



The following article was written in 1983, and is based on a presentation given by Sture Carlsson. Since many of you have expressed an interest in training articles, we are reprinting it.

Technique From Terrain

by Robert Miller

The theme of Sture's presentation was that orienteering technique is derived from the terrain. Here are some of the skills and tactics that Sture uses:

Skills

Running Speed - your strength, speed, and endurance are all useless if you get so exhausted that you don't have enough energy left for thinking. So pick a speed at which you can run *and* think.

Running Technique - improve your technique by running uphill, downhill, in brush, over rocky terrain, in dense forest, and on roads *while* working with your map, compass, and pacing.

Map Reading - practice reading from the map to the terrain *and* from the terrain back to the map in case you get lost (it sometimes happens). Practice reading both the rough and the fine features of the map.

Compass Shots - practice using both rough and fine compass shots. For rough running, take

rough readings off the needle or off the sun. For accurate running, take fine readings and note bearing angles accurately.

Pacing - learn to use pacing. With practice, you can measure distances in various terrain to within 10%. As with compass shots, pacing can be done roughly or more precisely. One common method of pacing is to count double steps. For example, every time your right foot hits the ground, count one number. After you reach the feature you are pacing to, start counting at 1 again to pace to the next feature.

To find your pace, mark off 100 meters in several different types of terrain. Then count the number of steps it takes you to run that distance. Do this several times, and take an average.

Measuring - use your pacing skills to measure both ahead to a feature you are going toward *and* after an obvious feature you have just passed, in case you get lost.

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Tactics

General Tactics - go as far as you can using rough map, compass, and pacing skills, because they are faster than using fine skills. Orienteering tactics involve both route choices to get you in the general vicinity of the control, and route choices to find the control.

Rough Tactics - it is safe to use rough tactics if there's something to tell you when you've gone too far. Don't overlook features beyond the control that may give you some directions. To use rough tactics: look for distinctive collecting features en route to the control, or large features near the control; take an accurate bearing; memorize a few big features on your route; run with your thumb on your map to mark your location; and notice smaller obvious features as you run.

Mixing Rough Tactics - don't hesitate to mix your techniques. For example, first run a bearing off the compass needle until you reach a

path, then run on the path to some point you recognize, then run off the path using the compass needle again. Another rough technique is to leapfrog from one obvious feature to another obvious feature, pacing from each one.

Tactics For Too Little Detail - if the map does not have much detail, watch out for "one-ring hills." These are small hills that have only one contour line, and it is difficult to tell if the contour is on the top or the base of the hill. Generally, terrain consisting of one-ring hills does not have enough detail to check your position. In such cases, you can use rough techniques to get in the general vicinity of the control, and then use a square search pattern to locate the control.

Tactics For Too Much Detail - yes, you can have too much detail. In such cases, it helps to read everything you pass very carefully. If possible, avoid slightly up or downhill slopes, because it's hard to determine where you are on them.

Special Anniversary Meet At Seward Park

And it still seems like just yesterday. . . .

This year marks Cascade's 10th anniversary, and an appropriate celebration is planned. The first will be an orienteering event in Seward Park in southeast Seattle, the second will be an anniversary banquet at Sunset Hill Community Club in Ballard.

Besides the usual novice courses (with ample instruction), the long course at Seward Park will feature a vintage COC map. The first half of the course will be on a 1978 black and white map and the second half will be on the current color version. It should make you appreciate what the early orienteering pioneers had to go through.

Anniversary Banquet

Our 10th anniversary banquet will begin at 7:00 p.m. (doors open at 6:00) at the Sunset Hill Community Club, 30th N.W. and N.W. 66th in Ballard. After a delicious dinner, the evening's program will include a few trips down memory lane, complete with a slide show, and displays of old newsletters and maps. A trivia contest and a movie will round out the show. Tickets will be approximately \$10.00 per person and must be purchased in advance at a club event or from a club officer.

And a Booklet, Too!

In addition to the special meet and banquet, we will be publishing a special commemorative booklet describing our history and accomplishments. It is being produced by Len Englund, one of the club's founders, and the current Vice President. It promises to be a good record of the club and an interesting souvenir. It will be available for a mere \$2.00 donation, and can be purchased at a club meet, or from a club officer.

September Meeting

On the agenda for the September 15th general meeting are the World Orienteering Championships and our plans for major events in 1988, 1989, and 1990. While we won't have a first-hand report on 1987's World Championships, held in France in early September, we hope to be able to tell you what happened. We will also have a showing of a videotape from the 1985 World Championships in Australia.

Highlighting our major events report will be a slide show of Moran State Park on Orcas Island, site of the 1989 Western States Orienteering Championships.

We will also have a short training talk on pacing - how to determine your pace, and how to put pacing to use during a course. If time allows, we will have a general question and answer period. Bring a friend!

1987 Washington State Championships

September 19-20

at Trollhaugen
Snoqualmie Pass

6 courses, designed by
Ron Pontius

string-o for children

entry form in this issue

don't delay, enter today!

Cascade Chatter

by Harvey Friedman

As usual, I'll start off by trying to list those folks who joined up since last issue of *Bearing 315*. Words of both thanks and welcome go to the following new or renewing club members: Thom De Buys family, Nicholas Fowler family, James Kraft family, Martha J. Savage, Katie & Doug Sprugel, Leslie Uhlig.

If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew.

The two new families and two new individual memberships will just balance off the loss of Cascade members moving to foreign

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countries. In case anyone wants to write, here are the new addresses:

Matti Loppinen, 179 Alton Drive,
Beaconsfield, Quebec, CANADA H9W 2Z4;
Meir & Nancy Sheffer, 32 Histradrut St.,
Nes Ziona 70400 ISRAEL; **Pam & Sture
Carlsson**, Västerby 3108, S-77600,
Hedemora, SWEDEN.

Anyone planning to go to the U.S. Championships in Rhode Island in October will most likely see Matti there, but we'll probably have to travel to foreign countries to see the Sheffers or Carlssons in the near future. . . We will all miss **John Huth**, who has left for a temporary job with the National Park Service in Nevada. If he can turn it into a permanent job, we probably won't see John back in Seattle for six months a year as has been the case the past few years. Thanks, John, for doing all the mapping single-handedly to produce the Ft. Casey map. This included gathering base map materials, field-checking, and drafting the map we used for the meet on August 1. . . After a 5-year hiatus, we finally have **club membership cards** again. They will be available at meets and meetings, and especially at the 10th Anniversary Bash at the Sunset Hill Community Club on October 17th. Inactive members will have to wait until they renew their memberships to get a membership card. . . Several of the newer members have wondered why there were no meets scheduled for the last two weeks in June and the second and third weeks of August, so I'd like to try to explain. Most of the local meets are organized by a very limited number of members. When the opportunity arises for hard-working organizers to go to big meets outside the area, where they might renew acquaintances with friends from other parts of the country or other countries, they do so. From past years' experience, club directors know not to schedule meets to conflict with those times when they will be away, because it is difficult to find a meet staff to run things. If you want more meets, or a meet at a time when the board has not scheduled one, volunteer to organize it. The only people involved with a meet who don't get to participate are the course setter and the course vetter (checker). Everyone else, including the meet director, can get out and do a course if there are enough volunteers so that registration, instruction, and timing are covered. Debbie Newell has prepared an ex-

cellent guide for meet directors organizing a local meet, and she is working on guides for beginner instructors, for registrars, and for timers. There are several good books or pamphlets on course design available for borrowing from Mike Schuh or me (Harvey), among others. In short, please volunteer. . . Those of us who went to **Moran State Park** on Orcas Island August 1-2 were really impressed with the open forest, and know that the area will be great for the Western States Orienteering Championships in 1989. Now we have to get it mapped. . . Speaking of maps and mappers, a Swiss student, **Thomas Gloor**, who some of us met at the Western States O' Championships in San Diego in June will be here for a few weeks fieldchecking at Marckworth Forest. Anyone with free time who wants to help is welcome. Call Debbie Newell (488-7471) for more information. . . The Canadians have a **meet official certification program** for those people interested in officiating at major orienteering events. **Charlie Fox**, of OABC, is qualified to certify people. If enough people from this area are interested in getting certified, we may be able to get him to come down and help out. If you are interested, call me (Harvey) at 784-2774. . . Update on trying to get orienteering into the **1990 Goodwill Games**: the U.S. Orienteering Federation Board of Directors, at their August 1 meeting in Syracuse, voted to support our attempt. President Per Stensby will write to the Turner organization and to the local organizers to that effect. Furthermore, when he is at the International Orienteering Federation (IOF) congress in France in early September, he will talk to the Soviet representatives so that they can push from that end also. We received a letter from IOF expressing support for our attempt, and we may even ask Lennart Levin, Secretary General of IOF, to come out here the Sunday after our 10th anniversary bash to meet with the local Goodwill Games organizing committee. He will be in Colorado Springs on October 17 for a meeting of the General Assembly of International Sports Federations, and Len Englund will try to get him up here. Our first choice for the Goodwill Games meet is an area near Mt. St. Helens. Come to the 10th anniversary bash to learn more. . . If you want to read more about people in this column, then you will have to tell me events of interest in your lives to write about.

Meet Results

U.S. Long-O Championships

June 21, Aptos, CA

Several members of Northwest orienteering clubs attended the U.S. Long-O Championships in California at the end of June. Long-O is a special form of orienteering where the courses are much longer than standard courses. I did not attend the meet, and the results I received did not have the course lengths, so I don't know what they were. But they were real long.

Debbie Newell

Blue Course

Ron Pontius	NISQ	167:21
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Red Course

Dan Waugh	COC	DNF
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Green Course

F-Open

4. Katie Sprugel	COC	126:52
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M-Open

1. Mike Schuh	COC	54:50
2. Roger Sharp	COC	92:55
7. Doug Sprugel	COC	120:46

Western States Championships -

June 26-27, Mt. Laguna, CA

The Northwest was well-represented at the 2nd Western States Orienteering Championships, held this year at Mt. Laguna, east of San Diego, California. The weather was perfect, and the area was great for orienteering, with acres of open woods to run through. The altitude was the only bad part: 6,000 feet above sea level. The course designer was kind, though, as there wasn't much climb on the courses. The meet was marred the second day by a misplaced control that was on both the Red and Blue courses. Under most circumstances, everyone's results on both those courses would have been thrown out for the second day. However, only M21A and F21A were invalidated, because only in those classes did anyone protest. In spite of the misplaced marker, I enjoyed myself, and it was a great meet. Awards were given to top

overall finishers and to top finishers from the western states. The three Puget Sound area clubs each came home with a Western States Champion: **Nathan Tharp** (Nisqually) in M19-20A, **Knut Olson** (Cascade) in M60A, and **Dave Lilly** (Sammamish) in M21B. Congratulations!

Debbie Newell

Blue Course

Day 1: 7.9km, 13 controls, 290m climb

Day2: 8.05km, 16 controls, 250m climb

		Day 1	Day 2	Total
13.	Dave Enger	76:43	79:37*	76:43
26.	Mike Schuh	99:29	95:13*	99:29
37.	Arne Skog	156:45	107:47*	156:45

Red Course

Day 1: 6.9km, 11 controls, 265m climb

Day2: 6.9km, 12 controls, 185m climb

F21A

5.	Debbie Newell	90:52	97:57*	90:52
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M21B

3.	Dave Lilly	80:04	83:08	163:12
8.	Arnold Kay	119:03	81:16	200:19
10.	Rick Breseman	108:31	101:24	209:55

M35A

3.	Gary McCausland	86:14	69:46	156:00
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M40A

3.	Fred Veler	78:40	67:06	145:46
10.	Mike Tharp	105:19	94:51	200:10

M19-20A

2.	Nathan Tharp	73:18	64:14	137:32
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Green Course

Day 1: 5.08km, 9 controls, 125m climb

Day2: 4.8km, 10 controls, 135m climb

M35B

2.	Dave Tallent	68:15	70:04	138:19
3.	Doug Sprugel	78:08	78:02	156:10

M50A

5.	Carl Moore	85:36	73:30	159:06
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M60A

1.	Knut Olson	93:58	66:19	160:17
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F21B

2. Katie Sprugel	95:51	73:16	169:07
3. Eileen Williams	110:49	69:32	180:21

Orange Course*Day 1: 4.9km, 9 controls, 115m climb**Day 2: 4.6km, 10 controls, 125m climb***M-Open**

6. Harvey Friedman	87:32	98:20	185:52
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F40B

1. Anne York	98:36	158:07	256:43
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F45B

2. Pat Albright	90:15	115:45	206:00
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F-Open

Laura Skog	DNS	112:15	---
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F15-16A

Rachel Tharp	80:40	DNF	---
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Yellow Course*Day 1: 3.1km, 9 controls, 35m climb**Day 2: 3.5km, 10 controls, 75m climb***F-Open**

Laura Skog	51:05	DNS	---
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* time not counted

Robinswood Park - July 1

Sammamish Orienteering Club

*Meet Director: Dave Enger**Course Designer: Dave Tallent**Course Setters & Removers: Dave Tallent,**Dave Lilly**Timing: George Lilly**Picnic: Valerie Enger, Nancy Lilly**Weather: sunny, warm***Course 1 (1.14 km, 7 controls)**

Bill MacDonald	10:30
Sue & Tom	13:00
Susan Johnson	13:40
Kerry Lee Cannon	14:50
David Gordon	17:10
Hollands	17:10
Angela Tallent	17:30
Sassers	18:45
Dave Dummeyer/Stephanie English	23:20

Course 2 (1.6 km, 10 controls)

Don Cannon	18:30
Sue & Tom	21:46
Mike Liebrock	25:30
Laura Skog	33:23
Hollands	34:45
Susan Johnson	46:00

Course 3 (3.5km, 20 controls)

Arne Skog	37:30
Don Atkinson	49:00
Bill MacDonald	50:12
Dan Dupertuis	55:10
Sassers	57:30
David Gordon	57:52

Course 4 (4.6km, 27 controls)

Debbie Newell	43:08
Robert Miller	46:00
Sandy Kish Miller	53:46
Ardis Dull	69:10
Daves Tallent/Lilly (course setters)	29:33

Lincoln Park - July 11*Meet Director: Mike Schuh**Course Designers: Len Englund, Mike Schuh**Course Setters: Len Englund, Mike Schuh,
Scott Elich**Registration: Harvey Friedman**Start Timing: Mollie Fitzsimons**Finish Timing: Scott Elich**Results: Pat Albright**Marker Pickup: Scott Elich, Rick Hood, Mollie
Fitzsimons*

Thanks to good weather, the Lincoln Park meet was a fun and well-attended event. We lost one control marker, which hasn't happened for awhile, and somehow managed to stage the whole thing without a proper use per-mit from the Parks Department. Jeff Coker of the Nisqually Orienteers had the fastest time on Course 3, beating Ron Pontius, who is a member of the U.S. Team. Ron, though, was not trying to win - he was merely having an enjoyable time admiring the scenery while running his course. Rick Hood, a member of Cascade, enjoyed his courses so much that he stayed afterwards to help pick up markers - and this was his first meet! A "stranger" in the crowd was Annie Hankins, a graduate of Lakeside School now attending

college in Minnesota. A former participant in the Washington Interscholastic Orienteering League, she was delighted to hear about the Minnesota O Club. Thanks to everyone who helped!

Mike Schuh

Course 1 (1km, 6 controls)

Dave Dummeyer/Stephanie English	19:00
Rick Hood	27:18
Angela Tallent/Daddy	31:23
Peter Jefferson	53:19

Course 2 (2km, 9 controls)

Steve Layman	22:12
Carl Moore	23:43
Rick Breseman	25:46
Allan Griggs	26:20
Wayne DuPont	29:15
Jennifer Seffernick	29:34
Knut Olson	30:23
Billy MacDonald	32:05
Bryan Kraft	34:47
Annie Hankins	39:08
Scott Kraft	41:57
Matt Mitchell	44:00
Rick Hood	49:57
Lilly	82:54
Bill MacDonald	DNF

Course 3 (2.9km, 12 controls)

Jeff Coker	20:27
Rick Breseman	23:29
Doug Sprugel	24:54
Ron Pontius	26:42
Dave Tallent	28:40
Sandy Kish Miller	28:50
Bill MacDonald	29:43
Dave Lilly	29:51
Steve Layman	31:14
Keith Wren	31:38
Dave Dummeyer	31:58
Ross Stevens	32:24
Dan Dupertuis	32:57
Robert Miller	33:10
Eileen Williams	33:34
Knut Olson	34:27
Jessica Hirschfelder	34:30
Carl Moore	37:41
Charlotte Henson	37:53
Bill MacDonald	40:00
Jennifer Seffernick	42:28
Marina Tolmacheva	57:27
Annie Hankins	DNF

Bridle Trails State Park - July 18
Sammamish Orienteering Club

Meet Director: Dave Enger

Course Setter: Bob Rein

Registration: Bill Maiden

Start: Don Goodnow

Finish: Larry Sasser

Course Pickup: Dave Lilly, Dave Tallent, Bob Rein

Weather: sunny, warm

Course 1 (1.5km, 5 controls)

Doug Newman	30:00
John Lilly	31:00
Betty Newman	31:00
Dianne & Nathan Hamm	41:20
Jeff & Valerie Hamm	48:15

Course 2 (2.9km, 6 controls)

Mike Liebrock	40:19
Bill Maiden	49:40
Scott Kraft	53:00
Rick Hood	53:20
Leslie Uhlig	63:20
Jim Kraft	71:00
John Lilly	72:40
Pat Reddick	73:45
Dorothy Wendler	86:00
Don Goodnow	122:00
George & Nancy Lilly	139:30
Bryan Kraft	DNF

Course 3 (4.6km, 9 controls)

Bob Reddick	79:45
Billy MacDonald, Jr.	81:15
Sandy Kish Miller	84:00
Bill MacDonald, Sr.	89:10
Phil Freeman	102:00
Harvey Friedman	160:15
Rick Hood	DNF
Mike Liebrock	DNF
Larry Sasser	DNF

Course 4 (5.8km, 11 controls)

Dave Lilly	65:40
Ron Pontius	66:10
Dave Tallent*	71:44
Mike Schuh	75:40
Rick Breseman	82:15
Scott Elich	82:34
Scott Coble	90:45
Knut Olson	95:10
Ross Stevens	96:20

Karl Moore	100:25
Ralph Olson	102:35
Debbie Newell/Boomer	105:09
Doug Sprugel	113:08
Eileen Williams	128:15
Katie Sprugel	132:40
Jim Pope	145:20
Don Atkinson	DNF

*picked up markers

Ballard Bike-O - July 26

Meet Director: Harvey Friedman
Course Designer: Harvey Friedman
Registration: Harvey Friedman
Timing: Mike Schuh

Sunny 75° weather and the largest number of cars ever were in the bank parking lot, though not all were there for orienteering! A choir entertained us, and we could get all the snacks we needed at the Ballard Seafood Festival. To minimize after-meet work and emphasize navigational concentration, permanent control markers were used. These were such things as building names (for example, the Ballard Public Library), and street address numbers (for example, 7001 was the northwest corner of an intersection). All who participated enjoyed this type of design. Some even went over to watch the Seafood Festival bike races, which started at 12:45 and went on part of our long orienteering course.

Harvey Friedman

Course 1 (3 km, 6 controls)

Kent Jameson	17:54
Kurt Blakstad	24:30
Bob Reddick	28:51
Rachel Tharp	32:24

Course 2 (9 km, 14 controls)

Nathan Tharp	38:24†
Mike Tharp	39:38†
Eileen Williams	45:17
Rick Breseman	45:45
Dave Lilly	48:37
Kent Jameson	52:46*
Jessica Hirschfelder	53:20
Scott Elich	54:21
Bill Maiden	64:05

Sandy Kish Miller	65:53
Rick Hood	68:39
Tom Danielson	71:45
Don Cannon/Kerry Lee	103:47

†avoided #2 due to bike race
 *second course

Luther Burbank Park - July 29 Sammamish Orienteering Club

Meet Director: Dave Enger
Course Setter: Arne Skog
Registration: Shelly Kelber
Timing: Christian Folse, Arne Skog
Picnic: Valerie Enger
Weather: sunny, warm

Course 1 (1.1km, 7 controls)

Dennis Apland	20:00
Mike Dahl	30:00
Dave Dummeyer/Stephanie English	30:00

Course 2 (2.2km, 12 controls)

Brian Kraft	34:02
Scott Kraft	34:14
Michael Hofferber	41:15
Ralph Olson	41:25
Sasser family	43:50
Harvey Friedman	45:45
Mia Christofferson	46:38
Norm & Gerri King	64:33
George & Nancy Lilly	100:00
Shelly Kelber & Stacy	DNF

Course 3 (3.8km, 20 controls)

Course 3 had a mass start, with courses preprinted on the maps. Each person did three courses, in the order shown.

Mike Schuh	ABC	33:11
Dave Tallent	ABC	34:32
Bill MacDonald	ABC	35:03
Dave Lilly	ACB	37:50
Jeff Coker	BCA	38:18
Christian Folse	BAC	39:12
Keith Wren	CAB	41:11
Doug Sprugel	CAB*	42:45
Robert Miller	CBA	43:45
Katie Sprugel	ACB*	46:10
Jessica Hirschfelder	BCA	47:03
Dave Dummeyer	ACB	47:47
Bob Reddick	CAB	48:45
John Maier	ABC*	49:15

Billy MacDonald	CBA	49:40
Rick Hood	BCA	49:55
Sandy Kish Miller	CBA	50:20
Steve & Paul Herber	ABC*	50:20
Laura Skog	BAC*	50:30
Ardis Dull	ACB	52:45
Knut Olson	BCA*	53:40
Jo' Brown	BAC	56:50
Dennis Aplan	CAB	59:00
Bob Rein	BAC	65:40
Jennifer Seffernick	*	82:26

*missed the mass start

Fort Casey State Park - August 1

Meet Director: John Huth

Course Setter: John Huth

Registration: Judy Cohen

Timing: Roger Sharp, Mike Schuh, Jo Brown

Weather: sunny, with a light wind

What a surprise to see 40 people show up for the first meet on the new Fort Casey map, especially when you consider the fact that it was a black and white map and a "C" meet so far away from Seattle. I guess that shows how hungry people are for new orienteering areas. From the feedback that I received, everybody enjoyed the area. The collecting of the scorecards was rather haphazard at best, so the results do not reflect any DQs for wrong punches. However, after checking the cards that were collected, a few were found to have wrong punches. Also due to the problems we had on Course 3 with two different markers missing at various times, the results for that course are listed alphabetically. Because some people continued as soon as they realized the marker was gone, while others weren't sure what to do, and one even went back when he heard it was there as he approached the finish, I felt it really wasn't right to list the finishers by time. I think the greatest problem was having only one master map for the map changes on both Course 2 and Course 3. It sounded as if they were like the floating bridges during the Friday evening rush hour.

John Huth

Course 1 (1.6km, 7 controls)

Tony Saulewicz	20:20
Bob & Pat Reddick	24:09

Valerie Enger	26:54
Scott Coble/Rita Kowats	31:00
Shelly Kelber/Stacey Harris	57:27
Roger Sharp	picked up markers

Course 2 (3.6km, 12 controls)

Dale Width/Nancy Oakes	53:06
Dennis Aplan	54:57
Kent Jameson	56:10
Pat Albright	66:15
Rick Hood	68:57
Harvey Friedman	71:21
Anne York	77:14
Bruce McAlister	78:52
Shelly Kelber	88:18*
Judy Cohen	91:18
Pat Reddick	91:20*
Tony Saulewicz	103:52*
Jo Brown & Serene	136:52

Course 3 (5.1km, 14 controls)

Pat Albright	DNF*
Dennis Aplan	DNF*
Don Atkinson	58:17
Scott Coble	56:00*
Dave Dummeyer	55:59
Dave Enger	36:24
Allan Griggs	53:55
Jessica Hirschfelder	75:42
Rick Hood	DNF*
Arnold Kay	59:04
John Lilly	113:54
Dave Lilly	51:50
Bill MacDonald	62:34
Billy MacDonald	64:03
Debbie Newell	53:03
Bob Reddick	64:40*
Mike Schuh	41:45
Meir Sheffer	66:47
Arne Skog	47:42
Jim Slyfield/Sue McGuire	71:33
Dave Tallent	53:16
Fred Veler	47:19

*second course run

Canadian Championships

August 15-16, Sundre Alberta

	Day 1	Day 2	Total
M21A			
10. Dave Enger	98:35	111:21	209:56

F-Open-B

1. Eileen Breseman	77:47	67:06	144:53
4. Katie Sprugel	108:29	77:33	186:02
5. Sandy K. Miller	117:49	92:18	210:07

M55

6. Will Sperry	96:54	91:02	187:56
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M-Open-A

1. Thomas Gloor	85:56	75:23	161:19
4. Dave Lilly	101:40	106:52	208:32
Rick Breseman	DNF	111:44	---

F-Open-D

6. JoAnne Sperry	122:53	92:19	215:12
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M-Open-B

5. Doug Sprugel	95:57	86:18	182:15
10. Dave Tallent	90:07	115:31	205:38

M35

14. Gary McCausland	104:11	108:35	212:46
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M40

10. Mike Tharp	63:33	66:04	129:37
17. Robert Miller	77:44	84:44	162:28

M50

6. Carl Moore	78:37	61:47	140:24
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F15-16

4. Rachel Tharp	55:54	91:04	146:58
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M19-20

6. Nathan Tharp	92:58	84:00	176:58
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Foster Island Canoe-O - August 23

Meet Director: Debbie Newell

Course Designer: Dan Waugh

Course Setters: Arnold Kay, Debbie Newell

Course Picker-uppers: Rick Hood, Arnold Kay, Debbie Newell

Registration: Jessica Hirschfelder, Rick Hood

Starts: Debbie Newell

Finish: Jessica Hirschfelder

Weather: warm and sunny

The nice weather helped attendance at this year's canoe meet. Everyone agreed that Dan Waugh's courses were challenging and fun. Since each boat was allowed only one map and one punch card, the biggest challenge was

choosing where to let off one team member to pick up land controls, and where to meet them again to get the water controls. Although two teams tried to portage their canoes between controls 8 and 9, it proved to be no advantage: one team couldn't get through the heavy brush with their canoe, and the other team took so long deciding whether to portage or not that any advantage was lost. Rick and Eileen Breseman successfully defended their title as Canoe-O champions of the world (well, of Foster Island, anyway), while Dave Enger and Thomas Gloor weren't far behind. This, by the way, was the first time Thomas had been in a canoe.

Debbie Newell

Course 1 (3.7km, 11 controls)

Double Canoe

Peter & Steve Nilsen	70:19
Kurt Blakstad/Amy Loomis	89:34
Bette & Brad DeWeese/Aaron Dustan	90:15
Tom Hamstra flotilla	98:54
Lynne & Mike Dustan	100:02
Don Atkinson/Sven Nilsen	DQ
(lost punch card)	
Don & Casey DeWeese	DQ

Course 2 (5.2km, 16 controls)

Single Kayak

Dave Lilly	86:21
Mike McCorkle	90:58

Rowboat

Glenn Gordon family	115:16
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Double Canoe

Rick & Eileen Breseman	68:38
Dave Enger/Thomas Gloor	78:26
John & Mark Kelly	86:58
Steve Layman/Laura Morin/T. Grass	87:11
Sandy & Robert Miller	95:59
Ross & Barbara Stevens	98:51
Pat & Bob Reddick	100:05
Katie & Doug Sprugel	102:50
Mike Schuh/Pat Albright	103:05
Dave Spell/Frank Mukaida	112:39
Dave Dummeyer/Stephanie English	114:41
Jennifer Seffernick/Michelle Everett	132:22
Cathy Smith/Matt Newman	142:56
Dave & Jesse Cook	159:36
Shelly Kelber/Harris	160:52
Judy Cohen	DNF

Letters

Dear Editor:

The Long Way (Hey, I'm Working On It) Of
Saying Thanks

Thanks Mike, Harvey, Dave, Bob, and of course *et* and her brother *al*. I've had a great month of going right (and wrong) on some good trails with some great folks! Orienteering is indeed addictive - the perfect blend of self, others, and nature. The five events I had the opportunity to run/ride this last month were definitely a learning, humbling, and satisfying experience - individually competitive, yet collectively supportive. (Did I mention the hot dogs at Burbank Park were great; if anyone needs some mustard, just let me know: I got some extra on my shirt).

Well, I'm looking forward to a lifetime of great orienteering (with the hope of less relocating and mustard stains). Wherever I end up, I'll always regard my initial experience in the sport with great fondness, due to a large extent to the support and warmth COC and it's members extended to a "new guy." So, thanks. . .

Rick Hood

Dear Editor:

Cle Elum Ridge, one of the best orienteering areas in Washington State, I was told. East of the Cascade Mountains, open forest, no sala! One of the few not in a city park.

No wonder that I waited for this meet for a long time. "May 13, Cle Elum Ridge, I-90 Exit 85" the newsletter said. Very simple. "Let's drive to the meet, then continue to the beautiful Grand Coulee area," we (the family) said. "See you soon at Cle Elum," I said to a friend at the Hamlin Park meet.

"Dad, how far do we still have to go?"

"Here is the Yakima River. We'll soon be there."

"And now, look around, let's see who will be first to spot the red-and-white orienteering sign," I say as we take Exit 85.

Road junction with Highway 903. No sign! Well, let's turn right till the junction with Highway 970. No sign?! Well, turn back, drive through the town of Cle Elum. Look around you, have you seen a sign? Maybe it's Exit 84. Any sign? No? Back to Cle Elum. . .

It's getting late, the heck with the meet, let's go to Grand Coulee. Of course, not before we have ice cream at Cle Elum.

Meir Sheffer

Dear Meir:

I'm sorry that you missed the meet at Cle Elum. The Ellensburg Orienteering Club, who hosted the meet, unfortunately did not have signs out from the freeway, and the ones that were out were difficult to see.

When I publish directions in the newsletter, I can only publish the information that I have. I don't always know where or if the hosting club will be putting out signs, so I do the best I can with directions. In the case of the Cle Elum meet, I, like you, assumed EOC would put signs out from the freeway exit. Any time a meet is hosted by another club, and is in a remote area like Cle Elum, if you have never been to the area it is best to call for more specific information before you go to the meet. That's why I try to include in the newsletter the name and telephone number of someone to call for information.

I know you were not the only one who had problems finding the area that day. Perhaps EOC will do better with their signs in the future.

Debbie Newell

Dear COC:

Before returning to Israel, I wish to thank you again for the good time I had during my stay in Seattle. I appreciate the big effort that all of you put in establishing orienteering as a sport of more than just a few strange people. I wish you success in whatever you do and orienteering in particular. Hope to see you again. Thank you.

Meir Sheffer

Summer Relays

Cascade was involved in a couple of relays over the summer: the Paddle, Pedal Puff triathlon relay in Arlington, and the Capital City Marathon Relay in Olympia.

The Paddle, Pedal, Puff triathlon was held on the Fourth of July, and consisted of a 6-mile canoe leg down the Stillaguamish River, a 7-mile bike leg, and a 2-mile running leg. Robert Miller and Arnold Kay did the canoe leg (they only fell in once), Anne York did the bicycle leg, and Dave Tallent did the running leg. I haven't received any results from the organizers yet, but our team wasn't (quite) last. It is interesting to note, however, that the fastest "ironman" (one person doing all three legs) finished the entire course just 10 minutes after Arnold and Robert finished the canoe leg.

I competed as an "ironwoman," and finished second in my division (okay, so there were only two women, but I *did* finish, and *didn't* fall in the river).

Our team did better in the Capital City Marathon relay on July 26th, finishing 5th overall out of about 40 teams. Teams consisted of five people, with four members running 5-mile legs, and the last person running 10 kilometers (talk about mixed units). The team members were: Kirk Hackler, Arnold Kay, Karen Pohs, Debbie Newell, and Dave Tallent.

There are still a couple of relays or team events left this summer, so give me a call (488-7471) if you're interested in participating.

Debbie Newell

Presidential Ramblings

by Mike Schuh

We have a lot going on this month and next - a two-day state championship, a 10th anniversary celebration, start of field-checking for Marckworth Forest, progress on the Goodwill Games initiative, and more. This is an exciting time for our club.

On the 19th and 20th of September, Doug and Katie Sprugel and crew will organize the annual Washington State Orienteering Championships at Trollhaugen. This is the site of last year's class "A" meet, and is the club's newest color map. As always, there will be a category for everyone, both hotshots and those who prefer to stroll along. See the announcement and enclosed meet form for more details, or call the Sprugels (365-8742). They welcome volunteers for various tasks, big and small.

In the next issue of *Bearing 315* we will have a membership survey form. We hope this will give us a better idea of what the members of COC want the club to do, and what they can do to help the club. Stay tuned.

August saw the departure of two club members for other parts of the world: Matti Loppinen for Montreal, Canada, and John Huth for Ely, Nevada. Each contributed to the club as Training and Mapping Coordinators, respectively. They will be missed. We are looking for replacements. . . .

Speaking of mapping, we are fortunate to have with us this fall Thomas Gloor from Switzerland, who has started fieldwork on the Marckworth Forest map. It is too early to tell how much of the map he will be able to finish, but so far it is going well.

Two events take place in October: the club's 10th anniversary celebration, and National Try Orienteering Week. The former takes place on the 17th, which happens to be the end of National O' Week. Our involvement in National O' Week will be a club meet at Seward Park on Saturday, October 17th. Besides the usual novice courses, the long course will feature use of a vintage COC map. The first half of the course will use a black and white map that was the first map I ran on at a COC event - in September 1978. The present color map will be used for the second half of the course.

SCHEDULE OF EVENTS

Date/Time	Location	Type	Club	Map	Information
Tue, SEP 1 7:00 p.m.	*COC Board Meeting		COC		Harvey Friedman (206) 784-2774
Sat-Sun-Mon SEP 5-7	B.C. Orienteering Festival, University Endowment Lands & Campus, Vancouver		GVOC		John Rance (604) 526-3315
Sun, SEP 13 10 - 12 noon	*Bridle Trails State Park, Kirkland Ben Franklin Elementary School, 12434 N.E. 60th St. (I-405 N.E. 70th St. exit, follow o' signs)	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sun, SEP 13	Thetis Lake, Victoria, B.C. Canoe-O	S	VO	color 1:10,000	Dennis Fedoruk (604) 592-5739
Tue, SEP 15 7:00 p.m.	General Meeting, Fremont Library, 731 N. 35th, Seattle		COC		Mike Schuh (206) 783-3960
Sat-Sun SEP 19-20	Washington State O Champs. Trollhaugen, Snoqualmie Pass, I-90 exit 62	B	COC	color 1:15,000	Doug Sprugel (206) 365-8742
Sat-Sun SEP 26 11 a.m. - 1 p.m.	Durr Road, Ellensburg	C	EOC	b/w 1:15,000	Will Sperry (509) 925-4716
Sat-Sun OCT 10-11	U.S. Championships Rhode Island	A	NEOC	color 1:15,000	Barry Callahan (617) 339-6231
Tue, OCT 13 7:00 p.m.	COC Board Meeting 1706 N.W. 57th St. Apt. 3, Seattle		COC		Mike Schuh (206) 783-3960
Sat, OCT 17 10-12 noon	*Seward Park, special 10th anniversary meet	S	COC	b/w & color	Mike Schuh (206) 783-3960
Sat, OCT 17 6:00 p.m.	10th Anniversary Banquet, Sunset Hill Community Club, 3003 N.W. 66th, Seattle		COC		Mike Schuh (206) 783-3960
Sat, OCT 17 11 a.m. - 1 p.m.	Thrall Park, Ellensburg	C	EOC		Will Sperry (509) 925-4716
Sun, OCT 18 10-12 noon	*Lake Tradition, Issaquah I-90 Front Street exit	C	SAMM	color 1:15,000	Dave Enger (206) 822-6254
Sat, OCT 24 10-12 noon	*U. of Washington, Seattle, Montlake Parking Lot, north of Husky Stadium	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sat, NOV 7 6:00-7:30 p.m.	Woodland Park Night-O, Seattle N. 50th St. entrance	S	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sun, NOV 15 10-12 noon	Hazelwood Elem. School, Bellevue 116th Ave. S.E. at S.E. 69th Way (I-405 112th Ave. S.E. exit, follow o' signs)	C	SAMM	b/w 1:10,000	Dave Enger (206) 822-6254
Sat, NOV 21 10-12 noon	Farrel-McWhirter Park, Redmond Redmond Rd. off Avondale Rd.	C	COC	color 1:3,500	Mike Schuh (206) 783-3960
Sat, NOV 28	Evergreen O' Cup, Tenalquot Rainier Rd. S.E., south of Lacey	B	NISQ	color 1:15,000	Gary McCausland (206) 352-5542
Sat, DEC 5 10-12 noon	Island Crest Park, Mercer Island Island Crest Way at S.E. 58th St.	W	SAMM	color 1:7,500	Dave Enger (206) 822-6254
Sat, DEC 12 10-12 noon	Lynndale Park OR Evergreen High School	W	COC		Mike Schuh (206) 783-3960
Sun, DEC 20 11-1 p.m.	Ski-O, Trollhaugen I-90 Sno-Park lot just west of Exit 62	S	COC	color 1:15,000	Mike Schuh (206) 783-3960

continued →

* Revisions from last newsletter

Bridle Trails State Park - changed from September 12 to September 13

Seward Park - added to celebrate COC's 10th anniversary

Lake Tradition - location changed from Marymoor Park

University of Washington - meeting place changed from N.E. 45th Street entrance to
Montlake Parking Lot; lot is free to get in, free exit if you leave after noon.

Event Key: A - major event on good quality color map, 5 courses minimum
B - major local event, 3-4 courses minimum
C - local club event, 3-4 courses
S - special event (bicycle, canoe, ski, night, etc.)
W - Washington Interscholastic Orienteering League event (open to everyone)

Club Key: COC - Cascade Orienteering Club
EOC - Ellensburg Orienteering Club
GVOC - Greater Vancouver Orienteering Club
NEOC - New England Orienteering Club
NISQ - Nisqually Orienteers
SAMM - Sammamish Orienteering Club
VO - VictOrienteers

8th Annual "Bog Slog"

December 27

St. Edward State Park, Kirkland

homemade pies to
1st place male and female on each course

cookies to 2nd and 3rd place

"come slog with us"

COC OFFICERS AND COORDINATORS

<i>President</i>	Mike Schuh	(206) 783-3960
<i>Vice President</i>	Len Englund	(206) 746-3822
<i>Secretary</i>	Robin Harvard	(206) 622-0918 (day)
<i>Treasurer</i>	Doug Sprugel	(206) 365-8742
<i>Mapping Coordinator</i>		
<i>Membership Coordinator</i>	Harvey Friedman	(206) 784-2774
<i>Newsletter Editor</i>	Debbie Newell	(206) 488-7471
<i>Training Coordinator</i>		
<i>Publicity Coordinator</i>	Knut Olson	(206) 483-1415
<i>Equipment Coordinator</i>	Arnold Kay	(206) 488-7471
<i>Volunteer Coordinator</i>	Betty Berreth	(206) 546-2128
<i>Social Director</i>	Judy Cohen	(206) 789-5641

"BEARING 315" PUBLICATION SCHEDULE

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are encouraged to submit orienteering-related material for publication. Send items for publication to the address below by the scheduled deadline. Material received after the deadline is not guaranteed to appear in the next newsletter issue.

<u>Issue</u>	<u>Publication Date</u>	<u>Submittal Deadline</u>
JAN-FEB	December 31	December 10
MAR-APR	February 28	February 10
MAY-JUN	April 30	April 10
JUL-AUG	June 30	June 10
SEP-OCT	August 31	August 10
NOV-DEC	October 31	October 10

Mail material to:
 Cascade Orienteering Club
 Newsletter Editor
 P.O. Box 31375
 Seattle, WA 98103

COC MEMBERSHIP FEES

Single	\$7.00/year
Family	\$10.00/year
Associate (under 18)	\$4.00/year
Newsletter Only	\$5.00/year

COC "C" MEET FEES

	<u>b/w map</u>	<u>color map</u>
Orienteering Club Members	\$2.00	\$2.50
Non Club Members	3.00	3.50
Novice Course	1.00	1.00
Families (regular fee for first 2 members, \$1.00/person thereafter)		

Special events, such as the State Championships, and "A" meets, have higher fees.

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

Address Correction Requested