



# Bearing 315

The newsletter of the Cascade Orienteering Club

July-September 2002

## Blast from the Past



Washington Interscholastic Orienteering League team winners Nathan Hale, circa 1980. COC member Ingemar Jansson presented the trophy, which he holds in the photo.

## Cascade Members Excel at Mt. Dufferin Rogaine



**Jennifer and Steve Knowles** (left) won the mixed division at the recent Mt. Dufferin 6-hour Rogaine held in Kamloops, British Columbia. **Eric Bone** and **Bill Cusworth** won the men's division.

### Current COC Officers and Coordinators

President – vacant  
Vice President/Training Coordinator – Eric Bone, 206-634-2279, [eric.bone@attbi.com](mailto:eric.bone@attbi.com)  
Treasurer – Katie Sprugel, 206-365-8742, [sprugels@att.net](mailto:sprugels@att.net)  
Secretary – Ardis Dull, 206-364-4062, [ardisdull@juno.com](mailto:ardisdull@juno.com)  
\*Mapping Coordinator – Don Denbo, 206-366-0624, [dwd6@mindspring.com](mailto:dwd6@mindspring.com)  
\*Equipment Coordinator – Don Atkinson, 425-488-0270, [ona@atmos.washington.edu](mailto:ona@atmos.washington.edu)  
\*Newsletter Editor – Debbie Newell, 425-488-3691, [dnewel@gte.net](mailto:dnewel@gte.net)  
Membership Coordinator – Jim Siscel, 425-778-7202, [jsiscel@cmc.net](mailto:jsiscel@cmc.net)  
Publicity/Promotion Coordinator – Jennifer Knowles, 253-845-6588, [jsknowles@msn.com](mailto:jsknowles@msn.com)  
Land Use Coordinator – Dave Tallent, 425-488-3691, [dtallent@gtemail.net](mailto:dtallent@gtemail.net)  
Technical Coordinator – Bill Cusworth, 206-271-0652, [cusworth@chem.washington.edu](mailto:cusworth@chem.washington.edu)  
\*Jan Urban, 425-402-7225, [urbanj@moleculumetics.com](mailto:urbanj@moleculumetics.com)  
\*Kean Williams, 425-931-3036, [keanwill@yahoo.com](mailto:keanwill@yahoo.com)

\* Executive Board Member

## Cascade Successfully Loses Cascadia Cup

In a brilliant display of creative scoring, Rick Breseman led the charge to return the Cascadia Cup to Canada. Inspired by his desire to get the cup out of his house, where it has been since the last Cascadia Cup, Rick figured out a way for the badly-outnumbered Canadian team to head home with the cup. It wasn't a total loss, though: inside the cup was a bottle of beer.



Canadians Martin Pardoe and Marie-Catherine Bruno celebrate their Cascadia Cup victory.

## New O' Suits Have Arrived

The new club O' suits are here! Cascade OC received its snappy new Trimtex orienteering suits from Scarborough Orienteering. If you ordered one, you can pick it up from Jennifer Knowles (253-845-6588, [jsknowles@msn.com](mailto:jsknowles@msn.com)). We will probably be placing another order sometime in the fall, so if you didn't order one, you will have another chance then.



# Meet Results

## Ft. Casey State Park - April 6

Meet Director: Don Atkinson

Courses: Bill Cusworth

Registration: Anna Urbanova

Setup: Don Atkinson, Mark Howlett, Ken Lew

Start: Don Atkinson

Finish: Don Atkinson, Bill Cusworth

### Course 1

Anna Urbanova	12:40
Chad Olson	12:41
Dan Elsbury	16:00
Marjorie Stratton	23:00
Karen MacDonald	23:12
Alan Christianson	23:58
Roland & Natascha Mueller	33:29
Logan Knowles	36:41
Joseph Cruz/Kyle Torres-Cano	42:40

### Course 2 - Score-O

(24 controls, any order, 1 hour time limit, 2-control/minute overtime penalty)

24 Controls		Ultimate Pts.
Eric Bone	27:21	1000
Jan Urban	29:30	927
Rick Breseman	32:59	829
Dave Tallent	33:06	826
Debbie Newell	33:13	823
Oyvind Naess	33:26	818
Mark Howlett	35:36	768
Steve Knowles	40:04	683
Jennifer Knowles	40:41	672
Ben Nachtrieb	43:17	632
Tyler Frederickson	43:53	623
Matej Urban	44:08	620
Patrick Kelly	45:38	599
Jeff Jones	46:26	589
Tom Jarecki	46:26	589
Jared Frenzel	48:12	567
Ardis Dull	49:01	558
Robert Miller	52:01	526
Eileen Breseman	52:45	518
Brett Aniballi	52:49	518
Kean Williams	58:36	467
Jake Reeder	59:58	456

23 controls		
Mac MacDonald	35:34	437
Targo Tennisberg	57:24	437
Katrin Gabrel	59:03	437

22 controls		
Kyle Haddad Fonda	49:42	418
Mark Ellison-Taylor	55:18	418
Virginia Stratton	56:49	418
Steve Frederickson	58:08	418

21 controls		
Ken Lew	58:40	399

20 controls		
Sandy Kish-Miller	56:53	380
Larry & Marie Sorenson	57:53	
Dave Petty		
(2-control penalty)	60:13	380

18 controls		
Harvey Friedman		
(2-control penalty)	60:18	342

17 controls		
Vince Huber	55:18	323
Adrienne Lopez	58:45	323

16 controls		
Anne York	59:56	304
Bresemans Kids		
(2-control penalty)	60:11	304
Chris Whitmyre		
(4-control penalty)	61:14	304

14 controls		
Keith Sanburn	58:27	266

### No Time Limit Category

Chad Olson (24 controls)	91:00
--------------------------	-------

Daniel/David Hough (24 con.) 94:24  
Lauritzen family (13 cont.) 90+

## Rooks Park - Walla Walla, WA

Sat, May 4, 2002 (starts 3-4 pm)

Sun, May 5, 2002 (starts 9-11 am)

Sacajawea Orienteers

Course Setter &amp; Meet Director: Frank Skorina

Control Pickup: Michel Billaux, Kally Rapp, Matt Skorina

Saturday Participants: 7

Sunday Participants: 12

WaHi Freshman PE instructor Gayle See, gives an easy opportunity to earn 100 extra credit points — attend an orienteering meet. Five hardy students (and two Moms) took Mrs. See up on her offer (although I was told that many more could have used the extra credit). The weather turned out to be nice (albeit windy) but hard Sunday morning rain almost scared \*me\* off. Turn out was lower than expected for this National Orienteering Day meet, perhaps due in part to the newspaper not running the press release that I submitted.

Our next meet is May 11-12 at Sacajawea State Park in Pasco. I will promote this meet as a National Orienteering Day meet.

### Score-O 25 controls

Elis Eberlein	25	1:13:40
Michel Billaux	25	1:40:30
Christy Young, Alex Goodwin	18	1:32:17
Clint and Colleen Rehn	17	1:30:30
Allison camp, Lia Prins,		
Rachel Elia	13	1:44:24
Michelle Foster and Mom	13	1:58:28
Kally Rapp	11	1:06:05
Steve & Maya Rapp,		
Russell Skorina	11	1:08:30
Tracy and Julie Godbe	10	1:25:00
Deanna Osowski		
& Larry Birkhead	??	~3 hrs

## Teaway Forks - May 11

Meet Director: Debbie Newell

Courses: Eric Bone

Registration: Anna Urbanova, Debbie Newell, Dave Tallent

Setup: Debbie Newell, Rick Breseman, Eileen

Breseman, Kelsey Breseman, Ryan Breseman, Dana Breseman, John Virnig

Start: Bresemans

Finish: Bresemans, Justin Yeager, Debbie Newell, Steve Knowles, Eric Bone

Marker Pickup: Eric Bone, Don Atkinson, Margie Bone, Ben Hall

### Course 1 (2.3k, 8 controls)

Anna Urbanova	26:23
Kelsey Breseman	27:38
Heidi Bohn	34:26
Marie Eberle	42:51
Cook family	69:22
Logan Knowles	77:08
Alle Knowles	77:28

### Course 2 (4.1k, 9 controls)

Paul Shanahan	75:20
Jim Sisco	84:51
Sarah Shanahan/Martha Yarbrough	86:34
Harvey Friedman	104:48
John Mann/Heilin	174:13
Gus Einarson	DNF
Anne York	DNF
Ryan Breseman	DNF

### Course 3 (5.3k, 9 controls)

Raimo Jarvenpaa	52:51
Mike Schuh	63:46
Paula Whipple	89:04
Dale Width	111:56

Chris Whitmyre	116:31
Jerid Mauss	128:50
Roland Mueller	136:35
Steve Frederickson	145:51
Ardis Dull	DNF

Course 4 (8.0k, 12 controls)	Ult. Pts
Bill Cusworth	74:01 1000
Jan Urban	84:04 880
Elis Eberlein	89:01 831
Daniel Baird	89:20 829
Peter Golde	90:42 816
Oyvind Naess	93:23 793
Rick Breseman	94:30 783
Jennifer Knowles	95:57 771
Jeff Watson	99:25 745
Ben Hall	99:44 742
Eileen Breseman	108:07 685
Anneliese Steuben	108:41 681
Steve Knowles	110:12 672
Kean Williams	114:15 648
Dave Tallent	120:16 615
David Parsons	124:39 594
Targo Tennisberg	125:29 590
Mark Howlett	132:54 557
Debbie Newell	134:08 552
Mac MacDonald	140:57 525
Jake Reeder	141:41 522
Tyler Frederickson	157:04 471
Matej Urban	166:26 445
Theo Browne	167:25 442
Larry Sorenson	172:52 428
Ben Lischner	183:37 403
Katrin Gabrel	188:30 393
Chad LynnDell Olson	197:08 375
Vince Huber	DNF
Mark Ellison-Taylor	DNF
Derek Richart	DNF
John Virnig	DNF
Virginia Stratton	DNF
Robin Clark	DNF

## Sacajawea Park, Pasco, WA

Sat, May 11, 2002 (starts 3-4p)

Sun, May 12, 2002 (starts 9-11 am)

Sacajawea Orienteers

Course Setter &amp; Meet Director: Ivar Husa

Control Pickup: Michel Billaux, Louise Kite

Deer, muskrat, COW, and eagles were seen. (That cow was a surprise, for sure, as there are no ranches within miles.)

### Beginners' 6 controls, 1km

Caro and Paul Johnson	26:55
Forrest and Loris Heller	54:51
Mary-Ellen, Lisa and Jackie Gates, "Map Hike" (no time)	

### Intermediate: 9 controls, 2630 m

Liliane Billaux	36:43
George and Mary Cooke	56:37
Margaret Ault & Lynne Byrd	66:48
Jared Perry, Gregg Stapleton	
and Michael Barton	85:49
Mike Hayter, Jensen Hayter	
and Cole Hubbard	88:18

### Advanced Course: 12 controls, any order 3600m

Charles Brown	33:00
---------------	-------

## Spokane Flood - June 1/2

### Fishtrap Lake

Meet Director: Scott Coble

Course Designer: John Harbuck

Registration: John Beck

Start: Don MacNaughton

Finish: Ed Moan

Control Pickup: Trent Carey, Andy Hill, Jeff Black, John Harbuck, Scott Coble, John Beck, Heiberg group, Karin Didisse

## Chamna Preserve

Meet Director: Frank Skorina  
Course Designer: Michel Billaux  
Registration: John Beck  
Start: Lynne Byrd  
Finish: Michel Billaux  
Control Pickup: Russell Skorina, Frank Skorina,  
Michel Billaux

### Course 1

Day 1: 1.9 km, Day 2: 1.6 km

#### F-12

Anna Urbanova	33:09	37:23	70:32
---------------	-------	-------	-------

#### M-12

Logan Knowles	60:44	DNS	
---------------	-------	-----	--

#### F Open

Barbara Brown	DNS	36:29	
---------------	-----	-------	--

### Course 2

Day 1: 2.5 km, Day 2: 2.4 km

#### F Open

Karen MacDonald	67:01	50:13	117:14
Lillian Billaux	DNS	33:16	
Jacquie Godbe	DNS	33:53	

#### Group

Wylie group	49:49	DNS	
Heiberg group	58:10	DNS	
Dixon group	70:30	DNS	
Dave, Tracy & Keri Godbe	DNS	37:36	
Lynne Byrd & Margaret Ault	DNS	51:47	
Julie & Michael Godbe	DNS	68:07	

### Course 3

Day 1: 4.0 km, Day 2: 3.6 km

#### M-16

Matej Urban	75:14	DQ	
-------------	-------	----	--

#### M Open

Harvey Friedman	76:24	64:02	140:26
Glen Cafferty	99:42	94:16	193:58
Dave Petty	66:23	DNS	
Ken Lew	80:42	DNS	

#### F60+

Shirley Donald	54:06	DNS	
----------------	-------	-----	--

#### Group

Mary Margaret & Mary Lynn Boardman	139:33	DNS	
Mary & George Cooke	DNS	108:56	
M. A. Nelson	DNF	DNS	

### Course 4

Day 1: 6.2 km, Day 2: 3.9 km

#### F35+

Karin Didisse	93:11	67:17	160:28
Paula Whipple	98:58	DNF	

#### F45+

Ilze Rupners	62:58	42:49	105:47
Karen Robinson	103:21	DNS	
M50+			
Don Atkinson	76:20	61:06	137:26
Mac MacDonald	84:25	60:15	144:40
Scott Donald	105:09	DNS	
Dennis Leveridge	124:55	DNS	
Doug Sprugel	127:14	DNS	
Ken Boardman	DNF	DNS	
Scott Coble	DNS	71:53	
John Beck	DNS	78:51	

#### M Open

Ove Albinsson	72:01	44:20	116:21
---------------	-------	-------	--------

### Course 5

Day 1: 9.0 km, Day 2: 4.3 km

#### F21+

Jennifer Knowles	101:47	65:56	167:43
Michelle Breach	150:59	DNS	

#### M21+

Eric Bone	57:18	33:01	90:19
Alex MacLeod	94:37	61:28	156:05
Jeff Black	163:00	117:28	280:28

## M35+

Jan Urban	71:07	51:57	123:04
Jeff Watson	83:55	47:00	130:35
Bill Borrie	102:22	49:39	152:01
Kean Williams	106:32	66:22	172:54
Andy Hill	134:14	72:58	207:12
Steve Knowles	79:23	DQ	
Trent Carey	173:54	DNS	
Frank Skorina	DNS	46:00	

## M45+

Elis Eberlein	83:37	42:04	125:41
Rick Breseman	89:58	51:20	141:18
Ben Hall	75:00	70:38	145:38
Ed Robinson	121:06	DNS	
Roland Mueller	DNF	DNS	
John Harbuck	DNS	52:41	

## M Open

Charles Brown	DNS		
---------------	-----	--	--

## St. Edward/O.O. Denny Parks - June 15

Meet Director: Kean Williams  
Courses: Don Atkinson  
Registration: Sandy Kish Miller  
Timing: Eileen Breseman, Patrick Kelly, Kean Williams

### Course 1

Madison & Emily Eich	13:00
Anna Urbanova	13:10
Lisa Davis	14:00
Ville Jarvenpaa	22:00
Donald Howard	26:00

### Course 2

Eugen Groff	37:20
Arne Skog	44:44
Marie-Catrin Bruno	50:08
Roman Kotecky	53:02
John & Erin Lee	53:49
Mike Schuh	53:52
Mike Bordem	54:34
Kyle Selty	54:34
Karen Case	56:24
Kelsey Breseman	60:32
Donald Denbo	60:55
Cheryl Marek	61:00
Suzanne Pearson	66:05
Marjorie Stratton	66:20
Larry Stratton	67:47
Ken Lew	71:00
Harvey Friedman	72:00
Lindsey & Gordon	72:05
Ardis Dull & Erick Stede	82:50
John Beck	84:59
Margie Bone	96:42
Ryan Breseman	99:56
Matt Skorina	99:57
Cindy Hagans	112:25
Alan Christianson	DNF
Angie Frederickson	DNF
Dave Soreide	DNF

### Course 3 - Ultimate Orienteer #5, Long-O

Eric Bone	75:33	1000
Jan Urban	88:40	852
Bruce Christopherson	92:42	815
Ben Hall	92:49	814
Jon Campbell	92:58	813
Steve Knowles	92:59	813
Bill Cusworth	94:41	798
Frank Skorina	95:11	794
Martin Pardoe	97:22	776
Oyvind Naess	97:35	774
David Tallent	98:05	770
David Parsons	99:25	760
Debbie Newell	99:34	759
Peter Golde	101:44	743
Jennifer Knowles	104:23	724
Larry Eich	108:15	698
Alex MacLeod	110:04	686
Targo Tennisberg	111:26	678
Matej Urban	111:27	678
Rick Breseman	112:32	671

Tyler Frederickson	115:35	654
Bill Allemann	116:49	647
Eileen Breseman	122:24	617
Raimo Jarvenpaa	129:06	585
Patrick Kelly	129:12	585
Vince Huber	131:41	574
Robin Clark	132:16	571
Brian Gruber	135:56	556
Victoria Campbell	145:46	518
Robert Miller	146:43	515
Robert Johnson	157:41	479
Virginia Stratton	158:12	478
Jerry Gamez	165:39	456
Chris Whitmyre	165:39	456
Katrin Gabrel	179:21	421
Bill Messing	DNF	0

## Bullfrog Flats - June 16

### Cle Elum, WA

Meet Director: Bruce McAlister  
Course Designer: Bruce McAlister  
Registration: Pat Reddick  
Start/Finish: Bruce McAlister, Bob Reddick

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

Anna Urbanova	24:49
Jim Bogesvang	32:10
Rick Reichert	45:51

### Course 2 (2.4 km, 8 controls)

Madeline Enger	34:01
Molly Enger	102:43

### Course 3 (4.2 km, 8 controls)

Will Enger	49:04
Marie Cat Bruno	53:38
Suzanne Pearson	59:58
Paula Whipple	74:07
Jon Karakowski	92:40
Dave Petty	96:01
Roland Mueller	114:42
Jenelli/Natasha Mueller	116:46
Harvey Friedman	147:42
Larry Stratton	168:18
Marjorie Stratton	DNF
Robert Blackord	DNF

### Course 4 (6.8 km, 12 controls)

Eric Bone	51:20
Bill Cusworth	53:48
Martin Pardoe	58:02
Jan Urban	61:07
Bruce Christopherson	61:58
Ben Hall	66:20
Steve Bull	69:12
Ove Albinsson	73:33
Kean Williams	74:01
Don Atkinson	79:30
Robin Clark	81:46
Jeff Watson	82:04
Ilze Rupners	85:14
Alex MacLeod	89:08
Targo Tennisberg	90:15
Brian Havek	93:52
Roman Kotecky	97:59
Matej Urban	99:59
Ardis Dull	113:48
Vince Huber	120:30
John Beck	139:54
Ken Lew	151:20
John Mann	182:01
Jim Bogesvang	DNF
Virginia Stratton	OT

# Ultimate Orienteer Final Standings (best 3 results)

<i>Name</i>	<i>Club</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>Total</i>
Jan Urban	COC	962	979	927	880	852	2868
Bill Cusworth	COC		1000		1000	798	2798
Mark Howlett	COC	802	919	768	557		2488
Debbie Newell	COC	808	529	823	552	759	2390
Oyvind Naess	COC	728	-	818	793	774	2385
Rick Breseman	COC	760	722	829	783	671	2373
Dave Tallent	COC	726	531	826	615	770	2322
Jennifer Knowles	COC			672	771	724	2168
Steve Knowles	COC			683	672	813	2168
Dave Parsons			782		594	760	2136
Eric Bone	COC			1000		1000	2000
Eileen Breseman	COC		687	518	685	617	1989
Patrick Kelly	COC	696	673	599		585	1968
Targo Tennisberg	SAMM	675	534	437	590	678	1943
Matej Urban	COC	454	603	620	445	678	1901
Jon Campbell	COC	1000				813	1813
Ben Nachtrieb	Seattle One	475	696	632			1803
Tyler Frederickson	COC			623	471	654	1748
Kean Williams	COC	626	0	467	648		1741
Mac MacDonald	SAMM	614		437	525		1576
Peter Golde	COC				816	743	1559
Ben Hall					742	814	1556
Mark Ellison-Taylor	COC	470	515	418	0		1403
Virginia Stratton	COC	404	493	418		478	1389
Katrin Gabrel	SAMM	520	429	437	393	421	1386
Vincent Huber	COC	328	456	323	0	574	1359
Jeff Jones			734	589			1323
Tom Jarecki			718	589			1307
Ken Lew	COC	351	369	399			1120
Ardis Dull	COC	491		558			1049
Robert Miller				526		515	1041
Victoria Campbell	COC	508				518	1026
Jared M. Frenzel			450	567			1017
Jake Reeder				456	522		978
Kyle Haddad-Fonda		442		418			860
Dave Petty	COC		473	380			853
Chad Olson			560		375		936
Elis Eberlein	SACO				831		936
Dan Baird					829		831
Bruce Christopherson						815	815
Frank Skorina	SACO					794	794
Martin Pardoe	GVOC					776	776
Chris Whitmyre				304		456	760
Jeff Watson	ORCA				745		745
Larry Eich	COC					698	698
Harvey Friedman			349	342			691
Don Atkinson	COC	687	0				687
Alex McLeod						686	686
Anneliese Steuben					681		681
Jamie Smith			648				648
Bill Allemann	COC					647	647
Curtis Creager	COC		626				626
Jeff Adams	Seattle One	625					625
Don Denbo	COC		598				598
Raimo Jarvenpaa						585	585
Robin Clark	COC					571	571
Brian Gruber						556	556
Roland Mueller					542		542
Brett Aniballi				518			518
John Virnig	SACO	481					481
Robert Johnson						479	479
Jerry Gamez						456	456
Theo Browne					442		442
Ted Queen			436				436
Larry Sorenson	COC				428		428
Erica Larson			424				424
Steve Frederickson	COC			418			418
Ben Lischner	COC				403		403
Sandy Kish Miller	COC			380			380
Adrienne Lopez				323			323
Anne York	COC			304			304
Keith Sanburn				266			266

## Meets in the Ultimate Orienteer Series

1 - Priest Pt. Park Short-O, March 2  
 2 - Volunteer Park Night Sprint-O, March 23  
 3 - Ft. Casey Score-O, April 6

4 - Teanaway Forks Classic-O, May 11  
 5 - St. Edward Park/Big Finn Hill Long-O, June 15



# Schedule of Events

## JUNE

29-30	Tahoe 2-Day - Burton Creek, Lake Tahoe, CA <a href="http://www.baoc.org/sched/s02/s020629n.html">www.baoc.org/sched/s02/s020629n.html</a>	A	BAOC	Steve Beuerman (408-739-9376) <a href="mailto:beuerman@ix.netcom.com">beuerman@ix.netcom.com</a>
-------	--	---	------	---

## JULY

06-14	Asia-Pacific Orienteering Carnival <a href="http://www.apoc2002.com">www.apoc2002.com</a>	A		<a href="mailto:registrar@apoc2002.com">registrar@apoc2002.com</a>
Tue/Wed 16/17	North American Rogaine Championships Kamloops, BC • <a href="http://www.oabc.ca/sage/rogaine2002.htm">www.oabc.ca/sage/rogaine2002.htm</a>	R	SAGE	Darcy Lawhead <a href="mailto:trail.runner@shaw.ca">trail.runner@shaw.ca</a>
Wed 17 5:30-7pm	Luther Burbank Park, Mercer Island	C	SAMM	Dave Enger (425-822-6254)
19-28	Rocky Mountain 1000 Days - Laramie, WY <a href="http://www.geocities.com/Colosseum/Stadium/7418/">www.geocities.com/Colosseum/Stadium/7418/</a>	A	RMOC	Bob McBride (719-687-1076)
Sun 21 10am-noon	Ballard Bike-O - meet at Ballard Community Center, 28th Ave. N.W. & N.W. 60th St.	C	COC 1:15,000	Harvey Friedman (206-784-2774) <a href="mailto:fnharvey@u.washington.edu">fnharvey@u.washington.edu</a>

## AUGUST

Wed 07 5:30-7pm	Howarth Park, Everett	C	SAMM	Dave Enger (425-822-6254)
17-18	Western States Championships - Thorn Creek, McCall, ID <a href="http://velichko.home.mindspring.com/HHH2002/">http://velichko.home.mindspring.com/HHH2002/</a>	A	CTOC 1:15,000	Sergey Velichko (207-377-4213) <a href="mailto:savelichko@micron.net">savelichko@micron.net</a>
★ Sat 24 10am-noon	Carkeek Park, Seattle	C	COC 1:5,000	Eric Bone (206-634-2279) <a href="mailto:eric.bone@attbi.com">eric.bone@attbi.com</a>

## SEPTEMBER

★ Sat 07 10am-noon	Bo Powell Memorial - Ft. Steilacoom Park, Tacoma	C	COC 1:10,000	Eric Bone (206-634-2279)
Sun 08	Minto Brown Park, Salem OR	C	CROC	Mike Poulsen (503-639-3532) <a href="mailto:mpoulsen@teleport.com">mpoulsen@teleport.com</a>
Sat/Sun 14/15	US Rogaine Championships - Tamarack Spring, Kittitas Co. WA <a href="http://www.rogainingusa.org/tamarackspring">www.rogainingusa.org/tamarackspring</a>	R	SAMM	Bob Reddick <a href="mailto:rogainer@xoc.net">rogainer@xoc.net</a>
Sun 22	Powell Butte Nature Park, Portland OR	C	CROC	Anndy Wiselogle (503-777-0452) <a href="mailto:anndyw@pacifier.com">anndyw@pacifier.com</a>

## OCTOBER

Sat 12	Willamette Park - Corvallis, OR	C	ORCA	Andy Dale <a href="mailto:acd@coas.oregonstate.edu">acd@coas.oregonstate.edu</a>
Sat 26	Vampire-O - Magness Tree Farm, Sherwood OR	C	CROC	John Bartholomew (503-691-9936) <a href="mailto:jbartholomew@alum.mit.edu">jbartholomew@alum.mit.edu</a>
Sun 27 5:45 mass start	Vampire-O, location TBA	C	COC	Eric Bone (206-634-2279) <a href="mailto:eric.bone@attbi.com">eric.bone@attbi.com</a>

★ Pending land permission - check our web page for the most up-to-date information - [www.CascadeOC.org](http://www.CascadeOC.org)

A - National meet  
B - Major local meet  
C - Regular local meet  
R - Rogaine  
X - Special event



Follow the signs to orienteering fun

Pacific Northwest Orienteering web site - [www.pnwo.org](http://www.pnwo.org)  
US O' Federation web site - [www.us.orienteering.org](http://www.us.orienteering.org)  
Chuckanut Orienteers - [www.televa.com/~maryse/chucko.htm](http://www.televa.com/~maryse/chucko.htm)  
City of Trees O' Club - <http://velichko.home.mindspring.com/ctoc>  
Columbia River O' Club - [www.croc.org](http://www.croc.org)  
Foothills Wanderers O' Club - <http://gumbi.com/fwoc>  
Husky O' Club - <http://students.washington.edu/run>  
Oregon Cascades O' Club - [www.geocities.com/orca\\_orienteering](http://www.geocities.com/orca_orienteering)  
Sacajawea Orienteers - [mutiny.cbvcp.com/saco](http://mutiny.cbvcp.com/saco)  
Sage Orienteers - <http://sage.oabc.bc.ca>  
VictOrienteers O' Club - <http://vico.oabc.bc.ca>

Bearing 315  
c/o Cascade Orienteering Club  
P.O. Box 31375  
Seattle WA 98103

**First Class**