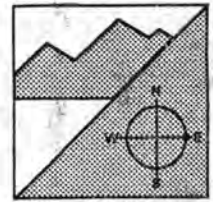




Bearing 315



The Newsletter of the Cascade Orienteering Club

October 24, 1991

The Pig War: Victory for the Yanks!

For the last three years, the Orienteering clubs of Washington and British Columbia have vied with each other in a two-meet competition known as the Pig War. (For those of you who are not steeped in the history of the San Juan Islands, the name refers to a semi-famous dispute between the U.S. and Canada over the exact placement of the boundary in Puget Sound, which had a total casualty count of one unfortunate pig.) Since Washington had lost by a wide margin the two previous years, and the B.C. runners were the only ones who understood the complex point system, the pre-competition polls both had the Canadians as hands-down favorites. But, in an upset rivaling that of the U.S. Hockey Team's victory at the 1980 Olympics, the Washington team triumphed! (Well, OK, maybe it wasn't *that* big a deal.)

The first half of the competition took place on our home turf, at Moran State Park on Orcas Island. Along with the Pig War, this two-day meet was also the Washington State Championships, in which orienteers competed for individual awards in their classes. When Peter and Rick arrived on Friday, they were mildly dismayed to find that a heavy machinery construction site had suddenly appeared within 100 meters of the first day's start/finish location! Thanks to Rick's cool head and expert negotiation skills, however, they obtained agreement that we could cross the site on Sunday, when there would be no workers there. They hurriedly switched the two days of competition, and the meet went on.

The courses were technical and tricky, but most people said they were very enjoyable. The courses were somewhat marred by a misplaced control on the first day, which resulted in course 3 being voided. On course 4, Peter Bonek zoomed away from the rest of the crowd, showing that his 42nd place showing in the World Championships was no fluke. Strangely, only one woman on course 4 found control #5 on the first day, while all but one of the men did. Course 3 was the most popular course, with most people successfully completing it, although taking a little longer than some of them expected. Courses 1 and 2 proved just right for those who wanted good orienteering at a less strenuous pace.

The second half of the Pig War took place at Mt. Douglas on Vancouver Island. The terrain here was quite different from Moran, with more open and semi-open areas, but also many areas of unreasonably thick vegetation, making path running a near necessity much of the time. The area was similar to Moran, however, in its ability to make a

course of short actual length seem quite long. The key to our victory lay in the fact that several car loads of Seattle-area orienteer made the long car trip up, far outweighing Canadian participation at our meet. The meet was well staffed and organized, and thoughtfully had the first day start on top of the mountain, reduced the climb somewhat. Most people found the courses very enjoyable indeed!

The biggest disappointment of both meets was the unexpectedly low turnout; less than 40 people attended Moran, despite the great weather. Those of you who didn't attend missed two fantastic meets!

1991 U.S. Championships

A small but intrepid band of northwest orienteers attended the 1991 U.S. Championships, hosted by the St. Louis Orienteering Club, the weekend of October 19/20. Included were Carl McNabb, Eric Bone, Mike, Nathan and Rachel Tharp, Dave Enger, Bruce McAlister, Debbie Newell, Dave Tallent, Knut Olson and Carl and Linda Moore. The weather was sunny, but cool with frosty mornings, with the leaves just falling. The area is in the Ozarks with rolling foothills, intricate reentrant systems, and long ridges of sandstone outcrop. There was little undergrowth, and most courses could be run freely. On Day 2, one of the red courses had to be voided because of a misplaced control. Although the Northwest orienteers all had a great time, few championships were brought back. The results were very late, and we had to leave to catch a plane, so the only results to report are that Eric Bone was 2nd in M18A and Bryce Jensen was second in M 20B.

Board Election This Month

On Saturday, Nov. 2, Cascade will conduct its annual election of the Board of Directors. For those of you not intimately familiar with the murky text of our bylaws, each year the general membership of Cascade elects five members to the board of directors. At their first board meeting, these five members then appoint either from themselves or from others who may wish to serve, the officers and coordinators to serve for the following year. These officers and coordinators, along with the five generally elected members, make up the board of directors.

Nominations will be accepted by Rick Hood until November 1. The following members have so far been nominated to stand for the five at-large board positions:

- Peter Golde
- Dave Petty
- Mike Schuh

- Bruce McAlister
- Debbie Newell

The annual meeting will take place before the orienteering event at Hamlin park on November 2, at Rick Hoods apartment (3:30-5pm, 19708 15th Ave. NE). For those not wishing to come to the meeting, a ballot box will be set up at the registration area at Hamlin Park, or ballots can be submitted to Rick by mail.

If you are interested in serving in one of the appointed positions, please contact Bruce McAlister (our current president). In particular, Katie Sprugel has been treasurer of the club for the past two years, and we are now looking for someone to take over from her. We are always eager to have members help in any way or be members of the board!

School League Starts Again

The Washington Interscholastic Orienteering League starts again this winter with another round of meets at parks in the greater Seattle area. Held every winter, WIOL holds its meets in conjunction with regular meets open to the public, put on by Cascade, Sammamish, and Nisqually orienteering clubs. A separate registration and course are set up for WIOL participants, but otherwise the meets are very similar to a regular "C" meet. A clinic and a few practice meets are held before the regular season gets underway so that newcomers can become familiar with orienteering. Since WIOL receives no money from the schools, a small entry fee is charged (\$2.50). For more information about WIOL, please contact Mike Tharp, 459-9231.

Several WIOL participants have become impressive orienteers: two participants from last year's WIOL went on to attend the U.S. Nationals in St. Louis recently. Eric Bone and Bryce Jensen both scored an impressive 2nd place in the respective age classes.

This year meets will all occur on Saturdays, except the Kelso High School meet:

- Nov. 30: Evergreen High School (clinic, practice 1)
- Dec. 7: Kelsey Creek Park (practice 2)
- Dec. 8: Kelso High School (practice 3)
- Dec. 14: NAD park (practice 4)
- Dec. 21: Ft. Steilacoom. Race I.
- Jan. 4: Seward Park. Race II.
- Jan. 11: Island Crest. Race III.
- Jan. 18: Point Defiance. Race IV.
- Feb. 1: Forest Park. Race V.
- Feb. 8: Woodland Park. Relay.
- Feb. 15: Priest Point. Race VI.
- Feb. 22: Lake Tradition. Championships.

Upcoming Meets

As you can see from the schedule, it's a very busy winter! A few of the notable upcoming meets you won't want to miss...

Hamlin Park

On November 2, Cascade hosts its first-ever "Vampire-O" orienteering meet. A twist on the more familiar night-O, in this event orienteers have a mass start and no set route to get all the controls (similar to a Score-O).

However, one or more participants are designated as "vampires," who carry specially marked control cards which are not allowed to be punched. When a vampire encounters another orienteer, they switch control cards, and the unlucky orienteer becomes a new vampire while the ex-vampire continues where the other left off. Just to make it all a bit more scary, it's all done in the dark! Mass start will be at 6pm and be sure to bring headlamp or flashlight, and a whistle in case of injury.

Evergreen High School

This event will be held on a brand-spanking-new color map produced by the ever-active Mike Schuh. The primary focus of this event will be as a learning experience for new or almost new orienteers. Although this is designated as a WIOL clinic, anyone is welcome to attend if they want to get some instruction from some people who really know they're way around (so to speak). Following the instruction will be a few courses just right for newcomers to try out their newly learned skills.

If you have a friend who wants to try orienteering for the first time, or this is your first or second time out in the woods, this is a great meet to attend. We'd very much like to have some of the more experienced orienteers attend to help Mike in teaching the clinic (call Mike beforehand, please).

Sunol Regional Park, S.F. Area

Despite what you may hear from some people, not all Californians are evil! In fact, many of them are down right nice. Bay Area Orienteering Club has some of the nicest, and they're hosting the final A-meet of the year at Sunol Regional Park, on an almost entirely new map. In addition, this is also the official *Western States Championship*. Several of us are planning to go down to show those Californians that we northwesterners can orienteer too, and we plan to win a few championships while we're at it!

Since this is an A-class meet, pre-registration is required. Contact Bruce McAlister if you need an entry form. He may also have information on others who are attending if you wish to share lodging or other expenses.

Bog Slog

The tradition laden, Twelfth Annual Cascade Orienteering Bog Slog is almost upon us again. Always held every year on the last Sunday, the Bog Slog is your last chance of the year to win a glorious triumph, lose graciously (or not-so-graciously), or most likely, freeze your *** off. Last year's Bog Slog was held after one of the largest snowstorms in Seattle history, and everyone agreed it was a meet to remember, with orienteers moving at a snail's pace through the shin-high snow.

After the meet, Debbie Newell will be hosting a pot-luck party at her nearby house, which everyone is welcome to attend and thaw at. Details in the December newsletter.

New Club T-shirts

A new edition of the official Cascade club T-shirt is being printed. It will be first available at the club election meeting mentioned above. They are really sharp! Cost is \$9 for members, \$10 for non-members.

Board Briefs

September 11 board meeting: Meet directors reported on Woodland Park, Dancing Lady Rogaine, and Moran State Park. Upcoming meets were discussed; more personal still are needed for some meet directors and course designers. Mike reported on his mapping work: Kelso High School is nearly complete and the board approved funds for printing if sponsorship cannot be found. Camp Hamilton is partially field checked but on hold. Other mapping projects were discussed. Rick mentioned that he has contacted the Seattle Times, Sports Northwest, and Mountaineers about including orienteering related material, and is planning to circulate a resource sheet to get volunteers for upcoming meets earlier and more fairly. Rick is also working on T-shirts. A training clinic next year with Peter Bonek and Claudia Kunzel was discussed.

October 16 & 20: Mapping: Bruce secured \$300 sponsorship of Kelso map from Sweet-Edwards. Evergreen High School will be printed beginning of November. Agreed that St. Edwards will not be remapped for Bog Slog; Mike will concentrate on reworking the Lake Tradition map for WIOL champs. Board authorized money to be spent at discretion of mapping coordinator for hiring mappers, if opportunity arises. Board approved idea of clinic to benefit U.S. Team, but no details set (Debbie to organize). Rick presented design options for the new T-shirt. Rick reported that he has constructed new sign board for club. Approved proposed changes to WSOA by-laws. Several board members felt that current Cascade liability for potential WSOA losses was an undesirable state of affairs as it makes Cascade responsible for expenses outside its control.

Next board meeting Nov. 12 at Peter Golde's (14422 NE 42nd Pl. #801, Bellevue). All members are welcome and invited to attend board meetings.

Ask Not What Cascade O. C. Can Do For You...

Harvey Friedman

We all know why we joined the club and what we expect from our sport of navigation using map and compass. When we participate in a meet, we enjoy an 'environmental sport' that helps to maintain or improve our cardiovascular fitness, and that exercises our mental faculties (no matter how long, up to the 3 hour limit, it takes us). When we stay for the course 'post-mortems,' we improve our navigational skills for the next time we go out. We all make new friends

and often discover new eateries near meet sites. Is there any more?

You bet there is. In order for you to enjoy your experience at a meet, much has had to happen in the background. Someone had to have scouted various areas and recognized that this would be a good one to map. USGS maps, engineering department, forest service, timber company, or any other maps would have had to be found to use either as base maps, or perhaps, to use for the 1st event in the area. Money had to be raised to get the supplies and/or hire the people to produce a quality color map that we have become accustomed to. This could easily cost several thousand dollars for a 2000 acre map, and even a small city map costs a couple hundred dollars to print. But more is required than just a suitable map.

A meet director and a course designer are required for the particular meet. Several meet workers are necessary on the day of the event. Even before the date is set for the meet, someone must contact the property owner getting permission to map and to hold some meets on the property.

At the meet, people are required to handle registration, beginner instruction, starts, finishes, timing, and posting results. It is nice if there can also be someone in charge of refreshments and to provide general information as well. The meet director must arrange to get new or renewed membership applications to the membership coordinator, to compare the cash in the cash box to the numbers on the registration sheets, to prepare a report and send the money on to the treasurer, to check the results and write them up to send along to the newsletter editor, and to get all the equipment back to the equipment coordinator.

As you might have guessed by now, Cascade O.C. needs more than just your entry into a meet on occasion. Young strong folks who like to be out in the woods are needed to be trained either as mapping field-checkers, or as course designers and setters, or both. We older folks (over 40) can do the job in small areas with scales of 1:10000, 1:5000, 1:3000, etc., but when it comes to international standard 1:15000, most of us are just too slow to do a good job in a reasonable time. We want to enter other meets ourselves but if it takes 4 weekends to do what a young fit person can do in 1 weekend, we are sacrificing too much for the club.

You other folks who will never be young and strong again have a place as well. Anyone who is retired but still in good shape (goes backpacking, for example) could help the same way but would probably be able to do everything during the week and not have to miss any meets. Or, we never have enough people promoting orienteering, doing publicity, and/or getting corporate donations. We are a non-profit tax-exempt corporation (under section 501(c)3 of the IRS tax code) and can put any funds we get into producing new maps or providing new equipment.

Also, organizational people are needed. People are needed to get property permission, schedule meets (taking vegetation and snow into consideration depending on the season for the different areas), generate publicity to get many new faces to the meets and to get some of them to join the club. We would much rather see 200 at a meet than 20; do the course design yourself and you will see why. We need

more administrators and more workers. If all club members, living within the state but not currently helping, served as meet help at 2 meets a year, we would lose fewer members to burn-out. We can start you off with the map closest to your home and even make you an apprentice course designer so you can see what is involved; working under an experienced course designer will provide you with a good learning experience and (we hope) enough confidence to design courses yourself with guidance from a course vetter. Not everyone needs to be a course designer; volunteer to start people (remember, always start on zero seconds), to record finish times, to register entrants, etc.

There are times when we all want to treat an O'-meet as a 10K race -- just register, get a map, start, enjoy ourselves on the course, finish, and go home. If everyone did that at every meet, there would be no one to put on meets. If you absolutely can not help at 2 meets a year, consider hosting a foreign mapper, or coming to the newsletter mailing get-together. Please do your share.

Membership Report & Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 23 October 1991. Words of both thanks and welcome go to the following new or renewing club members: Don Cannon family, Ilan Caron family, Peter Golde, Mark Hartinger, Kent Jameson, Don Stonack & Jean Davis. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; also, membership cards are only available in person at a club function such as regular meet, meeting, pot-O-luck, but not at any ski-O meets, nor night-O meets, nor canoe-O meets (unless you are lucky), nor training events, nor workshops. If you want to get your handsome membership card, contact the membership coordinator, me (Harvey), at a Cascade sponsored meet or at one of the above-mentioned happenings. I do not have blank membership cards with me when I attend other clubs' functions. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost).

The World Cup and PNWOF90 meets that we all hosted as part of the Asia Pacific O' Championship 7-day last summer have already given us more than new maps. Peter Bonek and Claudia Kunzel, both members of the Austrian national team, are studying at UBC for this year and have attended all the 2-day meets this fall. Rumor has it that Rasmus Odum and Charlotte Thrane of the Danish national team are studying at a school somewhere in Washington state; I have been unable to find which one it is so far. They both are elite and did quite well at the 1991 World Championships last August. Charlotte was 14th. Rumor also has it that an Australian team member named Brown will be attending UW this year. She was too busy finding a place to live to go to the BC champs 12-13 October....Speaking of the BC Champs, someone who was not too busy to go was Finn Arildsen from Denmark. He was here for APOC last

summer, liked the area, hit it off well with several of us Cascade members so he decided to look for work here and went to the meet with Anne & me in between interviews. He also rushed through the woods pretty well as evidenced by his taking first in M21B, course 7 in the Canadian scheme of things....Someone who did even better on course 7 at that same meet was Ben Hall of Sammamish, who had the fastest total time of all entrants on course 7. Good going Ben....Another somewhat local award winner was Stuart Bradshaw of Nisqually who took third in M21C, course 6....Anne York, coming off months of hip injury and about 6 weeks of ultrasound treatment, recovered enough to take third on W45A, course 4....About a dozen more of ran at this magnificent area by Savona, B.C....Traveling to meets is great fun, and at BC meets there are always children of all ages; some doing a course themselves, some only doing the string course, and others cheering (???) at the cooperative child-care tent. Orienteering is truly a sport for the whole family.

- ♦ Special thanks to Sweet-Edwards corporation for their generous sponsorship of the new Kelso High School map!
- ♦ Mike Schuh is teaching a class in orienteering in conjunction with the experimental college, starting this Sunday (October 27). Call 543-4375 for details and to sign up.
- ♦ The store *Captains*, located down-town, is now selling the Norcompass thumb-compass for \$24, an excellent price.
- ♦ If anyone has any old card tables lying around the house that they no longer need, the club could use them when setting up registration and finish at meets. Please contact Don Atkinson if you have anything that might fit the bill. Thanks!

Membership Resource Sheet

In a survey send out earlier this year, many members said they would be willing to filling out a resource sheet, indicating in what capacity they might be willing to volunteer in the future. The board will use this information to determine how many and what kind of meets to hold. We don't like to threaten, but if we don't get people volunteering, we will be in the unfortunate position of having to reduce our schedule in the coming year. So, if you think you might have a bit of time to help keep Cascade running smoothly, please fill out this sheet and mail it to: Cascade Orienteering Club, P.O. Box 31375, Seattle, WA 98103.

Filling out this sheet does **not** obligate you to help; if we need help with a specific project, we will call you to ask whether you are available. If you see a particular event in the schedule that you would like to help with, please call the listed contact person or note it here. If you would be willing to help with some of Cascade's activities in the future, please indicate what type(s) of things you would be willing to do, and indicate any preference as to time, location, whether you need any help or training, or any other information that would help us to understand what would be best for you. For example:

"I would be willing to be meet director for one meet in the spring and one in the fall, would prefer in South-end."

"I would like some brochures to give some friends of mine"

"I'd be willing to help with start/finish/registration at any meet if you need help"

"I live near Farrel-McWhirter park, so I could host a potluck after a meet there"

"I would like to do some course design, but need someone experienced to help me"

"We really should do more recruiting among Boy Scout groups; I'm willing to help organize."

Name:

Phone:

Best time to call:

If you think you would be able to help in one of the following areas, please indicate that underneath the appropriate heading, along with any preferences or conditions:

Meet Director:

Course Designer:

Registration/Start/Finish:

Control Pick-up:

Instruction for first-timers:

Other help at a meet:

Scouting/suggesting new map areas:

Field work/drafting for new maps:

Trim courses, clinics, or other training activities:

Equipment maintenance/construction:

Newsletter or hot-line:

Social Activities:

School League Organization:

Encourage/recruit new members:

Promotional Activities:

Board of directors:

Other help or resources (explain):

Meet Results

Moran St. Park: Sep. 7&8 Washington St. Championships

Meet Director: Rick Hood

Course Designer: Peter Golde

Special Assistant to Mr. Hood: Linda Hood

Control Pickup and Other Help: Debbie

Newell, Eric Bone, Val Enger, Bruce

McAlister, Dave Petty, Tony Byrne

Results indicate Saturday, Sunday, and Total Time. *Italic* designates Washington State Champion in his/her class.

Course 1 (2.4k/2.6k)

Ken Takaku	---	27:50
Ilan Caron	29:28	---
Kriss Dubbin	---	44:40
James Hopper	55:41	DNF

Course 2 (3.0k/2.6k)

Val Enger	70:44	60:27	131:11
Sandy Kerr	63:22	72:10	135:22
Bruce McAlister	76:44	76:14	152:58
Margie Bone	95:52	85:34	181:26
Linda Moore	61:10	123:52	185:02
Brett Aniballi	49:34	---	---
Ilan Caron	58:10	---	---

Course 3 (4.1k/3.9k)

[Due to a misplaced control, Saturday's time did not count toward totals.]

Alex Kerr	67:25	67:58	67:58
Sandy Kish Miller	112:06	72:58	72:58
Dave Petty	83:08	81:36	81:36
Carl Moore	106:06	84:10	84:10
Knut Olson	110:25	87:50	87:50
Eileen Breseman	OVT	88:35	88:35
Ardis Dull	90:28	100:54	100:54
Mac McDonald	DSQ	102:27	102:27
Sid Whaley	147:42	110:20	110:42
Brett Aniballi	---	126:04	126:04
Harvey Friedman	121:20	127:22	127:22
Nick Bone	140:21	132:06	132:06
John Sincock	137:45	139:08	139:08
Don Atkinson	123:00	DNF	---
Ken Lew	OVT	DNF	---

Course 4 (6.4k/6.3k)

Peter Bonek	63:42	62:23	126:05
Dave Enger	75:39	86:23	162:17
Mark Dutkiewicz	88:26	83:07	171:33
Alan Philip	106:40	90:23	197:03
Ben Hall	119:45	92:52	212:37
Debbie Newell	112:36	110:39	223:15
Eric Bone	137:27	106:08	243:35
Rick Breseman	123:21	120:24	243:45
Dave Tallent	123:29	138:00	261:29

Claudia Kunzel	DSQ	87:13
Mel Dutkiewicz	DSQ	134:52
Cathy Aschmann	DSQ	DNF
Tony Byrne	DSQ	DNF

Washington State Games Bridle Trails St. Park: Aug. 17

Hosts: Sammamish Orienteering

Italic designates Washington winner in his/her class.

Course 1

Paul Herber	18:36
Hanna Jundi	57:04

Course 2

Bill MacDonald	41:22
Rachel Tharp	42:46
Bobby Bonds	46:44
Linda Hood	DNF

Course 3

Carl Coger	60:00
Bob Reddick	61:03
Ken Lew	66:32
Diana Hocking	73:08
Knut Olson	75:10
Martin Hocking	77:20
Glen Cafferty	103:45
George Little	121:22
Nancy Lilly	121:26

Course 4

Dave Tallent	50:09
Mike Tharp	56:01
Robert Miller	59:22
Fred Veler	60:45
Mac MacDonald	68:05
Ardis Dull	74:51
Don Atkinson	80:17
William Yost	86:06
Scott Coble	86:11
Sandy K. Miller	89:02
Dave Petty	110:52
Rick Hood	113:45
John Beck	117:52
Becky Kosowski	DNF

Course 5

Nathan Tharp	62:59
Debbie Newell	73:58
Mark Howlett	77:00
David Lilly	78:13
Steve Miner	82:12
Rick Breseman	86:36

Eileen Breseman	88:33
Greig Rolfe	92:14
Peter Golde	98:10
Gar Fisher	108:32
John K Finney	112:43
Katie Sprugel	116:40
John Sincock	123:33
James Lilly	125:24
Eric Frieden	DNF

Ft. Casey State Park: Oct. 19

Meet Director: Bruce McAlister

Course Designer: Ardis Dull

Registration: Bruce

Start: Ardis, Jim McCaa

Finish: Rick Hood, Eric Bone

Marker Pickup: Ardis, Jim, Eric

Course 1 (1.7k, 9 controls)

Mike & Toni Hickman	27:28
Nancy Morrison	28:44
Norm & Gerri King	42:50
Rykken/Departee	46:10
James Hopper	DNF

Course 2 (2.9k, 10 controls)

David Waller	34:19
Valerie Enger	36:31
Nancy Morrison	37:02
William Nelson	36:48
Carl McNabb	39:03
Dave Petty	50:28
Mike & Toni Hickman	55:37
Virginia Finney	57:35
Linda Hood	67:40

Course 3 (5.3k, 16 controls)

Dave Enger	34:26
Debbie Newell	35:47
Mark Howlett	35:57
Jim McCaa	36:49
Eric Bone	37:12
Ben Hall	39:04
Nicholas Bone	48:25
Mac MacDonald	50:11
Carl Moore	52:45
Jessica Rykken	53:42
Kevin Finney	58:42
Mike Schuh	58:55
Ken Lew	60:00
Bob Williamson	60:50
Orville Rhine	63:46
Linda Moore	64:49
Margie Bone	77:29
Sid Whaley	85:24

Upcoming Orienteering Meets (call 783-3866 for latest information and details)

Date/Time	Location and Comments	Type	Club	Map	Contact
OCTOBER					
Sat., Oct. 25	Royal Roads, Victoria B.C.	C	VICT	1:15000 color	Carl Coger (604)380-6562
Sun., Oct. 26 10am-12noon	Marymoor Park, Redmond Exit SR520 at W. Lake Sammamish Parkway	C	SAMM	1:10000 color	Dave Enger 822-6254
NOVEMBER					
⇒ Sat., Nov. 2 5:30pm	Hamlin Park Vampire-O, Seattle. Mass start at 6pm. 15th Ave. NE and NE 161st	X	COC	1:7500 b/w	Don Atkinson 488-0270
Sat., Nov. 2 10am-12noon	Manito Park, Spokane	C	EWOC		John Beck (509)536-0650
Sun., Nov. 10 12noon-2pm	McIvor State Park, Portland Area	C	CROC		Glen Cafferty (503)281-5137
Sun., Nov. 17 10am-12noon	Forest Park, Everett I-5 exit 192, 1 mi. west on Mukilteo Blvd.	C	SAMM	1:4800 b/w	Dave Enger 822-6254
Sun., Nov. 17 1pm-3pm	Lincoln Park, Spokane	C	EWOC		John Beck (509)536-0650
Nov. 23,24	Sunol Regional Park, Western States Championships San Francisco area, near Fremont	A	BAOC	1:15000 new	D. Wildfogel (415)949-4874
⇒ Sat., Nov. 30	Evergreen High School, WIOL Clinic & Practice #1 900 Block of SW 116th.	C/X	COC WIOL	1:5000 new	Mike Schuh 783-3960
DECEMBER					
Sat., Dec. 7 10am-12noon	Kelsey Creek Park, Bellevue. WIOL practice #2 Exit 12 from I-405 to SE 8th, cross Lake Hills Connector Rd to SE 7th	C	SAMM WIOL	1:3000 color	Dave Enger 822-6254
⇒ Sat., Dec. 8 10am-12noon	Kelso H.S., Kelso. WIOL practice #3 Exit 39 from I-5.	C	COC WIOL	1:5000 new/clr	Mike Schuh 783-3960
Sat., Dec. 14 10am-12noon	NAD Park, Bremerton. WIOL practice #4 SR 304 from ferry to SR3, S Kitsap Way exit, park on North	C	NISQ WIOL	1:5000 color	Mike Tharp 459-9231
Sat., Dec. 21 10am-12noon	Ft. Steilacoom, Tacoma. WIOL race #1 Exit 128 west of I-5 via 84th/S. Tacoma Way/Steilacoom Blvd.	C	NISQ WIOL	1:10000 color	S. Bradshaw 582-5490
⇒ Sat., Dec. 29 10am-12noon	St. Edwards State Park, Kirkland. 12th Annual Bog Slog, pot-luck to follow. NE 141st and Juanita Drive NE	C	COC	1:10000 color	B. McAlister 821-6862
JANUARY					
⇒ Sat., Jan. 4 10am-12noon	Seward Park, Seattle. WIOL race #2 Lake Washington Blvd. S at Orcas.	C	COC WIOL	1:10000 color	Peter Golde 883-3732
Sat., Jan. 11 10am-12noon	Island Crest, Mercer Island. WIOL race #3	C	SAMM WIOL		Dave Enger 822-6254
Sat. Jan. 18 10am-12noon	Point Defiance St. Park, Tacoma. WIOL race #4 Exit 132 on I-5 to SR 16, 4 mi. to Pearl St. exit, 3mi. N to park	C	NISQ WIOL	1:10000 color	Mike Tharp 459-9231
Mon., Jan. 20 10am	Point Defiance St. Park, Tacoma. Rambo IV: 3 hour Rogaine. See above.	X	NISQ	1:10000 color	Carl Moore 858-8217
⇒ Sat., Jan. 25 12noon-2pm	Mill Creek Ski-O, Stevens Pass. May be cancelled due to conditions: call hot-line. Mill Creek Sno-Park Permit required.	C	COC	1:24000 USGS	B. McAlister 821-6862
FUTURE...					
⇒ Feb. 22, 23	Lake Tradition (w/ WIOL Champs), Bridle Trails	B	C/S/W	15k,10k	
April 4, 5	Harriman St. Park, Bear Mt. NY	A	HVO	existing	
April 11, 12	SF Bay Area A-meet, CA	A	BAOC	new	
April 25, 26	1992 US Intercollegiate Champs, Troy NY	A	EMPO	new	
May 2, 3	14th Annual West Point Invitational, NY	A	USMA	revised	
⇒ July 15-17	USOF Convention, University of Washington	X	COC		
July 18, 19	Convention A-Meet, Ros-Elum Ridge, Cle Elum, WA	A	SAMM	1:15000	

CLUBS:

COC: Cascade Orienteering Club
EWOC: Eastern Wash. O. C.
CROC: Columbia River O. C.
EMPO: Empire O. C.

SAMM: Sammamish O. C.
EOC: Ellensburg O. C.
VICT: Victorienteers
HVO: Hudson Valley O. C.

NISQ: Nisqually O. C.
WIOL: Wash. Interscholastic O' League
BAOC: Bay Area O. C.
USMA: U.S. Military Academy O. C.

MEET TYPES:

C: Regular local meet
B: Large local meet, more courses
A: National-level meet, must preregister
X: Special event

COC Officers and Coordinators:

Bruce McAlister	President	821-6862
Ardis Dull	Secretary	364-4062
Peter Golde	Vice President	883-3732
Katie Sprugel	Treasurer	365-8742
Debbie Newell	Mapping Coordinator	488-7471
Dan Klein	Newsletter Editor	328-1269
Don Atkinson	Equipment Manager	488-0270
Rick Hood	Promotion Coordinator	367-2606
Harvey Friedman	Memberships	784-2774
Marjorie Bone	Hot-Line	634-2279
Denise Klein	Volunteer	
& David Soper	Coordinators	322-7797
Mike Schuh	Executive Board	783-3960
Glenn Gordon	Executive Board	868-2975
Dave Petty	Executive Board	822-4223

COC Meet Fees ("C" Meets)

	b/w map	color map
Club members (any club)	\$2.50	\$3.00
Non-club members	\$3.50	\$4.00
Novice (first time)	\$1.00	\$1.00
Families	regular fee for first two people, then \$1.00/person.	

"A" and "B" class meets, and other special events, have higher fees.

Cascade Orienteering Club
P.O. Box 31375
Seattle, WA 98103
(206) 783-3866

Cascade Orienteering Club Membership Application

Name _____

Address _____

Phone _____

Other Family Members _____

- | | |
|---|--------------|
| <input type="checkbox"/> Family | \$15.00/year |
| <input type="checkbox"/> Individual | \$10.00/year |
| <input type="checkbox"/> Associate (under 18) | \$5.00/year |
| <input type="checkbox"/> Newsletter Only | \$6.00/year |

Mail this form, along with payment to:

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



ADDRESS CORRECTION REQUESTED