

## **SPREAD THE WORD - 'O' WORKSHOP IN LYNNWOOD!**

For those who are new to the sport of orienteering or are interested in trying a variety of "O" courses to improve their technique, an ORIENTEERING WORKSHOP is again being offered at Lynndale Park through the Lynnwood Parks and Recreation Program. This hands-on course will be held on June 28th from 10:00 a.m. to 1:00 p.m. by Eileen Williams, for all pre-registered students. To register, call Eileen at 522-1098 or Eric Schultz of the park department at 775-1971.

## **POKER BIKE-O ON VASHON ISLAND!**

For those who would like to try a variation on bicycle orienteering and cover some new terrain, the American Youth Hostel of Vashon Island will be holding a "Poker Bike Run" in conjunction with "Vashon Discovery Days" on Saturday, May 3rd. Bikers will ride up to 25 miles to six points of interest: Wax Orchards, K2 Ski Factory (factory tours at 1:00 and 2:00), Dairy Queen, Sportmans Club and Robinson Pt Lighthouse. You will receive playing cards and refreshments at each point visited. Prizes will be awarded to the highest-scoring poker hands. Registration for this non-timed event is from 9:00 to 10:00 a.m. at the Youth Hostel, 121st Ave. S.W. and S.W. 168th St, (which is 6 miles from the Vashon Heights ferry dock). The course will be open from 10:00 a.m. to 4:00 p.m. For more information, call Judy Mulhair at 463-2592.

## **SWEDISH OUTREACH TEAM COMES TO OLYMPIA!**

Gary McCausland will be hosting a potluck on Monday evening, May 5th from 5:00 to 9:00 p.m. at 8120 Libby Road NE, Olympia. Gudrun and Henrick will be present for you to meet in an informal setting and to answer questions about orienteering. On Tuesday evening Gudrun and Henrick will be presenting a program on orienteering at the Olympia Public Library. A slide show will be included in the program which starts at 7:00. Call Gary at 352-5542 for further details.

## **CASCADE CLUB MEETING FEATURES SLIDE SHOW ON SPELUNKING**

Don Denbo will be the feature presentation at the next Cascade Orienteering Club meeting to be held at the University Branch Library (NW corner of 50th and Roosevelt) at 7:00 p.m. on Wednesday, May 21st. Don will show slides of subterranean orienteering, otherwise known as spelunking, otherwise known as caving. Don is an experienced and enthusiastic spelunker and orienteer which promises to make for a dyn-O-mite evening's entertainment.

## **COLORAD-O BOUND**

The inaugural Western U.S. Orienteering Championships will be held July 19-20 in Roosevelt National Forest near Nederland, Colorado. Several Northwest orienteers will be making the trip, and you could be one of them. Airfare to Colorado is currently \$138, round trip (cheap!), and could go down even further by July. The meet site is "open, very runnable, mature pine forest with a few clearings and rare underbrush." The elevation is between 8200 and 9000 feet, and the scenery should be spectacular. If you would like more information or an entry form for the meet, talk to Debbie Newell (488-7471). See you in Colorado.

# Swedish Outreach Program Visitors come to the Pacific Northwest

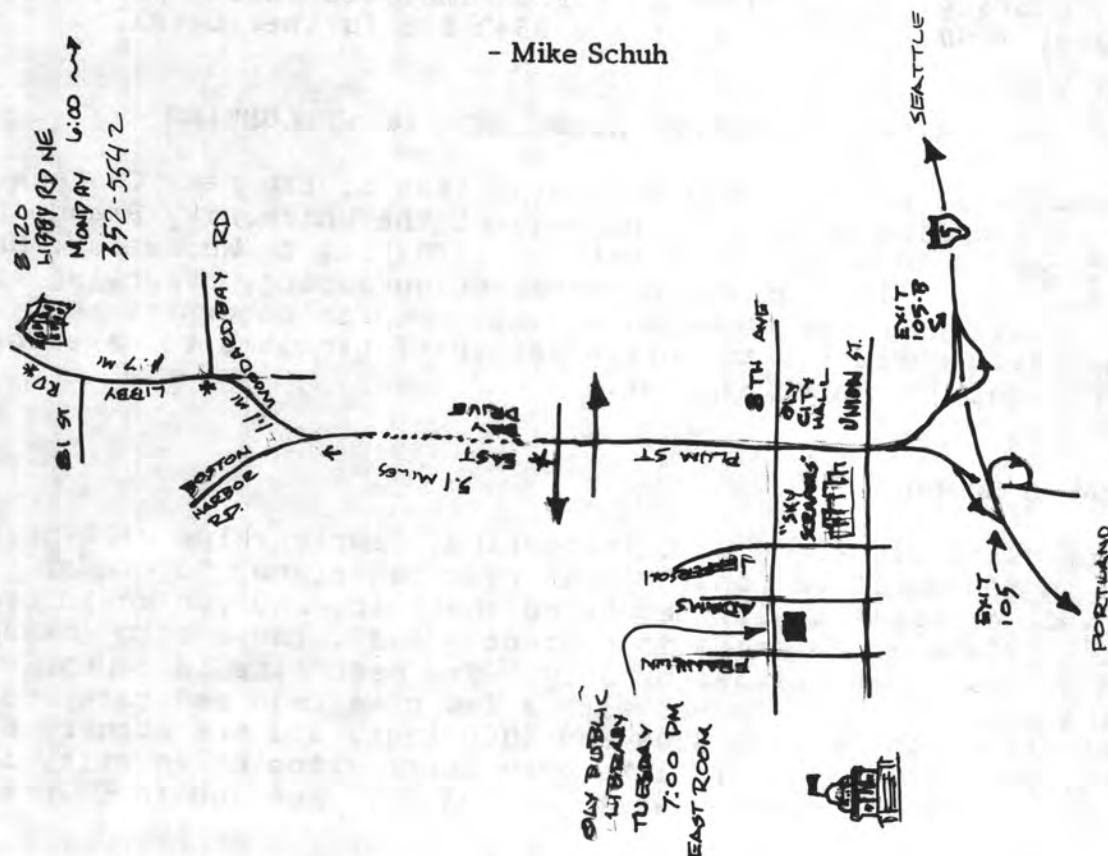
In 1985, the United States Orienteering Federation (USOF) began a development program known as 'Outreach'. Intended to foster the development and growth of orienteering in presently undeveloped areas, the program is now entering its second year. While the USOF is supporting it with some money, the bulk of the program's funding comes from the Swedish Orienteering Federation (SOFT). SOFT is also providing club development and promotion experts who travel around the United States, giving talks and clinics on promotional techniques.

We are fortunate here in the Northwest to have this year's workers visit our area in early May. Gudrun Hjort and Henrick Gothberg work in Sweden as 'district consultants' for SOFT, the same job that Cascade OC member Goeran Larsson has in the district of Vastmansland. In this capacity, they help orienteering clubs in their districts with publicity and finding mappers and support from the national federation and good stuff like that. Gudrun and Henrick will be concentrating on the Portland area, with side trips to Corvallis and possibly Eugene. On the weekend of May 3 and 4 they will travel to Bend for the meets there and on Monday May 5 they will visit Gary McCausland for a couple of days in the Lacey/Olympia area.

I would encourage as many COC members as possible to meet with Gudrun and Henrick. They will be visiting only four areas in the United States, and the USOF outreach program has selected the Northwest as one of them. It is to our benefit to learn what we can from them while they are here.

For further information on their visit to Lacey, call Gary at 352-5542. To meet with them in Bend, join others from COC and attend the two meets in the Bend area sponsored by Oregon Orienteering.

- Mike Schuh



# Pacific Northwest Orienteering Schedule

Date	Event	Club
<b>March 1986</b>		
8	Durr Road, SW of Ellensburg	Ellensburg
9	Kelsey Creek Park, Bellevue	Sammamish
15	OSU Horse Center, Corvallis	Oregon
22	Robert Burnaby Park, Burnaby	GVOC (604) 875-6039
23	St Martin's College, Lacey	Nisqually
<b>April 1986</b>		
6	Island Crest Park, Mercer Island	Sammamish
5	Tryon Creek State Park, Portland	Oregon
12	(place to be decided)	Ellensburg
19	Wonderwood Park, Lacey	Nisqually
26	Lake Tradition, Issaquah	Cascade
27	Lighthouse Park, West Vancouver	GVOC (604) 987-3239
<b>May 1986</b>		
3	Cow Creek, 1 hr E of Bend	Oregon
4	Cow Creek, Day-2	Oregon
3-4	Newcastle Island, Nanaimo	VO (604) 592-5739
10	Ft Steilacoom Park, Tacoma	Nisqually
11	UBC Research Forest, Haney	VN (604) 533-3352
14	Marymoor Park, Redmond	Sammamish
17	Ballard Community Center, Seattle	Cascade
17	Barne Leiker, Scandinavian Festival	
17	World O-Cup, Hamilton, Ontario	Canada Class-A
17	Sage Stomp, Kamloops	SOCK (604) 374-2370
18	"	
18	Cle Elum Ridge, E of Cle Elum	Ellensburg
	4th Annual Kittitas Valley 'O' Festival	
24	Champoeg State Park, S of Portland	Oregon
24	World O-Cup, New York	Hudson Valley Class-A
31	Tumac Plateau, E of Mt Rainier	Cascade
Cascade Orienteering Club		Robert Miller h-206-782-1437
Washington Interscholastic O-League		Mike Schuh h-206-783-3960/w-206-356-6241
Sammamish Orienteering Club		Dave Enger h-206-822-6254/w-206-455-5320
Nisqually Orienteers		Gary McClausland h-206-352-5542/w-206-967-5914
Ellensburg Orienteering Club		Will Sperry h-509-925-4716
Oregon Orienteering Club		Jeff Lewis h-503-245-4725



# Personal Business

NOVEMBER 4, 1985

## FINDING YOUR WAY IN THE WOODS FOR THE SPORT OF IT

ALL AGES CAN COMPETE  
ON EQUAL TERMS

IT'S YOU VS. THE  
WOODS—AND THE MAP

A BRIDGE ACROSS  
THE GENERATION GAP

EDITED BY DONALD H. DUNN

**N**ew York City's Oct. 27 marathon draws mass attention, but another sporting event that day ranks a lot higher with Ericsson Inc.'s chairman, Hakan Ledin: The National Individual Orienteering Championship in Milford, Mich.

What's orienteering? "Jogging for intellectuals," says Ledin, that provides mental and physical stimulation in equal measure.

In orienteering, as in a footrace, your objective is to hurry from one point to another—but there is no set route. Contestants get a topographical map of a wooded or parkland area. Reflecting the sport's European origins, distances are marked in meters and kilometers. The straight-line distance between the start and finish points is about three or four miles for mid-level orienteers, six or seven for veterans. The map also shows a dozen or so "checkpoints," which you must locate with the aid of a compass. You find your own way, stopping at each checkpoint to stamp your scorecard with an identifying symbol. So sheer speed becomes less important than knowing how to interpret the squiggles on your map. And all your energy won't help if you misread your compass and travel farther away from the next goal with each step.

Hugely popular in Ledin's native Sweden, where he was an enthusiast, as well as in Britain, Australia, and a number of other countries, orienteering has grown slowly in the U.S. since it was introduced in the 1970s. There are now about 52 clubs in the U.S.—with some 4,000 members—that sponsor regular orienteering events. And a national organization even publishes a magazine, *Orienteering USA*, which you get when you pay annual dues of \$20. And new members are signing up in increasing numbers as they learn about an athletic activity where men and women of all ages—and youngsters, too—can compete on equal terms. The big lures: exercise, fresh air, and fun.

"I've never really gotten lost," laughs Keith McLeod, 45, owner of Tucson Business Center, a merger consulting firm. "But I've seen plenty of other runners 'make a 180' and go dashing off in exactly the opposite direction."

Orienteering can be a family endeavor. Robin Shannonhouse, an accountant who serves as executive director of the U.S. Orienteering Federation, often competes in meets with her daughter, 14, and son, 12. Local clubs start youngsters and new members on well-marked trails or easy practice courses less than a half-mile long. "Basically, all you have to do at first is use the compass to decide which trail to take when you come to a junction," says Shannonhouse, whose organization has a booklet and list of local clubs in nearly every state. (Write USOF, P.O. Box 1444, Forest Park, Ga. 30051.) In a competitive meet, a half-dozen orienteers of different ages and ability can start on different courses at the same time, followed by another group a few moments later. The experts simply have to hit more checkpoints before reaching the finish. Awards are presented in various classifications, such as male, female, over-40, and best all-around.

Trophies tend to relate to nature—a birdhouse, for instance. But your major reward is the thrill of outsmarting a faster or younger runner. "And," says Heather Williams, 30, a research biologist at Rockefeller University, "you're always pitting yourself against the woods and the map." Williams, who belongs to the Hudson Valley Orienteering Club (P.O. Box 61, Pleasantville, N.Y. 10570), was on the 10-member U.S. team that flew to Australia in August to compete in an international meet. The sport, she says, "permits you to be antisocial and explore the woods on your own and then be terribly social when you get together later to party and grouse about how the maps were wrong and the flags marking the checkpoints were hung in the wrong places."

Getting into the sport is inexpensive. The basic equipment is a compass—a suitable model costs less than \$10—and a comfortable pair of shoes. In some terrain, boots may be useful, and long pants are necessary to prevent scratches as you plunge through the underbrush in an effort to cut a few seconds off your time. Top male participants can cover a straight-line distance of one kilometer in about five minutes—females, in about seven minutes. But Al Smith, a 54-year-old manager in Monsanto Co.'s engineering department, says the fun of the sport is not how fast he moves but "the instant satisfaction you get when you come upon a checkpoint the map says is there but you don't see until you're right on top of it. It's like a treasure hunt."

One of the country's largest clubs, the St. Louis Orienteering Club (7915 Davis Drive, St. Louis, Mo. 63105) has developed competitions between local high schools. "The young people see they can learn from the old, and the old find the sport helps them stay young," says Smith. "It's a bridge across the generation gap."

Some clubs sponsor meets on horseback or on cross-country skis, but don't expect to see much excitement if you drop by a park to watch an orienteering event. With the orienteers in the woods most of the time, it's not a spectator sport. In Sweden, where an annual five-day meet brings together 25,000 male and female contestants of all ages, the television cameras placed at checkpoints show little more than someone bursting from the woods, studying a map with a puzzled expression, and then running off in a different direction.

# Pacific Northwest Orienteering Schedule

Date	Event	Club
<b>May 1986</b>		
3	Cow Creek, 1 hr E of Bend	Oregon
4	Cow Creek, Day-2	Oregon
3-4	Newcastle Island, Nanaimo	VO (604) 592-5739
10	Ft Steilacoom Park, Tacoma	Nisqually
11	UBC Research Forest, Haney	VN (604) 533-3352
14	Marymoor Park, Redmond	Sammamish
17	Ballard Community Center, Seattle	Cascade
17	Barne Leiker, Scandinavian Festival	
17	Sage Stomp, Kamloops	SOCK (604) 374-2370
18	"	
18	Cle Elum Ridge, E of Cle Elum	Ellensburg
	4th Annual Kittitas Valley 'O' Festival	
24	Champoeg State Park, S of Portland	Oregon
31	Tumac Plateau, E of Mt Rainier	Cascade
<b>June 1986</b>		
1	Tumac Plateau, Day-2	Cascade
7	Lincoln Park, Seattle	Cascade
7	Evergreen College, Super Saturday	Nisqually
14	(place to be decided)	Ellensburg
14	Oldenberg Lake, S of Eugene	Oregon
15	Oldenberg Lake, Day-2	Oregon
18	Bridle Trails Park, Bellevue	Sammamish
28	St Martin's or Wonderwood, MAD Festival	Nisqually
28	(Dominion Day weekend meet)	Canada
29	"	Canada
<b>July 1986</b>		
5	Washington Park, Portland	Oregon
9	Robinswood Park, Bellevue	Sammamish
12	(place to be decided)	Ellensburg
19	Roosevelt National Forest, Nederland	Rocky Mt
	Western US Orienteering O-Champ's	Class-A
	"Colorado High-O"	
20	Roosevelt National Forest, Day-2	Rocky Mt
26	Hamlin Park, Seattle	Cascade
		Class-A

Cascade Orienteering Club

Robert Miller  
h-206-782-1437

Washington Interscholastic O-League

Mike Schuh  
h-206-783-3960/w-206-356-6241

Sammamish Orienteering Club

Dave Enger  
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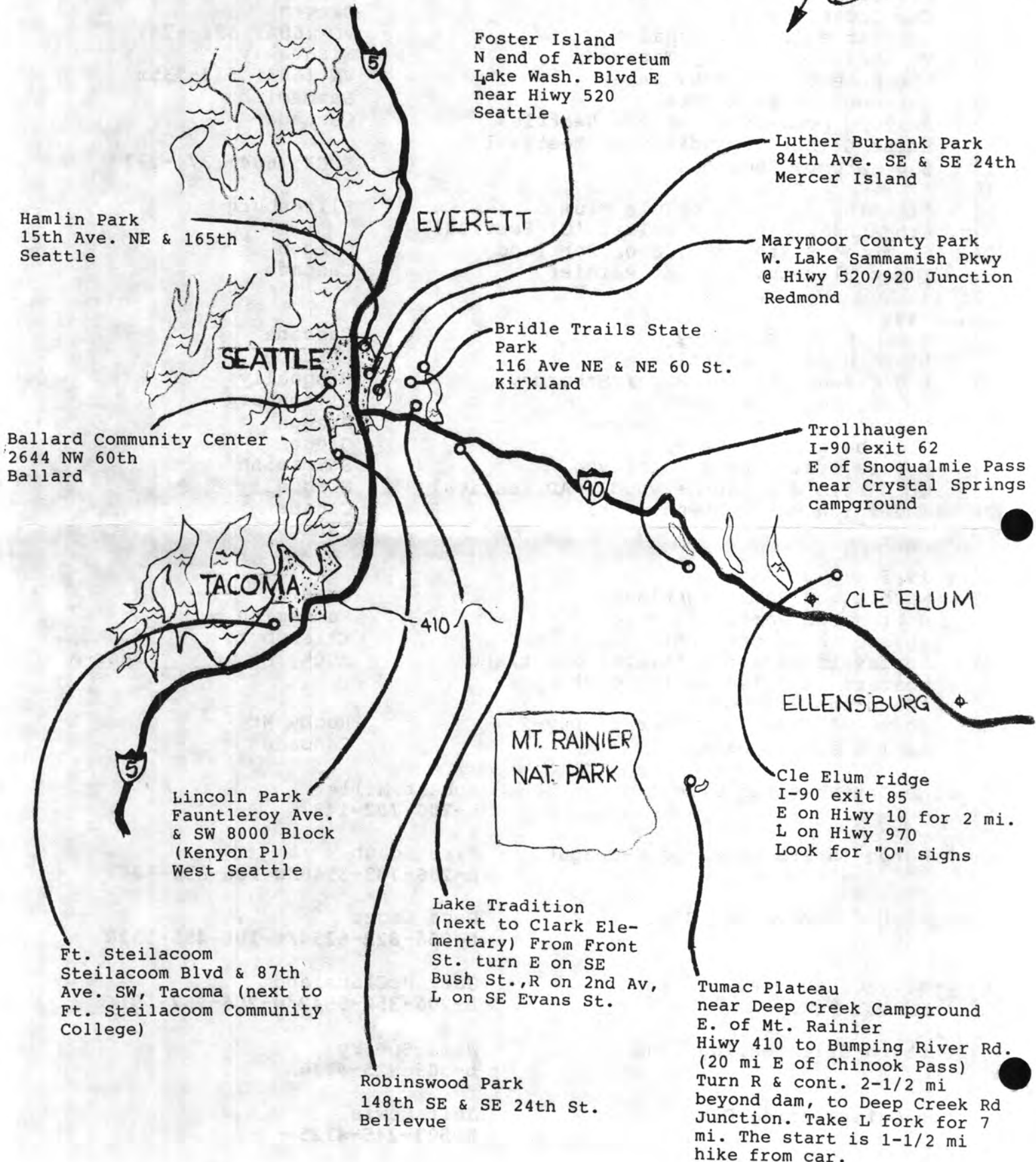
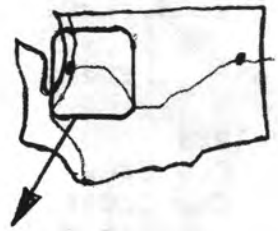
Ellensburg Orienteering Club

Will Sperry  
h-509-925-4716

Oregon Orienteering Club

Jeff Lewis  
h-503-245-4725

# Washington ORIENTEERING LOCATIONS





ISLAND CREST PARK  
April 6, 1986  
Sammamish Orienteering Club

Course Setting & Registration -  
Dave Enger  
Timing - Valerie Enger  
Weather - Sunny, warm

Course 1 (Novice), 1.1 km (5 controls)

Schubert-Knapp, Katherine	16:55
Whitsell, Bill/ Beaudin, Wendy	21:15
Kelber, Shelly/Cook, Dave	21:20
Klube, Leon & Barbara	28:15
Nancy Engel/Tim Jones	36:08
Waugh, Max & Marina	37:06
Coghill Group (4)	49:00
Sheffer Family	NT

Course 2 (intermediate), 3.1 km  
(9 controls)

Lilly, Dave	48:23
Zapfe, Karl	56:15
Sprugel, Katie	60:40
Waugh, Marina	61:04
Pearson, Troy/ Goodsky, Jesse	66:58
Whitsell, Bill/ Beaudin, Wendy	69:51
McKenzie, Bill	80:03
Kohli, Laurie	80:51
Klube, Leon & Barbara	90:58
Sheehan Family	91:31
Ford, Bill & Barbie	111:25
Coghill Group	NT
Schubert-Knapp, Katherine	NT
Delcour, Bob/Randy	NT
Olson, Ralph	DNF

Course 3 (advanced), 4.4 km (11  
controls)

Williams, Eileen	57:34
Miller, Robert	63:28
Newell, Debbie	65:26
Maier, John	65:42
Kay, Arnold	68:02
Breseman, Rick	70:12
Knapp, Ken	86:18
Sprugel, Doug	88:39
Henson, Charlotte	92:47
Marp, Roger	95:09
Kish Miller, Sandy	101:07
Olson, Knut	101:13
Coger, Carl	140:37
Friedman, Harvey	141:50
Engel, Nancy	DNF

KELSEY CREEK PARK  
March 9, 1986  
Sammamish Orienteering Club

Course Setting & Registration -  
Dave Enger  
Timing - Valerie Enger, Bob Rein  
Weather - Warm, intermittent  
sprinkling

Course 1 (Novice), 1.1 km (5 controls)

David Lilly	7:43
Mike Thiessen	23:55
Ron Duenn Family	48:00
Bill & Courtney McKenzie	NT

Course 2 (intermediate), 2.4 km  
(11 controls)

David Lilly	32:16
Charlotte Henson	35:20
Michelle Everett	41:20
Mark Moulton	41:45
Phil Everett	43:12
Mike Thiessen	53:30
Ralph Olson	55:07
Katie Sprugel	61:20
Chris Vaughn/Dann Lains/ Martin Smith	64:00
Bill & Courtney McKenzie	74:00
Hickey Family	99:30

Course 3 (advanced), combination  
course

Robert Miller	50:20
Debbie Newell	54:40
Rick Breseman	57:50
Meir Sheffer	62:02
Don Denbo	62:46
Arnold Kay	63:40
Eileen Williams	64:18
Doug Sprugel	74:25
Joe Hudson	78:10
Sandy Kish Miller	87:55
Knut Olson	105:00
Carl Moore	DNF

## Lake Tradition - Saturday, April 26th

Meet Director - Arnold Kay and Debbie Newell

Course design, Set markers, and Trainer - Don Denbo

Registration - Eileen Williams

Starts and Results tally - Debbie Newell

Finish timing and marker pluckers - Arnold Kay, Don Denbo and Rick Breseman

Post meet publicity - Roger Sharp

Weather - Overcast followed by downpour, which is becoming a signature of courses designed by Don Denbo (remember the rain at Carkeek?).

This time Don was gracious enough to have a post-meet rather than pre-meet downpour.

### Short Course - 1.2 km, 5 controls

Joe Manke	16:29
Barbara Klube	18:39
Jeanette, Dean and Mark	30:40
Salvador Munoz	35:28

### Intermediate - 4.7 km, 9 controls

Bill McKenzie	50:02
Roger Sharp	52:32
Katie Sprugel	66:15
Luke Larson	100:05
Troop 304C/Jim Siscel	102:01
Ardis Dull	104:16
Dick Diesner	108:39
Troop 304A/Jim Siscel	112:45
Joe Manke	115:04
Salvador Munoz and Friend	118:00
Jeanette, Dean and Mark	125:20
Klaus Wormuth/Matt Gubitosa	140:10
Mike Wilson	DNF
Troop 304B/Jim Siscel	DNF

### Short Advanced - 5.2 km, 9 controls

Bill McKenzie	71:41
Kent Verbeck	75:25
Robert Miller	98:20
Harry Morgan	100:06
Carl Zapffe	115:03
Knut Olson	118:59
Sandy Miller	124:08
Harvey Friedman	146:15
Nancy Engel/Tom Hamstra	150:09
Laurie Kohli	163:00
Bob Rein	DQ

### Long Advanced - 6.3 km, 11 controls

Dave Enger	60:06
Mike Schuh	64:47
Rick Breseman	75:05
Tim Vargo	78:09
Debbie Newell	79:20
Scott Coble	90:40
Meir Sheffer	90:44
Arnold Kay	91:39
Charlotte Henson	102:25
Doug Sprugel	107:22
Eileen Williams	115:40
David Lilly	DQ

## EMERALD CITY MARATHON COC RELAY TEAMS REPORT - Sunday, April 13th

Thanks in part to a generous matching grant from Scott Halliday at Halliday Capital (Eileen Williams place of employ) Cascade fielded three relay teams for the Emerald City Marathon.

The teams were comprised as follows: 1- Ansley Coon, Rina Boyd, John Huth and Rick Breseman; 2- Sandy Miller, Erin Renshaw, Eric Edeen (filling in at the last minute for Glenn Gordon) and Don Denbo; 3- Eileen Williams, Debbie Newell, Johan Anderson and Will Gale. Leg-4 runners generally agreed it was fun being able to pass so many very tired marathoners.

The teams were supported before the meet by a carbo-loading party held at Rick and Eileen's the evening before the big race--and The teams were supported during the race by people and warm-up gear shuttle drivers: Arnold Kay, Joe Manke and Robert Miller.



TROLLHAUGEN 'A' MEET  
and  
WASHINGTON STATE ORIENTEERING CHAMPIONSHIPS

As many of you know, Cascade is planning to hold an A meet at Crystal Springs (Trollhaugen) on September 20-21, 1986. An A meet is a special event, with special activities and more people than a regular club meet. Some important differences between an A meet and a regular meet are:

1. You must pre-register for an A meet. Because of the relatively large number of competitors, courses are pre-marked. Pre-registration lets the organizers know how many maps to pre-mark. A registration form will be included in the next issue of Bearing 315.
2. You will have a pre-assigned start time. To ensure that 200 people don't show up to run at the same time, start times are pre-assigned. This means you must find out your starting time before the meet. Instructions concerning start times will be included on the registration form.

As you can imagine, organizing an A meet requires a lot of pre-planning and a lot of help on the day of the meet. We would like to make this a first-class meet, and that is where you come in. Below is a list of the jobs that need to be done. Many of the positions have already been filled, but some are still waiting for the right person to come along, and we can always use help on the day of the meet. If you have an interest and/or talent in any of these areas please call the Meet Director (Debbie Newell, 488-7471) and volunteer. We will have an organizational meeting in May, so please volunteer soon.

<u>Activity</u>	<u>Coordinator</u>	<u>Day of Meet Assistance</u>
Meet Director	Debbie Newell	Arnold Kay
Publicity		
Meet Program	Debbie Newell	
Pre-registration	Robert Miller	
Entertainment		
Map	Debbie Newell	
Parking/Traffic		
Control	Harvey Friedman	
T-Shirt	Eileen Williams	
Awards		
Course Design	Sture Carlsson	
Course Veters		Mike Schuh Gary McCausland
Course Printing	Debbie Newell	
First Aid/Rescue		
Start Timing	Gary McCausland	
Finish Timing/		
Results	Don Denbo	
Day of Meet		Ardis Dull
Registration		

## Club dues

Please check the date on the mailing label to see when your membership expires; renew promptly if you want to continue receiving BEARING 315. Words of both thanks and welcome go to the following new or renewing club members: Betty Berreth, Boy Scout Troop 270, Scott Coble, Bill Fritz, Glenn Gordon, Charlotte Henson, Barbara Maly, Bill McKenzie, Jim McNamara, Harry Morgan, Meir Sheffer, Peter Smith, Will & Joanne Sperry, Tim Vargo.

Since we have 12 new full members and 5 new associates since December, it might be worth repeating some information from previous newsletters. There is a permanent set of orienteering courses at Farrell-McWhirter Park in Redmond so people can train on their own any time at which the park is open. You may buy the map packet from the ranger at the park and start with the easy course and then the other two. In fact, anyone completely familiar with the park might want to design some new courses for it. Or maybe a Boy Scout troop or other group, under the guidance of an experienced Cascade course designer, might want to help put in permanent markers in another park we have mapped such as Camp Long. Which leads me to  
an editorial

Most of the membership of COC enjoys participating in O' meets; few members enjoy the administrative aspects of the sport. However, Orienteering is a voluntary sport -- which means people are needed to design courses, arrange for maps to be made, schedule events, register, time, and teach others how to do the above. Volunteers can learn new skills, make new friends, and share the camaraderie of putting on a well-attended, successful meet. We can always use you for something, but for the next couple of months we especially need people to help Mike Schuh finish the field-checking for the Trollhaugen (Crystal Springs) map, so that we can indeed have a Class A meet there in September. If you enjoy the sport, please volunteer to help out.

end of editorial

For those of you who don't subscribe to OUSA or Orienteering/North America yet still want to find out about O meets in other parts of the country, COC exchanges newsletters with clubs in New England, New York, New Jersey, Pennsylvania, Delaware, Alabama, Kansas, Missouri, Texas, Colorado, Oregon, California, and B. C., CANADA. Contact Harvey if you want current information from them or if you want to borrow a newsletter to read about what clubs in other parts of the country are doing.

MEMBERSHIP COORDINATOR = CAR POOL COORDINATOR??

WHY NOT?

Since there are many club members who might go to more meets if they could ride with some one else, I feel that as membership coordinator with the most current membership roster available, I can also handle arranging car pools for getting to meets. Any who have space in their vehicles, let me know and I'll try to keep a list so that those needing rides can be matched with someone living fairly close, preferably within the same ZIP code area. I suggest \$2 as a reasonable gas contribution though naturally if the car pools are to go to Canada, California, etc. then a fairer share should apply. So, any one who needs a ride to a meet call Harvey at 784-2774. For best results, call a week or so before you need the ride.

- Harvey Friedman

## AN INTERVIEW

on Tharp by Sharp

I bought a pair of sox. They're the first piece of "Orienteering equipment" I've ever purchased other than a compass. They're Orienteering sox because they are plastic coated in front for extra protection and they are knee high.

But the young man who sold me the sox, and his new business, are what I want to tell you about. Nathan Tharp. A member of Nisqually Orienteering Club and a Nisqually Junior High School student. He competes in track. He competes in wrestling, in which he injured his knee about the time of this interview. And he competes in orienteering.

The interview started like this;

Roger: How old are you?

Nathan: Oh! An interview right now!?

Roger: Yeah. How old are you?

Nathan: Fourteen.

Roger: Huh? Thirteen?

Nathan: Fourteen.

Well, it was a rainy day. But it got better -the interview.

Did I mention his business? Nathan sells orienteering equipment such as compasses, running suits, sox and more. He carries his goods to most events including Cascade Club events. He is a distributor for products for Bruce Wolf's Orienteering California. Posters, catalogs and sometimes handouts are available for information. He says "Good," with a nod when asked how business is. He has sold several running suits to Cascade members that I know of.

Nathan has been Orienteering for four years -ever since his dad, Michel Tharp, returned with enthusiasum from an enjoyable meet at Tumac Plateau, east of Mt. Rainier. Nathan does very well at Orienteering. He came in first place at the WIOL Championship at the Tenalquot Prairie meet. Why does he orienteer? To finish, he says with a long breath. "Sometimes when I'm out there I wonder why I do it, but I always come back the next week." I think this simple statement is very meaningful in that it hits orienteering right on the nail. For example, there are sports that may be more fun. For me its skiing. But skiing doesn't challenge me to the point of frustration or anger or even embarrassment at times, like orienteering can. Orienteering has a newness every course I run. And to FINISH is to conquer it all. That's why I, like Nathan, always come back.

In England they have orienteering sox too. Nathan lived there for a year and so I asked him what was different about the sport there. "Size," he said immediatly. 1500 people show up. They have 7 or 8 courses set up. And there's good competition. You're counting seconds.

Nathan, I hope you find that kind of competition here too.



Cascade Orienteering Club  
PO Box 31375  
Seattle, WA 98103



Address Correction Requested

Cascade Orienteering Club

Club Officers:

President  
Vice President  
Secretary  
Treasurer  
Publicity  
Membership  
School League  
Equipment  
Training

Robert Miller  
John Ruth  
Valerie Enger  
Eileen Williams  
Roger Sharp  
Harvey Friedman  
Mike Schuh  
Debbie Newell/Arnold Kay  
Jan Vrana

Membership Application

Check One: New ☐ Renewal ☐

Name

Address

City

State

Zip

Phone

Family \$10.00

Individual \$7.00

Associate \$4.00 (under 18 years of age)

Newsletter only \$5.00

If family membership, list other family members:

Send application and check payable to Cascade Orienteering Club to:

COC, PO Box 31375, Seattle, WA 98103