



# Bearing 315

The newsletter of the Cascade Orienteering Club

First Quarter 2004

## Ultimate Orienteer

The 2004 Ultimate Orienteer Series began on March 6 at Priest Pt. Park in Olympia. Each event in the series includes a different format of the sport we all love: Short-O, Score-O, Classic-O, and Long-O. The 2004 series follows:

March 6	Short-O, Priest Pt. Park, Olympia
April 17	Score-O, Fire Mt., Mt. Vernon
May 8 or 9	Classic-O, Cle Elum Ridge
June 19	Long-O, Teanaway Forks, Cle Elum

Scoring: results of the longest course at each event are used to calculate series points. The winner of the longest course at each event receives 1000 points and everyone else on that course receives points based on the percent behind the winner's time. For example, if the winner has a time of 25 minutes and your time is 50 minutes, you will score 500 points. Your highest 3 scores are combined to give your Ultimate Orienteer total.

Pre-registration in the series is NOT required. Simply running the longest course at a series event automatically enters you in the competition.

## Frequent O' Card

You can purchase a Frequent O' Card, a pre-paid punchcard accepted at any Cascade event. As a bonus, after you use all the punches, you can use the card for a free \$5 entry. Cards are \$50 each and have 10 punch boxes worth \$5 each. To get a punch card, send a check for \$50 and a self-addressed, stamped envelope to:

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

### Current COC Officers and Coordinators

President – Jennifer Knowles, 253-845-6588, jsknowles@msn.com  
\*Vice President – Eugen Groff, 206-985-2198, groffmarek@earthlink.net  
Training/Volunteer Coordinator – Eric Bone, 206-634-2279, eric.bone@comcast.net  
\*Treasurer – Katie Sprugel  
Secretary – Ardis Dull, 206-364-4062, ardisdull@juno.com  
Mapping Coordinator – Patrick Kelly, 206-760-9554, patandlaureen@onebox.com  
\*Equipment Coordinator – Don Atkinson, 425-488-0270, dona@atmos.washington.edu  
Newsletter Editor – Debbie Newell, 425-488-3691, dnewel@verizon.net  
Membership Coordinator – Jim Sisco, 425-778-7202, jsisco@cmc.net  
Publicity/Promotion Coordinator – Doug Hathaway, jose\_cheung@yahoo.com  
Land Use Coordinator – Dave Tallent, 425-488-3691  
Technical Coordinator – Bill Cusworth, 206-271-0652, cusworth@chem.washington.edu  
E-punch Coordinator – Jennifer Knowles  
\*Don Denbo, 206-366-0624, dwd6@mindspring.com  
\*Peter Golde  
\* Executive Board Member

You can also purchase the cards at events from Debbie Newell. Please contact her before an event to ensure that she will not only be at that event, but will have a card for you.

## Dues Increase

At the club's annual meeting, the board of directors decided to increase membership dues. This was necessary because of a large increase in insurance fees which we must pay to USOF's insurance carrier. Annual individual membership fees are now \$14 and family membership fees are now \$20.

## Volunteer Appreciation Coupons

To thank meet volunteers and encourage more people to help, the board has decided to issue appreciation coupons to everyone who puts in at least 1.5 hours at an event. The coupon may be used to pay for an individual entry at a class C Cascade event or as redemption towards a Frequent O' Card.

## Election of Officers

Don Atkinson, Don Denbo, Peter Golde, Eugen Groff, and Katie Sprugel were elected as the 2004 COC board of directors. The elected board members selected the following officers: President, Jennifer Knowles; Vice President, Eugen Groff; Secretary, Ardis Dull; and Treasurer, Katie Sprugel.



Mac at the 1991 Western States Champs in California. This photo appeared on the cover of o' magazine Orienteering North America.

## Mac MacDonald

Local orienteer Bill "Mac" MacDonald died February 19 of complications following recent elective heart surgery. Mac, a cardiologist, was an enthusiastic orienteer, setting courses and volunteering at local events as well as participating in national and international meets. Mac's wife, Karen, often accompanied him to orienteering events and son Bill is an alumnus of the WIOL. Always friendly and interesting, Mac will be greatly missed.

Mac's first event was on December 6, 1986 at Kelsey Creek Park in Bellevue. He and his son, Bill, did both Course 1 (which Mac won) and Course 2 that day. That was the beginning of a long fascination with orienteering that eventually led Mac to participate in numerous events across the U.S. and Canada. His love of orienteering continued until the day he died. You might say Mac is still orienteering, as he was buried in his o' suit, his compass at the ready.

# Meet Results

Split times for all events using SPOR-Tident electronic punching (all WIOL/O' Series events) can be found at:  
<http://www.obasen.nu/winsplits/online/en>

## WIOL 1/ O' Series 1 - Seward

### Park, Seattle

**November 8, 2003**

Meet Director: Debbie Newell

Meet Director Onsite Representative: Don Denbo

Volunteers: Sandy Kish Miller, Robert Miller,

Eugen Groff, Jennifer Knowles, Ardis Dull, Dean Vergillo

### Course 1 (1.4k, 8 controls)

Sprugel, Peter	None	14:02
Forkner, Chelsea		14:07
Levinger, David		17:38
Pierce, Liz		18:00
Bresemann, Dana	Woodinville Mont.	20:01
Dermenstein, Don		20:30
Dermenstein, Libby		22:15
Kemper, Jim (group)		22:27
Klinge, Michael	Somerset Elem.	24:34
Socha, Peter		24:51
Roth, Ellen		25:03
Ritmire, Cole		28:00
Socha, Anna (group)		28:28
Coughlin, Scot		32:03
Howey, Emma		38:52
Kelly, Deanta	COC	39:11
Welch, Andy		51:11

### Course 2 (1.95k, 10 controls)

Urbanova, Anna	Skyview JH	22:47
Embrey, Robyn		24:33
Sanders, Andy	BJHS	30:03
Crowl, Jessie	BJHS	30:48
Nilles, Stephanie		31:11
Docker, Sasha	BJHS	32:01
Stubbs, Kyle	Liberty	33:56
Dermenstein, Don		34:53
Wade, Callie	SCDS	35:16
Crowder, Anthony	BJHS	35:54
Kuestner, Holly	None	38:06
Deffit, Luis	BJHS	43:30
Bassett, Emily		45:31
Miner, Sarah	COC	45:40
Bingham, Mark		46:02
Newell, Ryan	None	46:49
Burke, Dan	Liberty	47:14
Newell, Kira	None	47:29
Huebner, Nick	Woodinville Mont.	47:40
Brown, Sarah		48:53
Ackers, Erin	None	49:07
Medlock, Randy		49:26
Weick, Heidi	BJHS	50:03
Cozad, Karissa	BJHS	55:37
Howey, James	None	55:39
Nordberg, Robin	None	57:12
Dermenstein, Libby		58:45
Park, Brett	BJHS	61:19
Holt, Maleigha		61:34
Jones, Katie	BJHS	64:53
Nopp, Brian	BJHS	66:00
Nelson, Cristy	BJHS	66:49
Mears, Tina	BJHS	67:11
Steele, Erik	Kenmore JH	71:25
Stansberry, Roxanne	Liberty	mp
Roecks, Marissa	Woodinville Mont	mp
Socha, Caroline	None	mp
Ritmire, Jake/Julian	None	mp
Sandor, Randy	Liberty	mp

### Course 3F (3.34k, 11 controls)

Boe, Kjersti-Helene		36:04
Springer, Amy		38:09
Howe, Derrel		38:57
Nicolle, Phil	COC	42:32

Bresemann, Kelsey	Woodinville Mont	43:29
Gisselberg, Shannon	Curtis	58:29
Cook, Becke	SKHS	73:23
Selby, Mary	BHS	77:30
Layton, Amanda	SKHS	79:05
Snyder, Pamela	Marysville	81:09
McMullen, Anastacia	Marysville	81:57
Tennant, Amanda	SKHS	82:00
Peters, Jessica	SKHS	82:54
Weissner, Karen		85:53
Ray, Kendra	SKHS	85:56
Hine, Melinda	Marysville	88:26
Reyes, Vicki	Curtis	90:47
Thuston, Elizabeth	BHS	95:22
Reyes, Christelle	Curtis	98:32
Martinez, Kimberly	Mariner	mp
Hayes, Heidi	Mariner	mp
Ajpacaja, Flori	Mariner	mp
Davenport, Emily	None	mp

### Course 3M (3.45k, 11 controls)

Haddad-Fonda, Kyle		33:07
Quan, Stefan	BHS	34:28
Parsons, Nick	BHS	36:38
Miner, Dave	None	36:52
Circulad, Cholo	BHS	37:48
Urban, Matej	Skyview JH	41:50
Bresemann, Ryan	Woodinville Mont.	43:05
Gingerich, Sergio	SKHS	43:38
Rieck, Adam	SKHS	44:54
Smith, Joshua	Curtis	45:34
Ascanio, Randy	Mariner	46:10
Blackard, Robert		46:57
Pulsifer, David	SKHS	50:24
Torresin, Timothy	SKHS	50:50
Dotson, Christopher	Curtis	51:33
Marker, Andy	Curtis	52:33
Fink, Logan	BHS	52:59
Maroon, Eryk	BHS	55:36
Belleci, Vincent	Curtis	56:55
Parker, Mark	SKHS	56:56
Whitcomb, Jacob	SKHS	56:59
Sprugel, Ben	None	57:21
Spool, Jonah	SKHS	57:45
Espaza, Lundy	Curtis	59:38
Saatchi, Bejan	Curtis	61:26
Wroblos, Bradley	Curtis	61:55
Fink, John	BHS	63:00
Aguayo, Jose	Mariner	65:22
Spieth, Zack	SKHS	67:32
Banks, A.J.	SKHS	68:25
Summers, Chris	Curtis	68:51
Gagner, James	SKHS	69:28
Heusser, Ian		70:24
Glass, Shawn	Mariner	74:53
King, Matt	SKHS	75:51
Chang, James	Curtis	76:09
Winters, Ben	Marysville	76:13
Thornton, Jerry	Marysville	77:59
Snoen, James	SKHS	78:06
Mattax, Derek		79:15
Jefferies, Dexter	SKHS	80:04
Kuestner, Alex	None	80:17
Sheldon, Ryan	Curtis	80:23
Sablan, Giovanni	SKHS	81:25
Gulke, Jared	Marysville	82:04
Aldana, Francisco	SKHS	84:48
Garrett, Josh	Curtis	88:32
Serans, Daniel		92:10
Marsh, Quentin	Marysville	97:07
Sibonga, Ryan		136:08
Harper, Stephen		mp
Franzen, Josh	Curtis	mp
Henry, John	Marysville	mp
Jones, Scott	Marysville	mp
Hawk, Thomas	Marysville	mp
Pospasil, Austin	Mariner	mp
Goularte, Justin	SKHS	mp
Chan, Colgan	mp	
Fulton, Danny	BHS	mp

### Course 4 (4.0k, 11 controls) - O' Series #1

Cusworth, Bill	COC	27:55	100
Bresemann, Rick	COC	29:27	95
Hall, Ben	COC	29:51	92
Christopherson, Bruce	COC	29:58	90
Golde, Peter	COC	31:27	89
Frederickson, Tyler	COC	32:07	88
Vergillo, Dean	COC	32:08	87
Frederick, Hans	COC	34:05	86
Alleman, Bill	COC	37:01	85
Skog, Arne	SAMM	38:26	84
MacLeod, Alex	COC	38:39	83
Bassett, Bruce	COC	40:12	82
Ritter, AJ	COC	40:29	81
Width, Dale	COC	40:30	80
Reeder, Jake	COC	41:13	79
Dietrich, Colin	COC	41:32	78
Williams, Kean	COC	41:37	77
Gilmour, Andrew	SAMM	41:45	76
Cornish, Paul	COC	43:55	75
Miller, Robert	COC	44:23	74
Kelly, Pat	COC	44:54	73
Stratton, Ginger	COC	45:05	100
Alleman, Ginny	COC	46:10	95
Bresemann, Eileen	COC	47:38	92
Seifullin, Kyle	None	49:38	72
Dummeyer, Dave	COC	51:52	71
Marek, Cheryl	COC	52:12	90
Gruber, Brian	COC	52:46	70
Dull, Ardis	COC	53:33	89
Whitmyre, Chris	None	53:46	69
Dvorak, Jana	COC	55:18	88
Petty, Dave	COC	57:07	68
Frederickson, Steve		61:52	67
Harbour, Nelson	None	62:19	66
Denbo, Don	COC	63:08	65
Sabado, Lori	None	63:23	87
Miner, Steve	COC	64:30	64
Sabado, Group	None	64:59	
Bogesvang, Jim		65:19	63
Voros, Kim	None	67:49	86
Jones, Jeff	None	68:33	62
Cusworth, Heidi	COC	70:48	85
Bryant, Terry		76:57	61
Keller, Larry		79:02	60
Kuestner, Rolf	None	87:32	59
Matveev, Nick		90:30	58
Conto, Ann		94:36	84
Jennings, Matt	None	98:11	57
Chaffee, Shanna	None	112:06	83
Klinge, Jill	COC	MSP	

## WIOL 2/O' Series 2 -

### Marymoor Park, Redmond, November 22

#### Course 1 (6 controls)

Dana Bresemann	Woodinville Mont.	37:32
Christian Kozarski	Woodinville Mont.	38:11
Diana Fifield	SAMM	44:37
Peter Sprugel	COC	45:09
Denise and Leo Klein	COC	51:12
Colton Ritmire	COC	55:34
Toomas Tennisberg	COC	56:31
Tyra Christopherson		59:13
Andy Welch	Everett	64:07
Julie Monahan		70:14
Dale Peterson	-	
Ville Jarvelpaa	COC	MSP
Michael Klinge	Somerset Elem.	DNF

#### Course 2 (7 controls)

Andy Sanders	BJHS	23:53
Anna Urbanova	Skyview JH	27:26
Nicholas Hogan	BJHS	27:43
Brian Nopp	BJHS	27:59
Holly Kuestner	Lakeside	30:00
Marissa Roecks	Woodinville Mont.	30:52
Heidi Weick	BJHS	30:59
Katie Jones	BJHS	31:16
Anthony Crowder	BJHS	32:14
Callie Wade	SCDS	33:26

Austin Amort		34:16	Christopher Dotson	Curtis	46:39	Eileen Breseman	COC	42:12	92
Luis Deffit	BJHS	34:36	Ryan Sibonga	Foss	46:41	Alex MacLeod	COC	42:27	74
Mark Bingham		35:06	John Fink	BHS	47:24	Don Atkinson	COC	42:52	73
Erik Steele	Kenmore JH	40:23	Shane Carney	Everett	48:35	Dave Dummeyer	COC	43:35	72
Jason Alex	Liberty	41:39	Chris Summers	Curtis	48:54	Davin Fifield	SAMM	44:14	71
Andy Whitmyre	Einstein	42:32	Justin Penrose	SKHS	48:55	William Emerson et al	COC	45:23	90
Amy Woodruff	Northwest School	48:23	Eryk Maroon	BHS	49:06	Ginny Allemann	COC	46:47	
Corey Koczarski	Woodinville Mont.	51:15	Kyle Stubbs	Liberty	49:29	Steve Miner	COC	47:21	70
Libby Dermenstein	COC	51:57	Randy Ascanio	Mariner	49:56	Chris Whitmyre	COC	48:49	69
James Rivero		52:20	Danny Fulton	BHS	50:03	Kevin Welton	COC	48:58	68
Seth Suttles et al		53:03	Joshua Smith	Curtis	50:32	Cheryl Marek	COC	49:10	89
Aaron Amort		58:26	Bradley Wroblos	Curtis	51:26	Andrew Gilmour	COC	49:20	67
Jessie Crowl	BJHS	59:52	Ryan Sheldon	Curtis	51:47	Ashley Matthews	COC	49:25	88
Ruth Nevin		60:23	Giovanni Sablan	SKHS	51:52	Sean Conto	COC	49:27	66
Stephanie Nilles	Lakeside	61:01	Lundy Esparza	Curtis	52:28	Pat Kelly	COC	49:33	65
Sarah Brown	Everett	63:16	Matthew Collard	Liberty	52:39	Katrin Tennisberg		53:05	87
Karissa Cozad	BJHS	64:29	Sergio Gingerich	SKHS	53:00	John Selby	COC	55:36	64
Cristy Nelson	BJHS	65:03	A.J. Banks	SKHS	53:22	Ardis Dull	COC	57:41	86
Damen Pitts		69:36	James Chang	Curtis	53:41	Ken Lew	COC	59:50	63
Tina Mears	BJHS	84:26	Ryan Bigler	Everett	54:19	Nick Matveev		61:35	62
Greg Caplan		90:31	Joshua Vetere	TJHS	54:59	Dave Petty	COC	62:33	61
C & A Frederickson	COC	-	Jason Turk	Marysville	56:05	Terry Bryant		63:02	60
Kira Newell	COC	MSP	Adam Rieck	SKHS	56:08	Sandy Miller	COC	63:03	85
Emily Bassett	COC	MSP	James Snoen	SKHS	57:06	Rod Sternagel	COC	64:02	59
Greg Dumford	Liberty	MSP	Jerry Thornton	Marysville	57:10	Chad Rinehart		67:29	58
Derrick Blakeman	MSP		Vincent Belleci	Curtis	57:18	Neil & Lael Smith (G)		67:53	
William Bassett	COC	MSP	Austin Pospisil	Mariner	57:54	John Faley	COC	73:18	57
<b>Course 3F (10 controls)</b>			Jacob Whitcomb	SKHS	58:11	Jill Klinge	COC	75:05	84
Robin Clark	COC	36:54	Jose Aguayo	Mariner	59:17	Larry Keller		75:42	56
Tera Brockman	TJHS	37:14	Richard Spangler	Everett	59:55	David Henson		78:19	55
Molly Enger	Kirkland JH	37:37	Robert Blackard	Everett	60:23	Alan Chaffee	COC	92:29	54
Kjerstie-Helene Boe	39:07		Andy Marker	Curtis	60:54	Steve Frederickson	COC	-	
Madeline Enger	Intl Commun School	39:19	Ben Winters	Marysville	61:18	David Evans	COC	-	
Phil Nicolle	COC	41:10	Bejan Saatchi	Curtis	61:21	Heidi Cusworth	COC	MSP	
Barbara Welch	Burlington-Ed.	41:36	Aaron Poplin	SKHS	62:11	Sue Kuestner	COC	MSP	
Aimee Munzi	BHS	44:32	Derek Mattax	Everett	63:03	Jim Siscel	COC	MSP	
Shannon Gisselberg	Curtis	44:43	Kaelin Pester	Marysville	63:08	Rolf Kuestner	COC	MSP	
Terry Farrah	BAOC	45:16	John Henry	Marysville	65:44	<b>WIOL 3/O' Series 3 - Lincoln</b>			
Amy Springer	COC	46:16	Sam Poling	Marysville	70:26	<b>Park, West Seattle, December 6</b>			
Amanda Layton	SKHS	47:34	Mark Parker	SKHS	71:44	<b>Course 1 (1.4k, 7 controls)</b>			
Becke Cook	SKHS	49:52	Owen Suttles	Burlington-Ed.	75:01	Peter Sprugel	COC	15:07	
Kelsey Breseman	Woodinville Mont	50:42	Alex Kuestner	Inglesmoor HS	75:19	Dana Breseman		Woodinville Mont.	20:23
Robyn Gross	BHS	51:24	Donald Kenne	Marysville	75:22	Donna Frindt	28:41		
Chelsea Forkner		53:42	Joshua Robinson	Burlington-Ed.	83:42	Logan Knowles	COC	31:20	
Jessica Peters	SKHS	58:33	Robert Borreson	Mariner	88:16	Veera Jarvenpaa		31:26	
Roxanne Stansberry	Liberty	-	Quentin Marsh	Marysville	98:03	Allison Knowles	COC	32:08	
Fred Liebhaber		61:41	Derrick Gourley	Mariner	100:02	Boh-Boh Fojas	BHS	43:13	
Sonja Hamill	Mariner	64:34	Ben Sprugel	COC	101:48	Meredith Dyer	TJHS	59:15	
Melinda Hine	Marysville	68:41	Joseph Richmire	Everett	107:08	<b>Course 2 (2.0k, 9 controls)</b>			
Pamela Snyder	Marysville	74:04	Colgan Chan	Everett	107:32	Andy Sanders	BJHS	12:33	
Elizabeth Thuston	BHS	74:07	Mike Walters	Everett	111:10	Anthony Crowder	BJHS	14:58	
Kendra Ray	SKHS	74:26	Daniel Serans	Everett	111:46	Anna Urbanova	Skyview JH	15:36	
Mary Selby	BHS	76:13	Dan Burhe	Liberty	MSP	andy Whitmyre	Einstein HS	16:41	
Natalie Jarvey	TJHS	77:45	Marc LaVanway	TJHS	MSP	Tom Bertulis		18:14	
Amanda Tennant	SKHS	78:53	Matej Urban	Skyview JH	MSP	Nicholas Hogan	BJHS	18:48	
Michelle Sheneman	BHS	82:26	Randy Sandor	Liberty	MSP	Holly Kuestner	Lakeside	19:21	
Jessicaq Erwin	Everett	83:49	Shawn Glass	Mariner	MSP	Cristy Nelson	BJHS	22:10	
Shirley English	Everett	85:10	Stephen Harper	Curtis	MSP	Sasha Docker	BJHS	22:32	
Lindsay Ihrig	Everett	86:51	<b>Course 4 (12 controls) - O' Series #2</b>			Margie Bone	COC	26:10	
Flori Ajparcja	Mariner	101:56	Eric Bone	COC	29:00	Erik Steele	Kenmore JH	27:26	
Vicki Reyes	Curtis	107:59	Bill Cusworth	COC	29:06	Don Darmenstein	COC	27:35	
Kimberly Martinez	Mariner	MSP	Dean Vergillo	COC	30:23	Luis Deffit	BJHS	29:21	
<b>Course 3M (12 controls)</b>			Peter Golde	COC	31:04	Libby Dermenstein	COC	29:28	
Stephen Robeson	TJHS	28:43	Targo Tennisberg	COC	32:42	Mark Woolnough	BHS	29:43	
Dave Miner	Foss	35:02	Eugen Groff	COC	32:47	WM MacDonald	Holy Rosary	30:14	
Stefan Quan	BHS	36:37	Dave Enger	SAMM	33:12	Becky Forgrave	COC	32:12	
Kyle Haddad-Fonda	Lakeside	37:20	Tyler Frederickson	COC	33:56	Marsha Majors		32:14	
Timothy Torresin	SKHS	37:53	Bruce Bassett	COC	35:08	Connie Amundson	COC	35:31	
Nick Parsons	BHS	39:46	AJ Ritter	COC	35:18	Brian Nopp	BJHS	36:25	
David Pulsifer	SKHS	40:33	Justin Wright		35:59	Sarah Miner		37:14	
Ryan Breseman	Woodinville Mont.	40:51	Rick Breseman	COC	37:04	Katie Jones	BJHS	37:34	
James Bell	BHS	41:16	Dave Parsons		37:37	Tina Mears	BJHS	38:42	
Chad Goucher	Foss	43:45	David Miner	COC	37:40	Heidi Weick	BJHS	38:54	
Cholo Circulado	BHS	43:51	Robert Miller	COC	38:00	Karissa Cozad	BJHS	43:16	
Jesse Ulii	Burlington-Ed.	44:00	Jeff Jones Group	COC	38:49	Brett Park	BJHS	45:42	
James Gagner	SKHS	44:18	Jason Andrews	COC	39:04	Nathan Birnbahm	Canyon Park J. H.	47:15	
Logan Fink	BHS	44:52	Jennifer Knowles	COC	39:22	<b>Course 3F (3.0k, 12 controls)</b>			
Zack Spieth	SKHS	45:32	Kean Williams	COC	39:55	Aimee Munzi	BHS	24:51	
Harvey Friedman	COC	45:51	James Roach		40:00	Madeline Enger	Internat. Sch.	26:12	
			Jake Reeder	COC	40:34				
			Jana Dvorak	COC	42:08				

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Molly Enger	Kirkland JH	28:38
Robyn Gross	BHS	28:56
Amie Springer	COC	29:29
Shannon Gisselberg	Curtis	31:35
Kelsey Breseman	Woodinville Mont.	31:41
Kayla Linscott		44:55
Brett Stav		44:59
Theo Browne	COC	44:59
Becke Cook	SKHS	45:09
Amanda Layton	SKHS	47:17
Harvey Friedman	COC	48:21
Brian Linscott		48:33
Rolf Kuestner		48:55
Sue Kuestner		49:48
Megan Loo	TJHS	57:55
Jessica Peters	SKHS	58:54
Karen Weisser		65:20
Bethany Wylie	TJHS	66:45
Christelle Reyes	Curtis	69:11
Sarah Day	Curtis	70:23
Kristy Forgrave	Kirkland JH	73:27
Marissa Roecs	Woodinville Mont.	73:36
Elizabeth Thuston	BHS	86:57
Mary Selby	BHS	88:26
Michelle Sheneman	BHS	118:06
Ashlee Prescott	BHS	120:47
Amanda Tennant	SKHS	-

### Course 3M (3.2k, 12 controls)

Stephen Robeson	TJHS	23:05
Kyle Haddad-Fonda	Lakeside	25:46
James Gagner	SKHS	26:42
Nick Parsons	BHS	27:00
Matej Urban	Skyview JH	27:30
Ryan Sheldon	Curtis	27:32
Sergio Gingerich	SKHS	28:15
Stefan Quan	BHS	28:18
Joshua Vetere	TJHS	28:55
Adam Rieck	SKHS	29:39
Logan Fink	BHS	30:56
Marc LaVanway	TJHS	31:49
Ryan Breseman	Woodinville Mont.	32:11
Joshua Smith	Curtis	32:16
Timothy Torresin	SKHS	33:02
Zack Spieth	SKHS	33:26
Dave Miner	Foss HS	34:50
Danny Fulton	BHS	35:21
John Fink	BHS	36:02
Bradley Wroblos	Curtis	38:17
Ben Sprugel	COC	38:42
Eryk Maroon	BHS	39:10
Lundy Esparza	Curtis	39:20
Matt King	SKHS	39:50
Vincent Belleci	Curtis	40:59
Bejan Saatchi	Curtis	42:38
Cholo Circulado	BHS	42:41
James Chang	Curtis	42:44
James Snoen	SKHS	42:58
Trevor Sager	SKHS	43:57
Jon Placido	BHS	45:34
Justin Goularte	SKHS	45:55
Josh Garrett	Curtis	47:22
A.J. Banks	SKHS	48:53
Nathan Borka	SKHS	50:09
Mark Parker	SKHS	52:09
Stephen Harper	Curtis	54:21
Jacob Whitcomb	SKHS	58:02
Aaron Poplin	SKHS	59:28
Ryan Sibonga	Foss HS	64:55
Giovanni Sablan	SKHS	71:10
Alex Kuestner	Inglesmoor HS	72:41
Josh Franzen	Curtis	-

### Course 4 (5.6k, 18 controls) - O' Series #3

Eric Bone	COC	33:34	100
Jon Campbell	COC	37:36	95
Justin Wright		39:11	92
Eugen Groff	COC	40:19	90
Dean Vergillo	COC	40:49	89
Rick Breseman	COC	40:57	88
Steve Knowles	COC	41:02	87
Targo Tennisberg	COC	43:37	86

Tyler Frederickson	COC	43:38	85
Dave Enger	SAMM	44:14	84
Bruce Christopherson	COC	44:21	83
Hans Frederick	COC	46:08	82
Alex MacLeod	COC	46:55	81
AJ Ritter	COC	47:58	80
Ben Hall	COC	48:29	79
Jennifer Knowles	COC	48:36	100
David Parsons	COC	49:42	78
Jana Dvorak	COC	49:49	95
Oyvind Naess	COC	50:17	77
Don Atkinson	COC	52:08	76
Bill Allemann	COC	52:48	75
Eileen Breseman	COC	52:57	92
Robin Clark	COC	54:53	90
Steve Miner	COC	55:48	74
Kevin Welton	COC	55:58	73
Tori Campbell	COC	56:07	89
Pat Kelly	COC	56:35	72
Brian Gruber	COC	56:37	71
Dave Dummeyer	COC	57:16	70
Arnie Hales		58:37	69
Andrew Gilmour	COC	58:38	68
Paul Shanahan	COC	59:25	67
Paul Cornish	COC	59:35	66
John Lee	COC	61:41	65
Chris Whitmyre	COC	61:53	64
Cheryl Marek	COC	63:02	88
Jill Klinge	COC	63:47	87
Don Denbo	COC	64:48	63
Lyndon Heywood		66:35	62
Robert Miller	COC	66:38	61
Ginger Stratton	COC	67:01	87
Terry Bryant	COC	67:08	60
John Selby		67:42	59
James Roach		68:06	58
Kean Williams	COC	70:19	57
Ardis Dull	COC	71:07	86
Deb Luxem		75:16	
Steve Layman	COC	79:12	56
Lindsay Lee		81:49	
James Howey	COC	84:16	55
Sandy Miller	COC	87:25	85
Rod Sternagel	COC	92:29	54
Kyle Seifullin		95:18	53
Nick Matveev		103:17	52
Sheila Rogalski	COC	105:16	
Lori Sabado		106:43	
Larry Keller		107:10	51
Marjorie Stratton	COC	131:45	
Steve Frederickson	COC	-	

## WIOL 4/O' Series 4 - University of Washington Seattle, December 20

### Course 1 (7 controls)

Kevin Feiszli		17:03
Stephanie English		21:12
Peter Sprugel	COC	22:10
Dan Rousseau	22:59	
Ben Magee	COC	27:28
Dana Breseman	Woodinville Mont	30:22
Alba Engnell		31:14
Ville Jarvenpaa	COC	35:22
Andy Welch	Everett	42:07
Deanta Kelly	COC	49:11
Michael Walker		60:34

### Course 2 (8 controls)

Art Davis		17:49
Kurt Evenstad	COC	19:48
David Jarvey		23:39
Nicholas Hogan	BJHS	24:30
Anthony Crowder	BJHS	25:08
Kevin Watt		27:47
Art Davis		28:42
Heidi Weick	BJHS	29:39
Katie Jones	BJHS	30:55
Holly Kuestner	Lakeside	33:11
Jeff Leer	COC	34:18
Anna Urbanova	Skyview JH	37:50

Sasha Docker	BJHS	38:13
Jessie Crowl	BJHS	39:20
Luis Deffit	BJHS	43:17
Andy Sanders	BJHS	46:39
Nathan Birnbaum	Canyon Park JH	47:15
Kathryn Sestrap		50:58
Erik Steele	Kenmore JH	53:07
Maris Lemba		63:36
Denise Klein	COC	65:44
Brian Nopp	BJHS	67:23
Tina Mears	BJHS	71:02
Sarah Brown	Everett	72:08
Callie Wade	SCDS	72:35
Donna Frindt		73:47
Brett Park	BJHS	78:35
Teresa Cook		94:12
Cristy Nelson	BJHS	102:30
Karissa Cozad	BJHS	107:22
Karolyn Birnbaum		138:19

### Course 3F (10 controls)

Leif Anderson	SAMM	17:36
Sean Conto	COC	26:15
Amy Springer	COC	32:24
Molly Enger	Kirkland JH	36:34
Aimee Munzi	BHS	39:48
Kelsey Breseman	Woodinville Mont.	43:50
Madeline Enger	Internat. Sch.	43:53
Rolf Kuester	COC	50:59
Shannon Gisselberg	Curtis	52:06
Robin Gross	BHS	53:21
Lin Kuhlman	BHS	53:33
Don Dermenstein		57:01
Amanda Tennant	SKHS	64:18
Sue Kuestner		65:13
Magnus Giaever		65:22
Kim Voros		66:22
Melinda Hine	Marysville	66:40
Tera Brockman	Thomas Jeff.	69:09
Amanda Layton	SKHS	69:14
Brett Stav		69:45
Libby Dermenstein	COC	74:04
Natalie Jarvey	Thomas Jeff.	74:05
Pamela Snyder	Marysville	75:24
Christelle Reyes	Curtis	76:26
Kristy Forgrave	COC	77:48
Mary Selby	BHS	78:02
Matt Jennings		80:29
Megan Colvin	Thomas Jeff.	85:41
Kendra Ray	SKHS	88:55
Megan Loo	Thomas Jeff.	89:46
Jessica Peters	SKHS	106:26
Kimberley Martinez	Mariner	108:06
Sonja Hamill	Mariner	128:02
Roxanna Stansberry	Liberty	148:49
Anastacia McMullen	Marysville	151:01
Vicki Reyes	Curtis	-

### Course 3M (11 controls)

Cholo Circulado	BHS	27:37
Stefan Quan	BHS	29:34
Dave Miner	Foss HS	30:15
William Enger	Internat. Sch.	31:08
Kyle Haddad-Fonda	Lakeside	32:39
Stephen Robeson	Thomas Jeff.	32:58
Timothy Torresin	SKHS	37:44
Ryan Breseman	Woodinville Mont.	38:15
Eryk Maroon	BHS	38:45
Sergio Gingerich	SKHS	40:19
Zack Spieth	SKHS	41:09
Ryan Sibonga	Foss HS	41:11
Joshua Smith	Curtis	41:17
Joshua Vetere	Thomas Jeff.	41:48
Logan Fink	BHS	41:53
Christopher Dotson	Curtis	42:17
Matej Urban	Skyview JH	42:22
Lundy Esparza	Curtis	42:43
Aaron Poplin	SKHS	43:14
Mark Parker	SKHS	43:22
Joseph Richmire	Everett	44:07
Josh Garrett	Curtis	46:05

Jason Turk	Marysville	46:12
Robert Blackard	Everett	46:33
Kyle Stubbs	Liberty	47:04
Trevor Sager	SKHS	47:17
Justin Penrose	SKHS	48:07
Shane Carney	Everett	48:24
Nathan Borka	SKHS	48:52
John Fink	BHS	49:20
Shawn Glass	Mariner	51:31
Adam Rieck	SKHS	51:35
Ben Sprugel	COC	52:35
Richard Spangler	Everett	53:20
Ben Winters	Marysville	53:39
James Gagner	SKHS	53:59
A.J. Banks	SKHS	54:27
Vincent Belleci	Curtis	54:55
Thomas Hawk	Marysville	55:45
Bejan Saatchi	Curtis	56:51
Randy Ascanio	Mariner	57:24
Sam Poling	Marysville	57:49
Bradley Wroblos	Curtis	57:52
Marc LaVanway	Thomas Jeff.	58:45
Jerry Thornton	Marysville	59:08
Stephen Harper	Curtis	59:42
Aaron Tow	Marysville	59:53
Donald Kenne	Marysville	60:50
James Snoen	SKHS	62:41
Ryan Sheldon	Curtis	67:29
Jason Piwinski	SKHS	73:41
Derek Mattax	Everett	77:42
Donald Yorba	SKHS	78:22
Jared Gulke	Marysville	81:12
Mike Walters	Everett	83:00
Dan Burke	Liberty	83:09
John Henry	Marysville	95:32
James Chang	Curtis	96:19
Brandon Chu	SKHS	96:41
Jacob Whitcomb	SKHS	99:33
Matt King	SKHS	100:59
Alex Kuestner	Inglesmoor	111:33
Josh Franzen	Curtis	154:01
Austin Pospisil	Mariner	172:44
Robert Barreson	Mariner	174:22
Nick Parsons	BHS	-

**Course 4 (16 controls) - O' Series #4**

Eric Bone	COC	27:41	100
Bill Cusworth	COC	28:37	95
Leif Anderson	SAMM	29:46	92
Targo Tennisberg	SAMM	32:05	90
Justin Wright		32:51	89
Bruce Christopherson	COC	33:06	88
Eugen Groff	COC	33:30	87
Bruce Bassett	COC	34:46	86
Jon Campbell	COC	34:59	85
Rick Breseman	COC	36:11	84
Bill Allemann	COC	36:15	83
Jennifer Knowles	COC	36:58	100
AJ Ritter	COC	37:00	82
Roy Colven	COC	37:19	81
Ben Hall	COC	38:38	80
Alex MacLeod	COC	39:00	79
Steve Miner	COC	39:32	78
Tyler Frederickson	COC	39:49	77
Sean Conto	COC	40:00	76
Andrew Gilmour	SAMM	40:36	75
Debbie Newell	COC	40:44	95
Jana Dvorak	COC	41:06	92
Hans Frederick	COC	41:16	74
Keith Burdette		41:36	73
Kean Williams	COC	42:03	72
Dave Enger	SAMM	42:26	71
Raimo Javenpaa		43:13	70
John Lee	COC	44:34	69
Jared Roach		44:36	68
Colin Dietrich		45:06	67
Andrew McDavid		45:19	66
Tara Matthews		45:59	90
Kyle Seifullin	COC	46:27	65
Jeff Robeson		46:52	64
Tori Campbell	COC	47:32	89
Dave Dummeyer	COC	47:48	63

Jake Reeder	COC	48:12	62
Eileen Breseman	COC	48:27	88
Paul Cornish	COC	48:38	61
Ginger Stratton	COC	48:48	87
Lindsay Lee		48:50	86
Chris Bunting	USNA	49:01	60
Arne Hales		50:20	59
Jon Connolly		51:11	58
Ashley Matthews		53:12	85
Cheryl Marek	COC	53:47	84
James Roach	Highline	54:13	57
Steve Fredrickson	COC	55:25	56
Chris Whitmyre	COC	56:22	55
Heidi Cusworth	COC	57:52	83
Jill Klinge	COC	57:54	82
Nick Matveev		61:41	54
Ardis Dull	COC	62:32	81
Dave Petty	COC	66:34	53
Jim Siscel	COC	67:48	52
David Luxem		68:26	51
Terry Bryant	COC	68:54	50
Ken Lew	COC	71:03	49
Nelson Harbour		74:04	48
Larry Keller		77:00	47
Beth Welander		83:57	80
Sabrina Havkins		89:37	79
Rod Sternagel	COC	95:53	46

**Bog Slog - St. Edward State Park, Kenmore, December 27, 2004**

Meet Director: Don Atkinson  
 Courses: Eugen Groff  
 Assistant Meet Director: Kelsey Breseman  
 Registration: Kean Williams, Nikka Bailey  
 Starts: Dave Petty  
 Finish: Eileen Breseman, Sandy Kish Miller, Rod Sternagel  
 Control Pickup: Hans Frederick, Ben Hall, Alex McLeod

**Course 1 (1k, 6 controls)**

D. Woolworth/ R. Leadbetter	9:26
L. Woolworth/ J. Leadbetter	10:10
Parson Family	11:20
Bresemans (Dana, Kelsey, Nikka)	13:02
Bob and Pat Reddick	14:00
S. Guday	18:16
Beth Elliott et al.	19:09
Diana Fifield	19:41
Casey Stroosma	21:27
Toomas Tennisburg	29:20
Howlett Family	31:53

**Course 2 (1.9k, 12 controls)**

Steve Ciccarelli	11:40
Dave Petty	20:28
Keg Alexander and Brooks	24:15
Tracy Whelen and Mike Schuh	25:46
L. Woolworth and J. Leadbetter*	28:50
D. Woolworth and R. Leadbetter*	29:42
Peter Sprugel	30:32
C. Frederickson	32:31
Sally Dow	32:56
Aaron Stroosma	33:17
RKH Wilkens	37:56
Peter Soha	37:59
Hien Nguyen	39:56
Maris Lemba	40:52
Stephanie English	42:29
Libby Dermentstein	43:08
Kyle Howlett	43:50
Don Dermentstein	44:11
John Giaever	44:28
Colven Family	48:00
Frank Lewis	49:28
Lewis(2)	49:30
Erin Ackers	50:57
Allen Family	60:27
Liz Hamilton	61:25
A Sweet	Map hike
Erik Steele	MSP

Madsen 1, 2	DNF
Ellie Rogers	DNF

**Course 3 (3.4k, 9 controls)**

Ina Balutsina	50:44
Chris Whitmyre	56:59
Kyle Haddad-Fonda	62:03
Ardis Dull	62:19
Sven Stroosma	63:07
Ryan Breseman	66:30
Cheryl Marek	66:40
Patrick Kelly	67:34
Steve Ciccarelli	68:53
Ryan and Jenny	74:18
Jim Bogesvang	75:30
Don Denbo	76:02
Engers, Will, Maddy & Molly	80:56
Katie Sprugel	82:33
P. Lilly	82:54
H. Kuestner and S. Nilles	87:58
S. Kuestner and K. Jackson	89:14
Jim Siscel	91:21
Larry Stratton	94:36
Bernard and Amitew	96:43
Andy Whitmyre	98:16
Robert Stratton	102:00
Mark Nihart	104:52
Hai Nguyen	136:40
Karen Weisser	133:37
Sheila Rogalski	183:59
Hien Nguyen	DNF
R. Moulton family	DNF
Roy Colven	DNF
John Andrella	DNF
Mike Tamada	DNF
Jenny and Erik Pearson	DNF

**Course 4 (5.1k, 14 controls)**

Eric Bone	62:19
Leif Anderson	66:28
Ben Hall	74:14
Rolf and Alex Kuestner	82:09
Rick Breseman	83:04
Danh Vo	83:43
Dave Enger	85:37
Jon Campbell	86:45
Joel Yeager	92:54
Bill Green	100:13
David Parsons	100:14
Debbie Newell	101:47
Justin Yeager	102:08
Tyler Frederickson	104:44
Maya Kraus	109:11
John Lee	109:53
Robert Miller	110:42
Rod Sternagel	116:52
Steve Miner	118:33
Victoria Campbell	118:34
Nick Matveev	121:36
Tallents (Dave and Nick)	121:44
Kyle Seifullin	122:20
Barb Bryant	128:01
David Miner	128:04
Ken Lew	139:04
Magee	138:32
Dave Dummeyer	144:56
Craig Sternagel	MSP
David Fifield	DNF
Marge Stratton	DNF
J Rogers & E MacDonald	DNF
Alex MacLeod	DNF
Targo Tennisberg	DNF
Katrin Tennisberg	DNF
Art Davis	DNF
S. Frederickson	DNF

**Course 5 - Mt. Bike O' (6.5k, 18 controls)**

Alex MacLeod	66:45
Ben Hall	68:18
Eileen Breseman	73:17
Mark Howlett	73:36

## Bearing 315

Debbie Newell	77:50
Eric Bone/Stephen Madson	79:06
Kean Williams	82:28
Rick Breseman	83:44
Georgia Daniels	88:20
Kevin Axt	97:55
Rick Jones	98:42
D. Hull	101:04
Sean Conto	116:01
Ryan Sibonga	138:34
Scott Hulse	165:15
Jon Connolly	172:00

### WIOL 5/O' Series 5 - Pt.

#### Defiance Park

#### Tacoma, January 10

Meet Director: Jennifer Knowles

Course Setter: Jon Campbell

Volunteers: Tori Campbell, Matej Urban, Tyler Frederickson, Pat Kelly, Don Atkinson, Mike Schuh, Ben Hall, Alex McLeod

#### Course 1 (2.5k, 6 controls)

Marian Andrews	COC	56:53
Eric Hamilton		58:57
Michael Klinge	Somerset Elem.	61:44
Kyle Howlett	COC	67:19
Kim May		68:18
Diana Fifield	COC	70:50
Dana Breseman	Woodinville Mont.	80:01
Ville Jarvenpaa		90:45
Toomas Tennisberg	SAMM	94:58
Austin Brown		154:58

#### Course 2 (3.5k, 7 controls)

Nicholas Hogan	BJHS	55:47
Brian Nopp	BJHS	59:50
Tina Mears	BJHS	62:50
Anne York	COC	68:46
Andy Sanders	BJHS	71:08
Jessie Crowl	BJHS	74:25
Matt Stevens		76:59
Karissa Cozad	BJHS	83:04
Luis Deffit	BJHS	83:16
David Jarvey		85:48
Katie Jones	BJHS	86:08
Andy Whitmyre	COC	87:48
Mark Woolnough		93:07
Anna Urbanova	Skyview JH	94:18
Erin Ackers		101:31
Anthony Crowder	BJHS	101:45
Kenna Patrick	Thomas Jeff.	102:56
Sasha Docker		108:35
Steve Nixon		111:47
Cristy Nelson	BJHS	113:02
Heidi Weick	BJHS	121:03
Sarah Brown	Everett	123:58
Callie Wade	SCDS	136:17
Amy Woodruff	The NW School	DNF
Brett Park	BJHS	DNF

#### Course 3F (4.4k, 9 controls)

Jason Andrews	COC	35:02
Kiysh-Helene Boe		47:28
Tera Brockman	Thomas Jeff.	48:05
Ardis Dull	COC	52:13
Aimee Munzi	BHS	52:19
Shannon Gisselberg	Curtis	52:22
Lin Kuhlman	BHS	54:02
Natalie Jarvey	Thomas Jeff.	54:11
Ken Lew	COC	56:06
Kelsey Breseman	Woodinville Mont.	57:37
Don Denbo	COC	57:57
Sid Whaley	COC	58:09
Robyn Gross	BHS	58:20
Molly Enger	Kirkland JH	59:19
Jamie Whiteley		60:25
Becke Cook	SKHS	61:18
Barbara Welch	Burlington-Ed.	63:16
Amanda Layton	SKHS	65:31

Mark Cichonski		67:50
Jessica Peters	SKHS	69:12
Jill Klinge	COC	71:09
Madeline Enger	Internat. Comm. Sch.	73:48
Fred Liebhaber	Mariner	74:17
Bethany Wylie	Thomas Jeff.	87:01
Melinda Hine	Marysville	87:23
Pamela Snyder	Marysville	92:09
Katie/Micheal Willcockson		93:33
Elizabeth Thuston	BHS	99:21
Mary Selby	BHS	100:04
Tracy Whelen	COC	101:05
Sheila Rogalski	COC	104:26
Amanda Tennant	SKHS	113:34
Jessica Erwin	Everett	114:09
Kim Munson		119:39
Vicki Reyes	Curtis	122:11
Christelle Reyes	Curtis	126:12
Anastacia McMullen	Marysville	126:38
Sonja Hamill	Mariner	128:36
Kendra Ray	SKHS	130:11
Roxanne Stamsberg	Liberty	134:40
Flori Ajpacaja	Mariner	DNF
Kimberly Martinez	Mariner	DNF

#### Course 3M (4.6k, 9 controls)

Leif Anderson	SAMM	25:48
Stephen Robeson	Thomas Jeff.	31:03
Dave Miner	Foss HS	40:28
Kyle Haddad-Fonda	Lakeside	41:23
Will Enger	Internat. Comm. Sch.	41:58
Stefan Quan	BHS	43:10
Jessie Ulili	Burlington-Ed.	44:35
Logan Fink	BHS	46:46
Eryk Maroon	BHS	46:46
Ryan Breseman	Woodinville Mont.	48:35
Adam Rieck	SKHS	49:50
John Fink	BHS	50:37
Sergio Gingerich	SKHS	51:05
Chad Goucher	Foss HS	52:32
Joshua Vetere	Thomas Jeff.	54:07
Kyle Stubbs	Liberty	54:14
Cholo Circulado	BHS	54:45
Ryan Bigler	Everett	55:00
Matthew Collard	Liberty	55:37
Nick Parsons	BHS	56:48
Kayden Ressel	BHS	58:24
Shane Carney	Everett	59:12
Dan Burke	Liberty	59:28
Jon Placedo	BHS	59:43
Timothy Torresin	SKHS	59:46
Harvey Friedman	COC	60:18
Jonah Spool	SKHS	61:09
Derek Mattax	Everett	61:34
Randy Ascanio	Mariner	61:35
Matej Urban	Skyview JH	62:01
Owen Suttles	Burlington-Ed.	62:38
Chris Summers	Curtis	62:59
Lundy Esparza	Curtis	63:35
Bradley Wroblos	Curtis	64:00
Ben Winters	Marysville	65:50
Libby Dermenstein	COC	66:32
Jason Turk	Marysville	67:21
Marc LaVanway	Thomas Jeff.	67:36
Christopher Dotson	Curtis	68:13
Zack Spieth	SKHS	68:19
Vincent Belleci	Curtis	68:25
Robert Blackard	Everett	69:22
Bejan Saatchi	Curtis	69:30
Aaron Poplin	SKHS	70:15
Jerry Thornton	Marysville	70:17
A.J. Banks	SKHS	71:23
Shawn Glass	Mariner	71:38
Sam Poling	Marysville	71:56
James Snoen	SKHS	72:02
Joshua Smith	Curtis	72:53
Randy Sandor	Liberty	73:51
Mark Parker	SKHS	74:01
Richard Spangler	Everett	74:31
Justin Penrose	SKHS	75:23
Trevor Sager	SKHS	75:45

Thomas Hawk	Marysville	76:22
Donald Yorba	SKHS	77:55
Ryan Sibonga	Foss HS	87:25
Josh Garrett	Curtis	88:48
Robert Bradford	Burlington-Ed.	91:22
James Gagner	SKHS	96:09
John Henry	Marysville	96:31
Danny Fulton	BHS	100:38
Corey Landers	Marysville	102:00
Quentin Marsh	Marysville	102:08
Matt King	SKHS	119:49
Jacob Whitcomb	SKHS	123:55
Colgan Chan	Everett	128:14
Mike Walters	Everett	135:13
Joseph Richmire	Everett	150:46
Matthew Schwer	Burlington-Ed.	DNF
Nate Borka	SKHS	DNF
Austin Pospisil	Mariner	DNF

#### Course 4 (7.5k, 12 controls) - O' Series #5

Leif Anderson	SAMM	58:28	100
Mike Miller	COC	63:26	95
Bill Cusworth	COC	64:27	92
Mark Howlett	COC	66:47	90
Targo Tennisberg	SAMM	67:10	89
Glenn Rogers	COC	68:06	88
Peter Golde	COC	71:01	87
Ben Hall	COC	76:14	86
Jennifer Knowles	COC	79:18	100
Debbie Newell	COC	79:19	95
Justin Wright		80:58	85
Raimo Jarvenpaa		81:19	84
Rick Breseman	COC	81:59	83
Steve Knowles	COC	84:10	82
Alex MacLeod	COC	87:28	81
Dave Hull		87:29	80
Oyvind Naess	COC	87:45	79
Davin Fifield	COC	88:15	78
Don Atkinson	COC	88:37	77
Dave Dummeyer	COC	88:46	76
Sean Conto	COC	89:28	75
Jake Reeder	COC	90:19	74
Kean Williams	COC	91:15	73
Jeff Power		94:34	72
Eugen Groff	COC	95:12	71
Dave Enger	SAMM	95:36	70
Dave Tallent	COC	96:36	69
Jana Dvorak	COC	97:05	92
Tori Campbell	COC	98:18	90
Ina Balutsina	COC	102:31	89
Chris Whitmyre	COC	106:15	68
Cheryl Marek	COC	108:38	88
Eileen Breseman	COC	109:59	87
James Roach		110:46	67
Pat Kelly	COC	113:28	66
Andrew Gilmour	SAMM	116:31	65
Hilary Dyer		117:51	86
John Selby	COC	125:25	64
Kyle Seifullin	COC	126:49	63
Kevin Welton	COC	126:58	62
Ginger Stratton	COC	131:12	85
Terry Bryant	COC	142:17	61
Jim Sisco	COC	146:09	60
Landon Heywood	COC	147:52	59
Steve Miner	COC	DNF	0
Heidi Cusworth	COC	DNF	0
Georgia Daniels		DNF	0
Marjorie Stratton	COC	DNF	0

### WIOL 6/O' Series 6 - Hamlin

#### Park, Shoreline, January 24

Meet Director: Eugen Groff

Course Setters: Don Denbo, Matej Urban

E-punch: Jennifer Knowles, Ben Hall, Alex MacLeod

Registration: Anna Urbanova, Jana Dvorak, Kean Williams, Harvey Friedman

Start: Mike Schuh, Matej Urban, Anne York

Instruction: Eileen Breseman

Control Pickup: Oyvind Naess, Chris Whitmyre

#### Course 1 (1.1k, 8 controls)

Peter Sprugel	COC	12:38
Shawn Kirkpatrick		14:02

James Parsons		16:49	Roxane Stansbury	Liberty	122:03	Bill Allemann	COC	27:19	92
Michael Klinge	Somerset Elem.	18:18	Heidi Barden	Burlington-Ed.	154:03	Ben Hall	COC	28:23	90
Dana Breseman	Woodinville Mont.	20:13	Jonathan Bingham		DNF	Bruce Christopherson	COC	29:18	89
Laurie Beck	COC	21:38	Kimberly Martinez	Mariner	DNF	Oyvind Naess	COC	29:32	88
Andy Welch	Everett	27:25	<b>Course 3M (2.6k, 10 controls)</b>			Alex MacLeod	COC	29:35	87
Diana Fifield	COC	29:43	Will Enger	Internat. Comm. Sch.	21:15	Jon Campbell	COC	29:42	86
Mark Halvorson		31:57	Nick Parsons	BHS	24:49	Hans Frederick	COC	30:45	85
Logan Knowles	COC	33:37	Stephen Robeson	Thomas Jeff.	25:19	Rick Breseman	COC	31:25	84
Brad Kirkpatrick		33:40	Matej Urban	Skyview JH	26:15	Peter Golde	COC	31:31	83
Allison Knowles	COC	33:50	Stefan Quan	BHS	26:20	Jason Andrews	COC	31:33	82
Mimi Fonseca		42:58	Cholo Circulado	BHS	26:23	Raimo Jarvenpaa		31:35	81
<b>Course 2 (1.5k, 9 controls)</b>			Adam Rieck	SKHS	28:23	Justin Wright		31:59	80
Holly Kuestner	Lakeside	22:44	Eryk Maroon	BHS	29:44	Debbie Newell	COC	32:38	100
Adam Ehlers		25:52	Dave Miner	Foss HS	29:48	Jennifer Knowles	COC	32:52	95
David Parsons		26:42	Timothy Torresin	SKHS	30:43	Dave Enger	SAMM	33:48	79
Stephanie Nilles	Lakeside	28:29	Sergio Gingerich	SKHS	30:54	Dave Tallent	COC	34:09	78
Anna Urbanova	Skyview JH	29:16	Kyle Haddad-Fonda	Lakeside	32:31	Kean Williams	COC	34:17	77
Marissa Roecks	Woodinville Mont.	32:45	Ryan Bigler	Everett	32:50	Paul Cornish	COC	35:01	76
Anthony Crowder	BJHS	33:41	Joshua Vetere	Thomas Jeff.	33:41	Jana Dvorak	COC	35:33	75
Robin Wyatt-Steve	Woodinville Mont.	35:48	Lundy Esparza	Curtis	33:46	A.J. Ritter	COC	35:51	74
Nicholas Hogan	BJHS	38:08	Ben Sprugel	COC	34:07	Annelise Steuben	COC	37:52	90
Brett Park	BJHS	39:13	Kyle Stubbs	Liberty	34:14	Kyle Seifullin	COC	38:08	73
Brian Nopp	BJHS	40:12	Marc LaVanway	Thomas Jeff.	34:34	Jake Reeder	COC	38:15	72
Gregory Johnson		40:31	Randy Ascanio	Mariner	35:12	Davin Fifield	COC	38:56	71
Cristy Nelson	BJHS	40:55	Christopher Dotson	Curtis	36:42	Don Atkinson	COC	39:56	70
Keg Alexander		41:03	Ryan Breseman	Woodinville Mont.	38:31	Kjerste-Helene Boe		40:05	89
Tina Mears	BJHS	42:48	Owen Suttles	Burlington-Ed.	38:32	Hilary Dyer		42:13	88
Marcia Lupton		43:10	Ryan Sibonga	Foss HS	38:41	Robin Clark	COC	42:14	87
Jessie Crowl	BJHS	47:00	Jose Aguayo	Mariner	39:12	Eileen Breseman	COC	43:29	86
David Jarvey		47:29	Shawn Glass	Mariner	39:12	Ardis Dull	COC	44:03	85
Karissa Cozad	BJHS	49:06	Jessie Ulili	Burlington-Ed.	40:41	Sean Conto	COC	44:50	69
Erin Ackers		50:07	Joshua Smith	Curtis	40:57	Steve Miner	COC	44:58	68
Brad Kirkpatrick		59:36	Josh Garrett	Curtis	41:48	Daniel Baird		45:30	67
Sarah Brown	Everett	65:04	Chas Winter	Liberty	42:14	Ginger Stratton	COC	45:58	84
Heidi Weick	BJHS	71:22	Trevor Sager	SKHS	43:46	James Roach		46:03	66
Katie Jones	BJHS	72:28	A.J. Banks	SKHS	43:59	Targo Tennisberg	SAMM	46:09	65
Meridith Dyer	Thomas Jeff.	DNF	Bradley Wroblos	Curtis	44:36	Cheryl Marek	COC	47:56	83
Karen Wylie		DNF	Aaron Poplin	SKHS	44:43	Tori Campbell	COC	49:04	82
Ville Jarvenpas		DNF	Justin Penrose	SKHS	44:59	Heidi Cusworth	COC	50:45	81
Nathan Birnbaum		DNF	Ben Winters	Marysville	45:43	Dave Dummeyer	COC	53:01	64
Erik Steele	Kenmore JH	DNF	Jacob Whitcomb	SKHS	47:48	Chris Whitmyre	COC	54:19	63
Gordon Brown	COC	DNF	Jonah Spool	SKHS	48:37	Jim Siscel	COC	54:23	62
<b>Course 3F (2.5k, 10 controls)</b>			Robert Blackard	Everett	48:41	Ken Lew	COC	55:24	61
Phil Nicolle	COC	31:27	Mark Parker	SKHS	48:43	Rolf Kuestner	COC	55:48	60
Harvey Friedman	COC	32:53	Zack Spieth	SKHS	49:09	Rik Jones	COC	55:50	59
Aimee Munzi	BHS	33:00	Stacy	SKHS	49:40	John Lee	COC	57:28	58
Robyn Gross	BHS	35:08	Thomas Hawk	Marysville	49:53	Eugene Moore		57:55	57
Lin Kuhlman	BHS	36:42	Jason Piwinski	SKHS	52:32	Terry Bryant		59:38	56
Family Amort	COC	40:05	Shane Carney	Everett	53:05	Nick Matveev		60:51	55
Tera Brockman	Thomas Jeff.	40:06	Kaelin Pester	Marysville	53:48	John Selby	COC	61:31	54
Jessica Peters	SKHS	40:18	James Gagner	SKHS	54:55	Ina Balutsina	COC	62:47	80
Shawn Kirkpatrick		40:34	John Fink	BHS	55:03	Steve Frederickson	COC	62:53	53
Natalie Jarvey	Thomas Jeff.	44:12	Derek Mattax	Everett	57:06	Dave Petty	COC	63:11	52
Mark Bingham		46:24	Jerry Thornton	Marysville	57:50	Tammi Dunn		66:49	79
Michael Harding		48:00	Randy Sandor	Liberty	58:21	Sabina Havkins	COC	75:31	78
Christelle Reyes	Curtis	48:28	Logan Fink	BHS	59:01	Rachel Reynolds	COC	77:15	77
Molly Enger	Kirkland JH	49:25	Vincent Belleci	Curtis	61:27	Ann Conto	COC	77:56	76
Vicki Reyes	Curtis	52:20	Nate Borka	SKHS	63:29	Audra Mendelsohn		79:27	75
Sue Kuestner	COC	53:25	Aaron Tow	Marysville	64:53	Shannon Cortez	COC	81:24	74
Madeline Enger	Internat. Comm. Sch.	53:29	Greg Dumford	Liberty	66:40	Michael Dunn		DNF	0
Kristin Jackson		53:29	Jared Gulke	Marysville	72:39	Elizabeth Pierce		DNF	0
Theo Browne	COC	54:54	Danny Fulton	BHS	74:10	Laura Brown	COC	DNF	0
Gretchen Bear		55:23	Alex Kuestner	Inglemoor	80:31	<b>WIOL 7/O' Series 7 - Woodland Park, Seattle</b>			
Melinda Hine	Marysville	59:41	Robert Borreson	Mariner	94:21	Meet Director: Doug & Katie Sprugel			
Sheila Rogalski	COC	60:28	Robert Bradford	Burlington-Ed.	96:08	Courses: Tyler Frederickson, Jake Reeder			
Amanda Layton	SKHS	60:44	Jacob Glenn	Everett	DNF	Course Consultant: Harvey Friedman			
Pamela Snyder	Marysville	61:40	Joseph Richmire	Everett	DNF	Registration: Jim Siscel, Dave Parsons, Peter Golde, Phil Nicolle			
Becke Cook	SKHS	63:53	Colgan Chan	Everett	DNF	Start: Mike Schuh, Doug Sprugel			
Mary Selby	BHS	66:28	James Chang	Curtis	DNF	Finish: Katie Sprugel, Ben Sprugel, Debbie Newell, Jennifer Knowles			
Elin Ramsey		66:45	Derrick Gourley	Mariner	DNF	Control Pickup: Tyler Frederickson, Ben Hall			
Sandy Miller	COC	69:28	Stephen Harper	Curtis	DNF	<b>Course 1 (1.3k, 7 controls)</b>			
Bethany Wylie	Thomas Jeff.	69:55	John Henry	Marysville	DNF	<b>Elementary Girls</b>			
Kendra Ray	SKHS	70:26	Quentin Marsh	Marysville	DNF	Diana Fifield		31:11	
Kenna Patrick	Thomas Jeff.	74:25	Austin Pospisil	Mariner	DNF	Deanta Kelly		38:15	
Elizabeth Thuston	BHS	86:44	Ryan Sheldon	Curtis	DNF	<b>Elementary Boys</b>			
Brian Bruininki		90:02	Jon Placido	BHS	DNF	Peter Sprugel	COC	16:24	
Amanda Tennant	SKHS	90:55	<b>Course 4 (3.5k, 14 controls) - O' Series 6</b>			Michael Klinge	Somerset Elem.	18:05	
Jessica Erwin	Everett	96:05	Bill Cusworth	COC	23:10	Dan Uhlman		24:30	
Anastacia McMullen	Marysville	106:14	Steve Knowles	COC	26:58				

## Bearing 315

Kyle Glass		5:46
Toomas Tennisberg	COC	39:52
<b>Public</b>		
Marcia Lupton		18:04
Mark Halvorsen	Burlington-Ed.	20:25
Katie Gilluly		23:04
Leigh Bradley		24:11
Tyra Christopherson		24:30
Nathan/Naomi Klinge		24:32
Paul Sisco		25:45
Wyatt Halvorsen		27:21
Jacob Wright		36:27
Deanna Sukkar		DNF

### Course 2 (2.2k, 9 controls)

#### Junior High Girls

Anna Urbanova	Skyview JH	16:08
Holly Kuestner	Lakeside	17:17
Marissa Roecks	Woodinville Mont.	28:30
Jessie Crowl	BJHS	31:32
Tina Mears	BJHS	32:17
Katie Jones	BJHS	32:27
Heidi Weick	BJHS	33:48
Karissa Cozad	BJHS	33:57
Meleigha Holt		41:01
Cristy Nelson	BJHS	42:11
Erin Ackers		44:28

#### Junior High Boys

Anthony Crowder	BJHS	18:51
Andrew Whitmyre	Einstein M.S.	21:47
Nicholas Hogan	BJHS	23:32
Roy Colven		25:09
Mike Gilluly		26:01
Jason Gilluly		26:01
Brett Park	BJHS	26:45
Brian Nopp	BJHS	29:25
Mark Halvorsen		39:50
Wyatt Halvorsen		41:27
Corey Koczarski		44:20

#### Public

Jack Magee		22:02
Keg Alexander		22:02
Marcia Lupton		23:56
Katie Gilluly		27:58
Denise and Leo Klein		48:21
Jim Howey		67:36

### Course 3F (2.8k, 11 controls)

#### High School Women

Natalie Jarvey	Thomas Jeff.	29:55
Madeline Enger	Inter. Comm. Sch.	31:16
Becke Cook	SKHS	31:41
Shannon Gisselberg	Curtis	33:04
Molly Enger	Kirkland JH	33:58
Kenna Patrick	Thomas Jeff.	34:20
Barbara Welch	Burlington-Ed.	35:55
Amanda Layton	SKHS	36:30
Jessica Peters	SKHS	36:56
Bethany Wylie	Thomas Jeff.	42:31
Kimberly Martinez	Mariner	51:45
Mary Selby	BHS	57:46
Sonja Hamill	Mariner	57:58
Tera Brockman	Thomas Jeff.	58:28
Roxanne Stansberry	Liberty	58:44
Kendra Ray	SKHS	61:44
Melinda Hine	Marysville	65:39
Pamela Snyder	Marysville	67:39
Vicki Reyes	Curtis	78:39
Christelle Reyes	Curtis	87:29
Heidi Barden	Burlington-Ed.	141:19
Amanda Tennant	SKHS	DNF
Stephanie Nilles	Lakeside	DNF

#### Public

Aimee Munzi		24:54
Jonathan Bingham		30:16
Phil Nicolle	COC	32:40
Matt Lekson		37:55
Tony Amort	COC	39:11
Mark Bingham		46:21
Ryan Michalisin		56:55

Trevor Pering		59:46
Rachel Reynolds		68:28
Sheila Rogalski		70:11
Austin Amort	COC	73:30
Bob Lynch		76:00
Libby Dermenstein		77:42
Marcia Majors		80:01

### Course 3 - High School Men (3.2k, 11 controls)

Dave Miner	Foss HS	20:17
Will Enger	Inter. Comm. Sch.	20:30
Kyle Haddad-Fonda	Lakeside	21:06
Jessie Ulii	Burlington-Ed.	23:07
Matej Urban	Skyview JH	23:28
Nick Parsons	BHS	23:52
Christopher Dotson	Curtis	24:01
Josh Garrett	Curtis	24:14
Stefan Quan	BHS	24:31
Stephen Robeson	Thomas Jeff.	24:59
Timothy Torresin	SKHS	25:45
Joshua Smith	Curtis	25:53
Ryan Sheldon	Curtis	26:04
Randy Ascanio	Mariner	26:19
Owen Suttles	Burlington-Ed.	27:00
Sergio Gingerich	SKHS	27:54
Kyle Stubbs	Liberty	28:32
Ryan Bigler	Everett	29:34
Cholo Circulado	BHS	29:38
Aaron Poplin	SKHS	29:59
Shane Carney	Everett	30:17
Logan Fink	BHS	30:24
Ryan Sibonga	Foss HS	30:37
Bejan Saatchi	Curtis	30:44
Lundy Esparza	Curtis	30:46
James Gagner	SKHS	31:05
Trevor Sager	SKHS	31:06
Jose Aguayo	Mariner	31:17
Marc LaVanway	Thomas Jeff.	31:27
John Fink	BHS	32:11
Eryk Maroon	BHS	32:40
Ben Winters	Marysville	33:40
A.J. Banks	SKHS	33:57
Justin Penrose	SKHS	35:14
Jason Piwinski	SKHS	35:18
Joshua Vetere	Thomas Jeff.	35:48
Sam Poling	Marysville	36:35
Matt King	SKHS	36:52
Bradley Wroblos	Curtis	36:56
Jerry Thornton	Marysville	37:05
Ben Sprugel	COC	37:12
Matt Sharp	Liberty	38:37
Vincent Belleci	Curtis	39:10
Derek Mattax	Everett	39:11
Jared Gulke	Marysville	39:28
Jacob Whitcomb	SKHS	39:46
James Bell	BHS	40:43
Shawn Glass	Mariner	40:43
Nate Borka	SKHS	42:57
Robert Blackard	Everett	43:20
John Henry	Marysville	43:39
Aaron Tow	Marysville	44:19
James Chang	Curtis	46:14
Richard Spangler	Everett	46:34
Dan Burke	Liberty	46:35
Mark Parker	SKHS	47:02
Robert Bradford	Burlington-Ed.	52:48
Alex Kuestner	Inglesmoor	53:10
Randy Sandor	Liberty	55:40
Robert Borreson	Mariner	67:43
Caleb Hull	Burlington-Ed.	68:05
Mike Walters	Everett	74:18
Colgan Chan	Everett	78:18
Jacob Glenn	Everett	85:09
Austin Pospisil	Mariner	113:47
Derrick Gourley	Mariner	117:21
Stephen Harper	Curtis	DNF
Quentin Marsh	Marysville	DNF
Matthew Collard	Liberty	DNF

### Course 4 - O' Series #7 (3.7k, 12 controls)

Dean Vergilio	COC	21:37	100
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Bruce Christopherson	COC	21:57	95
Targo Tennisberg	SAMM	22:23	92
Justin Wright		23:16	90
Ben Hall	COC	24:04	89
Alex MacLeod	COC	24:31	88
Oyvind Naess	COC	25:17	87
Sean Conto		25:27	86
Peter Golde	COC	25:53	85
Debbie Newell	COC	26:07	100
Raimo Jarvenpaa		26:20	84
Brian Gruber	COC	26:30	83
David Parsons		26:42	82
A.J. Ritter	COC	26:50	81
Davin Fifield		28:24	80
Paul Cornish	COC	28:48	79
Jana Dvorak	COC	29:11	95
Dave Enger	SAMM	29:27	78
Steve Miner	COC	30:04	77
James Roach		30:28	76
Chris Whitmyre	COC	31:34	75
Dave Tallent	COC	31:56	74
Kean Williams	COC	32:23	73
Dave Dummeyer	COC	33:02	72
Lindsay Lee		33:29	
Bill Allemann	COC	34:45	
Cheryl Marek	COC	35:10	92
Kyle Seifullin	COC	36:28	71
Katrin Tennisberg	COC	39:28	90
Steve Layman		39:31	69
Terry Bryant		39:31	70
Kjerstie Helene Boe		40:01	89
Rolf Kuestner	COC	40:32	68
Ardis Dull	COC	40:44	88
Darcy Birkeland		41:44	
Adam Ehlers		42:11	67
Don Denbo	COC	42:23	66
Jill Klinge	COC	42:25	87
Dave Petty	COC	42:44	65
Michael Harding		42:54	64
Ken Lew	COC	43:42	63
Lori Sabado		44:57	86
Sue Kuestner		45:16	85
Nick Matveev		46:04	62
Scott Carty		47:06	61
Sandy Miller	COC	48:32	84
Jim Sisco	COC	52:19	60
Craig Sternagel		55:23	59
Roy Colven		62:43	58
Brett Stav		65:34	57
Art Davis		66:42	56
Don Dermenstein		77:19	55
Jennifer Knowles	COC	DNF	0

## WIOL/O' Series Championships - Ft. Steilacoom Park, Tacoma, February 21

Meet Director: Jon Campbell

Courses: Steve Knowles

Registration: Sean Conto

Start: Jim Sisco, Ben Hall, Alex MacLeod

Finish: Jennifer Knowles, Tori Campbell

### Course 1 (1.7k, 8 controls)

#### Elementary Girls

Dana Breseman	Woodinville Mont.	17:56
Kari Whitney		33:34

#### Elementary Boys

Peter Sprugel	COC	16:47
Michael Klinge	Somerset Elem.	21:40
Wyatt Halvorsen		29:10
Parker Setter		34:04
Andy Welch	Everett	53:53
Toomas Tennisberg		71:10

### Course 2 (2.1k, 8 controls)

#### Junior High Girls

Holly Kuestner	Lakeside	31:19
Stephanie English		35:49
Jessie Crowl	BJHS	36:40
Anna Urbanova	Skyview JH	41:43
Cristy Nelson	BJHS	45:10
Karen Wylie		45:50



Teresa Frandsen		53:54	Shane Carney	Everett	38:47	Don Atkinson	COC	58:42
Heidi Weick	BJHS	54:06	Logan Fink	BHS	38:50	Kevin Welton	COC	59:01
Tina Mears	BJHS	60:26	Joshua Vetere	Thomas Jeff.	39:24	Adam Ehlers		59:07
Erin Ackers		64:19	Lundy Esparza	Curtis	40:20	Daniel Baird		59:20
Katie Jones	BJHS	64:55	Timothy Torresin	SKHS	40:38	John Selby	COC	61:03
Karissa Cozad	BJHS	85:28	Kyle Stubbs	Liberty	41:15	James Roach		61:31
Sarah Brown	Everett	102:13	Matej Urban	Skyview JH	41:27	Dave Dummeyer	COC	61:36
Junior High Boys			Adam Rieck	SKHS	41:36	Cheryl Marek	COC	62:17
Anthony Crowder	BJHS	21:34	Sergio Gingerich	SKHS	41:37	Chris Whitmyre	COC	63:07
Nicholas Hogan	BJHS	22:36	James Bell	BHS	41:51	Jeff Power	COC	63:49
Andrew Whitmyre	Einstein Midd. Sch.	25:14	Ryan Sibonga	Foss HS	42:15	Terry Bryant	COC	64:48
Luis Deffit	BJHS	26:56	Jose Aguayo	Mariner	42:30	Steve Frederickson	COC	65:03
Brett Park	BJHS	49:02	Randy Ascanio	Mariner	42:42	Ardis Dull	COC	65:23
Brian Nopp	BJHS	58:58	Steffan Stacy	SKHS	42:43	Derrick/Adam Nesham/Goit		66:53
Public			James Gagner	SKHS	43:43	Don Denbo	COC	68:14
Jeri Schy group		39:18	Marc LaVanway	Thomas Jeff.	44:02	Debbie Newell	COC	68:41
Aimee Munzi group	BJHS	54:27	Robert Blackard	Everett	44:30	Ginger Stratton	COC	71:04
Bill Eaton group		55:21	A.J. Banks	SKHS	44:31	Robert Miller	COC	72:56
Darlene Klingebell group		94:27	Joshua Smith	Curtis	45:02	Blue Best group		75:33
<b>Course 3F (3.8k, 8 controls)</b>			Mark Parker	SKHS	45:25	Rolf Kuestner	COC	78:37
<b>High School Women</b>			Ryan Breseman	Woodinville Mont.	45:30	Sandy Miller	COC	82:28
Lin Kuhlman	BHS	31:15	Jessie Ullii	Burlington-Ed.	46:50	Heidi Cusworth	COC	82:46
Kenna Patrick	Thomas Jeff.	34:28	Ben Winters	Marysville	46:52	Nick Matveev		83:36
Aimee Munzi	BHS	36:31	Jacob Whitcomb	SKHS	47:32	Katrin Tennisberg		86:24
Natalie Jarvey	Thomas Jeff.	37:47	Josh Garrett	Curtis	48:22	David Petty		91:38
Tera Brockman	Thomas Jeff.	39:08	Aaron Poplin	SKHS	48:25	Ken Lew	COC	93:28
Robyn Gross	BHS	39:47	Sam Poling	Marysville	49:08	Jill Klinge	COC	96:56
Jessica Peters	SKHS	40:10	Ryan Bigler	Everett	51:41	Ann Conto	COC	101:26
Molly Enger	Kirkland JH	40:26	Chad Couchner	Foss HS	51:44	Sue Kuestner	COC	102:44
Kelsey Breseman	Woodinville Mont.	42:31	Jason Turk	Marysville	51:54	Rachel Reynolds		120:49
Amanda Layton	SKHS	43:07	Justin Penrose	SKHS	52:16	Art Davis		130:45
Madeline Enger	Internat. Comm. Sch.	47:27	Bradley Wroblos	Curtis	52:18	Marjorie Stratton	COC	134:05
Bethany Wylie	Thomas Jeff.	47:30	Cholo Circulado	BHS	53:27	Ben Hall	COC	MSP
Shannon Gisselberg	Curtis	53:52	Owen Suttles	Burlington-Ed.	56:14	Kean Williams	COC	MSP
Becke Cook	SKHS	57:46	Jared Gulke	Marysville	58:43	Arne Skog	COC	MSP
Melinda Hine	Marysville	64:10	Aaron Tow	Marysville	58:51	Kyle Seifullin	COC	DNF
Mary Selby	BHS	65:55	Randy Sandor	Liberty	60:16	<b>2003 US Rankings</b>		
Kendra Ray	SKHS	71:54	John Henry	Marysville	61:58	<b>M21</b>		
Barbara Welch	Burlington-Ed.	74:05	Derek Mattax	Everett	62:47	3 Eric Bone	COC	
Sonja Hamill	Mariner	76:44	Vincent Belleci	Curtis	62:59	31 Jon Campbell	COC	
Pamela Snyder	Marysville	77:35	Matt King	SKHS	63:16	39 Targo Tennisberg	SAMM	
Elizabeth Thuston	BHS	78:31	James Chang	Curtis	66:54	<b>F21</b>		
Christelle Reyes	Curtis	88:13	Stephen Harper	Curtis	713	13 Anneliese Steuben	COC	
Vicki Reyes	Curtis	101:27	Jerry Thornton	Marysville	70:46	23 Victoria Campbell	COC	
Kimberly Martinez	Mariner	106:09	Donald Kenne	Marysville	71:38	24 Debbie Newell	COC	
Amanda Tennant	SKHS	109:07	Matthew Collard	Liberty	72:26	<b>M-20</b>		
Anastacia McMullen	Marysville	113:15	Thomas Hawk	Marysville	73:08	2 Leif Anderson	SAMM	
Jessica Erwin	Everett	113:37	Robert Bradford	Burlington-Ed.	77:29	10 Will Enger	SAMM	
Heidi Barden	Burlington-Ed.	127:28	Alex Kuestner	Inglesmoor	84:11	<b>M35+</b>		
Roxanne Stansberry	Liberty	157:42	Robert Borreson	Mariner	84:47	11 Peter Golde	COC	
Cristy Nelson	BJHS	DNF	Shawn Glass	Mariner	86:28	12 Bill Cusworth	COC	
<b>Public</b>			Quentin Marsh	Marysville	97:34	<b>M40+</b>		
Peter Golde	COC	29:16	Austin Pospisil	Mariner	98:44	19 Steve Knowles	COC	
Brent Fransen		33:19	Richard Spangler	Everett	101:33	<b>M45+</b>		
Amy Springer	COC	35:27	Mike Walters	Everett	133:29	4 Dave Enger	SAMM	
Cody Siders		45:21	Kameko Joseph	Burlington-Ed.	2:56:37	9 Rick Breseman	COC	
Harvey Friedman	COC	45:31	Jacob Glenn	Everett	DNF	32 Kean Williams	COC	
Sally Dow	COC	52:47	Joseph Richmire	Everett	DNF	<b>F35+</b>		
Don Dermentstein	COC	57:01	Colgan Chan	Everett	DNF	1 Jennifer Knowles	COC	
Libby Dermentstein	COC	59:58	Dan Burke	Liberty	DNF	<b>F40+</b>		
Anne York	COC	60:56	<b>Course 4 (5.9k, 12 controls)</b>			3 Eileen Breseman	COC	
Eric Hamilton		65:59	Jon Campbell	COC	37:10	<b>F45+</b>		
Kristy Power		66:44	Justin Wright	COC	38:03	1 Debbie Newell	COC	
Trevor Pering	COC	71:49	Bill Cusworth	COC	38:15	11 Ardis Dull	COC	
Valerie Pederson		76:49	Eugen Groff	COC	41:53	<b>M-18</b>		
Mark Bingham		85:20	Rick Breseman	COC	43:18	1 Leif Anderson	SAMM	
Marsha Majors		86:45	Tyler Frederickson	COC	44:27	4 Will Enger	SAMM	
<b>Course 3M (4.4k, 9 controls)</b>			Annaliese Steuben	COC	46:45	<b>M50+</b>		
<b>High School Men</b>			Targo Tennisberg	SAMM	46:49	2 Dave Enger	SAMM	
Stephen Robeson	Thomas Jeff.	27:36	Alex MacLeod	COC	46:51	14 Dave Tallent	COC	
Kyle Haddad-Fonda	Lakeside	31:47	Davin Fifield	COC	47:33	15 Michael Schuh	COC	
Stefan Quan	BHS	32:21	Jana Dvorak	COC	47:45	<b>M55+</b>		
Dave Miner	Foss HS	32:55	Steve Miner	COC	48:30	3 John Harbuck	EWOC	
Danny Fulton	BHS	35:28	Bruce Christopherson	COC	49:05	23 Mac MacDonald	COC	
Will Enger	Internat. Comm. Sch.	36:17	Dave Enger	SAMM	51:06	38 Doug Sprugel	COC	
Nick Parsons	BHS	36:45	Sean Conto	COC	51:27	<b>M60+</b>		
Eryk Maroon	BHS	37:30	Eileen Breseman	COC	51:57	18 Harvey Friedman	COC	
John Fink	BHS	37:56	Tori Campbell	COC	52:32	19 Scott Donald	COC	
Christopher Dotson	Curtis	38:15	Ben Lengerich		53:53			
			John Lee	COC	55:21			

## Bearing 315

<b>F50+</b>			<b>F-16</b>		<b>F-14</b>		<b>F-12</b>	
2 Ardis Dull	COC		3 Madeline Enger	SAMM	1 Molly Enger	SAMM	7 Anna Urbanova	COC
<b>F-Brown</b>			<b>F-Orange</b>		2 Kelsey Breseman	COC	<b>M-10</b>	
2 Katie Sprugel	COC		5 Heidi Bohn	COC	<b>M-14</b>		3 Peter Sprugel	COC
<b>M70+</b>			<b>M16</b>		10 Ben Sprugel	COC		
4 Ken Lew	COC		19 Ryan Breseman	COC	<b>F-10</b>			
8 Bruce McAlister	SAMM		20 Matej Urban	COC	2 Dana Breseman	COC		

## 2004 Winter O' Series - Final Results

	Club	1	2	3	4	5	6	7	Total										
<b>Women</b>																			
Jennifer Knowles	COC	-	100	100	100	100	95	0	400	Kyle Seifullin		72	-	53	65	63	73	71	281
Debbie Newell	COC	-	-	-	-	95	95	100	390	Chris Whitmyre	COC	69	67	64	56	68	63	75	279
Jana Dvorak	COC	88	95	95	92	92	92	95	377	Pat Kelly	COC	73	63	72	-	66	-	-	274
Eileen Breseman	COC	92	92	92	88	87	86	-	364	Jon Campbell	COC	-	-	95	85	-	86	-	266
Cheryl Marek	COC	90	89	88	84	88	83	92	359	Steve Knowles	COC	-	-	87	-	82	95	-	264
Ginger Stratton	COC	100	-	86	87	85	84	-	358	Bruce Bassett		82	85	-	86	-	-	-	253
Tori Campbell	COC	-	-	89	89	90	82	-	350	Terry Bryant	COC	61	57	60	51	61	56	70	252
Ardis Dull	COC	89	85	85	81	-	85	88	347	Steve Frederickson	COC	67	71	-	57	-	53	-	248
Jill Klinge	COC	-	83	87	82	-	-	87	339	Dave Petty	COC	68	58	-	54	-	52	65	245
Heidi Cusworth	COC	85	87	-	83	-	81	-	336	Jim Siscoel	COC	-	60	-	53	60	62	60	242
Sandy Miller	COC	-	84	84	-	-	-	84	252	David Parsons	COC	-	81	78	-	-	-	82	241
Guinny Allemann	COC	95	90	-	-	-	-	-	185	John Selby	COC	-	62	59	-	64	54	-	239
Kjersti-Helene Boe		-	-	-	-	-	89	89	178	Rolf Kuestner	COC	59	51	-	-	60	68	238	
Robin Clark	COC	-	-	90	-	-	87	-	177	Ken Lew	COC	-	61	-	50	-	61	63	235
Katrin Tennisberg	SAMM	-	86	-	-	-	-	90	176	Nick Matveev		58	59	52	55	-	55	62	234
Hilary Dyer		-	-	-	-	86	88	-	174	Brian Gruber	COC	70	-	71	-	-	-	83	224
Lori Sabado		87	-	-	-	-	-	86	173	Dave Tallent	COC	-	-	-	-	69	78	74	221
Ashley Matthews	COC	-	88	-	85	-	-	-	173	Rod Sternagel	COC	-	56	54	47	-	-	59	216
Ina Balutsina		-	-	-	-	89	80	-	169	Robert Miller	COC	74	79	61	-	-	-	-	214
Sue Kuestner	COC	-	82	-	-	-	-	85	167	Larry Keller		60	53	51	48	-	-	-	212
Ann Conto	COC	84	-	-	-	-	76	-	160	Kevin Welton	COC	-	66	73	-	62	-	-	201
Sabina Havkins		-	-	-	79	-	78	-	157	Don Denbo	COC	65	-	63	-	-	-	66	194
Annelise Steuben	COC	-	-	-	-	-	90	-	90	Leif Anderson	SAMM	-	-	-	92	100	-	192	
Tara Matthews	COC	-	-	-	90	-	-	-	90	John Lee	COC	-	-	65	69	-	58	-	192
Kim Voros		86	-	-	-	-	-	-	86	Jason Andrews		-	78	-	-	-	82	-	160
Lindsay Lee		-	-	-	86	-	-	-	86	Colin Dietrich		78	-	-	67	-	-	-	145
Marjorie Stratton	COC	-	-	83	-	-	-	-	83	Roy Colven		-	-	-	81	-	-	58	139
Shanna Chaffee		83	-	-	-	-	-	-	83	Steve Layman	COC	-	-	56	-	-	-	69	125
Beth Welandar		-	-	-	80	-	-	-	80	Lyndon Heywood		-	-	62	-	59	-	121	
Tammi Dunn		-	-	-	-	-	79	-	79	Nelson Harbour		66	-	-	49	-	-	115	
Rachel Reynolds		-	-	-	-	-	77	-	77	Mike Miller		-	-	-	-	95	-	95	
Audra Mendelsohn		-	-	-	-	-	75	-	75	Mark Howlett	COC	-	-	-	-	90	-	90	
Shannon Cortez		-	-	-	-	-	74	-	74	Glenn Rogers		-	-	-	-	88	-	88	
<b>Men</b>																			
Bill Cusworth	COC	100	95	-	95	92	100	-	390	Arne Skog	COC	84	-	-	-	-	-	-	84
Dean Vergillo	COC	87	92	89	-	-	-	100	368	Dale Width	EOC	80	-	-	-	-	-	-	80
Bruce Christopherson	COC	90	-	83	88	-	89	95	362	Dave Hull		-	-	-	-	80	-	80	
Targo Tennisberg	SAMM	-	89	86	90	89	65	92	360	Dave Miner		-	80	-	-	-	-	80	
Ben Hall	COC	92	-	79	80	86	90	89	357	Keith Burdette		-	-	-	73	-	-	73	
Justin Wright		-	83	92	89	85	80	90	356	Jeff Power		-	-	-	-	72	-	72	
Rick Breseman	COC	95	82	88	84	83	84	-	351	Arnie Hales		-	-	69	-	-	-	69	
Peter Golde	COC	89	90	-	-	87	83	85	351	Jared Roach		-	-	-	68	-	-	68	
Alex MacLeod	COC	83	74	81	79	81	87	88	339	David Evans		-	68	-	-	-	-	68	
Eugen Groff	COC	-	88	90	87	71	-	-	336	Daniel Baird		-	-	-	-	-	67	67	
Tyler Frederickson	COC	88	86	85	77	-	-	-	336	Paul Shanahan	COC	-	-	67	-	-	-	67	
Bill Allemann	COC	85	-	75	83	-	92	-	335	Adam Ehlers		-	-	-	-	-	-	67	
Oyvind Naess	COC	-	-	77	-	79	88	87	331	Andrew McDavid		-	-	-	66	-	-	66	
Dave Enger	SAMM	-	87	84	71	70	79	78	328	Michael Harding		-	-	-	-	-	-	64	
A.J. Ritter	COC	81	84	80	82	-	74	81	328	Jeff Robeson		-	-	-	64	-	-	64	
Hans Frederick	COC	86	-	82	74	-	85	-	327	Jim Bogesvang		63	-	-	-	-	-	63	
Raimo Jarvenpaa		-	-	-	70	84	81	84	319	Jeff Jones		62	-	-	-	-	-	62	
Sean Conto	COC	-	64	-	76	75	69	86	306	Scott Carty		-	-	-	-	-	-	61	
Kean Williams	COC	77	77	57	72	73	77	73	304	Chris Bunting		-	-	-	60	-	-	60	
Eric Bone	COC	-	100	100	100	-	-	-	300	Rik Jones		-	-	-	-	59	-	59	
Jake Reeder	COC	79	75	-	62	74	72	-	300	Jon Connolly		-	-	-	59	-	-	59	
Davin Fifield		-	70	-	-	78	71	80	299	Eugene Moore		-	-	-	-	57	-	57	
Steve Miner	COC	64	69	74	78	59	68	77	298	Matt Jennings		57	-	-	-	-	-	57	
Paul Cornish	COC	75	-	66	61	-	76	79	296	Brett Stav		-	-	-	-	-	57	57	
Don Atkinson	COC	-	73	76	-	77	70	-	296	Art Davis		-	-	-	-	-	56	56	
Dave Dummeyer	COC	71	72	70	63	76	64	72	291	Don Dermenstein		-	-	-	-	-	55	55	
James Roach		-	76	58	58	67	66	76	285	Chad Rinehart		-	55	-	-	-	-	55	
Andrew Gilmour	SAMM	76	65	68	75	65	-	-	284	James Howey	COC	-	-	55	-	-	-	55	
										John Faley		-	54	-	-	-	-	54	
										David Henson		-	52	-	-	-	-	52	
										David Luxem		-	-	-	52	-	-	52	
										Alan Chaffee		-	50	-	-	-	-	50	

### O' Series Events

- |  |                                  |
|--|----------------------------------|
| 1 November 8 - Seward Park               | 5 January 10 - Pt. Defiance Park |
| 2 November 22 - Marymoor Park            | 6 January 24 - Hamlin Park       |
| 3 December 6 - Lincoln Park              | 7 February 14 - Woodland Park    |
| 4 December 20 - University of Washington |                                  |

# Schedule of Events

## MARCH

Sat 20 dusk	<b>Ultimate Orienteer 2</b> <b>CANCELLED</b>	C COC	Jennifer Knowles (253-845-6588) jsknowles@msn.com
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## APRIL

Sat 17 10:00a-noon	<b>Ultimate Orienteer 3 - Score-O, Fire Mountain, Mt. Vernon</b> From the South: From I-5 take exit 221 (SR 534) and head east. Continue to State Route 9. Turn north on SR 9 intersection) and continue approximately five miles. Shortly after milepost 46, turn right onto Walker Valley Road and continue to the end. From the North: From I-5, take exit 227 (College Way) and head east. Continue to State Route 9. Head south on SR 9, (at the Big Rock Grocery) for approximately 3.7 miles. Look for Walker Valley Road on your left just before milepost 46. If you get to the Big Lake Bar & Grill, you have gone too far. Turn left onto Walker Valley Road, and continue to the end.	C COC 1:5000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
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## MAY

08 or 09 10:00a-noon	<b>Ultimate Orienteer 4 - Classic-O, Cle Elum Ridge.</b> Event either on Saturday or Sunday. Check web for details. Pending land permission	C COC	Jennifer Knowles (253-845-6588) jsknowles@msn.com
22-24	Sage Stomp - Kamloops, BC	A SAGE	Alan Vyse (250-372-8607) vyse@telus.net
29-30	Newcastle Island - Nanaimo, B.C.	B VICO	Steve Chatwin (250-598-6420) schatwin@shaw.ca

## JUNE

05-06	<b>Western States Championships - Lake Tahoe, CA</b> www.baoc.org	A BAOC	Gary Kraght (415-383-4429) gary_kraght@ffic.com
12-13	Big Muddy Rogaine - Antelope, Oregon www.croc.org	R CROC	Mal Harding (503-638-8977) malvin@pacifier.com
Sun 19 10:00a-noon	<b>Ultimate Orienteer 5 - Long-O, Teanaway Forks, Cle Elum</b> From I-90 take exit 85 in Cle Elum. Go north across the freeway and head east on highway 970. At junction with Highway 10, keep left and continue on 970 to Teanaway Road. Turn left onto Teanaway Road, then left onto West Fork Teanaway Road. Follow signs to parking. Pending land permission. Date changed from June 13.	C COC 1:15,000 E	Jennifer Knowles (253-845-6588) jsknowles@msn.com
Sat 26	MACH 2004 - Mountain Adventure Challenge, Cypress Mt. BC Trail running/trekking/mystery challenges (www.machrun.com)	X GVOC	Marta Green martaski@hotmail.com

## JULY

Sun 11	Ballard Bike-o	C COC	Eugen Groff (206-985-2198) groffmarek@earthlink.net
10-12	Barebones (Classic, Short, Sprint, Chase) - Whitehorse, Yukon www.barebones.ca	A FWO	Adrian Zissos (403-262-4457) adrianz@barebones.ca
14-18	Canadian Championships (Short, Relay, and Classic) - Whitehorse, Yukon (www.coc2004.com)	A YOA	info@coc2004.com
17-18	Seattle Night and Day Challenge www.seattlenightandday.com	X COC	Eric Bone (206-634-2279) eric.bone@comcast.net

## AUGUST

Sat 14	The Tongue, Cle Elum Pending land permission	C COC	Eugen Groff (206-985-2198) groffmarek@earthlink.net
Sat 21	<b>Six Degrees of Navigation Adventure Race</b> See web for details	X COC	Debbie Newell (425-488-3691) dnewel@verizon.net

A - National meet • B - Major local meet • C - Regular local meet • E - Electronic punching used • O - Winter O' Series meet • W - Washington Interscholastic Orienteering League meet • R - Rogaine • X - Special event

### Orienteering Web Sites

Pacific Northwest Orienteering web site - [www.pnwo.org](http://www.pnwo.org)  
US O' Federation web site - [www.us.orienteering.org](http://www.us.orienteering.org)  
Chuckanut Orienteers - [www.televar.com/~maryse/chucko.htm](http://www.televar.com/~maryse/chucko.htm)  
City of Trees O' Club - <http://velichko.home.mindspring.com/ctoc>  
Columbia River O' Club - [www.croc.org](http://www.croc.org)  
Foothills Wanderers O' Club - <http://www.orienteeringcalgary.ca/>  
Greater Vancouver Orienteering Club - <http://www.orienteeringbc.ca/gvoc/>  
Husky O' Club - <http://students.washington.edu/run>  
Oregon Cascades O' Club - <http://www.forestrunner.com/orca/>  
Sacajawea Orienteers - [mutiny.cbvcp.com/saco](http://mutiny.cbvcp.com/saco)  
Sage Orienteers - <http://www.orienteeringbc.ca/sage/>  
VictOrienteers O' Club - <http://www.orienteeringbc.ca/vico/>

### Join the Cascade Orienteering Club E-mail List

COC's email list is used to announce upcoming events, post results of past events, make carpool arrangements, and discuss club business or orienteering in general. You must subscribe to the list in order to receive and post messages.

#### To subscribe to the list

- Visit <http://groups.yahoo.com/group/cascadeoc/> OR
- Send e-mail to: [cascadeoc-subscribe@yahoogroups.com](mailto:cascadeoc-subscribe@yahoogroups.com)

#### To post a message

[cascadeoc@yahoogroups.com](mailto:cascadeoc@yahoogroups.com)

#### To unsubscribe

[cascadeoc-unsubscribe@yahoogroups.com](mailto:cascadeoc-unsubscribe@yahoogroups.com)

#### To contact the list owner

[cascadeoc-owner@yahoogroups.com](mailto:cascadeoc-owner@yahoogroups.com)



**Follow the signs to orienteering fun**

Bearing 315  
c/o Cascade Orienteering Club  
P.O. Box 31375  
Seattle WA 98103

**First Class**