

Bearing 315

The Newsletter of the Cascade Orienteering Club

January - February, 1992



BOG-SLOG, SWIM, POT-LUCK at ST EDWARDS

Sunday, December 30

Meet

The twelfth annual Bog Slog will take place next Sunday, December 29 at St Edwards State Park. The park is about one mile south of Kenmore on Juanita Drive (see inset map). Start times are from 10 am to noon, with the start area next to the pool parking lot. Course designer is Don Atkinson, and he promises a challenging course including some parts of the park, that you haven't seen before. The weather is unpredictable, as those of you who braved the snow last year will remember. This year we're hoping for milder weather. Following the meet there is swimming in the park pool, and a party at Debbie Newell's.

Pool

The pool will be open to the general public from 11:00 to 1:30, (\$1.90). Bring your own suit and towel. The pool is open for showers only for \$1.25.

Holiday Party

There will be a party following the meet at Debbie Newell's. Debbie's house is close to the park. Just go back to Juanita Drive, and north on Juanita Drive to the stoplight at 155th (Arrowhead School). Take Arrowhead Drive, turn left at the second street (154th), go several blocks to 6216 NE 154th - on your left. There will be the usual bog-slog awards, and a festive party. Everyone is invited. Refreshments will be provided, but non-juniors should bring a pot-luck contribution.

Hope to see you there!



St Edwards Site Map

TENTATIVE SPRING SCHEDULE

Jan 4	COC	Seward Park
Jan 11	SAM	Island Crest
Jan 18	NISQ	Pt Defiance
Jan 20	NISQ	RAMBO 4
Jan 25/26	COC	Mill Creek (Ski-O)
Feb 1	SAM	Forest Park
Feb 8	WIOL	Woodland Park (Relay)
Feb 15	NISQ	Priest Point
Feb 22	COC	Lake Tradition
Feb 23	SAM	Bridle Trails
Mar 8	COC	Farrel McWhirter Park
Mar 15	SAM	Big Finn Hill
Apr 4	COC	TBA
Apr 11	SAM	Lake Sammamish
Apr 18	COC	Woodland Park (Newcomer)
May 3	COC	Lincoln Park
May 13	SAM	Robinswood
Jun 3	SAM	Kelsey Creek
Jun 13	COC	Drunken Charlie Long-O (tent.)
July 15/17	COC	USOF Convention
July 18/19	SAMM	Ros*Elum "A" Meet
Aug 22/23	COC	ROGAINE - White Pass area

COMING NEXT:

Seward Park - Saturday January 4

Peter Golde (meet director, course designer, and nice guy) has said that the Seward Park Meet this January 4th is going to be exciting. And that means that the courses are likely to be a bit on the challenging side. This should be an outstanding local meet featuring four interesting courses. And here's some trivia for you; this year is Cascades 15th birthday with our first map being, you guessed it, Seward Park. So, here's hoping you can join Peter and the rest of us on January 4th for a great time. We'll be starting at the large shelter area at the upper parking lot.

Mill Creek Ski-O - January 25/26

Ski and Shoe Weekend

COC will be trying an overnight Ski-O this winter. We will stay overnight at Bruce's cabin at Scenic about 5 miles west of Stevens Pass. There will be a Ski-O Saturday at Mill Creek, about 5 miles east of Stevens Pass, and recreational skiing on Sunday (weather permitting, we will try for the hot springs above Scenic). Come for either Saturday or Sunday or stay overnight. Because of the difficult parking situation at both Mill Creek and Scenic, car-pooling is recommended. If you come to the ski-o on your own, you must have a permit to park at Mill Creek Sno-Park which costs \$3/day or \$20/season. For those staying at the cabin, we will carpool from Scenic to Mill Creek.

The cabin is about a 1/2 mile ski run from the Stevens Pass Highway. Bring a sleeping bag to stay overnight. We will make a toboggan or ski-mobile run in with packs. Saturday dinner (\$2) and Sunday breakfast (\$1) provided. Lunch fixings available. Soup and coffee at the cabin.

You can do the course on snowshoes if you like; it doesn't require any training and is fun the first time. If you need to rent cross country skis or show shoes, one good place is any REI store. Their rates are: x-c package, \$13 a day; snowshoes, \$18 a day. There is a \$3 per day discount for REI members. Make your reservation early at the Lynnwood, Crossroads, or Downtown store.

You are welcome to come for any or all of the weekend. However, because of parking and the necessity to plan for food, reservations are a necessity. Please call Bruce at 821-6862. We will be at the cabin come rain or storm, however, the meet will depend upon weather conditions. Check the hotline (783-3866) for latest information.

Election Results

Peter Golde, Mike Schuh, Bruce McAlister, Dave Petty and Debbie Newell were elected as 1992 Board Members at the club election on November 2. At the December Board meeting, Peter Golde was elected President for 1992. A list of officers and coordinators appears on page 8

Cascade 1992 Big Events

As you can see from the schedule on page 1, Cascade Orienteering Club will host a slew of in-town events, including an unprecedented "1992 big four": Drunken Charlie Lake (including a long course) on May 11 or June 13 (tent.); the USOF Convention July 15/17; a 12 hr. ROGAINE at the White Pass area on August 22nd; and the Washington State Championships at Cle Elem Ridge or Moran State Park on September 19th and 20th.

We hope you mark your calendars now for the big four, as they are sure to be both fun and challenging. The next few *Bearing 315* issues will have more specifics for these COC hosted events. (We still need course designers and meet directors for these meets, so if you are interested, please call Denise at 322-7797 or Peter at 883-3732; they'd love to hear from you.)

Newsletter Changes Coming!!

Starting with the next issue, *Bearing 315* will be a joint newsletter. The format will be much the same, but there will be separate sections for each club news, and combined results (started this issue) and schedules, and shared editing. All northwest orienteers will receive the newsletter. As always, readers comments and articles are appreciated.

APOC 92

APOC 92 will be held May 2-5 in Japan. Application deadline to avoid late fees is January 31. Harvey Friedman has application form if you need a copy.

Orienteering Association of British Canada 1992 Events

The OABC folks were kind enough to invite us to their planning meeting. Besides having a great lunch and trading "O" stories, we meshed schedules in a helpful and enjoyable fashion. The upshot, coordinating schedules sounds like a great idea for an annual tradition.

OABC will be mailing out their complete schedule to the clubs soon, but they were nice enough to fax us a copy in time for the *Bearing 315* Jan/Feb issue deadline. Looks like a lot of great orienteering north of the border:

(all area codes are 604)

Jan.26	Beaver Lake Park	(C)	VICT	Coral Loy 477-2610
Feb. 9	Rosslund		Ski O	Tricia Rasku
Feb. 16	U. Vic.	(C)	VICT	Dennis Fedoruk 592-5739
Feb. 23	Hollyburn Ridge		Ski O	GVOC George Pugh 261-1075
Mar 21/22	Sat:Camp Thunderbird Spring O		VICT	Gar Fisher
	Sun: Mt. Douglas			
Apr.5	Lighthouse Park		GVOC	Jim Swadling 988-0843
Apr.11	Maple Mtn. -Jr. Training		CVO	Peter Smith 748-3235
Apr.12	Maple Mtn.	(B)	CVO	Andrew Armour 748-3088
Apr.26	Watershed Park, Delta		GVOC	Colin Preston 255-1380
May11	Newcastle Island School Champs		CVO	Jack Saprunoff 339-4148
May 16/17	Sage Stomp - Edith Lake		SAGE	Allan Vyse 372-8607
May 23/24	Newcastle Island	(B)	CVO	Jim Traynor 746-5955
Jun.6/7	Aspen Grove		GVOC	John Rance 526-3319
Jun.13/14	Ruckle Park, Saltspring Island	(C)	VICT	Jack Carson 592-3559
Jun.13/14	ALBERTA CHAMPIONSHIPS (near Calgary)			453-8577
Jun.21	Brandywine Falls		GVOC	Volker Bodegom 322-1027
Jun 27/28	Lundbom Lake			
	ROGAINE (24 hours)		SAGE	Murray Foubister 374-6497
Jul. 3-5	Blue Lake Clinic		ALBERTA ORIENTEERING	453-8577
Jul.12	Central Park		GVOC	Colin Preston 255-1380
Aug.23	Cypress Park	(B)	GVOC	Robyn Rennie 987-6573
Aug 29/30	Western Canadian Championships, Alberta			453-8577
Sep. 6	Forbidden Plateau, Courtney			
	ROGAINE		VICT	Steve Chatwin 592-3559
Oct.4	Lighthouse Park		GVOC	Ron Green 224-6152
Oct 10/11	Thetis Lake Park			
	BC CHAMPIONSHIPS		VICT	Sandra Kerr 721-5759

Intermediate Orienteering Class

Mike Schuh will once again offer his Intermediate Orienteering Skills class. Intended for orienteers with at least one year's experience who wish to be more "efficient", the class will meet Sunday evenings for two hours for 4 weeks - January 12 and 19, and February 2 and 9. The class will discuss route choices and tactics, using the regular club events held each weekend. Enrollment will be limited to 10 students. Tuition will be \$20 per person, \$15 for students, and \$35 per couple. For more information or to enroll, please contact Mike at 783-3960.

Cascade Chatter

by Harvey Friedman

As usual, we'll start with positive roster changes as of 15 December 1991. Words of both thanks and welcome go to the following new or renewing club members: Martha Anderson, Steve Avolio, Mark Bingham, Rob Blomquist, Boy Scout Troop 352, Jeff Coker, Larry Farrar, Dyche Kinder, Kai Johansen, Jim McCaa, Debbie Newell, Brad Payne, Bo Powell, Tom Slocum, Doug & Katie Sprugel, Susan St. John, Brent Winant. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; also, membership cards are only available in person at a club function such as regular meet, meeting, pot-O-luck, but not at any ski-O meets, nor night-O meets, nor canoe-O meets (unless you are lucky), nor training events, nor workshops. If you want to get your handsome membership card, contact the membership coordinator, me (Harvey), at a Cascade sponsored meet or at one of the above-mentioned happenings. I do not have blank membership cards with me when I attend other clubs' functions. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost).

News of note: Following up last edition's Cascade Chatter, Peter Bonek and Claudia Kunzel, both members of the Austrian national team, who are studying at UBC for this year have survived their first term there and stopped the evening of the 16th with Anne and me on there way to see more of America and to ski in Utah. Tracking down the rumor that Rasmus Odum and Charlotte Thrane of the Danish national team would be studying at a school somewhere in Washington state; in fact they are studying at Washington State University over in Pullman. We haven't contacted them yet but did note that Rasmus came in 7th in the Seattle Marathon. Doing even better in the Seattle Marathon was Mark Howlett, who came in 3rd with a time of 2:30. Anne York, who works at the National Marine Mammal Laboratory, presented a very well-received paper at the Biennial Marine Mammal Conference held this year in Chicago. During that same 7-8 December weekend, I also was in Chicago to attend my brother's wedding. We enjoyed ourselves at both. I have another one of Craig Brooks' Rupert Ramblings describing his life and times up in Prince Rupert, British Columbia, Canada. I'll be happy to let anyone who wants to read it. We received a Christmas card from Denmark from Finn Arildsen. He extends best wishes to all who remember him. We received our usual IOF holiday greetings card from Sweden. We learned that Per Bengtsson had another tour group heading for the Veterans World Cup in Tasmania in January and the group would be stopping in California 16-21 December where they would attend a warm-up Class B meet in San Diego. COC Equipment Coordinator and course designer for this year's Bog Slog Don Atkinson will also be going to the VWC. He has an ulterior motive because his brother lives there also. Jessica Rykken is back from working the summer in Yukon Flats Wildlife Refuge in Alaska. We probably won't see her at any meets yet since she broke her leg skiing after only being home a few weeks. Bob and Mary Forbes, part of the course design team for the 1990 PNWOF and World Cup are the proud parents of a new 7 lb, 6 oz son, John, who checked in on November 16. Since I've already mentioned 3 of the 4 members of the PNWOF-WC design team (Anne, Bob, Mary and Fred), we have a report about the final member Fred Veler. Fred has married Martha Swift and moved to Seattle. COC founder Len Englund has finished with his chemotherapy and is feeling much better now. We should soon see him at meets again. NEOC (New England Orienteering Club) members Mike Fritz and Vivian Benning and John Rogers and Beth Elliot, as well as Bay Area Orienteering Club members Steve McConnell and (soon) Marci Jaffe.

Remember, the bulk of club memberships are due to expire New Years Eve. If you are in this category, be sure to write your renewal check pronto (or turn it in at the Bog Slog). My memory is not so good anymore, so if anyone has news of interest, write me a note, so I can include it in Cascade Chatter.

Reminiscences of an Experimental College Instructor

by Mike Schuh

The Fall quarter class Experimental College class marked my tenth anniversary of teaching orienteering. Through the years I have learned a lot about sharing my enthusiasm for the sport and have met many wonderful people. You probably know some of them: Barbara Pedersen (1981), Roger Sharp (1983), Kenneth Wiljanen (1983), Ken Knapp (1983), Paul Bullard (1984), Eileen Breseman (1984), Francis Smith (1984), Doug and Katie Sprugel (1985), Steve Layman (1986), Rick Donaldson (1988), Debbie Armstrong (1988), Thurston Miller (1988), and David Soper and Denise Klein (1989). (Perhaps I should start a "Mike Schuh Alumni Association". Then I could get paid an outrageous fee to speak at their annual dinner...) Several of these - Barbara, Roger, Eileen, Francis, Doug, Katie, David, and Denise - have held positions in COC's leadership. Thurston was instrumental in forming the Las Vegas, Nevada, O' club.

The diversity of students taking my class has been amazing - rich and poor, high school dropouts and PhD's, young and old, families, jocks and the not-so-athletic. One of the more heart-warming stories involves a student who told me he really wanted to take the class but couldn't pay (he'd just been laid off). I assured him that he could attend and to pay me whenever he got the chance. The class came and went and I soon forgot about him and the fact that he never paid. Then one day, while walking in Ballard, I'm stopped by this stranger who identifies himself as this student and pays me for the class he'd taken a couple of years earlier. Restores one's faith in humanity... At the other end of the economic scale, my students have included members of the Nordstrom family and an Olympic Gold medal winner. Two Japanese exchange students took the class in the Spring of 1989; in the Fall 1991 class, an equestrian with experience in mounted orienteering was a student. It's been interesting.

My original class outline was derived from an outline published circa 1980 by the US Orienteering Federation's Education Committee. It called for 16 one hour classes, which I combined into 8 two hour classes, with one class per week. In the Spring of 1985 I rewrote the outline, dropping several topics, and shortening the class to just four weeks. Besides an immediate quadrupling of class enrollment, this also lessened instructor burnout and made the whole endeavor a lot more fun.

Initially I taught the class in just the Fall but starting in 1984 have offered it, with a couple of exceptions, in both the Spring and Fall (Summer is too busy to try to teach it - and the forest too thick - while Winter is taken up with the school league). Beginning with the Spring 1989 class, I offered two sections, one in the morning from 10:00 am until noon (as I had done from the beginning), the other from 12:30 pm until 2:30 pm. This has resulted in another 50 percent increase in students. Over the decade, I have had a grand total of 300 students and have given 85 days of instruction.

With the exception of one class taught at Camp Long, all of the classes have been held at Discovery Park. This is a nearly ideal setting for such a class: we can use the visitors center conference room to discuss various techniques and concepts, and then just walk outside and try them. At first I used a simple black and white map of a corner of the park - it was what I could afford. Then in 1982 I produced a color map, with a marked improvement in students' comprehension and interest. This has lead me to advocate color for all orienteering maps, even itty-bitty ones that might otherwise be ignored.

I hope to continue teaching this class for many years. It has been a richly rewarding experience, and I thank all of those students who have made it worthwhile and fun.

MEET RESULTS

Western States Championships Sunol State Park, California November 23/24

by Harvey Friedman

Leaving Sea-Tac on a rainy 45 degree morning and arriving in San Jose a couple of hours later to 65 degree sunshine was a great start for an O' weekend. Anne York, Knut Olson, and I, HarveyFriedman arose in the wee hours of morning to catch our 7:45 AM flight. We had no problems, picked up our rental car and a standard rental car company map, and navigated ourselves right to Sunol Regional Park and the registration table. We arrived just before 1100 so had enough time to change and copy our control descriptions to our punch cards before trekking for about 50minutes the 2 kilometers, 700 meters climb to the start. We knew that several club members would be going down Friday evening, but were rather surprised when scanning Saturday's results to see that 18 from the state of Washington plus AlexKerr from Vancouver attended. Total registration was only about 120 (not counting week-end walk-ons) so we were quite wellrepresented. In fact, of the 18, 6 earned ribbons. Course, class, name, place, and day2 time and total time are provided below.

COURSE/Name	Place	Day2 time	Total Time
ORANGE			
F-open			
Margie Bone	pp2-1st	106:15	194:49
M16A			
Nick Bone	pp2-1st	77:06	165:17
GREEN			
M18A			
Eric Bone	pp2-2nd	47:39	95:27
M55A			
Carl Moore	pp2-4th	78:18	174:40
Knut Olson	pp2-5th	100:57	194:48
Bruce McAlister	pp2-6th	163:33	323:46
M35B			
Harvey Friedman	pp2-6th	142:35	248:16
F45A			
Linda Moore	pp2-3rd	133:32	236:56
Anne York	pp2	DNS	OVT
RED			
F21A			
Debbie Newell	pp2-3rd	89:57	166:17
Eileen Breseman	pp2-4th	114:27	234:36
M21B			
Peter Golde	pp2	DNS	120:0
M35A			
Ben Hall	pp2-4th	75:32	136:47
Rick Breseman	pp2-8th	96:18	192:31
Arne Skog	pp2	DNF	71:33
M40A			
Dave Tallent	pp2-3rd	123:00	251:50
M45A			
Fred Veler	pp2-3rd	71:26	140:40
Mac MacDonald	pp2-5th	94:41	179:00
Alex Kerr	pp2-6th	84:08	183:15

Vampire Night O Hamlin Park, November 2

Cascade Orienteering Club

Meet Director/Timing: Don Atkinson
Course: Debbie Newell
Escort to Ms. Newell and Director of Vampire Operations: Rick Hood
Registration: Mike Schuh, Robert Miller
Control Pickup: Sandy Kish Miller, Rick Hood
Map Update: Bob Williamson

It was a scream; it was truly FunO. With 3 vampires and 20-some orienteers, almost everyone got bitten at least once, with many (including our top finishers) getting bitten twice. The top finishers guessed they punched some 25 to 30 times and the Champ had just gotten a card with 15 minutes to go and only 5 controls; he hustled and stayed off the trails. Kudos to Debbie for course design, as every control was visited almost equally (all controls were punched 7-10 times save for control #14, which was punched only 3 times.) Special thanks to Bob Williamson for updating the map just prior to the meet.

In sum, perfect weather on the course and good pizza and vampire stories afterwards made for a great evening. (Can a summer day squirt-gun vampire O or a Klingon vs. the Federation night O be far off? Let's hope so, but look for the newly established Halloween Vampire O next year.) Oh, next year when a vampire bites someone, it takes no looking at their control card, seeing too few punches, and then saying, "sorry, I wasn't thirsty."

Rick Hood

Course: 20 controls worth 1 point apiece, mass start, 45 minute time limit, 2 points per minute overtime penalty.

Name	Points	Penalty	Total
Mark Hartinger	15	0	15
Mark Howlett	13	0	13
Ben Hall	15	2	13
Dave Tallent	15	2	13
Eric & Nick Bone	11	0	11
Jim McCaa	10	0	10
Bob Williamson	13	4	9
Rob Blomquist	7	0	7
Peter Golde	7	0	7
Norm & Gerri King	7	0	7
Dave Lilly	7	0	7
Robert Miller	11	4	7
Mac MacDonald	8	6	2
Sandy Kish Miller	6	4	2
Kathy Trost	6	4	2
Harvey Friedman	4	6	0
Ken Lew	4	4	0
Eric Frieden		Vampire	0
Mike Fritz		Vampire	0
Bill MacDonald		Vampire	0

Forest Park - November 17

Sammamish Orienteering Club

Meet Director: Mac MacDonald
Courses: Ben Hall
Registration: Kathy Trost
Start: Ben Hall
Finish: Ben Hall, Mac MacDonald

Sixteen lucky advanced-course orienteers were challenged to participate in a motala at Forest Park in Everett. A motala is an orienteering race in which all participants start at the same time, and each participant runs three to four short courses one after another -- but not necessarily in the same sequence as the other competitors. Each runner begins with one map, then trades it in for another when he/she completes the first course... and so on, until all the courses are completed.

At Forest Park there were four courses -- A, B, C and D -- and so while runner #1 might run the race in sequence ABCD, another might run DCBA, or BACD, etc. Ideally, the course sequences diverge as quickly as possible, so that runners who start the race on the same leg -- say, leg A -- will run a different 2nd leg. In practice, a four-course motala has only 24 discrete course combinations (4 factorial), and half of those have the same 1st/2nd leg combination as the other half... so if there are more than 12 participants, some people will be running the same 2 first legs as some others.

Rather than lose sleep over the combinatorics of motala sequences, I wrote a program to run on a laptop that would, among other things, automate the process of assigning course sequences to runners as they registered, insuring the maximum randomness for a given number of entrants. How well did it work? It doled out sequences CDAB and CDBA to John Rogers and Dave Enger, two people with exceptional and comparable orienteering skills; I couldn't have chosen a worse pair of sequences for these two. This explains why Microsoft returned my resume.

However, the program was useful in other areas -- most notably, in that I could easily take split times for the runners as they entered the map-exchange area in between legs. Motala splits give an interesting view into the mid-race dynamics by providing four mini-race results (see results). Here are some of my observations on that data:

All four legs were roughly 1.4k, for a total distance of just under 6k. John Rogers (a recent transplant from New England and 1990 U.S. Champion in M35), won the race in 50:48, by a scant 26 seconds over Dave Enger. Although John never posted the fastest time for any one leg, he was consistently 2nd or 3rd. Enger lost the race on leg B alone; his ACD time was better than John's. This is

Upcoming Orienteering Meets

Call Orienteering Hotline at 783-3866 for latest information and details.

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Contact</i>
DECEMBER					
Sun., Dec. 29 10am-12noon	St. Edwards State Park, Kirkland. 12th Annual Bog Slog, pot-luck to follow. NE 141st and Juanita Drive NE	C	COC	1:10000 color	B. McAlister 821-6862
JANUARY					
Sat., Jan. 4 10am-12noon	Seward Park, Seattle. WIOL race #2 Lake Washington Blvd. S at Orcas.	C	COC WIOL	1:10000 color	Peter Golde 883-3732
Sat., Jan. 11 10am-12noon	Island Crest, Mercer Island. WIOL race #3 S of I-90 on Island Crest Way.	C	SAMM WIOL	1:7500 color	Dave Enger 822-6254
Sat. Jan. 18 10am-12noon	Point Defiance St. Park, Tacoma. WIOL race #4	C	NISQ WIOL	1:10000 color	Mike Tharp 459-9231
Sat. Jan. 18 11am-12noon	Riverside St. Park, Spokane.	C	EWOC	1:15000 color	John Beck (509)536-0650
Mon., Jan. 20 10am	Point Defiance St. Park, Tacoma. Rambo IV: 3 hour Rogaine. See above.	X	NISQ	1:10000 color	Carl Moore 858-8217
Jan. 25,26	Mill Creek Ski-O Weekend, Stevens Pass. See article this issue. Sno-Park Permit required.	C	COC	1:24000 USGS	B. McAlister 821-6862
Sun., Jan. 26	Beaver Lake Park, BC.	C	VICT		Coral Loy (604)477-2610
FEBRUARY					
Sat., Feb. 1 10am-12noon	Forest Park, Everett. WIOL race #5 Exit I-5 at Broadway, to 41st West, becomes Mukilteo Blvd.	C	SAMM WIOL	1:10000 color	Dave Enger 822-6254
Sat., Feb. 8 10am-12noon	Woodland Park, Seattle. WIOL relay race West of I-5 on NE 50th St.	C	UW WIOL		
Sat., Feb. 15 10am-12noon	Priest Point Park, Olympia. WIOL race #6 I-5 to Plum St exit (105B), go N. on Plum. 3km East Bay Dr.	C	NISQ WIOL	color new	Mike Tharp 459-9231
Sun., Feb. 16	University of Victoria, BC	C	VICT		D. Fedoruk (604)592-6739
Sat., Feb. 22 11am-12noon	Lincoln Park, Spokane.	C	EWOC		John Beck (509)536-0650
Sat., Feb. 22 10am-12noon	Lake Tradition, Issaquah. WIOL Championships.	C	COC WIOL	1:15000 color	Mike Schuh 783-3960
Sun., Feb. 23 10am-12noon	Bridle Trails State Park, Bellevue. Exit I-405 at NE 72nd Pl, go S on 116th Ave. NE	C	SAMM	1:10000 color	Dave Enger 822-6254
Sun., Feb. 23	Ski-O at Hollyburn Ridge	C	GVOC		George Pugh (604)261-1075
MARCH					
Sun., Mar. 8 10am-12noon	Farrel McWhirter Park, Redmond. Avondale Rd N at end of 520. Right on Novelty Hill Rd, left on Redmond Rd.	C	COC	1:3500 color	P. Golde 883-3732
Mar. 21,22	Camp Thunderbird and Mt. Douglas, BC.	B	VICT		Gar Fisher
FUTURE...					
April 4, 5	Harriman St. Park, Bear Mt. NY	A	HVO	existing	
April 11, 12	SF Bay Area A-meet, CA	A	BAOC	new	
April 25, 26	1992 US Intercollegiate Champs, Troy NY	A	EMPO	new	
May 2, 3	14th Annual West Point Invitational, NY	A	USMA	revised	
May 16, 17	Individual and Relay A-meet, MA	A	NEOC	existing	
May 16, 17	Sage Stomp	A	SAGE	existing	
July 11, 12	Long-O Championships and A-meet, Colorado.	A	RMOC		
July 15-17	USOF Convention, University of Washington	X	COC		
July 18, 19	Convention A-Meet, Ros-Elum Ridge, Cle Elum, WA	A	SAMM	1:15000	

CLUBS:

COC: Cascade Orienteering Club
EWOC: Eastern Wash. O. C.
CROC: Columbia River O. C.
MPO: Empire O. C.
UW: UW Orienteering Team

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

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

MEET TYPES:

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

COC OFFICERS AND COORDINATORS

Peter Golde	President	(206) 883-3732
Dave Petty	Vice President	(206) 822-4223
Ardis Dull	Secretary	(206) 364-4062
Margie Bone	Treasurer	(206) 634-2279
Rick Hood	External Coordinator	(206) 367-2606
Denise Klein & Dan Soper	Volunteer Coordinators	(206) 322-7797
Debbie Newell	Mapping Coordinator	(206) 488-7471
Harvey Friedman	Membership Coordinator	(206) 784-2774
Jim Sisco	Trim Course Coordinator	(206) 778-7202
Don Atkinson	Equipment Coordinator	(206) 488-0270
Mike Schuh	Executive Board	(206) 783-3960
Glen Gordon	Executive Board	(206) 868-2975
Bruce McAlister	Executive Board	(206) 821-6862

COC "C" MEET FEES

	b/w map	color map
Orienteering club members	\$2.50	\$3.00
Non club members	3.50	4.00
Novice (first time orienteering)	1.00	1.00
Families (regular fee for first 2 family members, \$1.00/person thereafter)		

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

Cascade Orienteering Club

Membership Application

Name _____

Address _____

Phone _____

Other family members _____

Club activities _____

Other interests _____

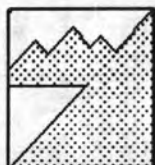
Membership Category

Yearly Fee

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

Mail this form, along with your payment to:

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



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

Has your membership expired?
If the label is marked with yellow, the answer is yes



FIRST CLASS POSTAGE

ADDRESS CORRECTION REQUESTED

