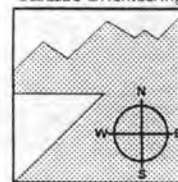




BEARING 315

Cascade Orienteering



The Newsletter of Orienteering in the Pacific Northwest

September, 1993

Table Mountain Rogaine

by Bob Reddick



The 1993 Table Mountain Rogaine, the **First Western Hemisphere Championships Of Rogaining** (officially unsanctioned by the International Rogaining Federation), August 14-15, 1993, was attended by 75 hardy competitors, with 32 official teams and 2 unofficial

ones. The final standings are at the end of this report. The random and noteworthy observations by some of the organizers and participants follow. Most teams did not choose team names, so we've dropped them from this report—but we must mention the jewel of a name—the **HUFFIN PUFFINS**, Dan Ellsworth and Jackie Bergt from Anchorage, AK! The top teams in points achieved remarkable distances, climbs, and speeds, with the overall winner going 80.7 km in 22:55 hours with almost 10,700 feet of climb. Every team certainly had a physical and mental challenge in executing their own chosen route plan at their own fitness level in this tough terrain. Many, many different route choices were made by the teams to all parts of the map, with every one of the 46 controls visited at least three times, with the average being 12 teams visiting. More teams stayed out after sunset and even after Ending Evening Civil Twilight (see chart) than at any other known Western Hemisphere rogaine to date! It won't be long before most teams will seek out the 24-

hour challenge, and will even start practicing (practicing?) night navigation before major rogaines.

Our low temperature was 41.6°F. at 4 AM, with highs ranging up to almost 60 degrees during the overcast, hint of rain daylight hours—just about perfect conditions for this event. Clearer skies would have produced views in the distance of Mt. Rainier, Mt. Adams, Mt. Stewart, and the eastern Washington plateau, which might have distracted these teams from their appointed rounds. Surrounding valley views were reportedly OK, though. Vegetation and trails were dry and mud-free, but deadfall in parts of the forest made off-trail travel slow. The ten gallons of water placed at each of 6 water controls for 75 participants was overkill for a cool weather event—only about 3 gallons was used at the most-visited ones. Had it been the expected 80°F. or more and sunny, this water would have been about right. Most teams carried two or three bottles per person, and refilled at the water controls (which had score values). The paper cups provided there were hardly used.

Could our US Forest Service expect any more than to have almost eighty people, US and foreign citizens alike, tramping off-trail through rugged terrain searching for **wolf shit** (or scat, dung, feces, sign, or doo-doo, if you prefer)? And we found some! This has been duly reported with grid coordinates to the Leavenworth Ranger District Gray Wolf Study project leader. So this long-gone creature may be coming back into this State. We hope to hear more, later.

Should **both** teams have been disqualified when one team member loaned a flashlight to another team to allow a person to return to the Hash House without stumbling in the dark? A direct violation of Rule 3. The soft-hearted director allowed this, and yes, Mark, you're getting your flashlight back. And can a *women's* team still be *one* if a late-arriving male person joins it on the second morning? How can all dinner food for **80 people** be gone by midnight, when the well-warned caterers brought enough for **100 people**? Is it really true that someone was seen having 6 bowls of soup? Did someone clean out the remaining soup at 2 AM by filling a thermos for their packs? How come the pasta and most of the requested veggies got left out of the menu—they're cheap and easy to fix! Can totally knackered trenchermen rogainers restrain themselves when finally dragging back within smelling distance of hot food? The clear answer to the last question is **NO!** But the issued PowerBars got many teams through the

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whole event, and most swore *by* them, not *at* them. We quote one team: "We couldn't have finished without them!" (Yes, Powerfood Inc., we're doing more of these rogaines all over, and we know your toll-free number.) Hot dogs (specifically not requested for this rogaïne menu) proved to be the lifesaver for several teams, including, perhaps, the overall winner. Dave Tallent, the volunteer night chef and Head of the Complaint Department, performed yeomanlike service in handling this tough part of the rogaïne (but no one promised it would be easy — as all were warned by a cartoon in the rules).

One large buck elk with velvet 15" horns was sighted on Sunday near Control 61 during pickup. Many other elk, deer, grouse, squirrels, chipmunks, hawks, etc. were also reported. A few cattle were loose all over the Southeast part of the map—in violation of their grazing permit! This added to the color of the area. That **gray wolf shit** was spotted on Diamond Head by Susan McGovern, Wenatchee, and Megan Schneebaum of Wash, D.C. The **perturbed pregnant porcupine** resident at Rider's Cabin was not reported seen by any rogainers. An eagle's nest was spotted in a snag enroute to control #81. An old crashed airplane was found along Drop Creek. Two teams camped out, and another (the Women's 24-hour winners) chose a 3-hour "death march" back to the HH after dark, were heard laughing about it in their tent at 1 AM, and were rewarded by fresh coffee and great pancakes for breakfast!

If you camped right next to the Hash House food tent with its accompanying generator and lights, you were only a few steps from the campfire and breakfast, but had lots of generator noise, lights, and loud conversations going to keep you awake all night! The only reported injury, except to navigational-skill pride, was a rogaïne who reported a bee-sting from an angry swarm when he walked over an underground nest between the Hash House food and administrative areas—a deadfall area traversed numerous times by the organizers over three days without incident.

The mass start was video-taped, and shows about 1/4 of the teams going south, most going north to #81(9) and #22(8), and 6 teams east to #21. This is exactly what the course designer, Dave Enger, had hoped to achieve in setting a tough-to-figure course. One team successfully lost their punch card and one map. Rather than start them off again with a zero score, we accepted their sworn affidavit that they had actually visited some controls during that 7:42 hour hike—pending confirmation after the event by close scrutiny of the intention sheet entries. Another team (medalists) left behind their pencils (too much weight?) while dog-legging into one control, and claim to have scratched their entry on the intention sheet with a rock! Close examination of the sheet reveals what *may* be a "10" scratched in the Team block underneath another team's later entry! Disqualification is *still possible* for up to a year, while we carefully study the matter. We did find one control bag badly mangled at #31, and the intention

sheet torn down, trampled, and partially eaten at #57 one week later.

One team logged in using elapsed time, and maybe Eastern Daylight Time and/or Central Daylight Time, driving the results compilation committee absolutely nuts in trying to make sense of what really happened. Or maybe they carried sundials—and we did have overcast skies! Next time, we will specify *local time* for all entries, and insist that all watches be adjusted to the announced time hack! Another team often logged in using the team number of one of their spouses—again, another puzzle to solve. Most teams showed their actual routes on black and white maps provided, which were displayed at the Hash House, and later mailed to all participants. Silly answers given to questions asked: Nick: What is the difference between the 24-hour event and the 12in24 hour event? Answer: Twelve hours. Sandy: What is the little waterproof J. L. Darling Corporation notebook for? Answer: To write in. Write what? Answer: Anything you like. (The "Rite-in-the-Rain" map and intention sheet paper, and intention boards came from them.)

Only a few pithy comments were noted on the Intention Sheets: "We like the blue sky to the east"; "What a view—worth the drive"; "Kick off the rowdies [Lion Rock]"; "Lost map already"; "Team 37 put wrong hour!"; "What's a rogaïne? No one knows. What's a henway? Oh, a couple of pounds!"; "At least 80 points [at #81]!"; "Next time I will go for a 24 *minutes* option at most!!!!"; "[We're] first to #83"; "Ridiculous! No need to be this difficult [At #104, which 5 worthy teams chose to include in their route! Even our vetter didn't like this one, due to the **punishing** climb in and out of Wilson Creek valley.]; "The scree was pretty rough!"; "This is cool metelo". We invite all participants to send in further comments to the Sammamish Orienteering Club on how to improve the next rogaïne.

The Meet Director admitted to a feeling of dismay and impending defeat Saturday night when early reports came in that the "Gagarin" team was signing in at controls all over the northern loop, while other teams mentioned that the southern loop was being wrapped up by the Gagarin team! They were **doing it all in one 12-hour period**, and were going to come in about midnight Saturday to eat, sleep, and go home wondering why they'd bothered to come! It wasn't

Submission Guidelines

Bearing 315 welcomes submissions of articles, letters, or photographs about orienteering. If you would like your submission returned, please include a self-addressed envelope. The submission deadline is the 23rd of each even month for the issue to be mailed on the following 1st. Submissions should be mailed to:

Bearing 315
c/o Peter Golde
14422 NE 42nd Pl. #801
Bellevue, WA 98007

If possible, please submit on an IBM or Macintosh diskette, or submit via electronic mail to petergo@microsoft.com. If you use a word processor (preferred), please submit in Microsoft Word, WordPerfect, MacWrite, or RTF format; plain text format is also an option. Meet directors, please send meet results to Debbie Newell for compilation.

until exactly 12:52 AM Sunday when a team came in to eat that **the truth dawned** that those were *two different teams!* What a relief! We somehow forgot to give out the Waltzing Matilda (you'll come **rogaining**, Matilda with me) music to those around the campfire Saturday night.

The Table Mountain Rogaine map preparation story, requested by several future organizers: Preparing the course for an elite team entry caused the need for three USGS maps to get a 90+ km course length. Since each map cost \$2.50 and they are hard to obtain in quantity, we needed to produce our own map. Laser color printing at prices under \$2.00 in quantity dictated the 11" x 17" map size, which led to the 1:36,000 scale, or a reduction of the USGS maps to 66% of original size. Test printing at Kinko's proved marginal, since color quality among the three maps was inconsistent, and the vegetation boundaries on the Reecer Creek (Southern map) were poorly defined. So we went to Pacific Color Labs at Green Lake in Seattle, and they suggested that best quality would result from the following steps: Photograph master onto 35mm film; digitally scan the film; put onto CD ROM and then computer manipulate (enhance) digitally the portions of the map needing help, and then reduce to final size. Then, go digitally into the laser printer (no new optical process), and print out the 100 color copies. Prices quoted for the map: 35mm slide \$6.00, computer manipulate \$15.00, 100 each 11x17 color laser prints @ \$1.50. Actual price per copy charged was \$0.99 (what a deal, and 3-day service, too)! for a total cost of \$129.84. With all the test runs and working copies, plus waterproof paper at \$0.15 each, led to a per-map cost of about \$1.70, with 20 or so left-over maps to use for promotion of Rogaining throughout the US—er, the Western Hemisphere! End of map report, except to note for you purists that the final map scale came out at 1:37,600, due to the margins needed on the 11x17—which we didn't anticipate.

GENERAL ROGAINING NEWS: The International Rogaining Federation is looking for a venue for the next World Championships—any ideas? Like to volunteer to organize it? Call or write soon. We are also seeking ideas on how an organizer should prepare or plan for an elite team attending his/her event. By adding 20% to the maximum course length? By providing a handicap in time, or extra controls for just the elite? By not worrying about it? By imposing the *100-pound pack rule*? Any thoughts? A group of rogainers may be referred to hereafter as a **QUEST** of rogainers, which is perhaps more appropriate than a **VENERY** of rogainers—the association with a *romantic adventure* is better than that of a new form of **VD!**

We'd like to thank our sponsors—K-Swiss shoes, PowerBar, and REI stores nationwide, but particularly the Bellevue, Federal Way, Lynnwood, and Seattle REI stores, who contributed a large part of their monthly promotion budgets each to support us. Also thanks should go to all the following: the course setters—Kevin and Virginia Finney, John Sincoc, Mark

Howlett, and Ken Lew. Believe it or not, some of the controls were flown in from Seattle by Mike Schuh to our vetter when the schedule got tight! And that indefatigable vetter, Kent Verbeck. The aforementioned course designer and also vetter, Dave Enger, the Awards Person Jana Urbanova (of Czech O' fame), the night chef Dave Tallent, water bearers Peter Bonek and Eric Bone, Rick Hood for ideas and the results board work, the COC and EOC clubs for equipment and local knowledge help (particularly Will Sperry). The caterer—Bill Burvee and partner, who did a marvelous job, particularly since they're used to serving **three** short meals of barbecued cow meat in large quantities to outdoor eaters at \$25.00 a head, not **one** 20-hour meal to rogainers at \$10.00! Cascade Trophy of Lynnwood did the beautiful medals and the many award ribbons. Thanks also to all of you who were part of "the one-control pickup," plus Peter Golde who helped on the after-event course cleanup and this article. Ken Lew assisted in the results report preparation. The Sammamish Orienteering Club was your host.

Thanks go the Luci Bull and the Cle Elum Ranger Station folks, US Forest Service, for fast, courteous service and the flora and fauna information, although we didn't like the required but very expensive permit. Also thanks to the Australian folks who invented this sport, and provided much guidance and ideas over the past 5 years, and to the International Rogaining Federation for politely remaining mute to *informally* sanction this First Western Hemisphere Championships Of Rogaining!

Orienteering Class Offered

Mike Schuh will teach an introductory class in orienteering through the University of Washington Experimental College. The class will cover the basics of orienteering and will include outdoor exercises. Many Cascade O.C. members got their start through this class. For information, call Mike at 783-3960. To register, contact the college at 543-4375 or pick up a catalog at Seattle or King County libraries. The class will be held on Sundays, October 24 through November 14.

USOF Convention

by Ardis Dull and Peter Golde

The USOF Convention was held at Sugar Bowl Ski Resort, Donner Summit, California, July 14-16. There was a packed schedule of diverse seminars, skills sessions, and special events. The organizers had rented the entire Sugar Bowl ski lodge for the event, so those of us who stayed in the lodge were immersed in orienteers and orienteering twenty-four hours a day.

Located in the midst of the Sierra Nevada, the area had gorgeous views, and the ski lodge itself was right in the middle of pretty terrain. At an elevation of over 7000 feet, though, many of us felt the lack of oxygen while running through the terrain. The Sugar Bowl resort area had been mapped with a very professionally

done orienteering map, which meant that most of the orienteering could happen right at the lodge: a real plus.

Seminar topics included course design, newsletters, O' in schools, sports medicine, sanctioning, sponsorship, mapmaking, computers, promotion, ranking, Ski-O' bantong, land access (led by COC's Rick Hood), and OCAD.

Running (literally) concurrently was a series of O' skills sessions, with field exercises just outside the lodge. With the lodge in the middle of a map, independent training was very convenient, too. These sessions proved very popular and were useful; lots of us don't get a chance to really be coached on good technique very often.

The first day there was a pre-dinner hike (breathtaking—both in views and altitude) and a very fun after dinner "Fourth Dimension Orienteering". This novel event required a good sense of navigation in the four dimensional space-time continuum. The organizers set out a score course where controls were only available to you during certain portions of the 45 minutes allowed. In addition, one control moved around a loop!

The next day's 2 mile run became what will be known as the Donner Memorial 4+ mile run due to some less than visible ribbons. That afternoon a meet was held on the Course Design Competition winning courses. Before the convention many people had designed courses on a map sent out ahead of time. A few judges picked what they felt were the best four courses, and the junior team set out the markers.

Later that night, another O' event was held outside the lodge: the semi-traditional Night-O, another Score-O format event, but in the dark! Luckily flashlights were allowed, but still quite a challenge in the dark woods.

The convention wrapped up on Friday with the Annual General Meeting at which COC's Vivien Birtwistle Fritz was re-elected V.P. of Administration. Most people went to bed early on Friday after the ice-cream social to prepare for the A-meet on the next two days.

The A-meet map, Boreal Ridge, is a map of one of the oldest ski resorts in the Sierras. As you might expect from a ski-resort, the map consists of one large elongated mountain, with ski-lifts on both sides. The climb and altitude made it physically quite difficult. The map was very open (about half yellow, and very little green) and you could run quite fast except when going uphill. One section of the map was a fascinating area of huge rock faces and cliffs with forest in between; you'll just never orienteer in stuff like this in Washington!

The meet was not perfect; one course was voided due to incorrect control placement. Several green competitors felt the course was too long and too physical; a brown course was sadly lacking. But overall, a nice meet: I would like to run there again!

Some of our newest members attended the convention and found it very worthwhile. There really

was something for everyone. Thanks to the Bay Area Orienteering Club for all their work to make it a success. Thanks also to K-Swiss for their generous sponsorship. Please consider attending next year's convention: August 16-19 near Toronto, Ontario, during the week between the Canadian Orienteering Championships and the North American Championships.

Mt. Douglas Two Day

Victorienteers present two days at Mt. Douglas, Sept. 25 & 26 in Victoria B.C. This will be an Island Series event and the second half of the Pig War Series.

Location: An old venue with a new map—Mt. Douglas Park, Victoria.

Format: Saturday will feature a B meet with four courses. Sunday will be orienteering with a new twist; four courses again but rather than having to visit the controls for your chosen course in sequential order, you get to choose in what order you want to go to all of the controls on your course. (A traditional O/score O hybrid if you will.)

Course Planner: Steve Chatwin

Meet Director: Kris Dartnell (604) 743-9678

Start times: Sat at noon, Sun at 10am

Symbolic Control Descriptions Explained

The control description sheet is the sheet of paper which describes the detail of where and how each orienteering control is hung. Its purpose is to describe the precise location of the control within the circle on the map, including the feature (often, but not always clear from the map circle), the exact location of the control relative to the feature, and the control's alphanumeric code.

If you've been to a few orienteering meets, you may have noticed that the advanced courses often have the control description sheet written in a symbolic form, rather than in plain English. This symbolic system was developed by the International Orienteering Federation to allow orienteers to compete on an equal basis, regardless of their knowledge of the local language. The symbolic descriptions also have the advantage of being compact, standard, and unambiguous. As you move onto the more advanced courses, you will find it advantageous to learn the symbolic description language; fortunately, it is very easy.

The symbolic description consists of eight columns (designated here A-H), with thick lines between column C and D, and between columns F and G. Each column has a precise meaning:

A: This column designates which control on the course is being described, starting with 1. This number matches the control number on the map. Sometimes a triangle is placed in this column to show where the start is.

- B: This column has the unique alphanumeric code which is located on the control marker itself. Before punching a control, you should check this number against the control to confirm you are at the correct control.
- C: This column indicates which of several similar features the control is located at. If there is only one feature of the correct type in or near the circle on the map, this column is left blank. Usually the symbol is an arrow, designating a direction: an arrow pointing up indicates the northern-most feature in the circle.
- D: The most important column; this designates which feature the control is at. There are numerous symbols that can be placed in this column, from the common "reentrant" to the much less common "feed rack". The most common symbols are easy to recognize, because the symbols mimic the standard map symbols as much as possible. This isn't always possible, however, because the map is in color, which the descriptions are black and white. For example, on the map a small knoll is a brown dot, and a boulder is a black dot. On the description sheet, a dot indicates a knoll, while a triangle indicates a boulder. (Confusingly, though, a black triangle on the map is a boulder cluster or field, which have different symbolic descriptions). It's worth taking a little time to familiarize yourself with the most common of the column D symbols; if you see one you don't recognize at a meet, just ask around and you'll find out; gradually you'll learn them all.
- E & F: These two columns describes the appearance of the feature more precisely, and are only occasionally used. Column E is used for common adjectives, like "shallow," or for indicating the part of a linear feature, like "end" or "bend". Column F indicates the dimensions of a feature, always measured in meters. This is either a single number (indicating height), or two numbers separated by a cross (indicating length and width).
- Sometimes, columns E and F are used differently, when the indicated feature is actually the intersection of two different features. In this case, column E has the symbol for either junction or crossing, and column F describes the other feature, using the same symbols as in column D. This is the only case when a column has multiple purposes; it is easy to distinguish the two cases by whether column F has a number or a symbol.
- G: This column indicates the relative placement of the control to the feature described in columns C-F. Most of these symbols consist of a circle or corner designating the feature with the dot indicating the control's relative location. If the control is within the feature, the dot is inside the circle; if the control is outside the feature, the dot is outside the circle, and a tick mark intersecting the circle indicates a control right on the edge. The location of the dot indicates which side (for example, north-east).

There are a few symbols for this column which don't fit this mold: for example, the symbols for "at the foot" or "on the top".

- H: This column designates if there are any event related items at the control: usually drinking water or a meet official.

Be sure not to confuse columns C and G: C indicates the relation of the feature to nearby similar features; G indicates the relation of the control flag to the feature.

The top and bottom parts of the control description indicate a few things about the course: at the top is length and climb (length first); at the bottom is the distance to the finish.

Here is a short example of a control description sheet:

Samplesville Park									
Course 1			4.5km			125m			
1	JX								
2	104				2				
3	412								
			200						

A rough English translation might be as follows: Course 1 is 4.5km long and has 125m of climb. The start is at a pit. The first control has code JX. It is in the western reentrant, which is shallow. The control is in the upper part. The second control has code 104. It is on the south-west side of a two meter boulder; drinking water will be there. The third control is code 412 and it is at the intersection of a path and a stone wall. It is 200m from the last control to the finish.

Control Description Symbol Summary

C Which Feature? northern southwestern upper lower middle between	D The Control Feature earth bank quarry earth wall, dam terrace spur no re-entrant	D (continued) lake pond waterhole stream wet ditch marsh small marsh firm ground in marsh well spring open land rough open land forest corner clearing thicket logged area vegetation boundary tree cluster road trail tree cut wall fence bridge building	D (continued) ruin hunter's stand tower feed rack rock pillar single tree salt lick rootstock trig. marker rock pile charcoal platform anthill broken ground special feature* special feature* <small>* to be defined by organizer</small>	E (continued) end (eastern) bend junction crossing F Dimensions 2.5 height in meters 10x4 LxW in meters G Marker Location northern side northwest edge east corner (inside) southwest corner southern tip western part upper part lower part on the top southern foot at the foot H Other Info refreshments radio control manned control first aid
	D (continued) erosion gully dry ditch hill or knoll small knoll saddle depression small depression pit cliff bare rock cave opening boulder boulder field boulder cluster			

ROBOTMAN / JIM MEDDICK



Where and what are these Orienteering Clubs?

Cascade Orienteering Club, Sammamish Orienteering Club, Ellensburg Orienteering Club, Sacajawea Orienteers, and Husky O.C. are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue and Redmond) area, while Cascade (the largest club) operates in the greater Seattle area. Ellensburg is centered in that town, and Sacajawea is based in the Tri-Cities area. Husky Orienteering is for University of Washington students, faculty, and staff. Cascade and Sammamish clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains; the other clubs hold events in their areas. Membership is open to everyone, and entitles you to event discounts, club voting rights, and includes a subscription to Bearing 315, published six times per year.

What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for rent at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

Dave Petty	President	822-4223
Margie Bone	Vice-President	634-2279
Sandy Kish Miller	Treasurer	782-1437
Ardis Dull	Secretary	364-4062
vacant	Event Coordinator	
Debbie Newell	Mapping Coordinator	488-7471
Harvey Friedman	Memberships	784-2774
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	634-2279
Peter Golde	Newsletter	883-3732
Mike Schuh	Executive Board	783-3960
Bruce McAlister	Executive Board	821-6862
Jim Siscel	Trim Course Coordinator	778-7202
Mark Anderson	Publicity and Promotion	286-9136

Sammamish Officers and Coordinators:

Dave Tallent	President	392-3061
John Sincok	Vice President	822-3621
Valerie Enger	Treasurer	822-6254
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Kathy Trost	Memberships	271-5508

Event Fees

Event fees are charged on a per-registration basis: two people running together with the same map and punch card pay a single fee. Additional maps are available; the charge varies depending on the map. The following are typical fees for local ("C") events with color maps. "A" and "B" meets, state championships, rogaines, and other events will cost somewhat more.

Orienteering Club Membership Application

☐ Cascade O.C.
☐ Ellensburg O.C.

☐ Sammamish O.C.
☐ Sacajawea O.C.

Name _____

Address _____

Home phone _____ Work (opt.) _____

Other Family Members _____

Optional Information:

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

Event Participation	Improving Skills	Writing
Teaching	Coaching	Publicity
Event Organization	Course Setting	Field Checking
Map Making	Exploration of new areas.	

☐ Family or Group
☐ Individual
☐ Associate (under 18)
☐ Newsletter only [COC only]

\$15.00/year
 \$10.00/year
 \$5.00/year
 \$6.00/year

Mail this form, along with payment, to one of:

Cascade Orienteering P.O. Box 31375 Seattle, WA 98103 —OR— Ellensburg Orienteering c/o Will Sperry 1006 N. Water St. Ellensburg, WA 98926	Sammamish Orienteering P.O. Box 3682 Bellevue, WA 98009 —OR— Sacajawea Orienteers c/o Elis Eberlein 520 Meadows Drive S. Richland, WA 99352
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Other Clubs:

Elis Eberlein, President Sacajawea O.C.	(509)627-0378
Will Sperry, President Ellensburg O.C.	(509)925-4816
John Beck, Preseident Eastern Wash. O.C.	(509)536-0650
Charley Kellerman, Columbia River O.C.	(503)231-0443
Eric Bone, President, Husky O.C.	(206)634-2279

Club members (any club)	\$3.00
Non-club members	\$4.00
Junior (< 18, except WIOL)	\$2.00
WIOL (school league) participants	\$3.00
First time orienteering participants	\$2.00
Families	\$1/person after first two

Meet Results and Standings

Marymoor Park

July 21

Sammamish Orienteering Club

Meet Director: Jana Urbanova

Courses: Jana Urbanova

Marker Hanging: Jana Urbanova, Arne Skog

Registration: Pat Reddick

Instruction: Bob Reddick

Timing: Jana Urbanova, Jan Urban

Marker Pickup: Jan Urban, Bob Reddick

Food: Kevin & Virginia Finney

A highlight of the meet was the participation of Barbara Bracht, feature writer for the Bellevue Journal American, who wrote two good articles which appeared in the July 26 edition of the paper.

Course 1 (1.4k, 7 controls)

Eric Bone	6:34
Dave Tallent (on crutches)	15:00
Larry Keller	21:44
Hawrad	27:15
Frieman	33:33

Course 2 (2.3k, 9 controls)

Eric Bone/Bill Cusworth/Mel Rader	17:25
Larry Keller	41:30
Frieman	51:46
Karen Russell	64:20
Sally VanderZee	74:21
Bermin	76:50

Course 3 (3.2k, 15 controls)

Eric Bone	31:00
Kevin Finney	42:34
Don Atkinson	46:42
Melvin Rader	50:21
Ken Lew	53:07
Greig Rolfe	56:06
Vivien A.B. Fritz	56:38
Eric Riggers	55:43
Dave Petty	64:40
Nichols	102:52

Course 4 (6.1k, 20 controls)

Mark Howlett	41:57
Bill Cusworth	43:57
Dave Enger	44:38
Debbie Newell	51:00
Mike Fritz	51:23
Peter Golde	51:27
Gert-Michael Binder	51:27
Jan Urban	52:18
Ben Hall	52:58
Glenn Gordon	68:15

Marchal Magee	72:25
Ardis Dull	76:29
Wyatt Riley	82:40
Mark Marshall	114:16
Brian Carroll	DNF

Hamlin Park

July 24

Cascade Orienteering Club

Meet Director: Debbie Newell

Courses: Jim Siscel

Registration: Mark Anderson

Start: Jim Siscel

Finish: Rick Hood, Nick Tallent

A nice new color map prepared by Bruce McAlister on OCAD was featured at this event.

Course 1 (1.2k, 5 controls)

Angela Tallent	10:44
Dave Tallent (on crutches)	13:45
Lael Smith/Colin Booth	21:08
Jan & Anna Urban	21:53
Paul Sanborn	22:55
Mary Brown	27:49
Robert Miller/Mary Ann Sanborn	30:25
Ryann & Annie Brady	35:14
Roxanne Hadfield	39:00
Don Bliss	49:10
Adele & Neal Johnson	49:15
Annette Iverson	60:29

Course 2 (2.5k, 7 controls)

Mary Ann Sanborn	22:42
Mel Rader/Chris Townsend	45:01
Jana Urbanova/Matej Urban	45:06
Karen Russell	50:09
Patricia Reed Charlop	54:18
Dieter & Laurie Plapp	58:16

Course 3 (3.4k, 10 controls)

Eric Bone	19:00
Don Atkinson	29:34
Mark Anderson	31:46
Neil Smith	37:06
Jean Smith	39:09
Anne York	42:41
Aaron Charlop	47:42
Dave Petty	48:08
Harvey Friedman	53:29
Norm & Gerri King	91:17

Course 4 (4.3k, 13 controls)

Peter Bonek	24:22
Eric Bone	26:39
Mark Howlett	26:39
Debbie Newell	28:45
Bill Cusworth	29:06

Steve McConnell	31:02
Jan Urban	33:46
Mac MacDonald	33:51
Mike Schuh	35:24
Sandy Kish Miller	36:12
Jana Urbanova	40:09
David Booth	42:43
Marchal Magee	44:27
Kevin Finney/Maggie Howell	45:51
Matthew Sanborn	46:28
Robert Miller	46:28
Peter Golde	47:52
Ardis Dull	48:23
Wanda Howlett	50:46
Wyatt Riley	52:07
Tim Sanborn	54:28
Ron West	108:06

Sacajawea State Park

July 31

Sacajawea Orienteers

Meet Director, Courses: Elis Eberlein

Registration: Ruth Miller, Ivar Husa

Timing: Fred and Thurston Miller

Marker Placement and Pickup: Michel

Billaux, Elis Eberlein

Beginner Instruction: Michel Billaux, Ivar Husa, Thurston Miller

It was a beautiful day that did not turn to hot. The first orienteer from the Tri-Cities, Thurston Miller, showed up and tested the map. The intermediate course was made a little harder and forced some running straight through the terrain which consisted of some really high grass. Everyone was encouraged not to use a compass on the courses. This caused some protests but the overall experience seemed to be positive.

Course 1: Easy, Short: 1430 m

1. Richard Stanley	14:59
2. Gruel family	20:23
3. Doug Clough	23:41
4. Chuck Lopresti	33:04
5. Ann George	41:17

Course 2: Easy, long: 3050 m

1. Fred Miller	48:19
2. Ruth Miller	48:23
3. Bruce and Dough Clough	51:04
4. Kathleen and Timothy Kovis	52:13
5. Mary Stoerner	72:20
6. Pingels	84:16

Course 3: Intermediate: 2900 m

1. Robert Gruel	22:56
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2. Thurston Miller	25.00
3. Richard Stanley	56.50
4. Beverly Heersink	70.23
5. Ivar Husa	45.15 (- control #5)

Robinswood Park

August 4
Sammamish Orienteering Club

Meet Director: Bob Reddick
Courses: Dave Lilly
Registration: Arne Lund
Timing: Kathy Trost, Dave Lilly
Food: Nancy & George Lilly

Course 1 (1k, 5 controls)

Pvt. Hendly/Pvt. Ordie	7:20
Alan Meyers	9:11
Grant/Stout	9:57
Christ/Axtel	12:32
David & Christie McMenomy	12:50
Billy & Robert Liston	13:00
Mueller/Beltran	15:30
Carol Nielson	15:58
Scott Suttmeier	16:06
Brian Miller/Mike Esemann	19:00
Burns/Urban families	19:00
Elisabeth White	19:04
Doody family	19:50
Ben Levy/Ryan Milligan/Ian Cushman	21:01
Hurst family	Map hike
Keaton family	Map hike
Peggy Ostrander	Map hike

Course 2 (8 controls)

Komar family	12:00
Schueler/Larson/Dorthalina	13:14
Pvt. Hendly/Pvt. Ordie	17:14
Alan Meyers	18:50
Jana Urbanova & kids	21:00
Billy & Robert Liston/Ian Cusman	23:39
Vivien & Moose Fritz	25:49
Virginia Finney/Shannon Lovell	26:51
Burns family	27:30
Peggy Ostrander	28:28
Nichols/Young/Roundtree	28:42
Karen MacDonald	28:51
Shelly and Lindsey Cox	29:08
Kettler/Elliot	30:28
Suzi Taylor	32:00
Sally VanderZee	36:36
Scott Suttmeier	37:04
Wyatt & Lea	38:00
Cassie, Colleen, Shannon	46:49
Woods family	48:52
Nerenberg family	Map hike

Course 3 (freestyle, 21 controls)

Debbie Newell	14:45
Dave Enger	15:15
Mike Schuh	15:23
Jan Urban	16:23
Mac MacDonald	16:32

Mike Fritz	16:40
Dave Tallent	17:27
Arne Lund	17:28
Kevin Finney	17:32
Jana Urbanova	18:02
Billy MacDonald/Matt Rochon	18:04
Eric Bone/Bill Cusworth	18:06
Komar family	19:23
Ardis Dull	20:59
Bob Williamson	22:06
Don Atkinson	22:29
Hendly/Ordie	22:49
Sue Ulric	32:23
Eric Riggers	34:45
Pvt. Cummings/Pvt. Stone	35:00
Spahn/Holbrook/Halliday	42:40
Robert Roose party	54:44

St. Edward State Park

Fun Run & Potluck, August 8

Meet Director: Bruce McAlister
Courses: Don Atkinson
Start: Bruce McAlister
Finish: Don Atkinson

Don set out 10 controls in St. Edwards on a mostly downhill run to his house, with photocopies of the St. Edward map. Despite the hard to see markers, a good run through the park and a great dinner afterward (the weather cooperated well). Timing was somewhat informal, so many people didn't get recorded times.

Course 1 (2.4k, 5 controls)

Angela Tallent/Madeline C.	59:50
Jana Urbanova & kids	No time

Course 2 (4.0k, 10 controls)

Bill Cusworth	33:10
Debbie Newell	36:23
David Keyes	37:00
Peter Golde	38:29
Eric Bone	42:32
Jan Urban	43:09
Mike Fritz	43:40
Mark Hartinger	45:01
Ardis Dull	52:09
Nick Bone	59:10
Dave Tallent	63:22
Dave Lilly	No time
Brad Robinson	No time
Nancy F.	No time
Robert Miller	No time
Mark Anderson	No time
Aaron Charlop & friends	No time
Brad Thompson	No time
Theresa Freeman	No time
Doris Heritage/Winni/Vivien Fritz	No time
David & Jeremy Dwyer	Map hike
Rick Hood/Nick Tallent	Map hike

Sandy Kish Miller	DNF
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Ros★Elum Ridge

August 28
Cascade Orienteering

Meet Director: Dave Petty
Courses: Elis Eberlein
Registration: Dave Petty
Start: Harvey Friedman
Finish: Dave Petty, Debbie Newell

Elis provided fine courses on the always challenging Ros-Elum map. Excellent weather and a good time by all. A disappointingly small turnout, though—lots of you missed out on one of the best events of the summer!

Course 1 (2.8k, 7 controls)

Jana Urbanova & kids	71:50
Ed & Jean Beuerman	73:36
Barb & Luther Baker	83:00
Sandra Schafer-Staiser	DNF
Lael Smith/Colin Booth	DNF
James/Billy	DNF

Course 2 (4.6k, 10 controls)

Mark Anderson	87:55
Neil Smith	100:25
Harry Morgan/Rich Byrne	101:46
Pamela Carlsson	106:30
Anne York	DNF
Jane Bond	DNF

Course 3 (4.2k, 6 controls)

Fred Veler	62:46
Dale Width	81:41
Don Atkinson	93:25
Ardis Dull	94:20
Kent Verbeck	95:24
Olive Kearney	158:40
Steve Beuerman	169:02
Knut Olson	199:15
Harvey Friedman	202:34
Margie Bone	208:25
Shirley Donald	DNF

Course 4 (7.7k, 10 controls)

Ben Hall	85:12
Dave Enger	96:23
Debbie Newell	113:40
Bill Cusworth	116:43
Steve McConnell	139:38
Dave Tallent	144:16
Dave Lilly	146:16
Jan Urban	149:11
Dennis Leveridge	153:30
Arne Lund	160:47
Nicholas Bone	173:39
Peter Golde	DNF
Sid Whaley	DNF

Cle Elum Ridge

August 29

Ellensburg Orienteering Club

Courses: Michel Billaux

Registration: Addie Graaff

Start: Sally Evans, JoAnne Sperry

Finish: Will Sperry

Cookies & Apples: Addie, Sally, JoAnne

Michel tries his hand at setting courses in the New World. Everybody enjoyed his work. Dave Enger betters his time twice after he finishes his course. He's quiet but he's tricky.

We got entries from ten clubs which might be a record number for a local meet. Although it's probably not direct cause and effect, having Saturday and Sunday meets did give an A-meet impression and might have encouraged

entrants to travel further than normally. It might have been the cookies too.

Beginner Course: 2.2km, 25m climb

Robert, Becky Smurr	26:17
Susan, Amanda, Lonnis Avery	34:09
Barb, Luther Baker	45:25
Alice, Paul Alison Kish	70:54

Long Beginner Course: 3.6km, 80m climb

Everett, Jean Beuerman	81:22
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Intermediate Course: 5.3km, 155m climb

Arne Lund	74:54
Knut Olson	90:13
Pamela Carlsson	102:35
Steve Beuerman	141:25
Margie Bone, James Hopper	DNF
Marti Anderson	DNF

Advanced Course: 6.6km, 220m climb

Fred Veler	61:38
Dale Width	71:45

Don Atkinson	80:58
Scott Donald	116:24
Jim Slyfield	132:39
Jane Bond	138:30
Shirley Donald	181:03
Ardis Dull	DNF
Anne York	DNF
Harvey Friedman	DNF

Elite Course: 10.9km, 350m climb

Elis Eberlein	81:38
Dave Enger	93:49
Ben Hall	95:03
Arne Skog	100:42
Bill Cusworth	106:58
Peter Golde	110:21
Debbie Newell	126:11
David Tallent	176:54
R. D. Leveridge	202:03
Nick Bone, Billy Grant	DNF
S. K. Miller (1/2 course)	69:07

Table Mountain Rogaine

August 14-15, Sammamish Orienteering Club

Ranking	Class	Teammates	From	Statistics	Controls	Time	Points	Pts/hr
Overall	Class	Names						
24 Hour Section								
1	1	M+	Peter Gagarin/Fred Pilon	Sunderland/Hadley, MA	42	22:55	2180	95
2	1	M	Peter Mair/Allan Stradeski	Tappen/Kamloops, BC	36	22:15	1870	84
3	2	M+	Murray Foubister/Rob Savage	Kamloops/Salmon Arm, BC	24	20:55	1190	57
4	3	M+	Dennis Leveridge/Harry Morgan	Leveridge Tr., BC/Maple Valley	20	19:10	1020	53
5	1	X	Jackie Bergt/Dan Ellsworth	Anchorage, AK	22	13:40	990	72
6	2	M	Mark Lockhart/Michel Billaux	Kennewick/Pasco	21	19:53	930	47
7	2	X	Jessica Rykken/Bill Cusworth	Pt. Townsend/Seattle	20	17:52	930	52
8	4	M+	Dennis Nicholson/Ted Settle	Atherton, CA/Blackburn, VA	21	17:42	920	52
9	3	M	Arnold Dreihhaar/Nick Bone	Maple Ridge, BC/Seattle	18	13:45	900	65
10	4	M	Brian Carroll/Jan Urban	Seattle/Bellevue	18	15:10	860	57
11	1	W	Diane McNamara/Gail Gagarin	Hadley/Sunderland, MA	16	15:46	860	55
12	3	X	Carl Moore/Linda Moore	Tacoma	13	23:03	770	33
13	5	M	Jeff McBride/Marchal Magee	Issaquah	15	14:10	760	54
14	6	M	M. Marshall/D. Shipman/M. Kelley	Tacoma/Portland/Redmond	15	23:14	740	32
15	5	M+	Dave Petty/Knut Olson	Kirkland/Woodinville	16	13:00	630	48
16	7	M	S. & T. Frederickson /H. Morgan	Kent, WA	6	6:15	260	42
17	2	W	S. McGovern/M. Schneebaum	Wenatchee/Wash, DC	6	13:42	180	22
12in24-Hour Section								
1	1	M	Allan Philip/Jim Traynor	Victoria	26	11:46	1170	99
2	2	M	Stan Wagon/Whitesides	Silverthorn, CO/Rochester, NY	22	11:32	1080	94
3	3	M	Mac MacDonald/Fred Veler	Mukilteo/Seattle	23	11:45	1040	89
4	Unoff	M-	Peter Bonek/Eric Bone	Austria/Seattle	19	5:09	850	165
5	1	W	Kris Dartnell/Debbie Newell	Shawnigan Lk, BC/Bothell	18	11:14	780	69
6	1	X	Wyatt Riley/Jorian Riley		15	10:10	670	66
7	2	X	Mike Corey/Eva Corey	Bellevue	12	11:32	590	51
8	1	G-2	John Nitardy/Paul Nitardy	Auburn/Seattle	12	6:58	520	75
9	Unoff	M+	Harvey Friedman/Dave Tallent	Seattle/Issaquah	13	8:06	500	62
10	3	X	Les Stark/Beth Stark	Vancouver, WA	11	11:13	440	39
11	2	W	Anne York/Ardis Dull	Seattle	13	12:17	410	47
12	1	G-3	Kip & Chris Buck/ Bill Sweetland	Portland, OR	7	10:39	390	37
13	3	W	Chris Nicholson/Faustine Settle	Atherton, CA/Blackburn, VA	9	10:04	360	36
14	4	M	Rick Hood/Rob Miller	Seattle	6	8:37	310	36
15	4	X	Terradan Landchild/Jill Miller	Vancouver, WA	7	6:46	280	41
16	4	W	Miller/Hood/Bone/Davis/Stonack	Seattle	8	11:27	220	19
17	5	M	Dave Morse/Dan Morse	Pt. Angeles	3	7:47	100	13

Upcoming Orienteering Events

(call 783-3866 for latest information and details)

Date/Time	Location and Comments (events close to Seattle in bold)	Type	Club	Map	Contact
SEPTEMBER					
Sat., Sept. 11 noon-2pm	Mt. Tabor Park, Portland, OR area. Youth and Novice special.	C	CROC		Glen Cafferty (503)281-5137
Sept. 11-12	Inland Empire Cup and Washington State Championships. Riverside State Park, Spokane. Day 1 at ORV area, Day 2 at Bowl and Pitcher.	B	EWOC	color 1:15000	John Beck (509)536-0650
Sun., Sept. 26 10am-noon	Lake Sammamish State Park, Issaquah. I-90 east from Seattle, exit at Hwy. 900 and north to park.	C	SAMM	color 1:10000	Dave Enger (206)822-6254
Sept. 25, 26 12noon, 10am	Mt. Douglas, Victoria, Vancouver Island, B.C. Newly printed map; four courses both days. See description in this issue.	B	VO	new color	Kris Dartnell (604)743-9678
OCTOBER					
Sun., Oct. 3 10am-noon	Fort Casey State Park, Whidbey Island. Take Mukilteo-Clinton ferry, then highway north from ferry. Or take ferry from Port Townsend; walk to park.	C	COC	new color	B. McAlister (206)821-6862
Oct. 9-17	WOC '93. World Orienteering Championships, U.S. Orienteering Championships, O-Fest. Hudson Valley, NY. Must pre-register.	A	USOF	color 1:15000	G & P Gagarin (413)665-7573
Sat., Oct. 23 10am-noon	Bridle Trails State Park, Bellevue. Exit 17 on I-405 at NE 70th/NE 68th, south on 116th Ave NE, turn left into park.	C	SAMM	color 1:10000	Dave Enger (206)822-6254
Sun., Oct. 24 5:15pm	Hamlin Park Vampire-O, North Seattle. Halloween Orienteering at night: bring flashlight! Exit I-5 at NE 145th, W to 15th Ave. NE, N to 160th.	C	COC	color 1:6000	Rick Hood (206)367-2606
Sat, Oct 30, 10am-noon	Sacajawea State Park, Hallner courses.	C	SACO	color 1:5000	Elis Eberlein (509)627-0378
NOVEMBER					
Sat., Nov. 6 8am	St. Edward State Park trail building.	X	COC		Rick Hood (206)367-2606
Sun., Nov. 14 10am-noon	Forest Park, Everett. West on 41st St. which becomes Mukilteo Blvd.; park is on Mukilteo Blvd.	C	SAMM	color 1:10000	Dave Enger (206)822-6254
Sat, Nov. 27 10am	Clinic and public event. Tentative: call hot-line for directions and details.	C	COC		Mike Schuh (206)783-3960

CLUBS:

COC: Cascade Orienteering Club
EWOC: Eastern Wash. O. C.
CROC: Columbia River O. C.
HUSK: Husky O. C.

SAMM: Sammamish O. C.

EOC: Ellensburg O. C.

SACO: Sacajawea O.C.

SAGE: Sage O.C., Kamloops B.C.

NISQ: Nisqually O. C.

WIOL: Wash. Interscholastic O' League

GVOC: Greater Vancouver O. C.

VO: Victorienteers

MEET TYPES:

C: Regular local meet

B: Large local meet, more courses

A: National-level meet, must preregister

X: Special event

United States Orienteering Federation

P.O. Box 1444
Forest Park, GA 30051
MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

As a U.S. Citizen or U.S. Resident, I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the IOF. Please print.

Date _____ Yr. Born _____

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If family membership, list other persons:

Name _____ Year Born _____

Member of a chartered club? Club _____

- ☐ Individual \$25 member of a chartered club
☐ Individual \$30 at-large
☐ Family \$30 members of a chartered club
☐ Family \$35 at-large
☐ Student \$10 (21 & under)
☐ Junior \$5 (18 & under/no vote/no magazine)
☐ Individual Life \$300 ☐ Couple Life \$450
 For mailing O/NA overseas (except APO & FPO):
☐ \$5 extra surface ☐ \$25 extra airmail

What is USOF?

Often in this newsletter, or in orienteering conversation, you will hear references to "yousoff," and you may have seen the magazine "Orienteering/North America." But why do they need so much money, you ask? We charge \$10/year for local dues, so why should it cost an extra \$25 to join an organization that doesn't seem to do much? The answer, of course, is that USOF does quite a bit.

The largest part of USOF dues goes for the O/NA subscription. This is not only a great source of information, it is well written and edited, and has many articles of general interest on health, exercise, and training. From time to time, we reprint articles from O/NA, and there are always copies available at major meets and club meetings. Most of the rest of USOF dues goes to pay for insurance. Although we, as individuals, might be willing to waive insurance, virtually all land owners, both public and private, require insurance as a precondition even to talking about using their land for orienteering. USOF members get a small rebate, about \$2 per national meet, to help balance out the insurance, but, basically, USOF subsidizes our meets. Without USOF, I doubt that either Cascade or Sammamish could afford the insurance to hold another meet.

So we encourage you not only to join your local club, but to join and support USOF. The magazine along is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501c(3) corporation. Which means that donations, including out-of-pockets costs, are fully tax deductible. JOIN NOW!

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