

BEARING 315

The Pacific Northwest Orienteering News for November/December 1998

Produced by Cascade Orienteering Club

Editor on Leave

Don Denbo is taking a two issue break from his duties as editor of *BEARING 315* in order to focus on the Washington Interscholastic School League, which runs from November through February. In turn, Bruce McAlister has agreed to produce the January/February issue, while I, Rick Hood, am doing this one. (My task became somewhat more challenging when my computer's hard drive DIED last week; hence the more simple formatting in this issue. Moreover, my apologies if you sent something in via email and it doesn't appear in this issue; please send it to Bruce for the next issue.)

November 7th Event Now at Volunteer Park

COC's November 7th event, originally scheduled for Magnuson Park, will now be held at VOLUNTEER Park, as WIOL organizers requested we save Magnuson for the Feb Championship Event.

BEARING 315 is produced by Cascade Orienteering Club, a 501.c3 non-profit organization promoting and hosting orienteering events in Western Washington. COC achieves this aim by working closely with the other orienteering clubs in the region.

All contributions are welcome and are best sent via an email text message. Items for the January/February issue must be received by Bruce McAlister by DECEMBER 25. His e-mail address is: 70673.1764@compuserve.com. You may also send typed items to COC at POB 31375, Seattle WA 98103. Any item in a newsletter may be reproduced for promotion of the sport.

WIOL & Winter O Season Getting Underway

Director Dave Tallent and Registrar/Results Chief Don Denbo are gearing up for another great WIOL Season.

The first practice event is on November 7th at Volunteer Park in Seattle, with the first official event being held on the recently-updated Farrel-McWhirter Park map on Dec 5th. There are an additional 6 season meets before the Championships on February 20th at Magnuson Park. [Please see the schedule for all the details, or better yet, please visit the WIOL webpage at www.eskimo.com/~halter/orienteering/wiol/index.html]

Along with the WIOL season, Debbie Newell and COC are pleased to host the Winter O' Series, which is open to all adult orienteers. The series meets are the same as the regular season WIOL meets and are indicated on the schedule page with a "S"

The COC Annual Dinner – All Welcome

On Sunday, December 13th you are welcome to come and join in the fun of Cascade Orienteering Club's Annual Meeting featuring: the "two-minute election"; a preview of 1999 in O; recognition of outstanding volunteers, and fun and games.

The Bog Slog – A Different Event This Year

The annual COC "between Christmas and New Year's Day" event at St. Edward St. Park will sport a different look this year. There will be two trail courses with the route marked with flagging. The shorter course will have approximately 4-6 controls along the route and the longer course will have approximately 8-12 controls along the route. (The longer course will actually be an extension of the short course.) Anyone is, of course, welcome to run the entire event on the trails. However, many will find it advantageous to go off-trail between some controls. The choice is yours. Mass start for the longer course is at 11:00 and for the shorter course is at 11:30 am.

HOWEVER, we know when not to fool with tradition; the winners will be awarded home-made pies and all are welcome to the post event pot luck to be held again at Bruce McAlister's home within a few kilometers of the park. (THANKS Bruce.)

So, don't miss this traditional event with a new twist; it should be a lot of fun!!!

Nisqually Notes

By Carl Moore

Please note that the Dec 19th meet put on by Nisqually will be at Fort Steilacoom Park and not Spanaway Park as noted on the WSOA schedule. Dave and Debbie wanted to use Spanaway but I walked through it recently and there have been too many terrain changes for a suitable meet there. We will use the old standby Steilacoom instead. Are there any volunteers to upgrade the Steilacoom and Spanaway maps out there? By the way, the Fishtrap mapping is coming along on

schedule. We hope to get it completely done before the serious shooting starts. (Deer hunting season). Scott Donald will then begin OCADing it this winter.

On Saturday, January 16, 1999, Nisqually Orienteers will hold its annual Rambo competition at Point Defiance Park in Tacoma. The mass start for this 3-hour score O will be at 10:30 am. This yearly event manages to combine the worst weather of the winter with the thickest vegetation in Western Washington. However, it draws a large crowd of participants. Last year there were over 120 competitors. Eileen and Rick Breseman won the Rambo trophy, edging out a large number of veteran orienteers. Teams of two or more are encouraged, but individuals may compete. School kids are welcome but those younger than high school age are going to have a tough time of it. Rambo is successful thanks to the efforts of the Whaleys, the Miners, Ken Peters and others besides the Moores.

Impressions of Kamchatka (August 1998)

by Harvey Friedman

*[These are the opening sentences of an approximately ten page article written by Harvey after his big adventure this summer. The entire article, along with selective links, appears on Howard's webpage at:
<http://www.eskimo.com/~halter/orienteering/pnw.html>]*

In case anyone wonders about why I haven't kept in touch, I have my reasons. Because [my wife] Anne works for the National Marine Mammal Laboratory and has done much work with northern fur seals, she had the opportunity to travel to the Commander Islands, off the Kamchatka peninsula in the Russian far east. By reorganizing my own work load, I was able to take vacation to accompany her. I purchased a ticket on Alaska Air rather than Aeroflot and reserved a seat next to Anne. Then it was finish up work assignments and try to finish anything necessary around the house.

We had hoped that the contractors that we hired to remove the old and nail on a new roof would be finished before we left. They didn't finish and contributed to making my trip less enjoyable than it should have been. They didn't clean up each day as they had led us to believe they would and I discovered that old asphalt particles from composition shingles act like ball bearings if they are stepped on. One evening as I stepped from the front porch, my foot slipped at the very top step and I slid and/or bounced down the 8 stairs as if I came off a luge (for those fans of the Winter Olympics). Having heard a crack, thud, crunch, I was scared that I had seriously injured myself and wouldn't be able to go to Russia and slowly asked my body what hurt the most. I pulled myself to my feet. ... *[Please see the webpage for the rest of the story. — ed]*

CROC and The World Masters Games

*by John Bartholomew
CROC member & WMG O' Media Liaison*

[John's excellent article will also appear in full at Howard's website. What follows are the opening paragraphs— ed.]

Portland, OR & Goldendale, WA, August 10-14, 1998

If you like it hot, you should have been orienteering in the Pacific Northwest this summer! Our heat wave continued from the World Rogaine Champs to the US Relay Champs and right on into mid-August for the 1998 Nike World Masters Games in Portland, Oregon. The World Masters Games involved over eleven thousand athletes from around the world participating in twenty-five sports over a two week period. Four days of top-notch advanced orienteering were included, but only for participants thirty-five years and older. The first two days' events were held in the Portland, OR area, while the two day classic event was held at a site two hours' drive from Portland, on the drier eastern side of the Cascade mountain range in Washington state.

Day 1 (August 10th) was a training event day, held in the Hoyt Arboretum of Washington Park in Portland, Oregon. The area is quite varied: moderately steep ridge and valley terrain with an interesting mix of vegetation ranging from manicured lawns, formal plantings, city streets, groupings of specimen plants and second growth Pacific Northwest rainforest. A few nettles and blackberry patches exist, but no poison oak. The forests are fairly typical of the west side of the Cascade Mountains where our abundant rainfall nourishes big trees and usually dense undergrowth. This park was mapped in 1996 by John Britton from the United Kingdom. Over half the registered orienteering athletes attended the training day event.

Another orienteering opportunity available was the "See Portland" orienteering course, using the Portland Tri-Met transit system map. The course was set up in Score-O style, with participants using their feet and the Tri-Met mass transit system to visit the marked locations around town. (A free monthly transit pass was given to all WMG athletes and volunteers.) This "Bus-O" course was available to the public for the duration of the Games.

Day 2 (August 11th) saw the short course event at Powell Butte Nature Park in Portland, Oregon. Powell Butte is just that - a butte, sitting several hundred feet above Portland, offering incredible vistas of downtown Portland and the Cascade Range, including Mt. Hood, Mt. St. Helens and Mt. Adams. It's a favorite location for mountain bikers, hikers and wildlife watchers. Powell Butte is physically challenging, due more to the vegetation than the terrain. The park is a large broad hill, most of which has been cleared. The open area is infested with hawthorn, a shrubby tree covered with wicked thorns. Himalayan blackberry patches also dot the open area, and are often impenetrable. The open fields on the butte are often full with hip high grass. The sides of the butte are forested, and contain some nettles. At least there's no poison oak at this park. The Powell

Butte map was updated in 1997 by George Kirkov from Bulgaria.

Competition was strong in the M50A and M55A classes, where only a few minutes separated the top competitors. In the M60B class, the gold medal winner (Udo Grady) was less than a minute ahead of his rival (Bob Reddick, SAMM). Udo Grady still managed this victory after sustaining a back injury while competing in a WMG Track and Field event several days earlier! (see Bob Reddick's article in the October 1998 ONA for more details). Sharon Crawford took the gold in the F50A category, while Sharon's mother, Ruth Crawford, participated as the oldest orienteering athlete, at age 88. Ruth finished her course, but completed it over the two hour time limit. ESPN devoted four hours of air time in August to the World Masters Games, and orienteering had its share of the limelight. A video crew taped the short course competition, and a five minute segment was aired during one of the WMG time slots on ESPN. Peter Snell (former Olympic track and field medalist from New Zealand; NTOC member) and his wife Miki were the main focus of the ESPN segment. [Peter ran his course wearing a wireless microphone!] One local newspaper covered the short course event, as well.

Days 3 and 4 (August 13th and 14th) of the competition were a 2-day classic event, held two hours east of Portland up the Columbia River Gorge in Goldendale, WA. Being on the dry side of the Cascade Mountains, and the edge of the central Oregon/Washington high desert, the competitors found second growth Ponderosa Pine and Oak forest with some meadows. The top of the map area is quite open and runnable, although lots of small volcanic stones hidden in the low grass can give a nasty ankle sprain. Temperatures on the east side of the Cascades run considerably higher in the summer than those two hours' drive west in Portland. Brooks Memorial State Park and the adjacent Boise-Cascade timber land were mapped in 1997 by George Kirkov, especially for this event. The map is 1:10000 scale, printed on 21"x14" paper. Many good comments were received on the quality of the map. Unfortunately, a last-minute glitch in the printing of the nine courses onto the Brooks Memorial State Park maps left the WMG volunteer crew drawing the courses on by hand the night before and the morning of the first days at Brooks. As a result, the first day of the two day classic started over two hours later than planned, pushing the competition into hotter daytime temperatures (topping 100 F). In addition, sufficient water controls were not arranged for the first day. These two oversights combined with the hot, dry weather resulted in longer times for most competitors, and several DNFs. One competitor collapsed from heat exhaustion after crossing the finish line, and was taken by ambulance to the local hospital. He was treated and released, and returned to compete the second day (and still won a medal!).

[Please visit Howard's PNWO website to read the remainder of this excellent piece. —ed.]

Meet Results

Note: Each of the meet results formats below reflects the individual style of the respective meet director. We not only encourage MDs to send in their results, but also write a description of memorable moments at the meet— ed.

Ros*Elum Ridge **August 30, 1998 – Cle Elum, WA** **Sammamish Orienteering Club**

Meet Director: Dave Enger
Course Setter: Mark Howlett
Registration: Dave Enger
Timing: Mark Howlett
Control Pick-up: Mark Howlett

Course 1 (2.3km, 8 controls)	Time
Paul Horish	65:30
Lisa Harrison & Bradford Halter	66:45
John Travis	70:10
Ryan & Kelsey Breseman	86:22
Seabrook	DNF

Course 2 (3.4km, 9 controls)	
Patrick Kelly	64:40
Will Enger	DNF
Bruce McAlister	DNF
Bob & Bobby Siedensticker	DNF

Course 3 (5.5km, 105m climb, 11 controls)	
Sandy Miller	96:08
Chris Franklin	101:40
Ardis Dull	110:45
Scott Donald	120
Michael Pope	171:01
J. T. Seabrook	173:50
Jenny Pearson	211:30
Tim Seabrook	DNF

Course 4 (7.0km, 225m climb, 14 controls)	
Eric Bone	57:29
Jan Urban	65:52
Paul Hoopmann	70:24
Kean Williams	90:42
Eileen Breseman	93:13
Dave Enger	94:30
Don Atkinson	113:04
Robert Miller	116:39
Debbie Newell	118:22
Dave Tallent	128:33
M. J. Cory	239
Ken Lew	DNF
Rick Breseman	DNF
Howard Halter	DNF

Ride-Like-The-Wind Bike O **Edmonds, WA**

September 13, 1998

Meet Staff: Rick Hood with Debbie Newell assisting

The format was a 45 minute score-O with the control being worth from 1 to 3 million points apiece.

We now have a basic map that can be used for future bike O event or even go into our "trim course" offerings.

Results for those competing on Bike are:

Rick Breseman	23 million points
Bill Messinger	23 million points
Kean Williams	21 million points
Robert Miller	19 million points
Bob and Bobby Seidensticker	17 million points
Don Atkinson	15 million points
Don Denbo	

Results for those competing on foot on the same course (where foot competitors received double points) are:

Dale Width	40 million points
Ardis Dull	18 million points
Sandy Kish	
Miller	16 million points

Thanks to Dave Tallent and Debbie Newell, who vetted the course the prior week, Linda and Elizabeth Hood, who manned the lemonade stand control, and Bruce McAlister, who provided brownies in support of the WIOL program.

Rooks Park, Walla Walla, WA

Sunday, September 20, 1998
Sacajawea Orienteers (SACO)

Meet Director & Course Setter: Frank Skorina
 Control Pickup: Holly, Michel, Steve, Liliane
 Participants: 22

The second-year medical students deliberated whether to compete against each other on the intermediate or advanced course. They had experience with CROC orange level courses and Brett had done at least one green level course. Since they had driven all the way from Portland, they decided to maximize their orienteering and go for the longer advanced course. Brett started two minutes in front of Erik and after meeting up in the woods the friendship developed into high-tempo, head-to-head competition. At the line they finished simultaneously in a near-sprint and were one-two on the advanced course. Chris Howard (along with Penny, his small, but tough dog) rounded out the top three having warmed up with a seven mile run in the morning. Congratulations to the sleep-deprived med students.

Weather, although threatening for a moment, was great and turnout was good considering that this was the first meet of the fall and there was minimal publicity to remind the population of that fact. Most of the participants are members which reflects our membership growth. We are at 32 members (once everyone who promised they will renew does) which is almost 50% higher than our Dec. 15, 1997 level.

Advanced 6 km, 12 controls

Erik Kinzie	51:28
Brett Johnson	53:28
Chris Howard (and Penny)	58:51
Sonny Elsasser	69:17
Michel Billaux	70:12
Ivar Husa	72:39

Intermediate 3 km, 10 controls

Hamilton Family of 3	55:44
Jon Bren	63:15
Mark and Ben VanDonge	68:29
Liliane Billaux	76:08
Sherri Kamara	89:00
Matt and Jane Skorina	122:47

Beginners 1.35 km, 7 controls

Erik and Russell	
Skorina, Holly Howard	29:30
Steve, Kally, and Maya Rapp	35:5

Sacajawea State Park October 3, 1998

Meet Director & Course Setter: Ivar Husa
Control Pickup: Bob Gruel and Michel Billaux
Participants: 22

We've come to expect fine weather at this event, and we weren't disappointed. This year the course setter came across a pair of whitetail bucks jousting. What a pretty place to hold an event. Thanks to the competitors who came up from Portland to join us, and we hope you enjoyed our event.

Beginners 7 controls 1.4km

Matt Erickson	0:19:30
Andy Weakley, Dana Cummings	0:22:20
Steve Shankle	0:28:30

Intermediate 10 controls 2.9km

Darci and Dan Hamilton	0:50:20
Matt Erickson and Andy Weakley	0:55:00
Todd, Jessica, and Richard Brown	1:35:08
Mike and Chris Callopy	1:40:00

[PARA]Advanced 10 controls 4.2km

Frank Skorina	0:35:31
Bob Gruel	0:38:10
Brett Johnson and Helen Temican	0:39:00
Sonny Elsasser	0:46:30
Michel Billaux	0:47:00
Rick Martinez & Larry Birkhead	1:38:00
Christine LeMaitre	2:54:47
Erik, Grace and Kahnetah	DNF

Lake Sammamish State Park

September 27, 1998

Issaquah, WA

Sammamish Orienteering Club

Meet Director: Dave Enger
 Course Designers: Bruce McAlister, Eric Bone
 Course Setters: Bruce McAlister, Fred Veler
 Registration: Dave Enger, Kean Williams, Bruce McAlister
 Timing: Dave Enger
 Control Pick-up: Bruce McAlister, 4 Engers

Course 1 (1.5km, 7 controls)

Beth Walker	16:48
Scout Pack 576, Cobras	20:16
Rebecca Byron	29:00
John Anderson	29:35
Bonnie Parrish	38:16
Tony Moore & Helen Young	38:16
Harnos family of 4	60:00
Michael Pope family of 4	65:44

Course 2 (4.0km, 10 controls)

Martin Kotecky	31:30
M. J. Cory	32:44
Wendy Johnnecheck	36:05
Paul Siscel	38:05
Todd Brown	40:52
Harvey Friedman	43:38
Greg Clark	44:59
Jay & Tomoko Dillahunt	61:55
Anderson family	62:14
Court group of 4	62:55
K. D. Hallman	63:35
Paul & Ian Richards	73:02
Ken Chien	74:56
Frank Magana, Jr.	89:05
Forgrave Family	99:45
Don Denbo	108:21
Vargo group of 5	141:48
Sally Riggers	DNF
John Anderson	DNF
Jonas Karlsson	Not Timed

Course 3 (6.5km, 13 controls)

Paul Hoopmann	50:44
Jan Vrana	57:30
Alex Hall	61:56
Fred Veler	64:01
Dale Width	64:35
Peter Golde	65:45
Kean Williams	66:10
Jeremy Court	70:02
Barbara Bryant	72:44
Dave Yee	74:38
John Lee	74:46
Patrick Kelly	84:55
Chris Franklin	87:01
Ken Lew	87:37
Frank Magana, Sr.	89:05
Danh Vo	94:30
Ardis Dull	94:34
Larry & Marie Sorenson	124:39
Larry Keller	134:44
Paul Magnus & kids	DNF

Sammamish Orienteering Club

Meet Director: Dave Enger
 Course Setter: Jan Urban
 Registration: Bob Reddick
 Timing: Jan Urban, Randy Brasfield, Dave Enger
 Control Pick-up: Debbie Newell, 4 Engers

Course 1 (0.95km, 7 controls)

Blackstone	22:13
Will, Madeline, Molly Enger	25:09
Randy Brasfield group of 5	34:15
Tim Little	36:49
Greg & Matt Moffit	47:29
Michael Pope group of 5	94:57
Joyce Lewis	Not Timed

Course 2 (1.45km, 12 controls)

Will Enger	28:23
Todd Brown & friend	48:09
Hans Reek & John Covert	49:25
Knorr family of 5	64:43
Greg & Matt Moffit	68:30
Sally Riggers, Mike & Phillip	72:19
Lori Little	73:00
Forgrave kids	95:25

Course 3 (3.0km, 17 controls)

Debbie Newell	34:05
Fred Veler	34:53
Linda Moore	45:05
Don Denbo	46:41
Don Atkinson	48:40
Jonas Karlsson	48:45
Tim Little & Pony	51:48
Carl Moore	64:00
Sid Whaley	64:53
Hans Reek	65:08
Neil Smith	65:55
Dave Petty	66:00
Chris Franklin	83:58
Ryan LaPointe	85:00
Marcus Shell & Carol Williard	91:18
Larry & Marie Sorenson	102:33
Stephen Norman	112:11
Blake Mitchell	122:30
Ken Chien	128:47
Paul, Melva & Ian Richards	131:47
Nate Conley	175:37
Gerald Barries	180:38
Lael Smith	DNF
Adam Preston	DNF
Bryce Dane	Not Timed

Course 1+2+3 (5.4km, 36 controls)

Eric Bone	43:42
Paul Hoopmann	56:28
Mark Howlett	56:56
Arne Skog	59:05

Shoreview Park (Boeing Creek Map)**October 11, 1998****Shoreline, WA**

Uli Steidl	62:43
Bill MacDonald	65:47
Ardis Dull	102:00
John Lee	104:04
Patrick Kelly	107:35
Ken Lew	109:16
Michael Thomas	140:52
Dave Yee	144:56
Melissa Phillips	DNF

Wallula East

October 18, 1998
Sacajawea OC

Meet Director & Course Setter: Ivar Husa
 Control Pickup: Bob Gruel and Sonny
 Elsasser, Participants: 15

It was as close to a perfect day for orienteering as one could expect. Sunshine, temperatures in the 60's, and no wind. Oh, and two water controls for the longest (8.5km) course! Participants could choose among four courses, a first for our club. We may break down and begin rating them by color, instead of "Beginner, Intermediate, and Advanced".

A note on the map. This was the first use of "Wallula East", a 1:15000 subset of a larger mapped area, nearly 6 km long! Mapping continues on the south shore.

Course	Distance (km)	Number of Controls
Beginner	1.5	6
Intermediate	4.5	13
Advanced	6.5	16
Long Advanced	8.5	19

Participant	Course	Time	Place
Frank Skorina	Long Advanced	80:12	1
Bob Gruel	Long Advanced	89:31	2
Sonny Elsasser	Advanced	78:40	1
John Beck	Advanced	138:54	2
Steve, Emily, & Diane Shankle	Intermediate	110:00	1
Dana, Tanner, Brian, and Andy	Intermediate	127:00	2
Steve Weakly, Bill Rutz, Addison, and Alexis	Beginner	40:00	1

Vampire O

October 25
Woodland Park
Cascade Orienteering Club

Meet Director	Robert Miller
Assistant Meet Director	Sandy Kish Miller
Course Designer and Setter	Jim Siscel
Course Pickup	Jim Siscel, Paul Magnus, Bob &

Pat Reddick

Shadow

Bill Cusworth

This year we had a lovely Fall evening for the Vampire O, no rain and just cool enough to keep the runners from overheating. As in past years, it is utterly unpredictable as to who will come in with the most points. Two fast runners, Paul Magnus and Eric Bone, in the past have been bit many times, losing many points. This year, both runners came prepared with their strategies, Paul wore dark sweats and Eric came in disguise.

Unfortunately Eric's disguise involved sauntering and this lost him valuable minutes. Judging by the times of some participants, I think some runners wanted time to get to some points w/o running into vampires - or perhaps they just were having a great time and didn't want it to end.

Michael Thomas won the award for the best costume. I am not quite sure what he was meant to be, but the costume was suitably horror filled. (I am sure he is really a very nice person.)

Robert Miller

Name	Points	Time	Net Pts
Peter Golde	22	34	22
Eric Bone	22	39	22
Julia Terlinchamp, Rachel Jones, Angela Nitzsche of GS Troop 268	22	42	22
Martin Kotecky	29	29	20
Don Atkinson	20	42	20
Bill Messing	20	44	20
Paul Magnus	21	-1	20
Carol Willard & Marcus Shell	18	36	18
David Yee	18	37	18
John Beezer, John Lee	18	38	18
Mark Watson, Austin Watson	18	43	18
Lael Smith	17	?	17
Randeg & Jon Blackstone	17	-1	16
Tara Matthews, Keith Burdette	18	-2	16
Beth Walker	13	36	13
Bill & Alex Gentzler	13	37	13
Howard & Harrison Halter	13	37	13
Michael Rutherford, Jonas Karlson	13	40	13
Daniel & Mark Jenes, Pack 319	13	43	13
Todd Drubnik	19	-6	13
Aaron, Trish and Reed Charlop	12	36	12
Sue, Tanar, & Aizen Ulric, Janet Flatten, & Rob Cranfill	12	40	12
Bob Seidensticker	12	42	12
Michael Thomas	12	-1	11
Paul Siscel	14	-3	11
John Lee	10	41	10
Duncan & Kirk Macdonald	9	45	9
Neil Smith	8	36	8
Dan Parr	7	38	7
Rick & Linda Garrison	22	-17	5
Boy Scouts Adam Heide, Mickolas Isezy	17	-19	-2
Patrick Tran & Manuel Possolo			
Ron West			Vampire
Scott & Janet Kenisson			Vampire
Nic Bone			Vampire
Kotecky Family			Vampire

Alex Loomis

Beginner Course- completed

Pacific Northwest Orienteering Schedule

For the latest information, including driving instructions, please call the Orienteering Hotline at 206.783.3966 or visit Howard Halter's webpage at www.eskimo.com/~halter/orienteering/pnw.html

Date/Time	Location and Comment	Type	Club	Contact
November				
Sun, Nov 1 1pm – 3 pm	Bennington Park, Walla Walla, WA. Off Tausick Way in Walla Walla	C	SACO	Frank Skorina 509.522.2770
Sat, Nov 7 10am – noon	Volunteer Park. Seattle, WA WIOL Practice Meet	C	COC	Eileen Breseman 425.483-6592
Sat/Sun Nov 13/14	Run in the Redwoods, Big Basin State Park, near Boulder Creek, CA (website: www.baoc.org/sched/s981114.html) October 31 is the deadline to avoid a late fee. This should be a super event; plan on attending. –ed.	A	BAOC	Contact Steve Beuerman (408-739-9376)
Sat, Nov 14	Island Crest Park, Mercer Island WIOL Practice Meet	C	SAMM	Dave or Val Enger 425.822.6254
Sat, Nov 14	Horn Rapids County Park. Richland, WA	C	SACO	Frank Skorina 509.522.2770
Sun, Nov 15 1pm – 3pm	Manito Park. Spokane, WA	C	EWOC	John Beck 509-838-7078
Sat, Nov 21 11am – 1pm	Mt. Tabor Park. Portland, OR	C	CROC	Gordon Bowen 503-235-6876
? Sat, Nov 29 ?	UW Campus (tentative, call contact to verify) and for start location	C	HUSKY	Bill Cusworth 206.789.1346

December

Sat, Dec 5 10 am -- noon	WIOL 1 / * Farrel-McWhirter Park, Redmond	C	COC	Dave Petty 425.822.4223
Sat, Dec 12 10 am -- noon	WIOL 2 / * Kelsey Creek Park, Bellevue	C	SAMM	Dave or Val Enger 425.822.6254
Sun, Dec 13 5pm	COC Annual Dinner and Social Gathering. Coco's Restaurant in Lake Forest Park.	X	COC	Rick Hood 425.640.8134
Sat, Dec 19 10am – noon	WIOL 3 / * Ft. Steilacoom. Tacoma, WA	C	NISQ	Carl Moore 253.756.5739
Sun, Dec 20	Determinator 3. Vancouver, BC	C	GVOC	Martin Pardoe 604-732-8731
Sun, Dec 27 11am or 11:30 mass start	Bog Slog Adventure Run, St. Edward St. Park Mass start at 11am for long course or 11:30 for short course. Pot luck at Bruce McAlister's starting at noon	X	COC	Rick Hood 425.640.8134

January

(additional meets listed in the January issue)

Sat, Jan 9 10am – noon	WIOL 4 / * Forest Park, Everett	C	SAMM	Dave or Val Enger 425.822.6254
Sat, Jan 23 10am – noon	WIOL 5 / * Big Finn Hill, Kirkland	C	SAMM	Dave or Val Enger 425.822.6254
Sat, Jan 30 10am – noon	WIOL Relay Lynndale Park, Lynnwood	C	COC	Hotline 206.783.3866

February

(additional meets listed in the January issue)

Sat, Feb 6 10am -- noon	WIOL 6 / * Shoreview Park, Shoreline	C	SAMM	Dave or Val Enger 425.822.6254
Sat, Feb 20 10am – noon	WIOL Championships Magnuson Park, Seattle	C	COC	Hotline 206.783.3866

Key: COC = Cascade OC, SAMM = Sammamish OC, NISQ = Nisqually OC, SACO = Sacajawea OC, EWOC = Eastern Washington OC, BAO = Bay Area OC, A = National Event, B = Regional Event, C = Local Event, * = Winter Series, and X = Special Event

Note: Club contacts and membership forms, USOF information, and other regular features will return next issue. Should you need any information before then, please contact one of the meet directors or leave a message on the Orienteering Hotline at 206.783.

COC's Annual Ballot for Board Members

Please select **five** (5) individuals from the list provided or write in selections of your own choice. In order for your ballot to count, you must print and sign your name in the space provided. You may mail your ballot to the COC address (POB 31375, Seattle, WA 98103) such that it arrives by November 11th or bring it to the annual dinner.

You are welcome to photocopy this form.

[To cast a ballot or be considered for a board position, individuals must be a member in good standing of COC.]

- ☐ Debbie Newell
- ☐ Peter Golde
- ☐ Eric Bone
- ☐ Rick Hood
- ☐ Don Atkinson

(write in option)

(write in option)

(write in option)

(write in option)

(write in option)

(Your name printed; required for mail in ballots)

(Your signature; required for mail in ballots)

Published by:
 Cascade Orienteering Club
 PO Box 31375
 Seattle, WA 98103

Hotline: 206.783.3866