

Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

January/February 1998

1998 Pacific Northwest Orienteering Festival



U.S. Classic Championships • U.S. Relay Championships
Cle Elum, Washington

The web site for the Pacific Northwest Orienteering Festival, featuring the U.S. Classic Champs & U.S. Relay Champs, is now up and running. The Festival, hosted by Cascade, will be held in Cle Elum on August 7, 8, and 9, 1998. Thank you to Howard Halter, for your fine work on developing the site that can be found at: "<http://weber.u.washington.edu/~bill3/usch98>"

Rick Breseman, Meet Director

T-Shirts for now and this summer

If you are looking for the perfect gift for yourself or a friend that is practical yet attractive (includes the above logo designed by Debbie Newell!), look no farther; you can purchase a 1998 US Champs T-shirt. (Quantities are limited until we do our major printing in early summer, so don't miss out: \$12 for short-sleeve. If you want to become of the meet staff, just contact Rick Breseman the meet director, and then you can purchase the for-staff-only shirt at \$10 for short-sleeve or \$14 for long-sleeve.)

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Upcoming Events

SKI-O

We are hoping for a ski-o meet this year. Bruce McAlister and Eric Bone revised the Lake Wenatchee map this past summer. There is limited vegetation information, and, of course, the ski routes do not always follow marked roads or trails, but the map is a substantial improvement over the park ski maps. At present the meet is tentatively set for Saturday, February 28, the weekend after the WIOL Championships. Since snow is always a question, be sure to check the hot line. Those who wish can stop Saturday night at Bruce's cabin at Scenic, and ski either to the hot springs or the Iron Gate trail.

1998 Nike World Masters Games Orienteering Event

So, what are you doing next summer?

The countdown continues as eight months remain until the largest multisport competition in the world, the 1998 NIKE World Masters Games. Portland, Oregon, and several surrounding communities are gearing up to welcome 25,000 athletes from over 100 countries. 400 of these athletes will descend on Portland, OR and Goldendale, WA to compete in Orienteering.

The World Masters Games are looking for orienteers to volunteer their time and vast knowledge to help the Orienteering Sports Committee plan their events. Besides gaining invaluable event organizing experience and participating in a once in a lifetime event, volunteers will walk away with lots of cool stuff.

All Orienteering Committee Volunteers will be outfitted in limited edition NIKE polo shirts, caps and waist packs and receive coupons and discounts at many area merchants. At the conclusion of the Games, volunteers will receive an Official Volunteer Certificate and regal treatment at the Volunteer Appreciation Party. Perhaps the best gift is knowing that you had a significant role in promoting and producing a world-class international Orienteering Meet in front of a world wide audience. ESPN and ABC Sports are covering the Games and will feature Orienteering on one of their segments.

So what exactly is going on? Challenging O-action will take place in Portland and Goldendale, WA, from August 10-14, 1998. There will be a Training Event as well as a Short Course

and Classic 1 and Classic 2 meets. Medals will be awarded for both A and B levels in each event.

With the help of an organized and enthusiastic Orienteering community, the event will be an incredible success. For more information on positions available on the Orienteering Sports Committee, please contact Gordon Bowen, Orienteering Sport Volunteer Director, at (503) 235-6876, or by email at gordonb@europa.com. To receive a volunteer application form or more information on the 1998 NIKE World Masters Games please call (503) 226-1998, or visit the on-line Web site at <http://www.worldmasters.org>.

Winter O' Series

Debbie Newell, COC

This year's Winter O' Series began at Kelsey Creek Park in Bellevue.

For those of you unfamiliar with the O' Series, these are the basic rules:

Seven meets have been chosen to make up the O' Series (see below). Just run the longest course at any of these meets. Your best 4 scores will be combined to give your Series total (see scoring system below). The top 3 males and females will receive awards to be given out at the WIOF Championship meet at Marymoor Park. If you have any questions or suggestions, let me know.

Meets Kelsey Creek	December 13
Hamlin Park	December 20
Magnuson Park	January 10
Fort Steilacoom	January 17
Luther Burbank	January 31
Lincoln Park	February 7
Marymoor Park	February 21

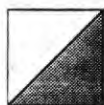
Scoring (men and women scored separately)

1st place	100 pts
2nd	95 pts
3rd	92 pts
4th	90 pts
5th	89 pts
etc.	

Come on out and participate.

Four Days of 'A' meets in B.C. This Summer!

The Greater Vancouver Orienteering Club (GVOC) is hosting 4 days of 'A' meets July 25-28, 1998. GVOC are hosting the Canadian Championships and Canadian Short Distance Championships at Logan Lake, B.C. on July 25-26, and 27, 1998. The Canadian Relay Championships will be held on Jul 28 in Kamloops, B.C. on the Grasslands map. Stay tuned for more information.



News and Notes

Cascade Officer Elections at January Meeting

Cascade Orienteering Club will be electing its 1998 officers during the January 11 meeting at the Santa Fe Cafe in Finney Ridge (see the schedule for more information). If you are interested in helping COC by volunteering to be an officer, please contact Bill Cusworth before the meeting.

Dinner will be at 5:00 pm, followed by a presentation by Ardis Dull on her trip to the World Championships last summer. The business meeting will start at 6:15 pm and continue until 8. Please come!

Canoe on Bowron Lake

There is a possibility of a canoe trip on the Bowron Lake Circuit the week between the Canadian Champs and the North American Champs at Kamloops (July 26-August 1). This approximately 120 km canoe trip in the heart of the Canadian Rockies with glimpses of Mt Robson is one of the premier canoe trips in the world. We need a group of 7 to 12. The trip is not demanding physically, but does require prior knowledge of canoeing. Permit cost is \$45 per canoe (2 persons), canoe rental (2 persons) at Bowron Lake is about \$175 (last year). We estimate \$100 for food and transportation Kamloops/Bowron/Kamloops, for a total cost of \$200-\$250. (All prices in US\$). Since we MUST make our reser-

vations on March 1, we need to know of interest as soon as possible. For more information, call or e-mail Bruce McAlister at 425-821-6862. 70675.1764@compuserve.com.

Globe Trotting Orienteer Lives

While many of us might recall that COC/Husky's Eric Bone represented USOF last summer in international competition, it may not be as common knowledge that COC/SAMM's Bruce McAlister did the same at the International Orienteering Federation (IOF) meetings which took place along with the World Championships. Bruce is one of five on the IOF Technical Development Committee that researches, evaluates, and recommends technical equipment for orienteering [for example, the principal product of interest at the moment is the electronic punch.] He filled in for USOF President Gary Kraght at the IOF Council's President's session, as well as attending meetings of the IOF Mapping Committee at Grimsstad. In the last year and a half, Bruce has attended IOF meetings in Israel, Norway and Denmark. And if you think that Bruce might still be a little low on airline frequent flyer miles, don't worry as Bruce is now getting set to join the US Ski Orienteering Team in Austria this January where, besides helping out with ski team logistics, he will represent the Technical Development Committee at the meetings of the IOF Event Procedures Committee [yes, the subject will be electronic punching standards]. And then there is the IOF Congress in Portugal in July. And yes, Bruce pays his own way; he receives no subsidy from either USOF or IOF, but those senior airline coupons help a lot.

COC Annual Meeting Highlights

Congratulations to Bill Cusworth and Don Denbo, who were recognized with the Board of Directors and President's 1997 Service Award, respectively.

Congratulations and thank-you's in advance to the following five COC elected Board of Directors: Bill Cusworth, Don Denbo, Peter Golde, Debbie Newell, and Jim Siscel. (If you are inter-

ested in serving in a COC leadership role this year, please contact one of these board members or attend the January meeting, which is describe in another article in the issue.)

Rick Breseman had a high-tech, and very well received, video show of the upcoming 1998 US Championships, that COC is hosting this August.

WIOL Newsletter On-line

This year anyone with access to the web can catch up on the WIOL newsletter by looking at in on-line. The site is being generously hosted by Howard Halter at: <http://www.eskimo.com/~halter/orienteering/wiol/wiol.html>. In addition to the results and standings being updated after every meet, we also feature color photos and selected route choice review, plus a puzzle or two. So visit us. (If you don't have access to the web and are a WIOL participant, you will receive 2 mid-season "snap-shots" of the webpage during the season. Additionally, all participants will receive a postcard prior to the WIOL Championships, with their start time and their standing, and the March/April issue of the Bearing 315, with a special WIOL wrap-up included.)

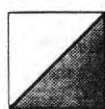
COC seeks "Radio Broadcaster"

COC is looking for someone with a great voice that is interested in being heard by millions (well, maybe less) each week. If you are interested in being the voice of the orienteering hotline and are willing to do the weekly updates, we are interested in having you "audition". (FYI—the audition is not too demanding and no prior broadcast or hotline experience is necessary, just a desire to do updates regularly.) For "auditions", please call Rick at 206-367-2606.

Two First and Two Second from One Family

The Breseman clan is piling up the points in WIOL and Winter O' Series competition. Elementary school orienteers Ryan and Kelsey Breseman are in first place in their WIOL group, while their parents are in second place in the adult Winter O' Series. So, if you want some pointers, you might want to ask the kids. To really get on their good side, you might offer

Ryan a book to read, while Kelsey is partial to chocolate.



Tips & Techniques

Move up! A column for the A.O.

(reprinted from the *NEOC TIMES*)

by Peter Amram

The desire in an A.O. (Average Orienteer) to *move up*—to compete on a higher course, up to yellow, up to orange, and beyond!—is primal. Sometimes you'd do just about anything to *move up*. But, my fellow A.O., would you ever, uh, follow someone in the woods? Huh?

The rules are clear. No giving or receiving help, and no following other runners. But practice is more ambiguous. At a local event you are helplessly lost and somebody competent-looking shows up? Of course you ask for help! And you had darn well better be prepared to give it too, when you're the one they ask which trail this is. Everyone has the right to enjoyment in orienteering.

(A-events are a different matter. I myself acknowledge occasionally consulting a passerby if I'm way overdue in finding one of those pesky orange-and-white triangles. Twice at West Point this former Marine PFC has had the pleasantly avuncular duty of pointing the way for a USMA cadet. Still, outright helping in the woods, though relatively common practice, is illegal. No doubt about it.)

But what about following other runners? Is there any shame in hitchhiking a ride now or then? Who will know? People do it. In the Blue Hills Traverse [a very long annual event in the New England area—Ed], following is actually encouraged. Some fold enter as virtual teams. In the Traverse, it is not unusual for a skirmish line or orienteers to search a ridge communally, like gleaners in a field.

But that's the Traverse, a special event. (Incidentally, the 25th running of the BHT is this November, and I intend to chivvy you—yes, you, an A.O.—into

entering this year. More in future columns.)

As it turns out, besides a regard for O-ethics, there is an equally compelling if mundane reason not to follow in the woods. To wit: following is bad tactics. Following when you're lost will usually get you even lost. And that's not only because the person you are following may be lost too!

Let us examine some real-life dramas played out every weekend in New England. Only the names have been suppressed to protect my anonymity.

Scene 1: The control has got to be around here somewhere. Look, here comes another orienteer. He is heading purposefully toward the reentrant. Follow him! Yes! There's a cheerful bright control flag, at the boulder over there. Hi there, little friend. You were right here all along. Let's punch in. Oh, and check the code on this tag first. It's ZQ. ZQ? I'm looking for... GK. On a knoll, actually, now that I think of it. Damn!

Moral: When looking for Yellow #5, it avails one little to discover Orange #7 by means fair or foul.

Scene 2: Lost. Everything looks the same. But hark! Another orienteer. She is moving along as if she knows what she's doing. Let's follow. Look subtle. Lope along behind. I can keep up. Heh, heh. Soon we'll be there.

Reality: Madame is a red runner. You, however, are on orange today. Some 600 meters later, *scene 1* will recur. You are deep in Nowheresville. A chill rain starts to fall. And it is growing dark.

Scene 3: Where am I? Where is the cursed control? Wait, help is at hand. I know this guy coming by. I know he's on my course. I saw him mark orange on his punch card. He started behind me and has thoughtfully caught up to help me. All I want is a quick tow to #5. I can do the rest myself. After him!

But: The International Orienteering Federation (IOF) has set the strict standard that anyone actually on your course

whom you attempt to follow must be at least 29% faster than you in the 10K. Within 37 seconds you will lose sight of Sir Speedy. And you weren't checking your map for those 37 seconds, were you? Hmm?

All of which suggest that you learn: to keep constant close contact with the map; to **relocate immediately** to a strong linear feature when in doubt; and to trust no one but yourself to get you where you want to go.

Which is not only morally uplifting—it's really the fun of it all.

Meet Results

Western States Champs

October 25-26, 1997

Annadel State Park

Results of PNW O'ers at the Western States Champs!

Course Name	Place
Brown Course	
M65 Ken Lew	1
Knut Olson	2
Bruce McAlister	3
Green Course	
F55 Linda Moore	1
Anne York	2
M40B Terradan Lanchild	1
M50 Mac MacDonald	4
Dave Petty	7
M55 Harvey Friedman	8
M60 Carl Moore	4
Red Course	
F21 Eileen Breseman	4
M35 Mark Howlett	2
Kean Williams	DNF
M40 John Rogers	1
Rick Breseman	3
M45 Dave Tallent	6

Woodland Park (Vampire O)

October 26, 1997

Seattle, WA

Cascade Orienteering Club

Meet Director and course setter - Sandy Kish
Miller Robert Miller set markers, did registration

and finish. Bill Cusworth did registration and finish.

On a night dark and dreary over 50 intrepid souls ventured out into the rain in Woodland Park to do battle with Vampires and visit as many controls as they could in 45 minutes. All, despite the rain, enjoyed their run in the dark. It seemed that the person to bite this night was Eric Bone. He visited each control at least twice.

Results (please forgive me if there are some names misspelled. The rain was not kind to some of the paperwork). There were a total of 24 controls placed.

Chris Beard, Phil C.	24
Mark Watson	18
Ginger Stratton	18
Katie Vanderzee	18
Peter Golde	18
Mark, Joe Obson	17
Don Atkinson	17
Sue Ulric & Company	15
Jeanne Jones	15
Mario Isely & Son	15
Beth Walker	15
Jenny & Burr Knapp	13
Sally Riggers	13
Jean Davis	13
Don Denbo	13
Paul Richards	11
Marjorie Stratton	11
Tom Marshall	10
Andy Cahn	8
Katie Marshall	8
Steve Frederickson	8
Devon Cahn, Jake Dunton, Mike Knoll	7
Bill Ryan	Overtime
Dan Parr	Vampire
Eric Bone	Vampire
Tyler Frederickson	Vampire
Bob Boyd, Mark Jacobson, Amber Brown,	
Bob Fletcher & Son, Alice Marshall,	
Dale Bryant	?

Washington Park November 1, 1997 Anacortes, WA

Chuckanut Orienteering

Meet Director, Courses: Ken Klepsch
Registration, timing: Johanne Klepsch

The Washington Park map was finally updated by Georgy Kuntsevich. Thanks goes to WSOA for a grant to update the map. We were treated to a turnout of over 50 people, with a large showing of the

Oak Harbor and Burlington-Edison Jr. ROTC groups.

Course 1 (1.5km, 7 controls)

Sean Conto, Evan Freeman, Katie Stanford	14:50
Nicholas Bagarella, Anthony Camacho, Kevin Cornwall	21:50
Kevin Lashua, Michael Saxton	26:43
Bill & Alison Bowers	33:22
Halter Family	38:20
Larry Stratton	39:50
Sarah & Ira Moscovice	59:44
Fernne Rosenblatt	59:44
Angie Schutte	64:30

Course 2 (2.4km, 8 controls)

Elizabeth Hull, Amber Marler	45:55
Edgar Madera	62:17
Matt Pantig	74:51
Fernne Rosenblatt	78:20
Tony Cerovac	92:17
Deb Frost	92:17
Elisabeth & Bill Green	103:45
James Banta	107:34

Course 3 (2.8km, 9 controls)

Kathleen Welch	71:25
Bruce McAlister	78:01
Jamie McPheter	150:38
Evan Freeman	DNF
Marjorie Stratton	DNF

Course 4 (3.75km, 12 controls)

Bill Cusworth	37:55
Eric Bone	38:36
Don Atkinson	65:35
Todd Drobnick	72:42
Don Denbo	74:26
Sean Conto	74:42
M. Schneiderman	76:15
Stuart Bradshaw	80:20
Roger Rosenblatt	84:00
Ken Lew	96:27
T. Notides, J. Ryan	101:19
Lisa & Brett Aniballi	101:21
Dan Parr	104:10
Anne York	109:07
Bob Reddick	112:38
Harvey Friedman	126:20
Larry Keller	138:08
Bill & Alison Bowers	DNF

Horn Rapids November 15, 1997 West Richland, WA

Sacajawea Orienteers

Meet Director & Course Setter: Michel Billaux
Control Pickup: Michel Billaux, Ivar Husa, Frank Skorina

Michel served up an enjoyable and challenging score-o course with a high control density near the start/finish, with decreasing density towards the outer bowels of the map. The area is very open with few trees to restrict visibility. This does not make the orienteering easy, on the contrary, there are fewer cues to orient yourself through the contours and into the controls.

Maximum fun must have been achieved as all participants were over the one hour "time limit" as they searched for "just a few more controls." We thank Todd Brown for bringing out a Benton City crew and once again Kim Oakes who brought another newcomer after bringing eight last meet.

This was our last scheduled meet of the year. We will be having an annual meeting sometime in December. Watch for it at an email box near you.

For this meet 22 controls were scattered about and participants found as many as they wanted. Points were calculated by awarding 1000 points for every control found, and subtracting 5 points for every second over 60 minutes.

Name	Controls Time	Points
Frank Skorina	22 1:02:25	21,275
Ivar Husa	18 1:17:14	12,830
Todd Brown	13 1:04:31	11,645
Lilian Billaux	8 1:01:18	7,610
Sonny Elsasser	22 1:57:05	4,875
Kim and Kristina Oakes & Unknown Male	13 1:39:11	1,245
Steve and Andrew Weakley & Dana, Brian, and Tanner Cummings	10 1:47:04	-4,120
Seth and Brendon Higham	7 1:46:10	-6,850
Don Thompson & Clinton Crandall	17 2:45:30	-14,650

Island Crest November 23, 1997 Mercer Island, WA

Sammamish Orienteering Club

Meet director: Dave Enger
Course setting: Jan Urban
Registration: Bob Reddick
Timing: Jan Urban & John Sincok
Newcomers instruction: Dave Tallent
Control pickup: Dave Enger, Ken Lew & Jan Urban

Course 1 (1.15km, 25m, 7 controls)

Ed + Elisabeth	16:13
Bob Reddick	18:52
Melissa Phillips	25:00

Jennifer Tollison	27:00
Ryan Breseman	28:03
Alan Baker	29:00
Randy Brasfield	34:44
Kelsey Breseman	35:36
Glen Turner/Gerald Vorws	35:50
Enger group of 5	38:22

Course 2 (1.76km, 30m, 8 controls)

Dave Petty	26:53
Alex Loomis + Stimson	60:20
Frances Evans + 1	94:58
Austin Amort + 1	DNF
Aaron + Ann Amort	DNF
Glen Turner/Gerald Vorws	DNF

Course 3 (3.68km, 45m, 12 controls)

Bob Seidensticker	62:54
Marcus Shell	89:06
Randy Brasfield	90:15
Alan R. Baker	107:13
Melissa Phillips	114:20
Jennifer Tollison	114:23

Course 4 (4.05km, 80m, 15 controls)

Fred Veler	57:45
Ardis Dull	62:39
Debbie Newell	69:29
Carl Moore	73:10
Carin Grow + 2	114:37

Course 5 (4.95km, 115m, 16 controls)

Eric Bone	50:53
Rick Breseman	58:56
Eileen Breseman	60:00
Don Atkinson	68:00
Todd Drobnick	72:10
Adam Smith	74:36
Bill McKenzie	78:17
Dave Lilly	79:28
Robert Gruel	85:49
Ken Lew	91:20
Roger Rosenblatt	97:49
Don Denbo	98:45
Brian Wingert	134:00
Larry Keller	136:39
Nicki Kunecke + 3	143:30
Jim Siscel	146:48
John Patrick	164:25
Jonathan Patrick	165:55
Daniel Patrick	DNF

UW Campus November 30, 1997 Seattle, WA

Cascade Orienteering Club

Meet Director: Bill Cusworth
Course Setter: Eric Bone
Registration: Lisa Nordlund, Debbie Newell
Timing: Douglas Hathaway, Don Atkinson, Eric Bone, Bill Cusworth
Marker Pick-Up: Don Atkinson, Bill Cusworth, Eric Bone

The weather was rainy which made it very difficult to write on the punch cards and timing sheets. My apologies for any mistakes that happened as a result.

Novice (1.2 km, 8 controls)

EBAR group	10:23
Daniel & Jonathan Patrick	BSA 12:00
Madeleine & Will Enger	SAMM 21:10
Ryan Breseman	COC 22:05
Kelsey Breseman	COC 23:52
Lisa Halter	25:23
Molly & Dave Enger	SAMM 26:41
Josh Davis & Josh Blake	SKHigh 29:43
Gerald Borries & Nate Conley	36:43
Chris Blacknall & Patrick Mongovin	MSP
Randy Brasfield	map hiker

Intermediate (2.42 km, 11 controls)

Ryan Robinson	19:32
Josh Irwin	20:40
Harvey Friedman	COC 22:27
Jim Siscel	COC 22:58
Nicholas Roberts	23:16
Carol Reed	SAMM 30:01
Richard Lima & Richard DeJarnett	30:42
Melissa Phillips	30:58
Jamie Whitely & Kelsey McLean	32:02
Nicole Connors	32:44
Jessica Wegner	43:35
Josh Davis & Josh Blake	44:21
Mary Jo Reed, Ann Burpee, & Caryn Grow	5:34
Will, Madeleine, Molly, & Dave Enger	SAMM 65:00
Nate Conley & Gerald Borries	86:47
Jodi McNeil & Jennifer Hunt	94:57
Jeff Leonard	MSP
Vince Van Hoosen & Casey Mulivrana	MSP

Short Advanced (2.9 km, 13 controls)

Don Atkinson	COC 24:02
Jan Vrana	COC 24:19
Todd Drobnick	CHUKO 25:10
Sandy K Miller	COC 26:24
Fred Veler	SAMM 27:03
Don Denbo	COC 30:21
Alex Bacon, Jason Dilley, & Keith Burdette	1:33
Dan Parr	31:45
Jim Siscel	COC 32:02
Ken Lew	COC 32:05

Aaron Charlop	COC	34:25
Tara Matthews, Scott Robeson, & Jusdan Pang		35:19
Jerrold Broholm		39:22
Sean Conto		40:13
Evan Freeman		41:13
Roy Moreland		42:02
EBAR group		47:22
Bob Seidensticker	SAMM	51:23
Jamie Whitely & Kelsey McLean		51:40
Bob Reddick	SAMM	51:41
Robert Atwell & Joe Rivera		52:05
Chris Blacknall & Pat Mongovin		52:50
Melissa Phillips		63:29
Nicholas Bagarella		95:03
Andrew Hicks		96:03
Anthony Camacho & Becky George		97:36
Jennifer Tollison		103:31
Glen Turner & David Clark		109:04
Howard Halter	SAMM	MSP
Carl Moore	NISQ	MSP
Matt Pantig		MSP

Long Advanced(5.37 km, 24 controls)

Paul Magnus	COC	30:50
Rick Breseman	COC	37:18
Debbie Newell	COC	40:54
Ardis Dull	COC	51:13
Michael Corey	SAMM	52:24
Eileen Breseman	COC	MSP

Woodland Park December 6, 1997 Seattle, WA

Cascade Orienteering Club

The weather was cool and sunny.

Course 1 (1.4 km, 7 controls)

Ryan Breseman		24:40
Jeremy Nihart		31:28
Jackie & Jake Ritmire		39:37
Matej & Anna Urban	SAMM	41:20
Kelsey Breseman		47:52

Course 2 (1.7 km, 10 controls)

Rob Blomquist & Megan Merriman		15:11
Carol Reed	SAMM	21:10
Will Enger & Skip Rasmussen		30:54
Ed, Elizabeth, & Aviva Pottharst		31:00
Debra & Kyle MacDonald		36:53
Fernne Rosenblatt	COC	37:38
Richard Dunn		43:29
Lisa Halter		44:38

Course 3 (2.8 km, 14 controls)

Justin Wright	TOJH	22:45
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Sandy Kish Miller	COC	22:53
Jason Dempsey	BETH	23:50
Keith Burdette	TOJH	24:04
Tara Matthews	TOJH	25:22
Rob Blomquist & Megan Merriman		27:16
Ashley Matthews	TOJH	27:59
Harvey Friedman	COC	28:53
Scott Robeson		29:33
David Thompson	BREH	30:21
Jim Sissel	COC	30:44
Jusdan Pang	TOJH	31:16
Jason Dilley & Alex Bacon	TOJH	32:02
Marcus Shell	COC	33:05
Margie Bone	COC	33:48
Richard Calix & Justin Henderson	BETH	33:50
Dean Neshem & David Haugen	BREH	38:50
Katrina Irish	BREH	40:20
Sheenan James, Catherine Munzi, & Allison Daniels	BREJ	43:35
Dan Smart & Noelle Gill	BREH	43:54
Kevin Lockwood	BREH	46:20
Mark Maurer		48:08
Joeb Reiselman & JD Hammond	BREJ	48:18
Daniel & Jonathan Patrick	BSA	49:34
Jeanine Dempsey		50:22
Caryn Grow & Kari Yorks		51:17
Monica Karlin		52:22
John McFall & Billy Johnson	BREH	52:57
Mary Jo Reed & Ann Burpee		53:16
Manchester, Wheeler, & Harter	BREH	53:37
Doug McMurrin & John Taylor		56:31
Anna Kenoyer & Darlene Gomez	BREH	60:35
Dana Ransom		60:41
Sarah Anderson & Amanda Hughes	BREH	62:00
Joshua Klassen, Gemoya, & Elingson	BREJ	64:43
Jane Martin & Lupe Chiguina	BREH	64:50
Eric Newman	BREH	66:06
Trisha Molien & Corena Meyers	BREH	73:27
Ed, Elizabeth, & Aviva Pottharst		84:00
Jenna Montgomery, Nichole Green, Jill Cates, & Matt Poulich		90:57

Course 4 (5.37 km, 26 controls)

Jan Urban	SAMM	33:12
Rick Breseman	COC	35:44
Jan Vrana	COC	37:21
Dave Enger	SAMM	38:12
Dan Baird	Husky	38:30
Rich Calix, Justin Henderson, & Jason Dempsey	BETH	38:34
Adam Smith	BAOC	40:51
Robert Miller	COC	41:19

Don Atkinson	COC	42:14
Eileen Breseman	COC	42:27
Magne Raadal	Fana IL	42:30
Todd Drobnick	CHUC KO	42:59
Howard Halter	SAMM	43:56
Fred Veler	SAMM	47:16
Roger Rosenblatt	COC	49:30
Patrick Kelly	COC	54:17
Dan Parr		55:42
Ken Lew	COC	60:43
Brian Wingert	COC	63:32
Larry Keller	COC	77:13
Bob Seidensticker	SAMM	78:06
Paula Brown	COC	94:32
Pat Dempsey	COC	145:00
Kris & Spencer Hutchins	DNF (did half)	
Anne York (COC)	DNF (did half)	

Kelsey Creek Park December 13, 1997 Bellevue, WA

Sammamish Orienteering Club

Early morning frost was evident in this Bellevue park, but clear skies prevailed and temperatures warmed as the morning wore on. The first Washington Interscholastic "O" League meet-of-record for the season brought a large turnout, with groups from distant points. Bremerton, Oak Harbor, Bellingham, and Marysville were all represented.

The young people arrived all at once, but the fine work of Bill Cusworth and Don Denbo had them all (over 90) registered by 10:15 am. The start crew had everyone efficiently sent on their way with minimum delay.

Course designer Mark Howlett set up public courses 1, 2 and 4, with the longest including a map exchange up on the hillside on the east end of the park. WIOL participants were on courses, 3, 2, and 1, respectively, by age class. After most WIOL starters were out, course 3 was opened to the public.

It was clear at this meet that WIOL participation has grown enormously. The bare-bones minimum staff, for meets during league season requires 3 on starts, 3 on registration, and 3 or 4 on finishes to keep everything running smoothly. It was a little tense at first when most WIOL runners were there ahead of the volunteer meet staffers.

Meet Director: John Sincok
Course Design, Control Placement: Mark Howlett
Registration: Bill Cusworth, Don Denbo, Dave Enger, Pat Reddick
Starts: Jan Urban, Michelle Agnew, Vern Ameen, John Sincok
Finish: Mark Howlett, Wanda Howlett, Dave Tallent, Bob Reddick, Debbie Newell
General Helpers: Howard Halter, Peter Golde
Refreshments: Bruce McAlister

Marker Pickup: Mark Howlett

Course 1 (1.37km, 10 controls)

Ashley Kirsininkas	22:53
Molly, Madeline & Dave Enger	24:29
Jenny Pearson	37:15

Course 2 (2.16km, 17 controls)

Patrick Kelly	23:09
Kyle Hanson, Dave & Will Enger	34:41
Ashley Kirsininkas	40:21
Aaron & Tony Amort	42:10
Thomas & Michael Carey	44:18
Ty Chang	44:21
Austin & Ann Amort	51:19

Course 3 (2.62km, 18 controls)

Ed Potthust	42:39
MacDonald	44:56
Michelle Agnew	55:10
Daniel Kirkpatrick	66:00

Course 4 (3.21km, 16 controls)

Jan Urban	27:04
Rich Breseman	28:51
Kevin Welton	30:52
Debbie Newell	31:07
Jan Urana	34:31
Peter Golde	34:59
Adam Smith	37:02
Eileen Breseman	37:16
Howard Halter	37:21
Don Atkinson	40:55
Garth (with Dave Lilly)	43:30
S. Bradshaw	45:34
Robert Miller	45:59
Carl Moore	46:05
Sandy K. Miller	46:17
Ardis Dull	46:24
Ken Lew	48:47
Don Denbo	50:57
Bob Seidensticher	74:25
R. Brasfield	80:39
Pat Dempsey	127:38
Dana Ransom	DNF

Hamlin Park December 20, 1997 Shoreline, WA

Cascade Orienteering Club

Meet Director: Debbie Newell
Course Setter: Donald Denbo
Finish: Debbie Newell, Jan Urban, Dave Tallent,
Don Denbo

Control Pickup: Don Denbo, Debbie Newell

Course 1 (0.92km, 27m, 8 controls)

Anne & Austin Amort	26:42
Martin & Linda Richardson	53:20

Course 2 (1.87km, 40m, 11 controls)

Neil Smith	COC	25:54
Paula Brown	COC	26:59
Titus Thompson		27:09
Bob & Pat Reddick	SAMM	36:20
Tony & Aaron Amort		38:25
Ron Brown	COC	39:26
Colin Adams/Will & Dave Enger	SAMM	40:33
Michell Roehren/Maria Wong		DNF

Course 3 13 controls)

Caleb Hull	101:52
Westin Ransom	DNF

Course 4 (4.33km, 130m, 17 controls)

Eric Bone	COC	30:00
Jan Urban	SAMM	31:27
Mark Howlett	SAMM	32:11
Debbie Newell	COC	37:03
Dave Enger	SAMM	37:43
Rick Breseman	COC	40:28
Eileen Breseman	COC	40:47
Robert Miller	COC	42:25
Dan Baird	HUSK	47:56
Don Atkinson	COC	49:29
Sandy Kish Miller	COC	53:08
Jim Siscel	COC	62:35
Ken Lew	COC	66:16
Carl Moore	NISQ	67:07
Kean Williams	COC	72:11
Ivar Husa	SACO	74:56
Harvey Friedman	COC	87:38
Richard Carlisle		DNF

St. Edwards State Park December 27, 1997 Bothel, WA

Cascade Orienteering Club

Thank you, volunteers, for the fine work at St.
Edward State Park.

Registration: Ron Brown
Beginner Instruction, Marker Pickup: Mike
Schuh
Start Timing: Rick Hood
Map Update, Course Setter, Finish Timing:
Eileen Breseman
Vetting, Marker Pickup: Kean Williams
Host of Potluck, Pie Award Ceremony: Bruce
McAlister

Novice (1.4K, 7 Controls)

Ryan Breseman	24:42
Marc Rothmeyer	30:30
Kathy & Hannah Ander	31:27
Kelsey Breseman	40:50
Mark & Jeremy Nihart	45:00
"Lauren, Evan & Bill Van Valkenberg"	54:53

Intermediate (2.1K, 9 Controls)

Jenny Pearson	30:35
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Valerie Enger	33:51
Margie Bone	34:34
Fred Ritchie	36:39
Anne York	42:08
Marc Rothmeyer	43:18
William Enger	45:58
Martin & Linda Richardson, Mindi Pearson	46:47
Harvey Friedman	47:42
Skip Rasmussen	48:04
Michele Rochrenbeck & Bernadette Hooks	51:09
Westin Ransom	75:09

Short Advanced (2.7K, 10 Controls)

David Ritzenthaler	38:54
Dave Petty	41:40
Scott Donald	48:51
Shirley Donald	52:55
Jill Miller & Terradan Landchild	56:20
Ron Brown	56:23
John Sincok	58:39
Knut Olson	70:01
Bob Reddick	77:04

Long Advanced (4.6K, 12 Controls)

Eric Bone	39:45
Jan Urban	41:34
Kristen Ritzenthaler	43:36
Marek Dukiewicz	44:09
Arne Skog	44:53
Debbie Newell	48:14
Jeff Coker	48:14
Kevin Welton	49:01
Robert Miller	51:38
Don Atkinson	54:58
Mel Dukiewicz	58:59
Sandy Miller	62:55
Carl Moore	65:17
Scott Coble	69:38
Linda Moore	70:17
Ardis Dull	70:57
David Talent	71:11
Dave Enger	74:20
Roger Mertens	74:58
Katie Sprugel	75:22
Garth Lilly	75:50
Kean Williams	76:15
Ken Peters	80:27
Doug Sprugel	81:41
Donald Denbo	85:49
Ken Lew	89:27

Thank you to the pie makers, bakers & bringers!
Rick B.

Where and what are these Orienteering Clubs?

The Orienteering clubs listed here 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, Sacajawea is based in the Tri-Cities area, and Chuckanut O.C. is based in Bellingham. 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 loan (with deposit) 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 of socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

Bill Cusworth	President	206-789-1346
Eric Bone	Vice-President	206-634-2279
Sandy Kish Miller	Treasurer	206-782-1437
Ardis Dull	Secretary	206-364-4062
Rob Simpson	Volunteer Coordinator	206-361-9316
Aaron Charlop	Memberships	206-937-5855
Debbie Newell	Mapping Coordinator	425-488-7471
Don Atkinson	Equipment	425-488-0270
Eric Bone	Training Coordinator	206-634-2279
Don Denbo	Newsletter	206-366-0624
Peter Golde	Executive Board	425-883-3732
Jim Siscel	Executive Board	425-778-7202
Eileen Breseman	Publicity and Promotion	425-483-6592
Rick Hood	Environmental Coordinator	206-367-2606

Sammamish Officers and Coordinators:

Dave Tallent	President	425-488-7471
John Sincok	Vice President	425-822-3621
Valerie Enger	Treasurer	425-822-6254
Dave Enger	Mapping Coordinator	425-822-6254
David Lilly	Newsletter Coordinator	425-454-4136
Kathy Trost	Memberships	425-271-5508

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. Fees vary, but 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. ☐ Sammamish O.C.
☐ Ellensburg O.C. ☐ Sacajawea O.C.

Name _____

Address _____

Home phone _____ Work (opt.) _____

E-mail _____

Family Members _____

Optional Information: _____

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

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

- ☐ Family or Group \$15.00/year
☐ Individual \$10.00/year
☐ Associate (under 18) \$5.00/year
☐ Newsletter only [COC only] \$6.00/year

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

Cascade Orienteering **Sammamish Orienteering**
P.O. Box 31375 **P.O. Box 3682**
Seattle, WA 98103 **Bellevue, WA 98009**
—OR— **—OR—**

Ellensburg Orienteering **Sacajawea Orienteers**
c/o Kent Verbeck **c/o Frank Skorina**
1361 Nelson Siding Rd. **116 Stanton**
Cle Elum, WA 98922 **Walla Walla, WA 99362**

Other Club Contacts:






Frank Skorina, Sacajawea Orienteers	509-522-2770
Kent Verbeck, Ellensburg O.C.	509-674-2755
John Beck, Eastern Washington O.C.	509-838-7078
Scott Drumm, Columbia River O.C.	503-261-1493
Eric Bone, Husky O.C.	206-634-2279
Ken & Joanne Klepsch, Chuckanut Orienteers	360-299-1010

Club members (any club)	\$4.00
Non-club members	\$5.00
Junior (under 18)	\$3.00
Families	map fee only after first two

Upcoming Orienteering Events

Call the Hot Line at 206-783-3866 (or the website at

<http://www.eskimo.com/~halter/orienteering/pnw.html>) for latest information and details

Date/Time	Location and Comments	Type	Club	Map	Contact
JANUARY 1998					
Sat, Jan 10 10 am - noon	 Magnuson Park (WIOL 3), Seattle, WA. Take 45th St. Exit from I-5 east to Sand Point Way, follow north to park.	C	COC	1:5000	206-783-3866
Sun, Jan 11 5 pm -	Cascade O' Club meeting at the Santa Fe Cafe, 5910 Finney Ave N. Dinner starts at 5, presentation at 6:15, Business meeting follows.	X	COC		206-783-3866
Sat, Jan 17 10 am - noon	 Fort Steilacoom Park (WIOL 4), Tacoma, WA. Exit from I-5 onto 72nd W (Exit 129). This becomes Custer, right onto 88th SW, becomes Steilacoom to the park.	C	NISQ	1:10000	Carl Moore 253-756-5739
Sat, Jan 24 10 am - noon	Volunteer Park (WIOL Relay), Seattle, WA. Near the Asian Art Museum.	C	HUSKY	1:5000	Bill Cusworth 206-789-1346
Sun, Jan 25 5 pm	WSOA Meeting at Rick and Eileen Bresemans. From I-405 Exit 23 NE on 522 for 5mi., rt. on Paradise Lake Rd 1mi., l. on 99th Av for 1/2mi., rt. on 216th for 1/2mi., l. on Wildwood Drive for 1/8mi., turn rt. into driveway				425-483-6592
Sat, Jan 31 10 am - noon	 Luther Burbank Park (WIOL 5), Mercer Island, WA. Exit I-90 at Island Crest Way exit. Travel north one block to 26th St., head east to park.	C	SAMM	1:5000	Dave Enger 425-822-6254
Sat, Jan 31 11 am - noon	Riverside State Park, Spokane WA. Take Exit 281 from I-90 then north on Division. Turn west on Francis to Nine Mile Road (State Route 291). Turn west onto Seven Mile Road, and then turn left again immediately after crossing the Spokane River. Follow signs.	C	EWOC		John Beck 509-838-7078
FEBRUARY 1998					
Sat, Feb 7 10 am - noon	 Lincoln Park (WIOL 6), West Seattle, WA. Exit from I-5 at Spokane St. Head west until you reach Fauntleroy Way, head south to the park.	C	COC	1:5000	206-783-3866
Sun, Feb 15 11 am - 1 pm	Battleground Lake, Battleground, WA. Score-O . Travel to Battle Ground from I-5, drive through town, turn left (north) onto Grace Ave just before railroad tracks. Turn right at sign, follow road to park.	X	CROC	1:10000	Terradan Land-child 206-783-3866
Sat, Feb 21 10 am - noon	 Marymoor Park (WIOL Champs), Redmond, WA. Take SR 520 east. Take the Lake Sammamish Parkway Exit and travel south to the park entrance.	C	SAMM	1:10000	Dave Enger 425-822-6254
Sat, Feb 21 11 am	Gonzaga University, Spokane, WA. Special event mass start 11 am. Take Exit 281 off I-90, head north on Division and take the Division/Ruby couplet across the Spokane River, then turn right on Sharp. Travel east on Sharp about 7 blocks, then turn right onto Cincinnati, and follow Cincinnati to the Martin Centre parking lot.	X	EWOC		John Beck 509-838-7078
MARCH 1998					
Sun, Mar 1 10 am - noon	Lynndale Park, Lynnwood, WA. One person relay . Head west from I-5 at Exit 179 on 220th St. Turn north on 76th Ave. The park is just off 76th near 190th St.; watch for signs to the entrance.	C	COC	1:5000	Jim Sicsel 425-778-7202
Sat, Mar 14 11 am - 1 pm	Powell Butte, Portland, OR. From I-205, take Powell or Division EASTBOUND to 162nd Ave, turn south. If you're on Division, go south until you cross Powell and continue into the park.	C	CROC	1:10000	Terradan Land-child 206-783-3866
Sun, Mar 15 10 am - noon	O. O. Denny Park (Big Finn Hill), Bothell, WA.	C	SAMM		206-783-3866
Sat, Mar 28 11 am - noon	Farragut State Park, Athol, ID. From Coeur D'Alene, ID, take Highway 95 north to Athol, ID. Go east on Highway 54 to the park entrance.	C	EWOC	1:10000	John Beck 509-838-7078



Winter O' Series Event

COC: Cascade Orienteering Club
EWOC: Eastern Washington O.C.
VO: Victoria Orienteers
GVOC: Greater Vancouver

SAMM: Sammamish O.C.
CHUCKO: Chuckanut
CROC: Columbia River O.C.
SAGE: Sage Orienteering Club, Kamloops B.C.

A: National Meet
R: Rogaine
B: Major Event

C: Regular Local Meet
X: Special Event

United States Orienteering Federation

P.O. Box 1444

Forest Park, GA 30298

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 _____

Name _____

Address _____

Home Phone (____) ____ - _____

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 \$450 ☐ Family Life \$540

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 alone 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 501(c)(3) corporation. Which means that donations, including costs, are fully tax deductible. JOIN NOW!

Bearing 315 is

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(206) 783-3866



If your label is marked with highlighter, your membership has lapsed!