

# Bearing 315

JUL-AUG 1987



the newsletter of the Cascade Orienteering Club



## Orienteering New York - A Comedy of Errors

by Dave Tallent

*Dave Tallent, Sammamish Orienteering Club member, recently attended an orienteering training camp put on by several top-class U.S. orienteers in New York. Following is an account of his adventures (and misadventures).*

Friday, March 20

**M**y worst fears of early morning air travel were met - I overslept! (Funny - who turned off the alarm clock?) My departure time from Sea-Tac International Airport was a mere hour and a half away. Undertaking the seemingly impossible task of washing, dressing, traveling, parking, queuing, and boarding in such a restrictive time frame, I further compounded my dilemma by missing the parking signs.

The queues at the check-in counters were long, so I proceeded directly to the gate, running wildly, and arriving at exactly departure time. To my dismay, I learned that the gate had closed 15 minutes previously, my reserved seat taken, and the flight overbooked. Problems came rolling in like waves onto a beach.

My narrative assumes that I did indeed make New York and not sojourn the weekend at Southcenter. As luck would have it, three people presently on board had boarded the wrong flight! As one of the few remaining "solo" travelers, I got my calling card, and together we lucky three boarded - I to First Class!

Pondering my good fortune over a deluxe three-course breakfast, I relaxed and enjoyed a very pleasant flight to the environs of Denver. Temporarily, the sea was calm. However, the storm was not far away.

Bad weather and heavy winds prevented us landing, and we were put into a 45-minute holding pattern 26,000 feet above Denver. Even as a philosophical and seasoned traveler, the descent was disgusting and frightening - fog, wind, and oh so bumpy! My prayer was "just tell me when to open my eyes and get off." According to the song, "I left my heart in San Francisco" and now I can add "my stomach in the stratosphere above Denver."

During the buffeted roller-coaster descent, the captain informed us that even though the descent was rough and long, it was still a great improvement over the major form of travel 150 years ago, when in 1840, two thousand people met their deaths by the hands of bandits on steamboats. How very comforting! He concluded that United Airlines would not be charging us extra for the additional flying time.

*continued on page 12*

## Orienteering in Japan

Our next club meeting will feature a talk about orienteering in Japan by Eileen Williams. Eileen recently returned from a six-month stay in Japan, and should have lots of orienteering stories and pictures.

Also featured will be a report on the U.S. Orienteering Federation Convention and the Western U.S. Championships, held at the end of June.

The meeting will be held on July 8 at 7 p.m. at a new location, the Fremont Library (731 N. 35th in Seattle). See you there.

## Ferry and Island O'

The Nisqually O Club will be hosting an orienteering event with a new twist on Saturday, August 29.

The event will offer two score courses with three classes on each: bicycles, runners, and map hikers. You try to get points by locating and correctly identifying 20 features along the route. There is also a secret mystery puzzle on the course for puzzle fans to solve.

Registration is from 9-9:30 a.m. or from 11-11:30 a.m. at Bair Drug and Hardware Co. at the corner of Lafayette and Wilkes in Tacoma. There will be two mass starts: one at 9:30, and one at 11:30.

Bob Reddick, the organizer, has the following information for those planning to attend the meet:

1. Prepare your body and/or bicycle for a near-10k event (95% paved, 5% gravel, little traffic). Note: bikers with only a one-speed will wish it were a three-speed.

2. Check out from your public library and read Hazel Heckman's Island in the Sound.
3. Find a swimsuit that fits and bring it along. Fresh water swimming/wading is available.
4. Bring family, friends, newcomers, and your lunch. See if you get run under by a porpoise on the way over!
5. Entry fee \$2.00 each (club member discount) plus ferry fee of \$1.25 each for walk-ons, or \$1.80 for bicyclists.
6. Enjoy a sarsaparilla, purple cow, or fresh coffee purchased from 1906 soda fountain while waiting for your start time.
7. A vehicle will be available to haul gear to the finish site from the ferry. Water and restrooms provided at finish. A store with ice is close by.

## Washington State Orienteering Championships

*September 19-20*

at

**Trollhaugen  
Snoqualmie Pass**

a two-day total time event

awards to top three in each class  
special awards to top state resident

*entry form in next "Bearing 315"*

## Island Hopping

Join us August 1-2 for a great weekend of orienteering on the islands of Puget Sound.

Start the weekend off Saturday by taking the Mukilteo ferry to Whidbey Island for our first meet on a new black-and-white map of Fort Casey State Park.

After the Fort Casey meet, it's just a short drive to Anacortes, where another ferry will take you to Moran State Park on Orcas Island for an overnight stay at the Environmental Learning Center. To allow people enough time to get to Orcas, the Fort Casey meet will have a **special starting time of 9-11 a.m.**

Sunday morning, we will have a short training event, followed by a planning and publicity-photo session for our proposed 1989 "A" meet. Or, just work on your tan on the beach, or go up Mt. Constitution for an incredible view of Puget Sound.

The Environmental Learning Center has dormitory style bunks, hot showers, and cooking facilities. Bring your sleeping bag and food.

We plan to have a shuttle from the Orcas ferry dock, so you can leave your car in Anacortes, or ride your bike the 12 miles to Moran.

The cost will depend on the total number of people who stay at the Center. The flat fee of \$205 will be split between those who stay overnight, and we already have about 10 people signed up. The more we have, the cheaper it is. If you would like to join us, call Mike Schuh at 783-3960. See you there!



### Ferry Information

		Depart. Times
<u>Mukilteo-Whidbey</u> (20 minutes crossing time)		6:00 a.m.
		7:00 a.m.
		8:00 a.m.
		every 1/2 hour
<u>Cost:</u>	Car & Driver:	\$4.50 OW
	Passenger	2.15 OW
<u>Anacortes-Orcas</u> (one hour crossing time)		11:15 a.m.
		1:45 p.m.
		3:00 p.m.
<u>Orcas-Anacortes</u> (one hour crossing time)		12:25 p.m.
		1:15 p.m.
		3:00 p.m.
		5:40 p.m.
		8:15 p.m.
<u>Cost:</u>	Car & Driver	\$16.60 RT
	Passenger	4.65 RT
	Bicyclist	6.25 RT

## **We're Ten Years Old!**

Since this year is Cascade's 10th anniversary, we are planning a special bash in October to celebrate. Right now, we plan to have a banquet of some sort, and, just so you'll appreciate the maps we have today, perhaps a special meet using an old orienteering map. Look for more details in the next issue of *Bearing 315*.

## **Canadian Orienteering Festival**

August will be a great month for orienteering in Canada. Several clubs in Alberta are putting on a total of 7 days of orienteering spread over 9 days, from August 8 through August 16. All of the meets will be on 5-color 1:15,000-scale maps.

If you are interested in attending any of these meets, either call Mike Schuh (he has entry forms) or the people listed in the Meet Schedule.

## **Presidential Ramblings**

*by Mike Schuh*

We have several interesting projects and activities afoot this summer. Two of them take place the same weekend - August 1 & 2. The first is a meet in a new area for the club and the sport: Fort Casey State Park on Whidbey Island. The second is a combined training/planning/relaxing weekend on Orcas Island, the

site of our proposed Class "A" meet in 1989. Further information can be found elsewhere in this issue.

Cascade OC was represented in the U.S. Relay Orienteering Championships in Santa Cruz, California the weekend of June 20 and 21. Along with the U.S. Orienteering Federation convention the following week and the concurrent Western U.S. Championships, the last week in June was a full one. We will give a full report on the events, with perhaps a slide show, at the July club meeting (July 8th at Fremont Library, 7 p.m.).

Plans for celebrating our ten-year anniversary continue apace. If you would like to help with this effort, contact either Judy Cohen or Len Englund (phone numbers on back page). We will have an evening program on October 17th, and maybe a fun orienteering event as well (perhaps combining a vintage edition of one of our maps with today's version). Final details will be announced in the next newsletter.

Also in the next newsletter will be a questionnaire for you to fill out and return. It will ask you about your interests and abilities. We hope to use the information that you provide to improve the way the club does things. AND, we hope to have the details on this coming season's school league available then, as well.

See ya in the forest. . .

# MEET RESULTS

## Aspen Grove - April 18-19

Merritt, B.C.

Greater Vancouver Orienteering Club put on one of their typically excellent meets at Aspen Grove. The Aspen Grove area, a beautiful mixture of pine forests, aspen groves (naturally), meadows and lakes, is a truly delightful place to run. The first day's weather was a little cool (although the snowstorm didn't last long), but the second day was lovely. 19 Seattle-area orienteers made the five-hour trip north to try their hands (and feet) at the interesting and well-set courses. Washingtonians finished first in M18, M21, F21, and M35.

Doug Sprugel

### Day 1 Day 2 Total

#### Course 3 (Day 2, 5.0 km, controls)

Harvey Friedman	---	85:00	---
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#### Course 4 (Day 1, 5.5 km, 9 controls; Day 2, 5.8 km, 10 controls)

##### M 18-20

1. Jan Björup	*76:19	*50:23	*126:42
3. Jeff Coker	137:38	76:57	214:35

##### M-Open

Carl Moore	106:33	82:37	189:10
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##### F-Open

1. Sandy Miller	97:41	119:04	216:45
2. Katie Sprugel	135:24	90:34	225:58

Arne Skog	142:49	DNF	---
Doug Sprugel	DNF	78:51	---

#### Course 5 (Day 1, 7.8 km, 11 controls;

#### Day 2, 7.3 km, 11 controls)

##### M35A

1. Fred Veler	*80:45	*62:13	*142:58
2. Gary McCausland	82:09	66:59	149:08
7. Meir Sheffer	109:40	83:45	193:25
8. Robert Miller	143:05	120:55	263:00
9. Dave Tallent	173:26	89:53	263:19
Dave Dummeyer	188:37	106:11	294:48

Arnold Kay	116:35	DNF	---
Doug Sprugel	198:50	DNF	---
Dave Lilly	DNF	80:49	---

## F21A

1. Debbie Newell	121:28	101:32	223:00
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#### Course 6 (Day 1, km, controls;

#### Day 2, km, controls)

##### M21A

1. Dave Enger	*92:30	80:36	*173:06
3. Mike Schuh	101:04	89:33	190:37
Dave Lilly	185:59	DNF	---

\*Best time on course

## Hazelwood - May 2

Sammamish Orienteering Club

Meet Director: Dave Enger

Course Setter: Dave Enger

Registration: Jesse Cook, Shelly Kelber

Start: Bob Rein

Finish: Dave Dummeyer

3' x 6" x 6" sandwich: Bob Reddick

Weather: rainy, windy

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

Mike Dahl (2nd time)	11:50
Mike Dahl	38:44
Pat Reddick	64:14
Hurwitz Group	65:38

#### Course 2 (2.7 km, 8 controls)

Bill MacDonald	61:00
Billy MacDonald	62:10
Phil Freeman	81:30

#### Course 3 (4.1 km, 11 controls)

Dave Dummeyer	61:30
Debbie Newell	64:00
Larry Sasser	77:58
Bill MacDonald	83:44
Knut Olson	85:10
Jim Coker	143:39
Joe Hudson/Joe Lewis	146:00
Judy Cohen Group	DNF
Mike Wilson	DNF
Pat Albright	DNF

#### Course 4 (6.4 km, 12 controls)

Mike Schuh	66:38
Dave Lilly	69:00
Jeff Coker	72:30
Arnold Kay	85:15



Clyde Moore	90:21
Arne Skog	91:00
Dave Tallent	97:34
Doug Sprugel	113:22
Bob Reddick	113:37
Bill McKenzie	117:09

### Sage Stomp III - May 16-17

Kamloops, B.C.

Sage Orienteering Club of Kamloops hosted a fine meet at McQueen Lake, about 20 km north of Kamloops. The area is a mixture of pine forest, grassland, and lakes, with a lot of topographic detail and numerous point features in some areas. The weather was nearly perfect both days, and the courses were interesting if not always very technically challenging. 16 Washington orienteers made the trip but ran into stiffer competition than at Aspen Grove and brought home fewer good placings.

Doug Sprugel

#### Day 1 Day 2 Total

#### Course 3 (Day 1, 5.3 km, 8 controls; Day 2, 4.9 km, 9 controls)

Rachel Tharp	79:19	DNF	---
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#### Course 4 (Day 1, 6.5 km, 9 controls; day 2, 5.9 km, 10 controls)

#### M-Open

1. Dave Dummeyer	*76:38	*66:16	*142:54
2. Mike Gallagher	94:14	79:19	174:33
4. Doug Sprugel	88:26	120:09	208:35

#### M45A

2. Carl Moore	84:39	77:57	162:36
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#### F21B

1. Eileen Williams	98:26	85:32	183:58
3. Sandy Miller	99:55	126:49	226:44

#### Course 5 (Day 1, 7.6 km, 10 controls; day 2, 8.1 km, 10 controls)

#### M35A

2. Gary McCausland	*76:32	95:02	170:40
9. Mike Tharp	90:30	127:54	218:24
11. Robert Miller	118:00	124:39	242:39
Dave Tallent	112:32	DNF	---

#### M21B

1. Rick Breseman	89:24	114:11	203:35
3. Dave Lilly	105:50	111:49	217:39
6. Arnold Kay	111:07	144:39	255:46

#### F21A

3. Debbie Newell	117:04	143:09	260:13
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Nathan Tharp	79:23	DNF	---
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\*Best time on course

### Cle Elum Ridge - May 23

Ellensburg Orienteering Club

Meet Director: Dale Width

Course Setters: Dale Width, Nancy Oakes

Meet Staff: Sally Evans, Addie Graaff, JoAnne Sperry

### Cookie Eating Contest Attracts Orienteers

Northwest and international orienteers flocked to the event when it became known that master bakers Graaff, Evans, and Sperry were laying out the cookie courses. The accompanying orienteering meet was skillfully integrated into the cookie event by director and course setter Dale Width; and changeable but pleasant weather produced almost ideal conditions for runners and chewers alike. The meet had several notable features: the contestants were allowed to mark their maps before their starts, and the finish times show that the courses had the correct difficulties. EOC was happy to see again their orienteering comrades and many new faces.

Will Sperry

#### Course 1 (1.7 km, 7 controls)

Mike Dahl/friends	17:07
Andy MacDonald	21:25
Stephan McCann	22:50
Kevin Saville	23:24
Nancy Nix/friends	26:07
Tony Saulewicz	26:11
Kris Mauren	35:19
Pat Reddick	37:25
Phil & Camille Smith	38:58
Valerie/Willie Enger	85:55

Course 2 (3.5 km, 9 controls)

Billy MacDonald	38:25
David Ireland	45:06
Pat Albright	45:33
Mike Dahl/friends	45:50
Roger Sharp	46:32
Anne York	47:04
Kurt Blakstad	53:20
Kevin Saville	64:35
Bruce McAlister	65:14
Len Englund	66:35
Nancy Nix/friends	70:36
Tony Saulewicz	81:10
Larry Sasser	119:57
Stephan McCann	138:00
Phil/Camille Smith	138:58
Nancy Oakes	DNF

Course 3 (6.0 km, 9 controls)

Clayton Smith	44:41
Sture Carlsson	48:48
Jeff Coker	59:11
Fred Veler	59:54
Debbie Newell	60:30
Scott Elich	65:09
Dave Dummeyer	67:44
Arnold Kay/Boomer	68:22
Kent Verbeck	69:50
Scott Donald	73:07
Doug Sprugel	74:41
Rick Breseman	81:17
Bob Reddick	83:13
David Tallent	89:23
Katie Sprugel	96:06
Sandy Kish Miller	98:00
Will Sperry	107:14
Shirley Donald	111:05
Eileen Williams	115:55
Knut Olson	117:57
Rachel Tharp	162:23
Harvey Friedman	191:50
Amy Loomis	DNF
J'o Brown group	DNF

Course 4 (9.0 km, 14 controls)

Matti Loppunen	69:52
Dave Enger	76:20
Ron Pontius	76:43
Ulrik Thrane	85:20
Pat Berting	88:55
Dan Waugh	119:35
Michel Tharp	132:56
Carl Moore	154:55
Robert Miller	164:15

Winni Jorgensen	DNF
Mark Hartinger	DNF
Mike Schuh	DNF

**Ft. Steilacoom Park - May 24***Nisqually Orienteers**Meet Director:* Mike Gallagher*Course Setter:* Mike Gallagher*Instructors:* Fred Veler, Ron Pontius, Jeff Coker, Mike Tharp, Keith Wren, Carl MooreCourse 1 (2.4 km)

Steve Layman/Laura Morin	37:20
Angela Greenlee	43:00
Dave Sullivan/Dung Nguyen	43:16
Caroline Lehman	DNF

Course 2 (3.2 km)

Steve Layman/Laura Morin	40:00
Schlaudraff Family	73:00
Susan Stephens/Pat Reddick	74:30

Course 3 (5.5 km)

Ron Pontius	47:36
Mike Tharp	47:55
Keith Wren	68:30
John Ledington	70:20
Dave Tallent	70:22
Scott Elich	72:40
Jeff Coker	72:40
Pam Kosacki	79:00
Dan Dupertius	79:15
Dung Nguyen/Dave Sullivan	81:50
Rob Stevens/Bob Reddick	85:15
Schlaudraff Family	DNF

**Priest Point Park - June 3***Nisqually Orienteers*Course 1 (.8 km)

Lester/Ben Krupp	15:15
Gary Jessen	24:00
Kathy Christian	28:00
Sheila Payne/Cub Scout Den #1	32:15

Course 2 (1.6 km)

Rick Breseman	19:30
Rachel Tharp/Lisa Etheridge	41:35
Lester/Ben Krupp	48:35
Jason Smith/T. Packett/T. Brooks	48:40
Dan Downing/Corey Whitfield	63:55
Ross Stevens	DNF

Course 3 (1.8 km)

Rick Breseman	25:40
Rachel Tharp	28:50
Ross Stevens	31:00
Bob Reddick	33:30
Gary Jessen	40:40
Eileen Williams/Marilyn Furst	44:00

**Ft. Steilacoom Park - June 6***Nisqually Orienteers*Course 1 (2.3 km)

Angela Tallent & Friend	53:41
Scott Wild	83:25
Cathy Granquist	DSQ

Course 2 (2.4 km)

Bill MacDonald	24:53
Phil Freeman	27:15
Angela DeWeese & Friend	40:10
Wayne DuPont	42:09
Don DeWeese & Friend	42:49
Jim Siscel	53:30
Brad DeWeese	72:40
Aaron Dustin	72:40
Ryan Dustin	72:40

Course 3 (5.3 km)

Fred Veler	39:49
Arne Skog	41:52
Ted Hicks	44:47
Rick Breseman	50:56
Bill Greenwood	52:22
Eileen Williams	52:29
Sid Whaley	53:40
Scott Coble	55:41
Keith Wren	58:34
Dave Tallent	61:06
Bob Reddick	66:09
Don Dupertuis	68:00
Jessica Hirschfelder	68:16
Phil Freeman	74:55
Bill MacDonald	77:50
Steve Layman/Laura Morin	98:30
Toby Barnes	115:00

**Luther Burbank Park - June 10***Sammamish Orienteering Club**Meet Director: Dave Enger**Course Setter: Dave Lilly**Registration: Dave Lilly**Start: Bill MacDonald**Finish, Barbecue: Valerie Enger**Weather: warm, sunny*Course 1 (1.1 km, 6 controls)

Peter Harris	8:29
Laura Skog	10:51
Matt Goodnow	14:35
Angela Tallent/Daddy	17:26

Course 2 (2.3 km, 10 controls)

Billy MacDonald	19:54
Bill/Karen MacDonald	25:36
Knut Olson	26:15
Steve Miner	27:30
Laura Skog	29:30
Cook Trio	29:46
Matt Goodnow	36:38
Dan Dupertuis	37:30
Pete Harris	44:30
Kelber/Bambury	45:51
Nancy Lilly	56:28
George Lilly	untimed

Course 3 (2.2 km, 9 controls)

Billy MacDonald	18:57
Steve Miner	20:37
Knut Olson	35:00
Dan Dupertuis	DNF
Pete Harris	DNF

Course 2 + 3 (4.5 km, 19 controls)

Arne Skog	39:35
Dave Tallent	45:34
Sandy Kish Miller	50:00
Robert Miller	51:42
Bob Reddick	64:40



## Trollhaugen - June 13

**Meet Directors:** Arnold Kay, Debbie Newell

**Course Designer:** Len Englund

**Course Setters:** Len Englund, Meir Sheffer

**Registration:** Debbie Newell, Mike Schuh

**Start:** Don Atkinson, Jim Siscel

**Finish:** Arnold Kay, Debbie Newell, Katie Sprugel, Sandy Miller

**Course Picker-Uppers:** Clayton Smith, Bob Turbyfill, Bill Prett

**Course Vetter:** Mike Schuh

Nearly 60 people from both sides of the mountains (not to mention Arizona, California, Canada, and New York) braved blazing sun and ferocious mosquitoes to run at Trollhaugen, and since 1986. Participants on Course 2: No, you didn't mismark your map, nor were you hopelessly lost. The master map was marked incorrectly. We apologize if this caused you to question your sanity. Since it isn't fair to place the blame on a single individual, those of you who ran on Course 2 are invited to hang the organizer of your choice by their thumbs and beat them with a control punch.

### Course 1 (1.9k, 5 controls)

Jim Siscel	33:41
Richard Lee	40:36
Bob & Pat Reddick	44:42
Mike Dahl	DNF

### Course 2 (3.1k, 7 controls)

Don Atkinson	47:34
Roger Sharp	54:02
Lisa Etheride	70:39
Larry Bergsma	89:21
Phil Freeman	92:18
Harvey Friedman	94:27
Charlotte Green	120:24
Laura Skog	134:42
JoAnne Sperry	135:32
The Schlaudraffs	157:26
Jim Thompson	DNF
Pam Kosacki	DNF

### Course 3 (5.4k, 8 controls)

Katie Sprugel	67:14
Dale Width	69:18
Gary McCausland	73:07
Kent Verbeck	81:34
Sandy Kish Miller	92:40

Rick Neidhardt	103:06
Bob Rein	105:34
Katie Sprugel	107:58
Rick Vaughan	112:19
Will Sperry	115:04
Ralph Olson	124:12
Rachel Tharp	133:16
Ardis Dull	135:53
Ed Rawl	142:08
Erin Renshaw	146:47
Steve Layman	153:54
Dan DuPertuis	DNF
Pat Albright	DNF
Kurt Blakstad	DNF
Jessica Rykken	DSQ

### Course 4 (6.6k, 11 controls)

Dave Enger	69:55
Pat Bering	70:47
Mark McMillan	78:11
Fred Veler	84:52
Dan Waugh	89:47
Arne Skog	99:02
Ted Hicks	102:40
Dave Lilly	102:56
Debbie Newell	108:15
Robert Miller	111:10
Rick Breseman	112:17
Eileen Williams	122:07
Ross Stevens	125:33
Dave Tallent	131:39
Doug Sprugel	134:44
Dave Dummeyer	136:56
Knut Olson	139:11
Bob Reddick	152:56
Jessica Hirschfelder	228:47
Nathan Tharp	DNF
John Ledington	DNF
Scott Elich	DNF

## U.S. Relay Champs. - June 20

*Santa Cruz, California*

### Men's Elite (3 legs, 4km each)

1. New England O Club	3:09:24
2. Bay Area O Club	3:21:23
3. Blue Star Komplex	3:25:32
6. Cascade O Club	5:24:21
<i>(Jan Vrana, Dan Waugh, Mike Schuh)</i>	
7. Sammamish O Club	5:47:52
<i>(Dave Tallent, Dave Lilly, Dave Enger)</i>	

## Hamlin Park - May 9

The relay event at Hamlin Park was a success, judging from the excitement it generated. Rescheduled from Discovery Park due to access problems, the relay course consisted of four legs, with each member of the two-person team running twice (member A, member B, member A, member B). The style of the course was the Färsta method, which is the same style of course design used in the World Orienteering Championships relays.

There was also a novice course that attracted 15 beginners. Included amongst them were two students from Mike Schuh's Experimental College class. They also formed a team and gave the relay a try.

Beginning from a mass start, the relay proceeded in four legs around the wooded northwest portion of Hamlin Park. After each leg, the incoming team member would tag the team's other member, who would then go out on the next leg. Each leg was slightly different from the previous and usually different from any other runner's leg - the idea is to prevent following.

In the results below, the times after each team are the cumulative times when they crossed the finish. The next line gives the time for each leg. The time with a \* is the team leading after each exchange (basically a seesaw between two teams). The underlined times are the fastest man or woman for each leg. Doug Sprugel unfortunately mispunched one control (number 5); two teams did not start their fourth member. Otherwise, everyone did quite well.

Awards for consistency go to Ardis Dull, Debbie Newell, and Katie Sprugel; for the men, to Doug Sprugel and Meir Sheffer. An award for creative exchange procedure goes to Dave and Valerie Enger, who not only traded a thumb compass between them when they tagged, but also custody of their son William ("OK, I've got the compass, here's William, see you in a few minutes...I think he needs changing").

While the event might not have been of WOC caliber, it was certainly fun. Many of the participants asked for more relays and I hope we can arrange a few in the future.

Thanks go to Pat Albright, who assisted with registration and with timing in the relay (she also helped pre-mark all the maps for the relay); Don Atkinson, for helping beginners and for general meet assistance; Dave Enger, who started the relay clock (well, **SOME-BODY** had to do it); and especially to Nolan Foss and the scouts of troop 123, who were the main part of the meet staff. Thanks!

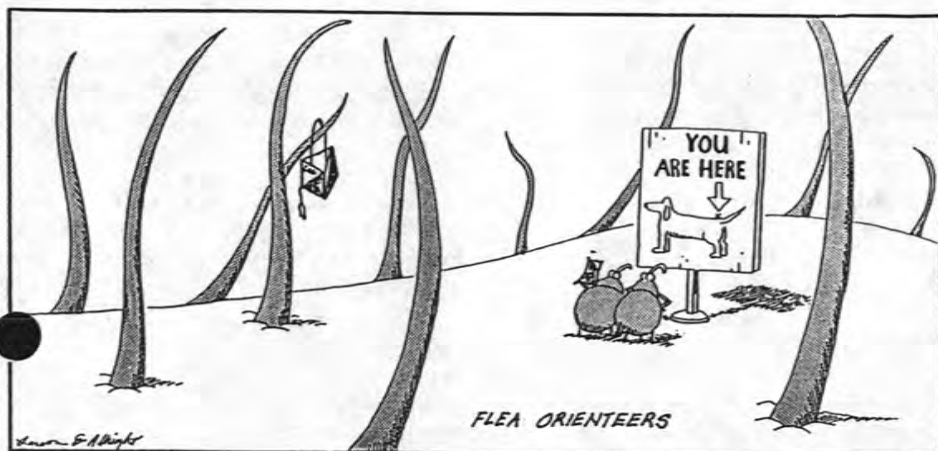
*Mike Schuh*

### Beginner's Course

Bryan Kraft/Scott Kraft	16:33
Ray Mitchell	19:42
Brent Winant	22:40
Mike Okita	22:51
Meg Wilkinson	24:24
Pat Reddick	27:58
Neall Williams/Ethan Cochran/ Jim Shaw	41:18
Harold Booth/Harold Booth III/ David MacMillan	43:18
Mike Christofferson	44:29

## Relay Results

COC 1	Debbie Newell/Matti Lopponen	<u>8:00</u>	*17:26	25:44	*31:39
			9:26	<u>8:18</u>	<u>5:55</u>
Samm 2	Dave Tallent/Dave Lilly	9:14	17:42	25:49	33:12
			8:28	8:07	7:23
Samm 1	Dave Dummeier/Arne Skog	9:13	18:00	26:30	33:52
			8:47	8:30	7:22
COC/EOC	Meir Sheffer/Kent Verbeck	*7:55	17:40	*25:29	34:36
			9:45	<u>7:49</u>	9:07
Samm 4	Valerie/Dave Enger	12:16	20:23	34:13	40:26
			<u>8:07</u>	13:50	6:13
Nisq 3	Keith Wren/Jeff Coker	12:13	20:42	33:16	40:39
			8:29	12:34	7:23
COC 3	Rick Breseman/Eileen Williams	11:28	22:53	33:00	43:36
			<u>11:25</u>	10:07	<u>10:36</u>
Nisq 1	Carl Moore/Mike Gallagher	12:23	24:51	35:20	45:28
			12:28	10:29	10:08
COC 5	Sandy/Robert Miller	13:22	25:41	37:18	48:50
			12:19	11:37	11:32
COC 4	Ardis Dull/Harvey Friedman	12:55	24:18	37:18	58:17
			11:23	13:00	20:59
Samm 3	Billy/Bill MacDonald	10:14	24:47	44:22	68:47
			14:33	19:35	24:25
Nisq 2	Bob Reddick/Phil Freeman	14:06	33:44	55:16	74:30
			19:38	21:32	19:14
COC 7	Marina Tolmacheva/Mike Okita	23:01	41:39	56:32	---
			18:38	14:53	
Ex.Coll.	Brent Winant/Meg Wilkinson	14:35	41:58	68:54	---
			27:23	26:56	
COC 6	Katie/Doug Sprugel	11:36	21:23	32:35	(42:16)
			9:47	11:12	9:41



*Later that day...*

The prolonged holding pattern, together with my "serendipitous" late departure, totally ate up my transfer time. I had just minus 25 minutes to make my connecting flight! Of course, there was no connecting flight - it had left! I managed to secure a transfer to another airline which had a flight departing in just 10 minutes from the other end of the concourse. Again running wildly, I took the last seat - 29D (note this position).

Transferring from a first-class 767 seat to the worst aisle seat in the coach section of a DC-9 - adjacent to the engine and galley, by the toilets, in the smoking section, and next to a smoker - a chain smoker at that - took guts! Together with the continuous requests to move, I was bumped and jostled all the way to New York.

Upon my arrival in New York, one-and-a-half hours late, and having just experienced probably my worst day of traveling, I had to contend with "Where is my luggage?" Murphy's Law of Air Travel probably states that "If you check in your luggage, it will be lost or take the scenic route." In addition, I had missed the 5 p.m. Hudson Valley Airporter service to Fishkill, and the next service, scheduled for 7 p.m., did not arrive until 7:45. Once again, I got the last seat - next to a crying baby.

I finally arrived at Fahnestock State Park in Cold Spring at 10:20 p.m. I had missed the early evening orienteering, the shopping expedition to buy food, and the evening

classroom session in which Peter Gagarin took the class through an actual "taped" course he had run. All of this took its toll on a smooth weekend, particularly as the other "inmates" had to feed and water me until I was able to go shopping two days later.

**Saturday, March 21, 6:00 a.m.**

Saturday greeted us with snow flurries and a fierce, cold wind. The temperature was below freezing, frozen snow lay in patches, and all the water features (including large lakes) were frozen. Even with four layers of clothing on, I was still chilled. This weather and terrain must have been inspirational to Melville, who, while resident in these parts, created "Moby Dick." I could envision Melville walking his piazza as Captain Ahab aboard the Pequod when he penned, "even in bitterest winter, for then once more, with frosted beard, I pace the sleety deck, weathering Cape Horn."

Icy snow-caked flora around Fahnestock captured the penetrating cold and the delicate beauty of this region's frozen time. It is so elemental that you become aware of the cosmic indifference of nature. All the terrain we were to run in was abound with knolls (not the Seattle type) and cobbles - small nubs of hills that had resisted many eons of tectonic heavings and erosion. There were rugged hills for backdrops, bone-chilling winds, and splendid vistas of hills, valleys, woodlands, and meadows. In the woods of beech and maple were many well-trodden paths, including the famed Appalachian Trail, on which part of one O' event would take us. Forests had grown up again in places where people had aban-

done their farms. Beautiful stone walls - someone's years of labor to build a boundary against the wilds - had finally lost the battle with nature. The wilds had triumphed.

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The program for the day started with a classroom session (8-9 a.m.) led by Peter Gagarin, in which we discussed handrails and catching features - obvious, and not-so-obvious. We discovered handrails using changes in slope on a hillside, and in connecting vegetation and water features.

From 9:00 to 10:30, we went on a terrain walk, where we concentrated on how we would map the terrain, what colors we would use and, for example, when we would map a field of boulders when boulders were everywhere. I learned that what we would map in Washington may not be mapped in New York, as the features (say a boulder or knoll) would not be considered distinct or unique.

From 10:30 to 12:00, we individually navigated a short course (2.7 km, 8 controls) using handrails (many of the not-so-obvious variety) and distinct and unique features as attack points. The terrain was hilly, very rocky, lots of cliffs, and few trails. The stony ground and horizontal vegetation made it hard for me to run, and the map was so detailed that I was never really sure where I was - which is probably why I became totally disoriented on at least three occasions. While we were trying to orienteer, Peter Gagarin, Dave Linthicum, Bill Shannon, and Damon Douglas would pop up from nowhere and stop us and ask "What are you doing? Why are you here?"

Where are you going? Why?" Upon completing this very frustrating course, we 46 camp participants quit for a brief lunch.

From 1:00 to 2:30, we re-walked the short course together and discussed route choices, handrails, attack points, and visualization of the map. For the next 2½ hours, we undertook a precision O course with 10 controls, followed by a line O', again with teachers materializing along one's route for a "pop quiz."

The evening session kicked off at 7:30, when we reviewed the day's courses and discussed Peter Gagarin's route choices at last year's U.S. Championships in Houston. Many took the opportunity to sleep. No disrespect to Peter - we were simply exhausted.

From 9 to 11 p.m., two night-O courses were offered. The short course was 2 km with 7 controls, and fairly easy. The events took place in heavy rain and snow flurries, and it was very dark.

The second course was 3 km with 7 controls, and fairly difficult. On the way to control #3, I became totally lost and disoriented. My instruction from Dave Linthicum earlier that day on relocation prevented me from "going to pieces," which was almost a reality. Being lost in a forest in poor weather conditions and darkness is not fun. Illuminating the area with my lamp, I noticed a sizable cliff which, according to my map, could place me in one of two possible locations. Using one of the cliffs, I was able to navigate my way out to a road and get back into the race. My route to the road took me through a large stream - little did I know there



was a footbridge just 30 meters to my right! The error cost me at least 10 minutes and quite a fright. When I finally completed the course, I was soaked to the skin, and my gear was totally covered with mud. My time on this course was 52:25, about 12 minutes behind the winner.

Upon showering, etc., the day finally ended at 12:30 a.m. We had been orienteering for approximately 8½ hours, and received two and a half hours of classroom instruction.

### **Sunday, March 22**

Today the sun was out. It was much warmer than the previous day, but still chilly. At 7:45 a.m. we made our way to Silver Mine Ski Area onto a part of the map where the hilly terrain, abound with numerous rock features (many of which were not mapped, as they were not unique enough), hugged itself around a large frozen lake. Once again, we engaged in a terrain walk, and discussed what would and would not be mapped. At 10 a.m. we transferred to another part of the map, where we practiced contouring and visualization, and discussed the use of contours as handrails.

Between 11 a.m. and noon, our hosts offered us our first competition of the day (2.7 km, 8 controls, 300m climb). I didn't do too well. The rugged terrain was exhausting and very hard underfoot, and my two 90-degree errors didn't help my orienteering much. I finished 9th in a time of 49 minutes. After lunch, we again re-traveled the course, discussing route choices, attack points, contouring, handrails, and visualization. We next deliberated on how to relocate (what one tries to do when one is lost) and during the following hour,

practiced getting lost and relocating our position using contours and distinct and unique features.

At approximately 3:30 p.m., we made our way to the top of a 100-meter hill, which brought us to the start area of our second timed competition of the day (2.3km, 8 controls, 150m rise). The course again was hilly, very stony, with lots of horizontal flora. There were several handrails available (if one could detect them) formed by linking together vegetation boundaries and water features. The atmosphere for this competition was tremendous - very tense and competitive. I finished 6th with a time of 21:53, 3 minutes behind the winner.

The evening session (7:30-9:30) centered around equipment, training, and available written materials. A library of orienteering literature was on display for our perusal at the end of the session.

### **Monday, March 23**

Today we traveled to Ward Pound Ridge Reservation in Westchester County, near the New York-Connecticut border. It was a gorgeous day - clear skies and 60 degrees, such a contrast to the previous days. The terrain was dry underfoot, and blanketed with a carpet of dry leaves.

From 9:00 to 10:00 a.m., we once more embarked upon a terrain walk, with very detailed map in hand, where we once again discussed how we would map the area, visualization, running and pacing technique, punching, and advanced planning. We were now ready for the "big event," in which we would attempt to bring together all that we had learned.



Three courses were offered: Red, Orange, and Yellow. The Red Course was 4.8 km, with 11 controls and 250m climb. The course was hilly, but very runnable. The map, drawn by Pat Dunlavey and published by Bjorn Kjellstrom, covered an area of approximately 17 square kilometers. I finished 7th, 14 minutes behind the winner.

From 1:00 to 3:00 p.m. we engaged in our final activity by retracing the optimum route choice on the Red Course, with Peter Gagarin giving commentary. Upon completion, we gathered to bid our new friends good-bye and make our way back home.

The trip home was totally uneventful. Everything went according to plan, with me returning home at midnight (3:00 a.m. body time) with a cold, a burnt face, very exhausted and stiff, but happy, and definitely not ready to return to work on Tuesday morning.

### **Final Comments**

1. The New York terrain is varied, beautiful, and abound with excellent orienteering features. It makes for excellent and challenging orienteering. The maps were excellent and very detailed. The terrain was generally difficult underfoot due to hard ground, rocks, stones, and lots of horizontal vegetation. I personally loved all the areas we visited, although my legs and feet, I'm sure, would tell a different story!

2. The camp concentrated on and emphasized handrails, attack points, distinct and unique features, pacing, visualization, relocation, contouring, punching, advanced planning, and training.

3. The camp was physically taxing. We orienteered for approximately 20 hours and received 6 hours of classroom instruction during the three days.

4. I highly recommend the camp, but further plant the seed, "Why not organize our own camp or initiate monthly training sessions?" We certainly have the talent in Ron Pontius, Mike Schuh, Dave Enger, Gary McCausland, Mike Tharp, Knut Olson, Debbie Newell, etc. to embark upon such a project.

5. My advice to future wilderness campers:

a. You must be fit. Expect to walk, run, etc. for approximately 20 hours.

b. Plan to arrive on the morning of the first evening session so you can settle in, buy food, etc. because you will not have the time once the course begins.

c. Make precise travel arrangements, because taxis and car rentals in New York are very expensive.

d. Bring three changes of O' clothing.

e. Plan to take the day off work when you return. You will be exhausted.

6. The total cost of the trip was approximately \$500. This included airfare, bus fare, food, course fee, accommodations, parking fee at the airport, and long-distance telephone calls to check up on the kids.

*Happy Orienteering*

## Cascade Chatter

by Harvey Friedman

As usual, I'll start off by trying to list those folks who joined up since last issue of *Bearing 315*. Words of both thanks and welcome go to the following new or renewing club members: **Mia Barbera & Jeff Sleicher**, **Boy Scout Troop 270**, **Rob Corkran family**, **Jean Davis**, **Marcia Ellis & Peter Morse**, **Alan Griggs**, **Robin Harvard**, **Charlotte Henson family**, **Rick Hood**, **Tony Saulewicz family**, **Tom & Gloria Schuh**, **Tim Vargo**, **Meg Wilkinson**, and **Brent Winant**.

If you all don't come to meet, you'll probably not see your name in the newsletter until the next time you renew.

**Rick Breseman** and **Eileen Williams** will marry in early August. I guess that their sojourn in Japan was the convincer. They have a wonderful new house right across the street from Licton Springs Park. They hosted the last extremely well-attended pot-O-luck at their house, and, to help us all develop an appetite for the delicious food that appeared, they had us compete in a short memory score O' meet in the park. It was lots of fun, despite the fact that 3 markers disappeared.... We have another marriage of note to be held on 15 August in Oslo, Norway. Former club member and mapper of the U. of W. campus **Ingemar Jansson** will be wedding a Norwegian woman and continuing to live and work in Oslo. He is now the regional mapping coordinator, responsible for over 100 maps there. Anyone who knew him when he was here and who might be in Europe at that time should try to attend the sure-to-be-splendid party as the COC representative. See me for Ingemar's address and phone number if you want it.... It is with great sadness that we say farewell to **Sture** and **Pam Carlsson** and their kids, **Steven** and **April**, who are now returning to Sweden to live in Hedemora again. Because of medical problems that they both were fighting, they couldn't contribute as much orienteering presence to the club as they had hoped to, but we all were glad to see them whenever we could. Despite her serious back surgery, Pam was able to complete the requirements for a degree in nursing in the standard four years, quite a courageous accomplishment.... More news from Europe: **Stein Sandven** from Bergen, Norway will be attending a conference in Vancouver, B.C. in August and will possibly attend the Canadian O' Championships in Alberta then too. He will probably get together with those of us planning to go to the Asia Pacific Orienteering Carnival in

Tasmania in January.... Long-time COC member **Tony Paulson** and his wife **Joan** had a new baby boy, **Philip Anthony Paulson**. That makes 3 new orienteering babies in the last year.... At the Cle Elum meet put on by EOC last month, the founder of COC, 6 past presidents and the current president all participated. **Len Englund** founded COC back in 1977; the presidents were **Dave Enger** (1980-1); **Jean Davis** (1982); yours truly (1983); **Mark Hartinger** (1984); **Debbie Newell** (1985); **Robert Miller** (1986); and current president **Mike Schuh**. Since I didn't get involved in orienteering before 1980, I really don't know if any of the other folks who were there were past presidents. Anyway, Len will compile a list of the presidents from the start and include it in the program for the 10th anniversary bash of Cascade OC. October 17 is the magic date, or at least that weekend sometime. If you are interested in helping out, contact Len and see what you can do.... At the Trollhaugen meet in June, who should appear but a blonde with a Lhasa Apso. Yes, it was **Jessica Rykken**, who just graduated from Smith College, and will be serving in the Peace Corps in Nepal in August in fresh-water fisheries. Perhaps Jessica will start an orienteering club there.... As some of you know already, some of the club leaders are trying to have orienteering be one of the sports in the 1990 Goodwill Games to be held here in the Seattle region. I was in Atlanta June 7-12 touching base with Turner Broadcasting, who will sponsor the games. As of now, it is necessary for the local GG committee, the TBC, the U.S. O' Federation, the USSR O' federation, and the International O' Federation all to agree before orienteering will be considered as a sport for the games. When I called the local Goodwill Games office, I was told that they will need something in writing from our national organization, USOF. So, if you have friends in other clubs, ask them to write to the Board of Directors of USOF to pass a resolution to try to get orienteering included in the Goodwill Games. If you know any Soviet orienteers, ask them to let the TBC know that they want O' in the Goodwill Games too. Perhaps with requests from both countries, we will succeed and maybe even get 5 or so minutes of TV broadcast time. I think that with two cameras in the woods, amateur radio operators at each control, and a set of clocks in the studio that show the fastest times, orienteering will prove to be at least as exciting, if not more so, than cross-country skiing and several other sports....

## SCHEDULE OF EVENTS

Date/Time	Location	Type	Club	Map	Information
JUL 1 5:30-7 pm	Robinswood Park, Bellevue 148th Ave. S.E. at S.E. 26th St.	C	SAMM	color 1:3,000	Dave Enger (206) 822-6254
JUL 7 7 p.m.	Board Meeting, 1915 N.E. 115th St., Seattle		COC		Doug Sprugel (206) 365-8742
JUL 8 7 p.m.	*COC General Meeting, Fremont Library 731 N. 35th, Seattle		COC		Mike Schuh (206) 783-3960
JUL 8, 15, 22, 29	*Orienteering Class, Lacey Parks & Rec. North Thurston H.S., \$5 for entire program		NISQ		Gary McCausland (206) 352-5542
JUL 11 10-12 noon	Lincoln Park, West Seattle Fauntleroy Way S.W.	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
JUL 11 10-11 a.m.	*Wonderwood Park, Beginners 32nd S.E. at Stikes, Lacey	C	NISQ	b/w 1:2,500	Gary McCausland (206) 352-5542
JUL 18 10-12 noon	Bridle Trails Park, Kirkland Cherry Crest Elem. School, N.E. 32nd St. at 124th Ave. N.E.	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
JUL 25 10-11 a.m.	*Priest Point Park, Olympia East Bay Dr. at 26th N.E.	C	NISQ	b/w 1:7,500	Gary McCausland (206) 352-5542
JUL 26 10-12 noon	Ballard Bike-O, Seattle, meet at Rainier Bank, 2054 N.W. 56th	C	COC	b/w 1:15,000	Mike Schuh (206) 783-3960
JUL 29 5:30-7 pm	Luther Burbank Park, Mercer Is I-90 exit 7, turn north	C	SAMM	color 1:5,000	Dave Enger (206) 822-6254
AUG 1 9-11 a.m.	Fort Casey State Park, Whidbey Island	C	COC	b/w 1:5,000	Mike Schuh (206) 783-3960
AUG 1-2	*1989 Western U.S. Champs. Planning & Training Camp, Moran State Park, Orcas Island, San Juan Islands (see related article)	C	COC		Mike Schuh (206) 783-3960
AUG 4 7 p.m.	Board Meeting, 15844 148th Ave. N.E., Woodinville		COC		Knut Olson (206) 483-1415
AUG 8-9	*Overlanders Challenge Meet Redwater, Alberta (near Edmonton)	A	EOOC	color 1:15,000	Pat Wong (403) 436-1750
AUG 12	*Bow Valley "A" Meet Bow Valley Prov. Park, Seebe, Alberta	A	FWOC	color 1:15,000	Jack McLean (403) 288-5315
AUG 13	*Canadian Open Relay Champs. west of Innisfail, Alberta	A	POC	color 1:15,000	Sven Jonsson (403) 227-3165
AUG 14	*Canadian Champs. Training Meet Arrowhead Ranch, west of Innisfail, AL	C	POC	color 1:15,000	Bev MacKenzie (403) 227-3261
AUG 15-16	Canadian Championships, Sundre, Alberta	A	FWOC	color 1:15,000	Jane Brandreth (403) 289-7194
AUG 19 5-7 pm	Robinswood Park, Bellevue 148th Ave. S.E. at S.E. 26th St.	C	SAMM	color 1:3000	Dave Enger (206) 822-6254
AUG 22 10-11 a.m.	St. Martin's College, Lacey 6th & College St.	C	NISQ	b/w 1:5,000	Gary McCausland (206) 352-5542
AUG 23 9-11 a.m.	Foster Island Canoe-O, Seattle U.W. Waterfront Activities Center	C	COC	b/w 1:5'000	Mike Schuh (206) 783-3960

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<b>Date/Time</b>	<b>Location</b>	<b>Type</b>	<b>Club</b>	<b>Map</b>	<b>Information</b>
<b>AUG 29</b>	<b>*Ferry &amp; Island O, Tacoma</b>	<b>C</b>	<b>NISQ</b>		<b>Gary McCausland</b>
<b>9-11:30 a.m.</b>	<b>Bair Drug and Hardware Co., Lafayette &amp; Wilkes</b>				<b>(206) 352-5542</b>
<b>SEP 5-7</b>	<b>B.C. Orienteering Festival</b>				<b>John Rance</b>
	<b>University Endowment Lands &amp; Campus, Vancouver</b>				<b>(604) 526-3315</b>
<b>SEP 12</b>	<b>Bridle Trails State Park, Kirkland</b>	<b>C</b>	<b>SAMM</b>	<b>color</b>	<b>Dave Enger</b>
<b>10 - 12 noon</b>	<b>Ben Franklin Elementary School, 12434 N.E. 60th St.</b>			<b>1:10,000</b>	<b>(206) 822-6254</b>
<b>SEP 13</b>	<b>Thetis Lake, Victoria, B.C.</b>	<b>C</b>	<b>VO</b>	<b>color</b>	<b>Dennis Fedoruk</b>
	<b>Canoe-O</b>			<b>1:10,000</b>	<b>(604) 592-5739</b>
<b>SEP 19-20</b>	<b>Washington State O Champs.</b>	<b>B</b>	<b>COC</b>	<b>color</b>	<b>Mike Schuh</b>
	<b>Trollhaugen, Snoqualmie Pass, I-90 exit 62</b>			<b>1:15,000</b>	<b>(206) 783-3960</b>
<b>SEP 26</b>	<b>Durr Road, Ellensburg</b>	<b>C</b>	<b>EOC</b>	<b>b/w</b>	<b>Will Sperry</b>
<b>11 a.m. - 1 p.m.</b>				<b>1:15,000</b>	<b>(509) 925-4716</b>
<b>OCT 10-11</b>	<b>U.S. Championships</b>	<b>A</b>	<b>NEOC</b>	<b>color</b>	<b>Barry Callahan</b>
	<b>Rhode Island</b>			<b>1:15,000</b>	<b>(617) 339-6231</b>
<b>OCT 17</b>	<b>10th Anniversary Bash</b>		<b>COC</b>		<b>Mike Schuh</b>
					<b>(206) 783-3960</b>
<b>OCT 17</b>	<b>Thrall Park, Ellensburg</b>	<b>C</b>	<b>EOC</b>		<b>Will Sperry</b>
<b>11 a.m. - 1 p.m.</b>					<b>(509) 925-4716</b>
<b>OCT 18</b>	<b>Marymoor Park, Redmond</b>	<b>C</b>	<b>SAMM</b>	<b>color</b>	<b>Dave Enger</b>
<b>10-12 noon</b>	<b>W. Lake Sammamish Parkway</b>			<b>1:10,000</b>	<b>(206) 822-6254</b>
<b>OCT 24</b>	<b>University of Washington, Seattle</b>	<b>C</b>	<b>COC</b>	<b>color</b>	<b>Mike Schuh</b>
<b>10-12 noon</b>	<b>N.E. 45th St. entrance</b>			<b>1:5,000</b>	<b>(206) 783-3960</b>

**Event Key:** A - major event on good quality color map, 5 courses minimum  
B - major local event, 3-4 courses minimum  
C - local club event, 3-4 courses  
\* - revision from last newsletter

**Club Key:** COC - Cascade Orienteering Club  
EOC - Ellensburg Orienteering Club  
EOOC - Edmonton Overlanders Orienteering Club  
FWOC - Foothills Wanderers Orienteering Club  
NEOC - New England Orienteering Club  
NISQ - Nisqually Orienteers  
POC - Parkland Orienteering Club  
SAMM - Sammamish Orienteering Club  
VO - VictOrienteers

## COC OFFICERS AND COORDINATORS

President	Mike Schuh	(206) 783-3960
Vice President	Len Englund	(206) 746-3822
Secretary	Robin Harvard	(206) 62-0918 (day)
Treasurer	Doug Sprugel	(206) 365-8742
Mapping Coordinator	John Huth	(206) 525-3519
Membership Coordinator	Harvey Friedman	(206) 784-2774
Newsletter Editor	Debbie Newell	(206) 488-7471
Training Coordinator	Matti Lopponen	(206) 883-4814
Publicity Coordinator	Knut Olson	(206) 483-1415
Equipment Coordinator	Arnold Kay	(206) 488-7471
Volunteer Coordinator	Betty Berreth	(206) 546-2128
Social Director	Judy Cohen	(206) 789-5641

## BEARING 315 PUBLICATION SCHEDULE

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are encouraged to submit orienteering-related material for publication. Send items for publication to the address below by the scheduled deadline. Material received after the deadline is not guaranteed to appear in the next newsletter issue.

<u>Issue</u>	<u>Publication Date</u>	<u>Submittal Deadline</u>
JAN-FEB	December 31	December 10
MAR-APR	February 28	February 10
MAY-JUN	April 30	April 10
JUL-AUG	June 30	June 10
SEP-OCT	August 31	August 10
NOV-DEC	October 31	October 10

Mail material to:	Cascade Orienteering Club Newsletter Editor P.O. Box 31375 Seattle, WA 98103
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## COC MEMBERSHIP FEES

Single	\$7.00/year
Family	\$10.00/year
Associate (under 18)	\$4.00/year
Newsletter Only	\$5.00/year

## COC "C" MEET FEES

	<u>b/w map</u>	<u>color map</u>
Orienteering Club Members	\$2.00	\$2.50
Non Club Members	3.00	3.50
Novice Course	1.00	1.00
Families (regular fee for first 2 members, \$1.00/person thereafter)		

*Special events, such as the State Championships, and "A" meets, have higher fees.*

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

Address Correction Requested