

Sept/Oct 83

THE NORTHWEST ORIENTEER

Journal of the Northwest Orienteering Association



SITE -- the Scott Lake area, west of McKenzie Pass, is among the most scenic natural areas in Oregon. Deep blue lakes and numerous small ponds are scattered through forests of hemlock and pine. Spectacular views of the 10,000+ ft Three Sisters are found throughout the area. Elevation: 4700-5600 ft.

MAP -- black-and-white, 1:15,000, contour interval 40 ft. Basemap: USGS 'Three Sisters NW' quad. Modified with USFS orthophotos and 1981 false-color photos.

ACCOMMODATIONS -- USFS Scott Lake Campground. Access is by a 1-mile all-weather road. Bring a sufficient supply of water. Nearest motels are 20-miles away in Sisters.

START TIMES -- Saturday 11 am - 1 pm, Sunday 9 am - 11 am.

COST -- \$5/both days; \$3/one day

LOCATION -- start area is at Scott Lake Campground. Turn off highway 242 approx. 5-miles west of McKenzie Pass. See map.

15-16 October

ARNOLD ICE CAVE TRAINING/MEET

Bend, OR

SITE -- The vicinity of Arnold Ice Cave consists of mile after mile of rolling desert covered with sagebrush, juniper and pine trees. Elevation: 4400-5100 ft. Topography is complex.

COURSES -- The 'meet' will consist of two courses each day: a 3 km beginners course and a 6 km intermediate course. A third 'advance' course may be set if requested.

'Training' is planned as follows: groups of 2-4 people will select a target destination (or a series of targets). Then, either all group members will elect to follow a different route and meet at the target, or one member of each group will navigate while the others follow observing how the leader orienteers. At the completion of each leg, group members can discuss alternative route choices, thus providing helpful feedback and instruction for everyone. This type of training is good opportunity for first-year orienteers to learn the techniques used by more experienced orienteers. There is no limit to the amount of training; some individuals may want only 2-hours per day, others may train for 6-8 hours per day.

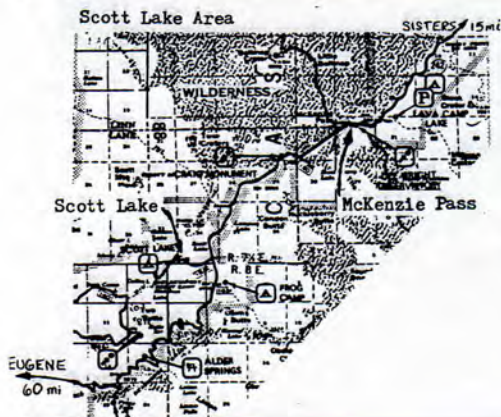
MAP -- black-and-white, 1:15,000, contour interval 10 ft. Basemap: USGS 'Kelsey Butte' quad. Modified with USFS orthophotos and photos.

ACCOMMODATIONS -- The meet area is less than thirty minutes from Bend, which offers numerous motels, groceries, restaurants and entertainment. Campsites are available in the Bend area.

START TIMES -- Saturday 11 am - 1 pm; Sunday 9 am - 11 am.

COST -- \$5/both days; \$3/one day

LOCATION -- turn off US 97 approx. 4 miles south of downtown Bend, following Forest Service road signs 12 miles east to Arnold Ice Cave.



MAP TO ARNOLD ICE CAVE:



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Tom and Nancy Lewis, COC, making an exchange at a relay event at Brandywine Falls, B.C.

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Orienteering in Alaska

Dave Enger, SOC

A couple of years ago Savitri Khalsa moved to Anchorage and wrote to COC to inquire about orienteering in Alaska. She was a COC member and had attended many of our events during the 1980-81 period. I had to reply that I knew of no O' in the 49th state.

Since then I've learned that some O' activity did occur in school classrooms, ski patrol training, and other isolated events. However, apparently not until this summer have conditions gelled to produce public O' meets as we know them. The impetus was a series of Thursday evening O' events scheduled by Old Folks Sports. This informal group sponsors public participation athletic events (open to all ages) which are not already organized by local sports leagues, such as track meets, swim meets and triathlons. When I met the Old Folks Sports people, they had already publicised some coming O' events, but with minimal O' experience, they didn't really know how to organize the events. My business trips to Anchorage allowed me to do some mapping and course planning which fit their schedule nicely.

The two most memorable aspects of field mapping in Anchorage were being able to work in the woods until 11:00 pm in June, and encountering moose. Those animals are bigger than a horse, with their bellies about at the level of my head! Though on two occasions I happened within 10m of a lone moose, they fortunately didn't seem to mind and continued munching on the tree leaves. The trees are all short and scrawny, mostly deciduous, but with areas of evergreens. The forests I checked had very few rock features, many low-lying spongy peat areas, and manageable hills with interesting O' topography. My least favorite mapping memories involve the pesky mosquitoes, which appropriately have been called the Alaska state bird.

The first three O' events were held at Russian Jack Springs Park on my 1:7500, 5m contour black and white map. Russian Jack Springs is a much

used half square mile city park which has a nine hole golf course, ball-fields, picnic areas, bike paths, and a network of small trails. Several hills covered with runnable woods help make the park a good location for introductory O' events. The three meets drew about 25, 20, and 40 people respectively to the white and yellowish-orange level courses.

I have also produced the first edition of a 1:15,000, 5m contour black and white map of Kincaid Park. Kincaid occupies over two square miles of rolling hills located between the Anchorage airport ("Air Crossroads of the World") and Cook Inlet (30' tidal range). The park is undeveloped, except for an abandoned Nike missile base and a network of cross country ski trails. Kincaid was the site of the U.S. National Championship and World Cup cross country ski races held in March, 1983. Cross country skiing is very popular in Alaska, and the Nordic Ski Club of Anchorage, with 2500 members, is the largest club of its kind in the nation. Unfortunately, many areas of Kincaid Park are covered with thick underbrush during the summer, including much devil's club, making cross-country travel unpleasant. However, the park should be good for ski-O during the long winter months.

Well, Savitri Khalsa has participated in the Anchorage O' events and is interested in helping with future ones. An O' club is being formed and the Mayor has committed the city to paying for the printing of a color map of Russian Jack Springs Park. Several other large city parks (the Far North Bicentennial Park is over four square miles) suitable for O' exist, and vast areas of rugged wilderness are nearby. Though isolated from the rest of the world, Anchorage is a bustling city with many energetic outdoorspeople. Orienteering appears to be a welcome addition to the local outdoor recreation scene.



O-RINGEN
Swedish international
5-day's orienteering

July 18th—22nd 1983

IMPRESSIONS

Harvey Friedman, COC

What impressed me most about the 5-day meet in Småland, Sweden was the amazing fact that over 25000 orienteers would travel from all over the world to take part in an O' meet. When those family members & friends who did not enter but just encouraged are counted, the horde of O' folk descending on Småland would probably be closer to 50000. Having such a large event come off so smoothly required administration and planning years in advance.

The competition center itself was located at Anderstorp Speedway, an auto-racing strip put to a far better purpose than usual that week. A small town was erected there to provide some necessary services for us all. A grocery store, a sporting-goods store, a bank, a post-office, a cafeteria, a souvenir shop, a tourist center, and a results/map center were important doors one could pass thru there but most likely none was as important as the latrines(rows of 30-40 per enclosure which had to be emptied twice each day.) There were also water troughs and/or sinks(with cold water only) for washing, brushing teeth, doing dishes, cleaning O' suit, etc.

Tho the 5th day's event was only an easily walkable 1 kilometer from the competition center, the 1st 4 day's meet

sites were up to an hour's bus ride. Depending on how far one had to go to from the finish to the start area one had to board a bus as much as 2 hours before one's actual start time. Some folks had to rise as early as 0500. 1st start time was at 0730 and last start at 1330, so the buses were used from 0600 to 1700. Considering how many people had to be moved at 50 per bus, one wonders how much regular bus service must have suffered during that week. Even with starts, 1 minute apart, spread over 6 hours, it was still necessary to have 5 separate start areas each day at anywhere from 500 meters to 4 kilometers from the assembly/finish area. The custom is for everyone to leave his/her clean clothes, water, towel, soap, etc. in a bag or rucksack under the club banner or in case of U.S., Canada, England, etc. under the country's flag. Only a sweatsuit or warm-up suit over one's O' suit is worn(if desired) to the start area, and, once there, the over clothes are deposited into a huge plastic bag or 2 to be taken back to the finish area. I never wore anything extra but I could imagine that difficulties might arise in reclaiming clothes if name tags or other distinguishing features aren't involved.

On the way to each start, water and/or some kind of sweet liquid were provided to hydrate

before the run and a set of latrines for each start was also available. A 6 foot wide strip of black plastic was set up to enclose the latrine area. Plywood platforms about 6 inches off the ground were covered with cardboard boxes in which were heavy-duty black plastic bags with the edges rolled back over the sides of the boxes. On top of each was a crude but reasonably comfortable cardboard seat. There were generally anywhere from 20 to 40 of these per enclosure so if one had a late start one could tell where the latrines were well before they were in sight.

The start itself was invariably well-handled, as might be expected from a meet where pre-registration was required. An especially nice feature was the start clock which sounded a beep tone for each of the 5 seconds up to & including start with the last one being longer & louder (maybe it just seemed louder). All that the people waiting could see was that all the starters for every course went in the same direction, out of sight over the hill or slope--no help whatsoever. There was usually a sign indicating the distance to the official starting point--usually 50-100 meters from the start chutes. Generally, the terrain was fairly flat and runnable but parts of it were as brushy and overgrown as we can find here. Luckily there were no nettles of devil's club, just a few raspberry bushes. However, one could not help but notice other runners out there, lots of them, crossing from left to right, from right to left, coming towards one, passing. Because it was overgrown in places, people ran on trails quite a bit and sometimes elbowed others out of the way. Quite a shock, that!!

Anyway, I made my usual quota of errors on Day 1 and finished the 6.3 km. course in about 2 hours. I was pleased to say that I didn't come in last but finished ahead of 1 other American and a Czech. That turned out to be my best day however, since on Day 2, I

injured muscles in my right calf so badly that I could neither run nor jog. So on Days 2,3,&4 I had to walk and went over time each day. Finally on Day 5 I was able to jog about 20% of the time and had a low-error trip -- under 2 hours, but I was last in my class. Most other Americans I talked with (a record # of 47 competed) said that they too could go at about the same pace as at home, but there were so many good orienteers competing that we didn't look so good in the standings. For the 5 days, Anne York finished 244 out of 300 starters in her class, and Mike Schuh in the bottom half of elite. The best American finish was by NEOC's Jurgen Luwald in a teen class. So for Americans to compete well internationally, we must start training the 10-year-old youngsters.

The finish was also well-organized--5 separate chutes corresponding to the 5 start areas. I didn't investigate their computer finish timing but could only say that it was fast & efficient. We turned in our map & punch card after we crossed the finish line and then went to retrieve our clothes & towel bags. If we stopped 5 or 10 minutes to talk with friends, and if we had a good run or early start or both, we might find our name 'on the board' as we stopped to read the results on our way to the showers. The 50 best times in each class go on the board; quite an accomplishment for us Americans.

On to the showers. Again the ubiquitous black plastic was used as a visual screen around a 50 meter by 50 meter enclosure. There were about 50 shower heads spraying water usually straight down but depending on the vagaries of the winds, not always. At any given time there were 100 or so naked bodies of varying sizes & shapes, but all reasonably fit. I braced myself for the cold Swedish shower when to my pleasant surprise the water was warm. Using a portable generator to heat it was welcomed by all. We could wash

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MAP MAKING

HOW TO MAKE GOOD QUALITY BLACK & WHITE MAPS

PART II

Here is the second article describing how a small orienteering club can make good quality black and white maps. Part I told you how to pick a suitable area, and I will assume that you've found your ideal piece of land and are ready to start mapping.

Good maps are made from good maps! So, you must locate the existing maps and aerial photos of your area. First, because practically nobody except the United States Geological Survey makes inexpensive contour maps, you must use USGS maps as the topographic part of your base map. USGS maps come in many scales, but I would not try to map any land that is not mapped at the 1:24,000 scale (also called 7 1/2 minute series). These are their most detailed maps and unfortunately, not all the United States is mapped at this scale. The nonavailability of 1:24,000 USGS maps for your area will make it unsuitable for further consideration.

The standard contour interval for the USGS 1:24,000 maps is 20 feet, which is 6 meters and close enough to the usual 5 meters interval seen on most O' maps. In addition, as USGS increases its coverage of the USA with 1:24,000 maps, it prints preliminary black and white maps, called T (for temporary) maps with 40 foot contour intervals. These are unusual and your normal USGS map source probably will not have them.

I have found that the accuracy of the contours on USGS maps depends on whether the person who draws them is working with aerial photos on which he can see the ground or just the tree tops. In the former case, you can expect an accuracy approaching that of a professionally drawn O' base map. For the latter, as the trees get higher, bigger and bigger features will be missing; and this means more work during field checking.

I want to emphasize here that the use of existing maps as your base map for contours is absolutely necessary if you are going to have

the completed map for less than \$100. The alternative of buying a professionally drawn custom made base map will increase the cost of your map to over \$1000. Quite a jump.

To find out what is available, request an index from:

Branch of Distribution
U.S. Geological Survey
Box 25286 Federal Center
Denver, CO 80225

and visit your city, county, community college, university, or state library and ask. Most of these libraries have the USGS maps of the vicinity on hand. T-map information is available from:

U.S. Dept. of the Interior
Geological Survey
National Mapping Division
345 Middlefield Road
Menlo Park, CA 94025

The other useful sources of your area's features are aerial photos. I've found that some counties have the photos of their lands at the Engineering Department in the county seat. In Kittitas County prints of these photos are \$3 each. They are 1:5,000 scale and cover a square mile. You should know the township, range and section numbers for the land you want. This is printed in red on USGS maps. I think of the Oklahoma land rush and the homesteading of this country when I see them. Very good aerial photos are available from professional mapping services, but they won't fit into your budget.

By the time you're finished with all of this, you might have spent five or six months of the one year I estimate you'll use for your mapping project. Next, a change of pace and new skills needed when you begin to sit down and draw. Until then, the main considerations for Part II are:

1. USE 1:24,000 USGS MAPS FOR PRELIMINARY TOPOLOGICAL INFORMATION.
2. GO TO THE COUNTY SEAT FOR AERIAL PHOTOS.

- Willard Sperry, EOC

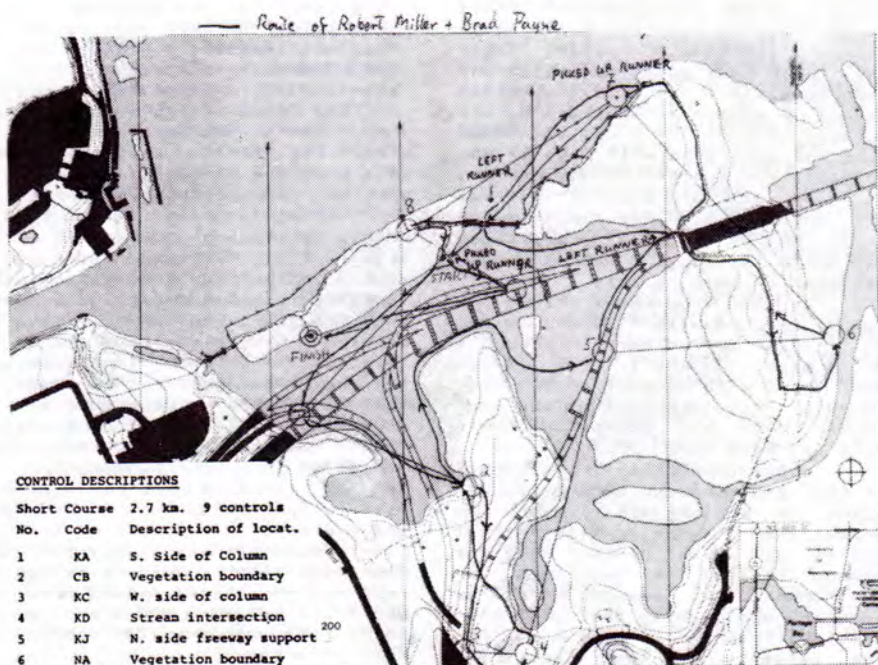
ROUTE CHOICES

The differences in individuals' paddling abilities and running speed mean that the optimum route for one boat may be quite different from that of another. Even in the best of situations, the big trade-off is between the relative slowness of paddling and the relative speed of running. Hence, reduce the distance paddled to a minimum; for pairs, attempt to move the boat, even single-handedly, a bit farther along in the direction of a subsequent control. Having one person wait in the boat doing nothing while the other is running may be lost time. The hardest thing though is to gauge where the paddler and runner will meet further along on the course.

For the routes I have, Miller and Payne did a pretty good job of one moving the boat ahead to meet the other. One exception though is where Robert waited at 2, while he could have been paddling around toward 5, probably meeting Brad at the tip of

the point or even on the shore opposite and just south of 5. After dropping Brad off to get 6, Robert just about got around to meeting him near 7 by the time he arrived there (took some fast paddling though). Note, of course, that these strategies create all sorts of dog-legs, but it is hard for the course-designer to avoid them.

On the long course, Harry obviously saved a lot of time in hitting shore as soon as possible (e.g., on the way to 3-5, after leaving 12). The Fowlers, on the other hand, tended to paddle farther (compare the same controls). At 9, both chose the same option, but paddling from 9 around to meet at the freeway could have saved some time where the family split up. This would have been about the equivalent of what they did for 3-5, dropping off the runner at 3 and then meeting at the optimum point near 5.



280 m. to finish from no. 9



Has the novelty worn off? Was the weather too nice to spend in a canoe when one could be high in the mountains? Perhaps we need publicity to reach a broader circle than the readers of *The Northwest Orienteer*? Whatever, the turnout for the latest COC canoe/kayak meet was well below that for previous ones. Dan Waugh's courses offered a lot of route choice--the best strategies involved those paddling in pairs splitting up--and a map change on the long course facilitated setting a fixed control sequence with some variety in the relatively small area. Meet assistance from the Millers, Harvey Friedman, Roger Mertens, and the Morgans. Note, incidentally, Harry's excellent result paddling single in a kayak--pairs should have an advantage, and the inconvenience of getting in and out of the kayak offsets its greater speed.

Results...

FOSTER ISLAND

August 14, 1983

SHORT COURSE

Kayak Double

Leslie Morgan, Debbie Anderson 108:40

Canoe Double

1. Brad Payne + Robert Miller 37:34
2. Gauthier and Wever 57:43
3. Marina and Max Waugh 107:00

LONG COURSE 5.4 km. 15 controls

Kayak Single

Harry Morgan 88:07

Canoe Double

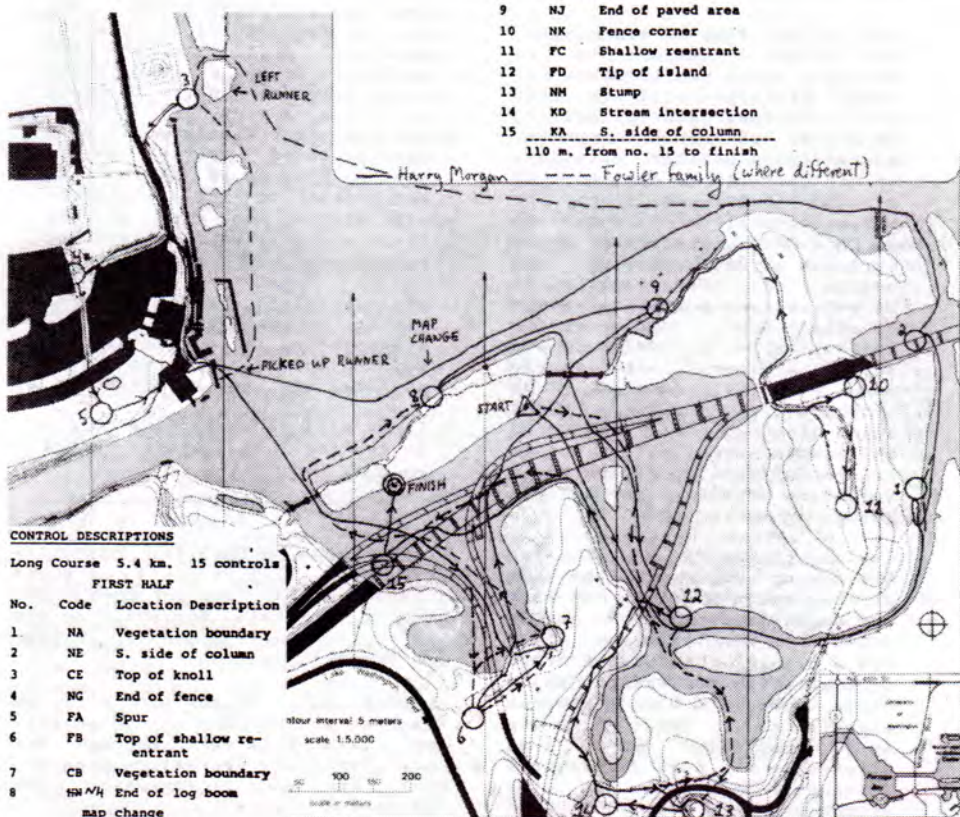
1. Debbie Newell + Arnold Kay 93:42
 2. Nick, Kathy + Tanya Fowler 120:41
 3. Kathy Newell, Tom Schlosser 126:05
 4. Mark Donovan, Miriam Cahn 135:51
- DNF--Roger + Roger Mertens + Brian Stevens

SECOND HALF

- 9 NJ End of paved area
- 10 NK Fence corner
- 11 FC Shallow reentrant
- 12 PD Tip of island
- 13 NM Stump
- 14 KD Stream intersection
- 15 KA S. side of column

110 m. from no. 15 to finish

--- Fowler family (where different)



CLUB NEWS



COC

If COC members would like to see more of their club's news in The Northwest Orienteer, it is up to them to provide it. COC's associate editor for the magazine, Dan Waugh, requests that you submit your material to him in any legible form no later than one week prior to the deadline for the next issue indicated on the title page. DW will retype the copy in the appropriate format and mail it in time to the editor. What are we looking for? Depends on what you like to read--news about your or other COC participation in meets here or away, route choice discussions with accompanying maps (it is not just the competitors who can and should provide these but also the recreational orienteers--everyone learns from them), ideas for new kinds of events, orienteering fiction or puzzles--you name it, but help out by providing it. You can't expect someone else to generate your club's news.

Now is that time of year again for C.O.C. members to be thinking about new officers for 1984. Elections will be held at the December general meeting so anyone who wants to run for any of the 4 officer positions or who wants to be appointed to a coordinator position, let Harvey know either at a meet or at LA 4-3437. According to our by-laws anyone holding the office of President or Vice-President must be a member of the U.S. Orienteering Federation -- according to the present officers' experiences, new officers should be enthusiastic, aware, and thick-skinned. For any more information about duties and/or rewards of holding office in a voluntary organization, talk to Harvey or Harry.

The objectives for the club for the coming year remain the same as they are now. 1st, map more new areas less than 1 hour's drive from Seattle. 2nd, carry out a regular schedule of meets so that club members can enjoy their map & compass experiences. 3rd, generate more publicity so that attendance at club meets will increase. And 4th, lay the groundwork for the 1986 U.S.

O' Championships to be held in the Seattle area (hopefully).

In 1982-1983 we placed most of our efforts into getting the school league, WJOL, off the ground, perhaps to the detriment of those club members not associated with a school (this was especially evident at the 26 February St. Edward State Park meet -- I apologize to all who were inconvenienced). This year I think the emphasis should be not so much on the school youngsters competing, but rather on whole families participating. Orienteering in a city park is supposed to develop one's skills with map & compass so that going orienteering in the hills is not a threatening experience. Everyone over 10 should do a course by his/her self to develop self-confidence. One way for families to enjoy a day at a meet would be for each member to do the easiest course alone (children under 10 would go with a parent, of course) and then the family would do a more advanced course as a whole. Staying a little later and discussing route choices with others who were on the same course is an excellent way to improve. So is coming to one of the disappointingly-poorly attended clinics or workshops. Anyway, orienteering is a great way to satisfy one's needs for both physical and mental exercise.

There will be some fine meets in the next few months -- come on out.

NO

ORIENTEERING EVENTS The Nisqually Orienteers will return to an event schedule of only one per month, beginning this fall. Registration and start times will begin at 10:00am for local "C" events.

CLASSES Gary McCausland will be teaching an introductory orienteering class this fall through the Lacey Parks and Recreation Department. For more information call 491-0857 in Lacey.

EOC

EOC didn't meet during the summer so there is not much business to report. President Steve Stoneback retired and will be orienteering in Ohio. Dale Width will assume his duties for the rest of the year. A new shipment of Norcompass thumb compasses has arrived. They are all of the wide needle variety. Refer to the ad in this issue for details.

In September, the club resumes its regular pattern of meetings on every second Wednesday of each month, with a meet the weekend following. We will meet on the 14th at

the SUB, CWU campus. A meet will be held the following Saturday, the 17th on Craig's Hill, which overlooks the famous Rodeo Grounds east of downtown. Several club members were scheduled to head to Fort Lewis for PNWOF, though disappointed at the meet's postponement, they vow to return.

Several members and Eastern Slope citizens ran in the COC Crystal Springs meet in July, bringing home some cherries. August saw the inaugural Thrall Park meet and picnic. The club is looking forward to assisting with and competing in the Durr Road/Cle Elum Ridge meet in October.

REGIONAL NEWS



PNWOF-83: As many of you know, the **PACIFIC NORTHWEST ORIENTEERING FESTIVAL** scheduled for August 27/28 was cancelled. The host club, Nisqually Orienteers, hopes the late notification did not cause any problems. The event was cancelled due to a late change of a military training exercise that was moved into the area where the event was to take place. We were looking at a reschedule date of October 29/30, but decided against that date due to other time commitments of the organizers. We are currently planning to host a 2-day event on the new 1:15,000 color map on February 25/26 in conjunction with the **School League Championship** on February 25. More information will appear in the next two issues.



Help promote orienteering and support the U.S. Orienteering Team by making a minimum contribution to the USOF Team Fund of \$5.00. All contributions are tax deductible. The red, white and blue self sticking decal is ideal for display on a car window or other glass surface. These decals are normally available only from US Team members, but Bruce Wolfe, BAOC has made a few available through NWOA. Send checks made out to **USOF Team Fund** for \$5.00 or more and receive your **ORIENTEERING USA** decal today. These decals will be available only this year, so buy one before the supply runs out.

NWOA
P.O. Box 1582
Tacoma, WA 98401

Letters...

I would like to respond to a few points made in various locations in the last issue. I don't think an article has to have direct relevance to regional orienteering in order to be included in the magazine. General information about orienteering, such as map making, strategy, and meet planning will promote orienteering locally. I would like to see an article by one of our top level orienteers on the finer points of strategy - reading contours, leading and following, pacing and the like.

Someday I hope to be able to go to every meet in the region. Those of us who are not independently wealthy have to be content with just one or two road trips per year. Maybe we can someday have lots of money from equipment endorsements and television contracts to pay travel expenses. Until then, a visit to a local meet by out-of-town participants must be looked upon as a special occasion.

It would be really nice have an active club someday in the Portland area. Portland and the Columbia Gorge are probably the most centrally located for travel in the northwest. It is the only area of heavy population without a club. Do we know any orienteers who have moved to the area? In general, what role can NWOA take in starting new clubs?

- Dale Width, EOC

RESULTS

TEAM SCRAMBLE WOODLAND PARK June 25, 1983

An enjoyable time was had by all despite the failure of the meet director to field-check the course-setter's actual control marker placements. Unfortunately, since several markers were mishung, no team recorded all verification codes correctly on the first try. Consequently, the first prize watermelon (donated by Ann York) was shared by all present. Since not enough people showed up for teams of 4, the meet director put together balanced teams of 3 in an attempt to provide fair competition. The controls that each member went after and the times for each were supposed to be recorded, but due to the many people having multiple times (e.g., after learning that "yes, No. 9 was 30 feet west from where it was marked") and only having a sole overworked meet director doing timing, only the first times for each team member were used to sum the times for the team score. Those people participating in the meet but not on a team were: Scott Elich and friends, Danny Trautwein, Barry Grau.

1. Morgan's Marauders, 67:20 (Harry Morgan, 9-17, Barry Chancellor, 1-3, 18-20, Leslie Morgan, 4-8).
2. S A M, 68:20 (Sandy Kish Miller, Mark Donovan, Anne and Jacob Sutt-hoff).
3. Simba, 68:22 (Bill Algaier, 11-17, Brad Payne, 6-10, 18, 19, Janet Wall, 1-5, 20).
4. J N T, 68:23 (John Huth, 1-5, 20, Nancy Jackson, 6-10, 17, 19, Tanya Pilichowski, 11-16, 18).
5. Mertens II, 75:43 (Carol Mock-ridge, 12-17, John Maseng, 6-11, 18-20, Roger Mertens II and Brian Stevens, 1-5).
6. Jen-Mic-Rob, 77:26 (Jennifer Sef-fernick, 1-7, Michelle Everett, 8, 17-20, Robert Miller, 9-16).
7. Rangers, 78:24 (Debbie Newell, 11-17, Ardis Dull, 6-10, 18, John Rempe, 1-5, 20).
8. Halvorsens' Harriers, 87:01 (Kirsten Halvorsen, 5-7, 18, 19, M. C. Halvorsen, 1-4, 20, Roger Mertens).

STEEL LAKE PARK, FEDERAL WAY 7.16.83

Nisqually Orienteers introduced a new 1:2,400 B&W map of this park in Federal Way, not far from SeaTac Mall. It is a very open park with picnic areas, lake swimming and play equipment for children. This map is of the north side of S 312th Street. Future mapping efforts will include the area south of S 312th Street which will more than double the size of the area mapped. For this inaugural event the only participants was the Paul Faulmann family from Bellevue.

CRYSTAL SPRINGS July 10, 1983

Mark Hartinger set longish courses so that people could get their money's worth for the long drive. Meet director--John Huth; assistance--Eric D'Asaro.

WHITE 2.4 km. 5 controls

1. Nathan Tharp, NO	41:42
2. Danna Moller	43:57
3. K. J. Tharp, NO	44:30
4. Rachel Tharp, NO	48:15
5. M. C. Halvorsen, COC	51:33
6. Stephanie Brown;	

Roger Mertens II, COC	54:34
7. George Holtz	59:05
8. Bukota No. 1; Bukota No. 2	73:50

YELLOW 3.6 km. 6 controls

1. Jess Stevenson, EOC	53:37
2. *Nathan Tharp, NO	69:26
3. JoAnne Sperry, EOC	87:24
4. Kirsten Halvorsen, COC	93:07
5. John Crites, Tracy Spring-	
man, R. J. Pickard, Nordic	
Ski Patrol	97:24
6. Barb Petite, COC	110:23
7. *Rachel Tharp, NO	113:10
8. Jeff Treder	131:53
9. Thomas Stevenson, EOC	186:10

ORANGE, 4.4 km., 100m climb, 8 contr.

1. Mike Tharp, NO	60:11
2. Chris Hawkins, COC	64:47
3. Eric D'Asaro, COC	74:11
4. Kent Verbeck, EOC	84:12
5. *John Crites, Tracy Spring-	
man, R. J. Pickard	98:03
6. Bruce Kelly, NO	104:38
7. Arnold Kay, COC	115:36
8. Willard Sperry, EOC	125:38
9. S. K. Miller, COC	140:32
Also, Lesley Morgan, COC, and Ardis Dull, COC--DNF.	

RED, 7.8 km., 195m climb, 11 controls

1. Harry Morgan, COC	97:50
2. Robert Miller, COC	107:47
3. Dale Width, EOC	117:16
4. Roger Mertens, COC	119:30
5. Debbie Newell, COC	138:32
6. Danny Trautwein, COC	207:36

* denotes second course run.

ultrasport



EVERGREEN RELAYS 7.23.83 Fort Steilacoom County Park, Tacoma

The relay courses were set using the Farsta method. Originally the event was designed for teams of three, but due to the low turn out it was agreed to have teams of two instead. Silkscreened cedar awards made by Gary McCausland were presented.

ELITE CLASS

Leg A 3240m	B 3190m	C not used
1. Dave Kingham	B 28:44	
Celia Kingham	A 42:35	<u>63:19</u>
2. Mark Donovan	A 29:39	
Danny Trautwein	B 47:30	<u>77:09</u>
3. Roger Mertens	A 23:21	
Lavon Martin	B 64:29	<u>87:50</u>

OPEN CLASS

Leg A 3240m	B 3190m	C not used
1. Bruce Kelly	B 33:34	
Michel Tharp	A 28:27	<u>62:01</u>

JUNIOR CLASS

Leg A 2240m	B not used	C 2220m
1. Nathan Tharp	C 38:48	
Shawn Voss	A 75:22	<u>106:06</u>

EVERGREEN O-CUP 7.24.83 Fort Steilacoom County Park, Tacoma

Course 1 6250m

1. Roger Mertens, COC	48:50	M21-A
2. Mark Donovan, COC	73:09	M21-A
3. Carl Dexter and Gerry Amandis	132:04	

Course 2 5230m

1. Danny Trautwein, COC	138:50	M21-A
1. Michel Tharp, NO	48:58	M35-A
2. Gary McCausland, NO	55:24	M21-B
3. Steve Cole	68:03	M21-B

Course 3 4450m

4. Brad Payne, COC	68:34	M21-B
5. Connie Sutthoff, NO	77:31	F19-A
6. Bill Sperry, EOC	82:27	M35-A

Course 4 3130m

1. Lavon Martin, COC	82:27	F35-A
1. Nathan Tharp, NO	48:36	M-14A
2. Chris Ley, GHHS	54:13	M15-18A

Course 5 2660m

1. Meadow Lee-Tharp, NO	43:07	F-12A
2. Rachel Tharp, NO	57:40	F-12A

Map Hike

Bob & Ruth McCausland

Awards were presented in the classes listed above on the right.

THRALL PARK

August 14

The new map of Thrall Park was used for the first time at this combination meet and club picnic. The weather was hot and sunny with no wind.

The meet featured three courses, designed and set by Will Sperry. Nine competitors ran a total of ten courses. The meet start/finish/picnic area was next to a popular entry point for those floating the Yakima River and a few entrants used the river for cooling purposes.

The map is black & white, 1:5,000. It covers an area along a bend of the Yakima as it leaves the Kittitas Valley to the south. The area is about 1.5Km long by 200-300 meters deep. The land is practically flat so the map has no contours. There are many ponds and thickets which channel travel. Photocopies of the incomplete master were used as the mapped area will be extended before it is printed.

NOVICE 1130m, 8controls

1. D. Width (memory)	13:12
2. J. Sperry	32:15
3. J. Stevenson & boys	65:00

INTERMEDIATE 2330m, 10controls

1. D. Width	28:34
2. P. Zudan & B. Caruthers	38:25
3. Addie Graaff	55:29
T. Stevenson	DNF

ADVANCE 3250m, 12controls

1. D. Width	31:58
2. B. Caruthers	34:46
3. J. Stevenson	56:44

O-RINGEN from page 6

the sweat & mud off and be somewhat refreshed when heading back to the competition center & tent site. After 1400 each day, clean copies of the maps with the course of each participant were available; only one club representative picked up the maps for all the club members. Somehow we even found time to compare and discuss the mistakes we made.

The energy that so many orienteers generated really helped everyone get fired up to compete each day; tho the 5 days seemed more like a 2 day meet, it was only after the whole thing was over that we realized how tired we were. All in all, I feel every orienteer should experience an O-ringen at least once.

EVENTS

DATE/TIME	CLUB	TYPE	EVENT/LOCATION	MAP	CONTACT PERSON
SEPTEMBER 1983					
SAT 3	OABC	A	Paradise Meadows Courtenay, B.C. Canada		Jack Saprunoff (604) 339-6220
SUN 4			10K Road Race, Denman Island, B.C.		
MON 5	OABC	A	Helliwell Park Hornby Island, B.C. Canada		Jack Saprunoff (604) 339-6220
SAT 10	COC	S	Tumac Mountain Long-0	30,000	Harry Morgan
SUN 11				B&W	(206) 283-6498
SAT 17	EOC	C	Reed Park Meet 1/2mi west of downtown Ellensburg	1,200	Dale Width
11-1:00				B&W	(509) 925-5873
SAT 17	OABC	A	B.C. Championships		Afan Jones
SUN 18			Kamloops, B.C. Canada		(604) 687-3333
MON 19	COC	M	"Orienteering in Scandinavia" slide show by Anne York COC Business meeting follows presentation Greenlake Public Library, downstairs meeting room		
7-9:00pm					
SAT 24	COC	C	Volunteer Park Seattle	3,000	Harry Morgan
10-12:00				B&W	(206) 283-6498
SAT 24	OSUOC	B	OSUOC FALL MEET	15,000	SASE to OSUOC
SUN 25			Scott Lake area near McKenzie Pass	B&W	
OCTOBER 1983					
SAT 1	MOC	A	U.S. CHAMPIONSHIPS	15,000	SASE to NWOA
SUN 2			2 Telemark in Cable, Wisconsin	Color	
SAT 1	OABC	S	B.C. Mountain Marathon		Mike Ackerfelt
SUN 2			Horseshoe Bay, Baden Towell Trail a 1:100,000 map will be used to travel from one to another of 4 0'maps, it will be easy to stop after DAY-1 if desired.		(604) 986-3295
SUN 2	OSUOC	C	Mary's Peak		SASE to OSUOC
12-2:00					
			2nd ANNUAL WASHINGTON ORIENTEERING CHAMPIONSHIPS & FESTIVAL		
SAT 8	EOC	B	Durr Road	15,000	
9-12:00			Ellensburg	B&W	
SUN 9	COC	B	Cle Elum Ridge	15,000	Harry Morgan
9-10:00			Cle Elum	Color	(206) 283-6498
SAT 15	NO	C	Evergreen State College Campus	5,000	Gary McCausland
10-12:00			Olympia	B&W	(206)
SAT 15	OSUOC	T	Arnold Ice Cave Training Meet	15,000	SASE to OSUOC
SUN 16				B&W	
MON 17	SOC	M	Introduction to Orienteering Clinic Kirkland Public Library		Dave Enger
7-9:00pm					(206) 455-5320
SAT 22	SOC	C	Marymoor Park W. Lake Sammamish Pkwy, Redmond		Dave Enger
10-12:00					(206) 455-5320
SUN 23	COC	C	Hamlin Park NE 160th St and 15th NE	7,500	Harry Morgan
10-12:00				B&W	(206) 283-6498
SUN 30	OSUOC	C	Oak Creek		SASE to OSUOC





DATE/TIME	CLUB	TYPE	EVENT/LOCATION	MAP	CONTACT PERSON
NOVEMBER 1983					
SAT 5 7-9:00pm	COC	S	Woodland Park Night Meet N. 58th St entrance	3,000 Color	Harry Morgan (206) 283-6498
SAT 12	OSUOC	C	Chip Ross Park Oregon		SASE to OSUOC
SAT 12 *	EOC	S	Kiwanis Park Compass Clinic 1/2 mi N of Downtown Ellenburgs * event may be scheduled for SUN 13, check first.		Dale Width (509) 925-5873
SAT 19 10-12:00	COC	C	Lincoln Park Picnic area at S end of park	5,000 B&W	Harry Morgan (206) 283-6498
SUN 20 10-12:00	NO	C	Steel Lake Park Motala Event Federal Way	2,400 B&W	Clayton Smith (206) 474-5675

- EVENT TYPE:**
- A USOF or COF sanctioned national event. Results of US events are submitted to USOF for inclusion in the US National Ranking System. Awards presented.
 - B Regional event. All classes will be offered including novice and beginner. Results used for the Regional Ranking System. Awards presented.
 - C Local event usually very social. Limited classes/courses.
 - I Introductory/Instructional/Novice event. These events are for newcomers and novice orienteers to introduce them to the sport and provide instruction.
 - T Training event. These are for more experienced orienteers above the novice level.
 - M Indicates meetings, workshops, clinics, etc.
 - R Relay event.
 - S Special event: Score, Novelty, Bike, Canoe, Long-O, Mountain Marathon, etc.
 - SKI Ski-O event.

GENERAL NOTES: Unless otherwise noted, all events have an open registration/start period between the hours indicated in the DATE/TIME column.
All clubs in the Northwest Orienteering Association honor each others club membership status for the 'club member discount' fee, bring your club membership card to other club events for this benefit.



Northwest Orienteering
Association
P.O. Box 1582
Tacoma, WA 984001

WM 83

As we go to press news reached us of the World Championships in Hungary. The following are unofficial results:

MEN RELAY (11-11.5Km, 420m)

- | | |
|------------|--------|
| 1. NORWAY | 232:39 |
| 2. CZECH | 234:17 |
| 3. SWEDEN | 234:21 |
| 12. CANADA | 275:01 |
| 14. USA | 281:42 |

Mike Platt	65:57
Tom Hollowell	88:26
Carl Childs	71:48
Eric Weyman	63:32

22 TEAMS

WOMEN RELAY (7.8-8.3Km, 280m)

- | | |
|------------|--------|
| 1. SWEDEN | 190:25 |
| 2. CZECH | 196:54 |
| 3. DENMARK | 204:45 |
| 13. USA | 275:31 |

Sharon Crawford	66:54
Virginia Lehman	74:51
Heather Williams	66:23
Margo Thornton	67:23

17 TEAMS

This was the first time, there was a selection race for the individual races, only Eric Weyman and Sharon Crawford qualified for the final.

MEN (14Km, 85m)

- | | | |
|---------------------|-----|--------|
| 1. Morton Berglia | NOR | 96:31 |
| 2. Øyvind Thon | NOR | 98:51 |
| 3. Sigurd Daehli | NOR | 101:00 |
| 4. Tore Sagvolden | NOR | 101:03 |
| 20. Ted de St Croix | CAN | 113:33 |
| 41. Eric Weyman | USA | 129:25 |

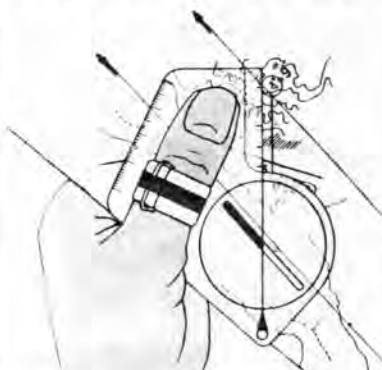
50 Final Qualifiers out of 89

WOMEN (8.1Km, 520m)

- | | | |
|------------------------|-----|--------|
| 1. Annichen Krigstad | SWE | 68:32 |
| 2. Marita Skogum | SWE | 76:05 |
| 3. Annariitta Kottonen | FIN | 76:11 |
| 4. Britt Volden | NOR | 76:26 |
| 25. Kitty Jones | CAN | 93:44 |
| 39. Sharon Crawford | USA | 102:20 |

50 Final Qualifiers out of 77

NORCOMPASS



AVAILABLE FROM:

Ellensburg O Club
1006 N Water Street
Ellensburg, WA 98926

\$13 plus \$1 postage & packing

Mike Schuh, world travelling O-bum, will return home in early October, just in time to teach his U of W Experimental college class in orienteering. It will begin Sunday, October 16th and will be held on Sunday mornings from 10:00 am to noon at the Discovery Park Visitor's Center. With no class session the Sunday following Thanksgiving, the eighth and final class will be held on December 11th. At that session (beginning at 12:30) the class members will host a meet for the general public. Awards will be given to the winners of advanced course.

For information, call the Experimental College at 543-4375 or ask Mike when (and if) he gets back to Seattle.

NORTHWEST ORIENTEERING ASSOCIATION
PO Box 1582, Tacoma, WA 98401

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