	34:00	92	92
Tracy Coe	BREJ	34:21	90	90
Matt Scott	BETH	34:24	89	89
Justin Wright	TOJH	34:38	88	88
Richard Calix	BETH	35:55	87	87
Lael Smith	NTWS	37:43	86	85
Dallas Norman	EVRT	39:44	85	84
Matthew Ahmu	BETH	40:41	84	82

Joe Rothery	BREH	40:42	83	81
Keith Burdette	TOJH	40:48	82	80
Benjamin Mampaey	BREH	40:57	81	79
Paul Lozano	BREH	43:03	80	76
Louie Smith	BREH	43:50	79	75
Tommy Stainsby	TOJH	46:00	78	73
Josh Irwin	EVRT	46:31	77	72
Adrian Alina	BREH	47:25	76	71
Leland Rollings	BREH	49:00	75	69
Heber Green	BREJ	49:15	74	68
Nathan Wheeler	BREH	49:57	73	67
Dean Neshem	BREH	51:29	72	65
Joel Galbraith	BREH	68:55	71	59
Richard Lima	EVRT	75:00	70	57
Brenden Clements	EVRT	76:53	69	55
Daniel DeConinck	EVRT	141:54	68	53
Alan Burdick	BREH	MSP (control #11)		
Jon Douglass	BREH	MSP (control #11)		
David Thompson	BREH	MSP (control #11)		
Carl Bowers	BREH	MSP (control #11)		

##### --Women

Rosalyn Pham	BREH	36:43	100	86
Blythe Oraker	BREH	40:12	95	83
Joan Maza	BREH	45:19	92	74
Rhiannon Rouse	BREH	47:49	90	70
Trina Molien	BREH	51:13	89	66
Brigitte Estvanik	BREH	53:34	88	64
Marina Lebedeva	STHS	53:36	87	63
Corena Meyers	BREH	55:25	86	62
Suzanne James	BREH	66:55	85	61
Heather Daniels	BREH	68:21	84	60
Nicole Moody	BREH	70:36	83	58
Lacey Dobson	BREH	75:51	82	56
Jennifer Thiel	EVRT	98:00	81	54

##### --Non-Competative

Tara Matthews	TOJH	41:57
Ashley Matthews	TOJH	41:57

#### WIOL Team Results

After One Meet at Fort Steilacoom

Bethel High School (5 members)	363
Bremerton High School (21 members)	350
Thomas Jefferson High School (5 members)	326
Everett NJROTC (6 members)	274
Bremerton Junior High School (2 members)	160
Northwest School (1 member)	85
Steilacoom High School (1 member)	65

##### Code

BETH - Bethel High School  
 BETJ - Bethel Junior High School  
 BREH - Bremerton High School  
 BREJ - Bremerton Junior High School  
 EVRT - Everett NJROTC  
 HKEL - Helen Keller Elementary School  
 KENJ - Kenmore Junior High School  
 NTWS - Northwest School  
 RIDJ - Ridgetop Junior High School  
 SPMS - Saint Patrick Middle School  
 STHS - Steilacoom High School  
 TOJH - Thomas Jefferson High School

Time - Elapsed time on course

IPE - Individual Points Earned

TPE - Team Points Earned. For example, at the FS Meet, Rosalyn Pham of Bremerton came in first for women on course three and earned 100 individual points. She also placed 8th overall on the course and thus earned 86 points for her team in the team standings.



# Upcoming Orienteering Events

**Call the Hot Line at 206-783-3866 for latest information and details**

Date/Time	Location and Comments	Type	Club	Map	Contact
<b>JANUARY</b>					
Sat, Jan 4 10am-noon	*Lake Sammamish State Park. WIOL #3. I-90, E#xit 15, north to park	C	SAMM WIOL	1:10000	Dave Enger (206)822-6254
Sat. Jan 11 10am-noon	*NAD Park, Bremerton, WIOL#4. N on SR 304 from ferry to West SR3, Kitsap Way exit, north to park.	C	COC WIOL	1:5000	Eric Bone (206)634-2279
Sat., Jan 18 9:30	RAMBO! Pt. Defiance State Park, Tacoma, Exit 132 on I-5 to SR 16, 6th St Exit, 3 mi N on Pearl St to Park. Mass Start Event - Don't be late	C X	NISQ	1:10000	Carl Moore (206)756-5739
Sat., Jan 18 10am-noon	Gonzaga University, Spokane	C	EWOC		John Beck (509)838-7078
Sun., Jan 19 10am-noon	Lake Wenatchee St. Park Ski-O, E on US2 to SR 207, 20 mi E of Stevens Pass, 5 mi N, left into park.	S	OSOC	1:10000	Bruce McAlister (206)821-6862
Sat., Jan 25 11am-1pm	Magnuson Park, Seattle, WIOL Relay, E on NE 45th from I-5 to Sand Point Way, follow north to park.	C	HUSKY WIOL		Bruce McAlister (206)634-2279
<b>FEBRUARY</b>					
Sat., Feb 1 10am-noon	*Priest Point Park, Olympia. WIOL#5, I-5 exit 105B. Plum St NW into town becomes East Bay Drive, follow to park	C	NISQ WIOL	1:5000	G McCausland (360)352-5542
Sat., Feb 8 10 am-noon	*Lincoln Park, Seattle. WIOL #6, Exit I-5 Spokane St., West to Fauntleroy, left on Fauntleroy Way S to park	C	COC WIOL	1:5000	Debbie Newell (206)488-7471
Sat., Feb 8 11 am-noon	Tryon Creek Park	C	CROC		Scott Drumm (503)261-1493
Sat., Feb 15 11am-noon	Riverside State Park, Spokane	C	EWOC	1:15000	John Beck (509)838-7078
Sat., Feb 15 11am-1pm	Ski-O, Check hotline for details				Bruce McAlister (206)821-6862
Sat., Feb 22 10am-noon	*Hamlin Park, N Seattle. WIOL Champs, Exit I-5 at NE 145th E to 15th NE, N to 160th	C	SAMM WIOL	1:7500	Debbie Newell (206)488-7471
<b>MARCH</b>					
Sat., Mar. 1 10am-noon	Fire Mt. Scout Reservation, Wash Intercollegiate Champs Mt Vernon. I-5 N to exit 227, E SR 538, S SR 9, left on Walker Valley Rd to end	C	COC	1:10000	Jim Siscel (206)778-7202
Mar., 1/2	Arizona Rogaine, North America Rogaine Champs, at Empire Ranch about 30 mi S of Tucson.	R	TOC	1:25000	Wilkey Richardson (520)529-1105
Sun., Mar 9 11am-1pm	Powell Butte Park, Portland, OR	C	CROC		Glenn Cafferty (503)281-5137
Sun., Mar 16 10am-noon	Carkeek Park, Seattle	C	COC	1:10000	(206)783-3866
<b>APRIL</b>					
Sat., Apr. 5 10am-noon	Woodlan Park, Seattle. Newcomers' Meet	C	COC	1:5000	(206)783-3866
Apr 5/6	US Intercollegiate Champs, Kansas City, MO	A	PTOC	1:15000	Kevin Shipley (913)884-7394
Sat., Apr 12 11am-1pm	Mt. Tabor Park, Portland	C	CROC		Peter Kehoe (360)256-5328

\* Denotes Winter O-Series Event

## Clubs

COC: Cascade Orienteering Club  
 EWOC: Eastern Washington O.C.  
 HUSKY: UW O.C.  
 SAMM: Sammamish O.C.  
 NISQ: Nisqually O.C.  
 CROC: Col. River O.C.

## Meet Types

C: Regular local meet  
 A: National meet  
 S: Ski R: Rogaine  
 X: Special event

## Cascade OC Contacts

Bill Cusworth 789-1346  
Ardis Dull 364-4062  
Paul Magnus 335-3555  
Jim Siscel 778-7202  
Eileen Breseman 483-6592

## Sammamish Contacts

Dave Tallent 392-3061  
Dave Enger 822-6254

## Other Club Contacts

Frank Skorina, Sacajawea (509)522-2770  
Will Sperry, Ellensburg O.C. (509)925-4716  
John Beck, Eastern Wash O.C. (509)838-7078  
Scott Drumm, Columbia River O.C. (503)261-1493  
Eric Bone, Husky Running and O.C. (206)634-2279  
Ken & Joanne Klepsch, Chuckanut O.C. (360)299 1010

## USOF Regional Representative

### Orienteering Club Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone Home \_\_\_\_\_ Work \_\_\_\_\_

Family members \_\_\_\_\_

Special Interests \_\_\_\_\_

Membership Category	Yearly Fee
Associate (under 18)	\$ 5.00
Individual	10.00
Family	15.00

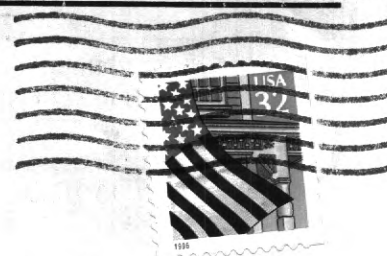
Mail this form, along with your payment to one of the following:

<b>Cascade Orienteering Club</b> PO Box 31375 Seattle, WA 98103	<b>Sammamish Orienteering</b> PO Box 3682 Bellevue, WA 98009
- or -	- or -
<b>Ellensburg Orienteering</b> c/o Will Sperry 1006 N. Water ST Ellensburg, WA 98926	<b>Sacajawea Orienteers</b> c/o Frank Skorina 116 Stanton Walla Walla, WA 99362

## Bearing 315 is

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highlighter, your membership has  
lapsed