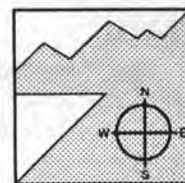




BEARING 315



The Newsletter of Orienteering in the Pacific Northwest

May, 1993

Huskies Clinch U.S. College Title

by Eric Bone and Bill Cusworth

It was a long trip home for the University of Washington (UW) team last April 1992 from the Intercollegiates held at Grafton Lakes State Park outside Troy, N.Y. Despite Jeff Coker's efforts to recruit a winning team, they had finished second in the team competition and were out of the running for the individual awards.

This year, several orienteers from the WIOU high school league, Eric Bone, Bill MacDonald, and Bryce Jensen entered the UW as freshman and together with Nathan Tharp from last year's team and Bill Cusworth, a graduate student who just started orienteering a year ago, formed the Husky Orienteering Club on campus. The club became an associate member of USOF, held its first official meet in February, and organized a team in hopes of performing well at the intercollegiates.

Using money collected from benefit meets held the past two years, and four plane tickets provided by Cascade Orienteering Club, Husky orienteers were on their

way to Virginia, along with Carl McNabb and Bruce McAlister. We flew United to get the USOF discount and arrived at Dulles (Bruce said we had to go via San Francisco to get the USOF discount, but we all knew it was just to get an extra 1000 frequent flyer miles) in the middle of a thunder squall. We all packed into an Alamo rental car and headed for meet headquarters at Camp 5 in Prince William Forest. After checking in, we took off for a practice run, then dinner at the local Kings Table, and finally settled into our rustic (unheated) cabins.

After being showered relentlessly upon our arrival the day before, we were greeted by a blue sky and sunshine on day one of competition. We found Hemlock Overlook without a hitch, thanks to good directions, courtesy of the event organizers (I was somewhat apprehensive after getting lost on the way to the park last fall).

We warmed up by jogging along the entry road, which winds its way through the rolling, wooded, suburban countryside, then proceeded to the start, which was pleasantly situated next to a small pond a few minutes walk from parking. Considering the last-minute change of venue, the course (I can speak only for the Red course) was remarkably well laid out over the steep gully-spur terrain. The first few legs were very short, so competitors were forced to think fast, then there were a few longer, route choice legs. Overall, the course provided a good technical and physical challenge (the climb percentage is testimony to the latter). After finishing, competitors found interim results and the usual friendly conversation, as well as refreshments and orienteering supplies for sale in a building not far from the parking area.

Eric had the fastest time on red, with Nate not far behind; Bill Cusworth had what he felt was his best run ever.

Back at Camp 5 in the evening, a hearty pasta and pizza dinner was followed by course discussion and a night-O on the Mawavi-Happyland map. When the results were posted, UW had finished the day 23 minutes ahead of the West point A team.

On day 2 of competition at Pohick Bay Regional Park, participants were greeted with similar weather as day 1: dry and sunny, with temps in the low 50's. Pohick Bay is a well-used area so there were many trails, roads, buildings, and even a golf course. The area is more open and less steep than Hemlock Overlook. Consequently, the times on day 2 were several minutes

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faster than day 1, despite being longer (6.9 km as opposed to 6.6 km). The major terrain features at Pohick Bay were the large reentrant systems and ditches. The forest was runnable with only small branches to impede progress. The course setting was very good except for one leg where the optimal route choice was through a fairway on the golf course. The golf course was out-of-bounds but the temptation to run along an open fairway rather than a somewhat difficult forested area proved too great for several USMA competitors.

The finish area was well organized and provided a great opportunity to cheer-on fellow teammates. The excitement mounted as several people noticed that Eric Bone had only a minute to beat Lans Taylor and suddenly he appeared in the finish chute and cruised to a 30 second overall victory. We anxiously awaited the results of the senior division and when they were posted we found that we had lost day 2 by about 12 minutes but had prevailed by about 13 minutes overall. The awards ceremony was well done by meet director Megan Schneebaum. At the ceremony, the sight of the military teams decked out in full uniform (in contrast to the other orienteers in their typical shabby dress) was quite a spectacle.

Since our plane back to Seattle didn't leave until Monday morning, we accepted the Schneebaum's gracious invitation to stay with them on Sunday evening. Nathan Tharp fixed up a stir fry dinner and Karen Schneebaum took a few of us for a moonlight tour of Washington. In the morning, we packed up the Alamo for the last time, and headed for the airport and Seattle. Cascade Orienteering Club hosted a party for the team the Wednesday evening after the event, appropriately on the UW campus.

The Husky orienteering team had a great time at this year's Intercollegiates, and Quantico OC did a great job of hosting the event (and, in spite of what you may have heard, the maps were really very well marked).

The 1994 Intercollegiates are again in Southern Michigan. Husky OC will be back to defend its title—and next year we plan to take the club cup as well. With new WIOL members and (hopefully) Rachel Tharp, we should be even better than this year. Plan now to come along and cheer us along.

Technical Terrain at Moran

A fun, technical course is in store for you at Moran State Park on Orcas Island. This orienteering event will be held on the top on Mount Constitution, the highest mountain in the San Juan Islands. Not only is there great orienteering on a great map, but the view from the start/finish area has been called the "best marine view in North America." Well, on a clear day, that is.

Although much of Moran is very steep, the courses have been carefully designed to keep the climb very reasonable. The terrain is tremendously detailed, with small spurs, reentrants, ponds, and rock features covering the mountain-top, making map simplification crucial to proceeding quickly. The terrain varies in run-

nability; some areas have many downed trees making sustained running difficult, most of the woods are fairly easy to run through, and there are also some good-sized clearings.

Four courses have been set: a beginner's course, an intermediate course, and two courses of advanced technical ability: one short and one long. The two advanced courses are of equal technical difficulty; they will have almost no trail running on them.

There is one drawback to Moran: the sparse ferry service makes it difficult to get to. To arrive in time for the 11:00-12:30 registration, you will have to take the 8:50 ferry from Anacortes, which means leaving Seattle at 7:00 (ouch!). Due to the expense of taking cars on the ferry, and the limited parking, we highly recommend carpooling from Seattle or Anacortes. Once at Orcas, follow signs to Moran park, and inside the park to the Little Summit. Return ferries leave at 1:50, 5:05, and 8:05. Starts later than 12:30 will be available on request for couples with children or other reasons.

If you have never been to Moran before, you might want to go on Saturday, have some time to enjoy the park, and camp overnight: camp-sites are \$8 and are first-come, first-serve at this time of year.

Trail Building at St. Edward State Park

On Saturday, April 24, Mike Schuh led a small group of volunteers in relocating a couple of sections of trail in St. Edward State Park. This is part of an ongoing program of COC members contributing to the park, an orienteering site that we have used since 1979. The crew—Don Atkinson, and Margie and Nick (and Bernie) Bone—built three short sections of trail that bypassed portions of trail that were either too steep or very muddy. Altogether, 150 feet of trail were built.

A much larger work party is planned for Saturday, June 5, which is National Trails Day. The project that day is to build about 1800 feet of new trail in the park's Southwest corner, along the shoreline from the Western end of the "Watertower Trail" (the trail on the ridge near the southern boundary of the orienteering map). This new trail would open up public access from the Southwest and give orienteering course designers some more options for intermediate courses.

If you wish to help with either the June 5 work party or with any other projects in the park, please contact Mike Schuh at 783-3960.

Traveling?

There are a number of "A" and "B" meets coming up in the next few months that various northwest orienteers will be attending, and it should be possible to do some car pooling.

May 29/30 Joyce Gulch, near Kamloops.

June 5/6 Ruckles Park. This is on the south end of Saltspring Island, not far from the ferry landing at Fulford Harbor (take transfer ferry from Swartz Bay).

June 19/20 Aspen Grove, also near Kamloops—beautiful open terrain; camping at a mountain lake.

Grand Tour: July 1/4 Blue Lake, Alberta; July 7/11 Colorado 5 day; Convention A meet July 17/18. Carl Coger is planning to drive the O-mobile on the tour. He has room for passengers on all the legs (604) 380-6562. Rick Hood, the Bones and Bruce McAlister (and probably others) are also driving to the convention, and have room.

Cascade's Vivien Fritz is also looking for a rider or two from the Colorado five days to the convention and A-meet and then home to Seattle. Vivien's sporting a new Coleman trailer (with shower) pulled by a MPV. The other two thirds of the Fritz class (Husband Mike and Big Dog Moose) are going to tend to work and "gardening" during this period. (Vivien's phone number is 481-5877.)

COC—Canadian Orienteering Championships are in New Brunswick, August 25/29. Bruce McAlister is planning on attending, and would like to know if anyone else is interested.

Finally, the **WOC and US champs** in New York, October 9/17. If you are interested in attending either the US or Canadian Champs, please let Bruce know. He will follow the airline ticket prices, and alert you if there are cheaper fares. By buying in a 2-day window we bought \$231 tickets to the Intercollegiates. But, these prices typically are available for only a few days. Anyone interested?

Drunken Charlie Mini-Rogaine

by Rick Hood

For a staggering good adventure, join us at the 2nd Annual Drunken Charlie six hour ROGAINE: June 12 from 11am to 5pm.

A Rogaine is a Rugged Outdoor Activity Involving Navigation and Endurance. While six hours is on the short side for a Rogaine, we hope that those of you that might be just a bit uneasy about an extended orienteering experience will say, "Well, this is a great time to give it a try, especially since it is so close to Seattle." For those of you who think 6 hours is just too short of a time, please withhold your judgment until you Rogained at Drunken Charlie Lake. (We ask the finishers last year if we should bump it up to an eight hour event in 1993; they said, "Six hours was all the DCL fun we wanted to handle.")

A Rogaine is like a long score orienteering event, where you can go to the controls in any order and skip any of them you like. Each control has one of five pre-assigned point values based upon how difficult it is to reach and find. The control locations and point values are marked on your map. The object, besides having a good and safe experience, is to accumulate as many

points as possible in the allotted time. So you can see this event really calls for some good route choices and an overall plan. Everyone is required to go with at least one partner and most teams Rogaine at a hiking pace.

For those wishing a less demanding adventure, consider the 3 hour option. You may start any time from 11:30am to 2pm (on the half hour). Alternately you may wish to go the adventure in the "hiker's only" class where you are limited to a hiking pace (not one stride running, not even a little one). Lastly, if you are primarily a road or trail runner with little orienteering experience, you might select the "earth road runner" class where you must use the earth roads for your primary travel and are restricted to "near road controls."

Regardless, we will have great munchies and drink at the event center, which will be open before, during, and after the event. So, train hard and try to get all the points or pick a good friend and take an enjoyable walk; the choice is yours.

This year the course is being designed and set by Rick Hood and Dave Lilly. Look for about 20 controls (compared with 26 last year) and the placements being technically a little easier and the bee area in the southeast corner very easy to skirt. So, if you're planning to win, figure on making it to all the controls and returning on time. Pre-event strong teams are Peter Bonek & Mark Howlett, Mark Hartinger & Dan Waugh, and Debbie Newell and Claudia Kunzell. However, no one has a lock on having the most fun and I fully expect a 25 plus team tie in this category.

The fee is \$10.00 per person (includes refreshments mentioned). Registration is at the site on the day of the meet at 10am with a mass start at 11am. First timers are encouraged to arrive earlier for some informal instruction. Pre-registration isn't required, but Rick at 367-2606 would appreciate a call before Thursday, June 10 if you are planning to attend so we can make sure of have a map and food for you. The event is limited to fifty teams.

The Drunken Charlie Lake area itself is approximately an hour east of Bothell. (Exit I-405 at exit#23A that is 522 east, go less than a mile and exit on 202 southbound which dead ends into the Woodinville-Duvall Road, take this road east to Duvall, head north on the Carnation-Duvall Road for about 1/2 mile and turn onto NE Cherry Valley Road, follow the Orienteering Signs from here—it is about 30 minutes farther with the last part on dirt roads. Parking is limited and car pooling is advised.)

We've made a special effort to make the event enjoyable for beginner and advanced rogainer alike. It's a great way to hone or test your navigation skill and judgment while having one heck of a good time! (This is also a great tune up for the Table Mountain 12/24 hour rogaine set for August 14-15, hosted by Sammamish Orienteering Club under the direction of Bob Reddick and Dave/Val Enger at 822-6254.)

Spring Clinic: Informative and Fun

by Peter Golde

Two days of orienteering clinic taught by Peter Bonek and Claudia Kunzel, members of the Austria national team and world-class orienteers. Frankly, it sounded a little intimidating. I'd been promising to get in better shape during the winter, but it hadn't happened; I was still slow and I tired quickly. I had no trouble following contours and even subtle map features at a walk or slow jog, but in the heat of a race, I still tended to make bad errors. The week before, I wondered if signing up had really been a good idea; was I going to be overwhelmed?

Afterwards, I can only say it was one of the best orienteering events of any kind I have ever been to. Peter and Claudia did a great job of planning exercises that were useful for intermediate through expert orienteers, and people of different running ability paired together so there weren't major mismatches. And the near perfect weather sure didn't hurt.

As promised, the clinic focused on simplifying and memorizing the map, so that you *aren't* reading the map all the time. Since orienteering is billed as the thinking sport, you can fall into the trap of studying your map non-stop; checking off every little feature on the map as you pass it, hoping to navigate exactly to the control point. If you try this, though, you will soon find that you won't go very fast. Instead, you should simplify and memorize the map, so you can run at top speed most of the time, and only check the map when you really need to. Also, looking at the map less means looking at the terrain more, which after all is where the control is.

The first exercise tested relocation and terrain memory. Two people went out together, sharing a two-sided map: odd controls marked on one side, even on the other. The first orienteer run to a location near the first control, which the partner followed and tried to remember where they went. Then the second orienteer got the map with the control marked on it, and tried to get to it as fast as possible. For the second control, roles were reversed. After that, we did a short course back to the parking lot, focusing on getting in, punching, and getting out of a control as fast as possible. Knowing which way to go when you are leaving proved decisive.

In the afternoon, the fast orienteers tried their hand at a relay-style event, following their partner while memorizing the map on the run for when they take over. Others worked on a map memorization exercise. Following that we got together for a set of one-on-one match-ups on a mini-course (three controls, 700m). After a great dinner at Camp Koinonia, the evening indoors session was primarily devoted to discussing a series of legs and possible route choices.

The next morning was what I considered the best exercise. Two partners took a single map out on a fairly standard, though not particularly tricky course. The

idea was to memorize the route to the next control, then give the map to your partner while running it from memory. While following, the partner had to memorize the next leg, and be ready to relinquish the map and run on memory to the next control. This exercise really taught me that you *can* memorize a large leg, and this allows you to run non-stop to the next control, without being slowed by consulting the map. I found I could run the legs significantly better without using the map!

Finally, the clinic ended up with a Team-O, a competitive race among three person teams running a single course with a single punch card (but three maps). The key to winning was to switch off between the runners, so that each person did just a short stretch of the course and then handed off to a partner. Since we weren't given the map ahead of time, teams also had to determine meeting points and tell them to each other when handing off. For example, one team member would decide the meeting point for the other two, and relay this information at two different meeting points. At each exchange, each of the two runners had to tell the other where a following meeting point was.

Teams could go remarkably fast this way, since you could rest up and memorize the control locations for your short stretch, and then sprint through two or three controls at break-neck speed. Afterwards, everyone agreed it had been a blast!

Final Clinic Thoughts

by Peter Bonek and Claudia Kunzel

First of all we want to thank you all for coming to the clinic in Cle Elum. We really enjoyed to see how eager you were. We were happy to hear from some of you that you discovered running (continuously running) is possible, if you just use your brain a bit more and do more map memory and simplifying. We would suggest that you try for example the "structuring" in pairs at your local park meets. Don't get fed up by them, use them. We were a bit unsure about the "team-O", whether you would get the idea in such a short time. However, from your reactions in the finish you all seemed very happy and enthusiastic (and tired). Thanks for picking up the controls, nonetheless.

We were a bit disappointed, though that some of you didn't get the idea of "ON" and "OFF", running fast and then have an adequate rest, and tried to speed up the clinic by shortening the break. For a high quality training you also need a high quality rest period. (And if you don't have time for the full duration, please mention it at the registration.)

Anyway, we hope you learned a few new things or at least practiced some of the important O-techniques and of course had fun orienteering in an excellent terrain. It was a great pleasure working with you.

New Club Forming in the Tri-Cities

On April 30, Mike Schuh traveled to Richland and met with a group of individuals interested in forming an

orienteering club in the Tri-Cities. Present were Elis and Susan Eberlein (who hosted the meeting), Michel Billaux, Fred and Ruth Miller, Ivar Husa, Mark Lockhart, and Peter Crowley. While no name was chosen, it was decided to charter as a USOF regular club. (If all goes as planned, this will be the seventh chartered USOF club in Washington.)

Michel will be giving a talk to the Intermountain Alpine Club at the Pasco public library May 17, and Mike will return on June 11 to give another presentation to the general public. An orienteering event is planned for June 12 in Sacajawea State Park, which is at the confluence of the Snake and Columbia Rivers. Mike, Elis, and Michel spent all of Saturday, May 1, fieldchecking the area. It is planned to print the map of the approximately 1 square kilometer area at 1:5000 and to use OCAD to produce the map.

For more information, please contact Mike at 206-783-3960 or Elis at 509-627-0378.

PLU O Club?

A PLU Orienteering Club is in the planning stage. There are several WIOL alumni at PLU, and Eric Bone and Bill Cusworth met with some of the Norwegian students, and several other of the PLU students to start planning for a college club. There are several volunteers to help map the PLU campus this summer, so there should be at least one meet this fall at PLU. Now if we could get something started at Western, we could have some local intercollegiate competition. Any volunteers from Bellingham?

Running A Course with Fred Veler

by Mac MacDonald

Fred Veler is the former head of the USOF Coaching committee, and was Head Coach of the Victoria State Team in Australia. He is a two-time Australian National Champion, and three-time United States National Champion.

Fred "shadowed" me for a training run on a Red course at McQueen Lake near Kamloops. Fred had run the course the day before in competition.

Fred: Mac, what is your routine on a leg?

Mac: Somewhere en route before the attack point I do two things: get the details on the control circle, and plan a route for the next leg. By details I mean memorize the clue sheet information, and have an exact image of the circle.

Fred: That's good. I'd call the first "fine projection," visualizing the map details near the flag. Second is forcing yourself to read ahead a leg or two. Planning the route for the next leg should use only big, linear features like hills—not point features like rocks. While running an easy part of your leg, take the time to form a "gross projection" for your route to the attack point.

I also like to look at the last two legs early, while I'm still fresh and thinking best. A lot of mistakes on the final legs are due to fatigue, and planning the route for the most technical leg early has helped me a lot.

After getting your fine projection and reading ahead, add a third priority: run like heck!

[Please study leg one]

Mac: I used the road as a handrail until it flattened out past the hill, then took a compass bearing to find the lake and the stone 50 meters (1/2 circle) past it. I lost time walking through the green patch SE of the lake, and I didn't see the stone for a while since it was behind a little hill.

Fred: Did you expect the green and the little hill before you found them?

Mac: No.

Fred: "Fine projection" means having a very clear image of what to expect as you enter an area. In big meets, most lost time happens in the circle. To be quick there you need a detailed image, a projection in your mind of the fine details you expect to see as you run in.

I ran this leg north along the lake from the start and up the re-entrant, to minimize climb. However, your route has the advantage of letting you plan the next several legs while climbing on the track.

Did you map read for the next leg as you came up the hill? Remember, steep uphill and tracks are the best places to read ahead.

[Please study leg two]

Mac: Yes, I planned to run NE on the contour, across a gully, and see on my left the pond, which extended up into the flag.

Fred: Why did you stop running and study the map just over the gully?

Mac: I saw a big pond on my left but it seemed too soon, so I was confused.

Fred: It is confusing because it's mapped as a swamp but is flooded and looks like a lake. My question is, do you pace-count?

Mac: I didn't, though I usually do.

Fred: I think pace-counting is a very important, and very under-utilized skill. With a good pace-count, you can never be too far off, even if your map-reading is poor and your direction sloppy. The key to pace-counting is just do it all the time. Don't decide when to, and

Submission Guidelines

Bearing 315 welcomes submissions of articles, letters, or photographs about orienteering. If you would like your submission returned, please include a self-addressed envelope. The submission deadline is the 23rd of each even month for the issue to be mailed on the following 1st. Submissions should be mailed to:

Bearing 315
c/o Peter Golde
14422 NE 42nd Pl. #801
Bellevue, WA 98007

If possible, please submit on an IBM or Macintosh diskette, or submit via electronic mail to petergo@microsoft.com. If you use a word processor (preferred), please submit in Microsoft Word, WordPerfect, MacWrite, or RTF format; plain text format is also an option. If you would like your submission to be printed without a by-line, please explicitly indicate this. Meet directors, please send meet results to Debbie Newell for compilation.

when not to—just always do it until it's automatic. You would have been confident you were short.

I ran across the gully and used the vegetation boundary on my right. It was a good handrail and pointed straight to the flag.

[Please study leg three]

Mac: I ran toward the broad re-entrant across the fence, but couldn't really see it well once I was there so I went for the hill-top to be safe. I flubbed it coming off the summit because the map wasn't oriented correctly.

I did choose an attack point and plan for leg four: fence-road junction, and careful pace-count and bearing. Leg four worries me; the map is very difficult.

Fred: You ran leg three well until you were in the circle. Failure to re-orient the map is a common problem, mainly just before and after the flag.

[Please study leg four]

The junction is a sure attack point to find fast, but I agree the approach to the flag is difficult from there. "French Creek" style, running hard on a bearing while pace-counting, works well in flat terrain; this is rolling ridges with limited sight distance. Let the map help you.

I think once you recognized you were at high risk for error, you might have considered another approach. I ran south to the gully-fence junction, and ran along the right side of the gully, using the steep slope on the right. This is technically much easier. Find a way to let the map lead you in.

Did you read ahead for five?

[Please study leg five]

Mac: No, but I did punch and keep running because I could read on the spur as I ran south to the track. I saw the key was finding the right spur, and the hilltop tells you just where you are. A glimpse shows the exit to six, too: sidehill and down to the trail and read further there.

Fred: You ran leg five fast. Having a clear plan lets you run hard with confidence.

[Please study leg six]

Mac: I ran up the road till it flattened out, and climbed on a bearing for the re-entrant. I climbed planning leg seven, grousing about the annoying climb, and sucking serious wind. With such concentrated focus, it's not surprising I neglected to note the lower, visible re-entrant led to the summit, not the flag.

Fred: Fine projection, coming into the control.

[Please study leg seven]

Tell me what you saw reading ahead.

Mac: Go between the sidehill and the woods to the lake, and across the gully above the shoulder.

Fred: I ran it straight line, but using the steep shoulder on the right is a safer way, despite the extra climb. I wasn't surprised to find a fast cow path to run on. I bet it runs on the same flat level to the two ponds northwest as well.

[Please study leg eight]

Mac: I had trouble choosing a route for eight, so when in doubt, choose the safest. Which I did. It's also the longest.

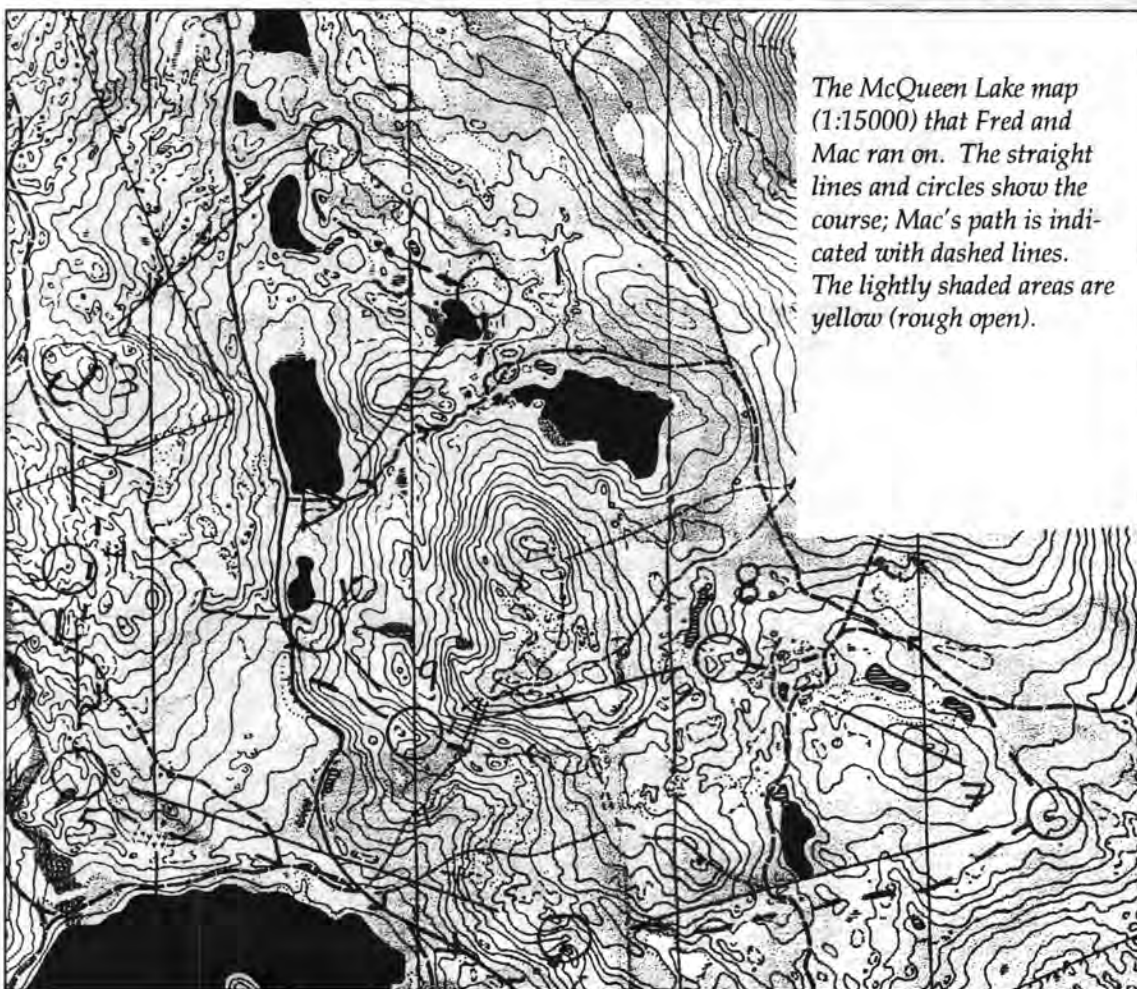
Fred: And the most climb too, though maybe the most important factor is the easiest approach to the control. I think this is from the road junction. I went left of the hill and up the re-entrant from the road junction. Either the road or the gentle slope left of the hill will be good enough to let you map read for nine and ten.

[Please study leg nine]

Fred: While you're punching nine, give me your map. You've had enough time to read ahead.

Mac: (Speechless)

Fred: If the route isn't apparent, try looking at it backwards. What do you see?



Mac: From nine to eight, I'd run with the steep on my left, up a contour about 200 meters to find the trail on the spur. Then I'd run from the hill and woods at the track junction.

Fred: So that's our route. Set a bearing for the woods and run like heck. Do you really need your map for nine or ten?

Mac: No.

[Please study leg ten]

Fred: We both lost 30 seconds needlessly here. It's a good leg, because the spur hides the pond until you're past the control, and the track is very faint.

Mac: If I'd had a more detailed image of the area, I could have cut in after the copse on the left.

Thanks, Fred. I can see some important things to work on.

Fred: Let's summarize some of the points. Your route planning and imaging—"gross projection"—was good; more attention to "fine projection" will help you a lot by the control. Remember to let the map help you. The map will simplify your route, to handrails and catching lines, if you let it. Running a leg based on distance and bearing usually means you should read the map some more. Finally, read ahead whenever the footing is good, and first read the most technical and final legs, where the race is won or lost, while you're fresh.

2nd Annual Newcomers' Event: A Good Time for All

by Rick Hood

If you missed the Woodland Park 2nd Annual Newcomer's meet, you missed a nice opportunity to meet 41 great groups that "had a blast orienteering for the first time." We had a group from the Cascade Chapter of the Sierra Club's InterCity Outing program, where adult volunteers take kids that normally don't have the opportunity for an adventure in the woods out for a day or weekend trip; we had some core members from Volunteers for Outdoor Washington, the folks that volunteer time to build and repair Washington's trail network; we had a Boy Scout Troop; and thirty-eight others ranging from Mountaineer members to folks that live in the neighborhood.

Mostly though, we had a great time helping a new batch of folks "get the orienteering bug" on four newcomers' courses designed by Harvey Friedman. People like Robert and Sandy Miller, Don Atkinson, Dave Petty, Mark Howlett, Margie and Eric Bone, Norm King, Ardis Dull, Mark Anderson, Bill Cusworth, and Linda Hood really went out of their way to make the first timers feel welcome.

All in all it was a great experience for newcomer and staff alike; even the weather cooperated. Most likely we'll see many of those new faces again, so if you're likely to get an opportunity to help someone answer that age old question, "How did you go to control #4 from #3."

Table Mountain Rogaine

The Classic 24-Hour Event, With A 12-Hour Option, Returns To The Northwest!

What is it? A rogaine is a rugged, outdoor, group or team activity involving navigation and endurance—using a special topographic map. Your team receives the map and a description sheet of some 40 controls scattered over a 70 to 100 square kilometer part of the Wenatchee National Forest at Table Mountain, 30 minutes north of Ellensburg, WA. You have two hours to plan and choose your likely route to reach as many of the score-course controls during your 12 or 24-hour event time. A mass start takes place at 12 noon, August 14, and teams scatter to all points of the compass. At 6 PM, a food tent opens at the base camp which is somewhat central to the area. The smart teams loop back there to rest, refresh, and stoke up for the remainder of the event. Food service continues from then until after the event end and awards ceremony at 1 PM on Sunday. You may take a break or finish at any time you please up until 12 noon Sunday. Highly competitive teams will reach most of the controls; those out to enjoy some great scenery and some challenging navigation will "win" no matter how many controls they find!

You must register in advance—send your entry form in now to the Sammamish Orienteering Club, PO Box 3682, Bellevue, WA 98009. Fees are \$50.00 per two-person team, \$25 per person additional, max. of \$65 per family. Or pre-register now and send money in mid-July if you wish. Call Bob Reddick for further information at (206) 947-0009. Course design by Dave Enger; event support by entire Sammamish Orienteering Club. Venue courtesy of USDA-Forest Service, Wenatchee National Forest.

Who Is It?

The orienteers pictured last issue were Bruce McAlister and Linda Hood. This month's picture for you to identify:



Club News

Ellensburg Speaks

by Will Sperry

It's been a quite week here in Ellensburg, but in spite of the bitter winter we've kept O'ing. Our February annual general meeting and potluck is usually mostly the latter, but not this year. We celebrated our tenth anniversary as an incorporated club with eyes to the future. Michel Billaux proposed that we "twin" with his Belgian club, Altair, and we readily agreed. Arrangements are in progress, which could include an O visit from our new comrades.

With this in mind Dale Width is talking with Sammamish OC's Dave Enger about a cooperative IOF quality mapping project. EOC's treasury is not large enough to do this alone, but we've decided that our funds belong in O, not in the bank. At our March meeting we agreed that preparing this new map for an A-meet in Fall 1994 could be possible. Altair would be EOC's guest and perhaps a regional championship or PNWOF could be incorporated. EOC's planning contacts for these projects are Dale at (509) 925-5873 for the mapping project and Will Sperry at (509) 925-4716 for the A-meet. Let's talk about this.

The aforementioned general meeting also elects our officers for the coming year. They are Will Sperry, President, Dale Width, Vice President, Addie Graaf, Secretary, and Sally Evans, Treasurer.

Mundi Hamilton presented her update of our Reed Park map with a meet on the nicest day in February. What cartographic and meteorological talent! Reed Park and its map are our all-parts-of-O project. Practically the whole club has participated in the production of the map and planning and running events there. It's nice to have a venue where we can practice all the O skills without undertaking a major project.

If you feel the need to O in the wide open spaces, come to EOC's meet on the Durr Road map on Saturday, 22 May. We've had snow on the ground here for the past 3½ months and were beginning to despair whether it would ever melt; but yes, it's going and in celebration we have scheduled this meet. As usual registration is from 10am to noon. See the schedule of upcoming O events in this newsletter or call Sally Evans at (509) 962-2952 for details.

Membership Report

by Harvey Friedman

Having been trained as a systems analyst, I feel it is time to offer a word of explanation about why I list the recent roster additions in the newsletter. For renewing members, it is for each to make sure that the transaction was recorded. For current members who have acquaintances

that join, it is to check with them to make sure that the newsletter went to the correct address or whether they really did join up as you thought they had. For new members, it is to let you all know that you now have all the same privileges of memberships as current members. Why bother, you ask? I'll try to explain. There are several routes (hey, more route choice) for a membership application form to reach the membership coordinator and roster compiler: 1) mailed in with a check, 2) handed in at a meet with cash or check and then hope that the person doing registration and/or the meet director is experienced enough to forward the paperwork to the membership coordinator, 3) personally handing the form and check to the membership coordinator or one of the board members (but not when we are out on a course, please), 4) relying on the deteriorating memory of the membership coordinator by giving cash to the treasurer directly and just yelling to the membership coordinator, "Hey, I'm renewing; nothing's changed". The first 3 methods above all involve the membership form which goes into a pile with others to be entered into a dBase computer program that maintains the roster. After they are entered, they then go into another pile to be checked against the membership update report (this column). Finally they go into a big envelope where they are stored, sorted alphabetically. A backup disk is made after each update and the envelope can be thought of as deep backup. Perhaps, all can now see why 4) (or even worse, saying something like, 'By the way, so-and-so paid a family membership fee 3 weeks ago; she lives somewhere in Bremerton.'), is a stupid, unreliable, and inconsiderate way of keeping the membership roster current. Please! Everyone fill out a form when it comes time to renew.

As usual, we'll start with positive roster changes as of 22 April 1993. Words of both thanks and welcome go to the following new or renewing club members: Rich Anter, Boy Scout Troop 64 c/o Douglas Wolff, Rick & Eileen Breseman, Mary Campbell, Mary-London Eldred family, Doug Gordon family, Harald Eik Gundersen, Ken Lew, Debbie Newell, Roger Sharp, Howard K. Smith family, Einar Storakers, Molly Tritle, Ronald West family. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew. 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). Especially since we now send the newsletters out at bulk rate, we no longer know if or when you move. Does anyone else want to be on the membership committee or to take over as coordinator?

The O Grapevine (a linear feature, with some twist)

compiled by Rick Hood and the editor

- Speaking of good times, consider this year's Blue Lake Training Camp from July 1st through the 4th. The folks that went last year said they learned a lot and had a great time too. The cost is around \$200 for everything. (For information call Debbie at 488-7471 or Rick at 367-2606.)
- You most likely already heard that Peter and Claudia's O Clinic at the Ridge was super. On top of a positive experience, we were able to donate \$210 to the US orienteering team. Oh, the final exercise, "Team-O" proved so popular, I won't be surprised to see it at a Woodland or Lake Sammamish open area meet.
- Speaking of Peter and Claudia, they just got back from the US Team Training Camp (it is open to anyone regardless of nationality as long as you pay in US dollars). They had some interesting comments that are best passed along first hand.
- The Quilcene Ranger District, in the Western Part of the Olympic National Forest, is hosting an Outdoor Recreation Fair on June 6. If you would like to go and informally answer question about orienteering or even set up an easy/short course, please call Rick at 367-2606.
- A special thanks to Bruce McAlister and Nate Tharp for putting together an orienteering map of Millersylvania State Park for a volunteer workshop. Don't be surprised to see a Nisqually OC hosted Millersylvania school league meet later this year. (You might want to get lean, as the map area is pretty green.)
- Dave Lilly is getting the OCAD bug; Garth has offered to help with the field work, but said he would rather do the computer drafting solo. Mountain man Dave is looking at "something in the Cougar Mt. area." Can you spell, "CONTOURS"?
- I got a nice card from the Bresemans in Europe. They are going to try to break Ben Hall's standing record and orienteer 36 days from May 1 to Aug. 1. (And we're not talking "C" meets either.)
- Margie Bone, Ardis Dull, Katie Sprugel, and Linda Hood are putting the foot to the pedal (of their sewing machine)! They have volunteered to sew a total of 15 pillows that are to be awarded to winners at the World Orienteering Championship this fall in New York. Sure you could stop over at our place and see a pillow, but why not fly east, enjoy a week of great orienteering and say to the person next to you, "A friend of mine made that."
- The Aspen Grove meet is now slated for June 19-20, so the Drunken Charlie Lake Rogaine Marker Lotto (a two-hour event) will most likely be a mid-week late afternoon event. We'll have all the information at the Rogaine on June the 12th at DCL, note the start time is one hour earlier than last year.

- A group of orienteers had an informal night at Everett Stadium watching the minor league Giants last year. If you are interested in joining us mid-week in late June or July, give a call to the Orienteering Hotline (always a great way to keep up to date) in June.
- The Wednesday after the University of Washington Husky Orienteering Team (featuring Eric Bone, Bill Cusworth, Bill MacDonald, & Nate Tharp) we had an informal celebration at the UW Burke Museum Cafe. It was great to hear first hand about "how than ran" and bested the West Point Teams. Of course, a super chocolate cake baked by Bruce McAlister, fit it nicely. Three of the traveling team members took advantage of Peter and Claudia's clinic the weekend before, and they said it made a difference.

There was a nice feature article about the team in the UW Daily the following day. (No book or poster deal is pending, though Robert Miller may be working on the screen play now.) All in all, the 20 plus person crowd had a great time. P.S., since this was mostly an impromptu celebration, we spread the word via the hotline; so it does pay to give a call to 783-FunO regularly.

- Dave Tallent, WIOL league director, Debbie Newell, and I made the a presentation of the Dan Waugh school league trophy to the team from Thomas Jefferson HS in front of the 1200 plus student body. The Federal Way News was there to cover the story, complete with pictures. (The article spanned two pages and featured a team phone.)
- Peter Bonek, Claudia Kunzel, and Martin Pardoe, all UBC students and GVOC members that have also joined Cascade OC, were 3/4ths of the second place team the 1993 US Orienteering Relay Championships. Way to go team!
- In talking with Sid Sachs after the intercollegiates, he mentioned that his wife has taken a job teaching in Lacey, and they will be moving to the Northwest this fall.
- The Jefferson State Orienteering Club has been formed in Medford, Oregon. Led by Allyson Kelley, they have already incorporated and have a post office box: POB 1371, Medford OR 97501. JSOC has about 40 members, their next event is May 16 and they will have a meeting on May 20. We congratulate JSOC and wish them the best!
- Peter Bonek finished first in M21A at the Thatcher Thrasher A meet in New York, beating Mikell Platt by over five minutes!
- Bruce McAlister is trying to arrange a week trip canoeing the Bowren Lake Circuit in northern B.C. in August. Anyone interested?

What are Cascade and Sammamish O.C.?

Cascade Orienteering Club and Sammamish Orienteering Club are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue/Redmond) area, while Cascade operates in the greater Seattle area. Both clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains. Membership is open to everyone, and entitles you to event discounts, club voting rights, and includes a subscription to Bearing 315, published six times per year.

What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for rent (\$0.50) at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

Dave Petty	President	822-4223
Margie Bone	Vice-President	634-2279
Sandy Kish Miller	Treasurer	782-1437
Ardis Dull	Secretary	364-4062
vacant	Event Coordinator	
Debbie Newell	Mapping Coordinator	488-7471
Harvey Friedman	Memberships	784-2774
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	634-2279
Peter Golde	Newsletter	883-3732
Mike Schuh	Executive Board	783-3960
Bruce McAlister	Executive Board	821-6862
Jim Siscel	Trim Course Coordinator	778-7202
Mark Anderson	Publicity and Promotion	286-9136

Sammamish Officers and Coordinators:

Dave Tallent	President	392-3061
John Sincock	Vice President	822-3621
Valerie Enger	Treasurer	822-6254
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Bob Reddick	Memberships	487-0099

Orienteering Club Membership Application

- ☐ Cascade O.C. ☐ Sammamish O.C.
☐ Ellensburg O.C.

Name _____

Address _____

Home phone _____ Work (opt.) _____

Other Family Members _____

Optional Information:

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

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

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

Mail this form, along with payment, to:

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

—OR—

Sammamish Orienteering Club
P.O. Box 3682
Bellevue, WA 98009

—OR—

Ellensburg Orienteering Club
c/o Will Sperry
1006 N. Water St.
Ellensburg, WA 98926

Event Fees

Event fees are charged on a per-registration basis: two people running together with the same map and punch card pay a single fee. Additional maps are available; the charge varies depending on the map. The following are typical fees for local ("C") events with color maps. "A" and "B" meets, state championships, rogaines, and other events will cost somewhat more.

Club members (any club)	\$3.00
Non-club members	\$4.00
Junior (< 18, except WIOL)	\$2.00
WIOL (school league) participants	\$3.00
First time orienteering participants	\$2.00
Families	regular fee for two people, then \$1/person.

Meet Results and Standings

Carkeek Park

February 28

Cascade Orienteering Club

Meet Director: Peter Golde

Courses: Dick Diesner, Mike Schuh

Registration: Marti Anderson

Timing: Bill Cusworth, Aaron Charlop

Marker Pickup: Peter Golde, Debbie Newell

It was a unbelievably beautiful day at Carkeek Park, sunny and in the low 60s. A newly drafted map, prepared on OCAD by Bruce McAlister, printed on a 600 dpi color Postscript printer and duplicated via color laser copier was used at this meet; everyone agreed it was very nice looking—close to the quality of an offset-print map. One of the controls on course two wandered around the park during the meet, bewildering many competitors, and another managed to transport itself to the roof of the sewage treatment plant!

First time course setter Dick Diesner did an excellent job on courses one and two.

Course 1 (8 controls)

Randy Bracher	18:23
Lael Smith	21:23
Thomas Patten	26:12
Don Gray	29:42
Howard Smith	33:37
ANdy Lampkin	34:06
Roberta Paulin/Ian Schoolcraft	34:11
Colin Booth	34:13
Craig Randall	35:38
Andy Bachelor	43:10
Bryan Bachelor	46:38
JoAnn Ardell/Mary Jo Gerst	47:47
Brad Thompson	48:00
Ron West	52:40
Ralph Lyshol	61:45
Gordon & Jeff Guhl	75:50
Scott Daniel	77:24
Robbie Duffin	Map hike
Theresa Freeman	Map hike
Patricia Charlop	Map hike

Course 2 (10 controls)

Bob Williamson	31:20
Gerry Croteau	37:14
Aaron Charlop	52:00
Jim Siscel	52:20
Kirk Hoover	52:43
Eric Riggers	57:36
Craig Randall	58:09
Brad Thompson	60:07

Andy Lampkin	60:40
Brad Robinson	60:54
Tim Hein/Mike Miller	62:14
Paul Hood/Craig Cardon	67:19
Bruce McAlister	67:47
Dave Petty	69:16
Harvey Friedman	74:19
Nick Miller	83:49
Linda Hood	86:02
Kathy Trost	87:00
Becky Buschum	89:06
Jana Urbanova/Brian Carroll	92:10
Peter Kynion	95:16
Mary-London Eldred/Mary Campbell	109:05
Sally VanderZee	115:22
Theresa Freeman/Thompson	Map hike
Tony Amort	DNF
Don Gray	DNF

Course 3 (14 controls)

Peter Bonek	35:45
Eric Bone	35:57
Ben Hall	36:24
Dave Enger	37:41
Mark Howlett	37:53
Steve McConnell	41:02
Fred Veler	43:30
Debbie Newell	45:17
Claudia Künzel	46:15
Sasha Boetner	46:54
Jan Urban	48:28
Dave Lilly	49:11
Randy Bradner/Mac MacDonald	55:03
Dave Tallent	56:12
Don Atkinson	56:25
Nick Bone	58:54
Bill Cusworth	60:42
Eva & Michael Corey	64:36
Mark Anderson	73:11
Mel Rader	73:50
Richard Johnson	85:18
Rob O'Connor	89:05
Ken Lew	90:32
Stan Vail	91:30
Sandy Miller	91:39
Dave Cox	104:11
Howard Smith	107:30
Anne York	111:06
Dave Anderson	141:35
Bob Reddick	DNF
Margie Bone	DNF
Janet Vail	DNF
Arne Skog	DNF

Lake Tradition

March 14

Cascade Orienteering Club

Meet Director: Dave Petty

Course Design: Susan St. John, Mike Schuh

Control Placement: Susan St. John, Eric Bone

Registration: Peter Golde

Timing: Margie Bone and family

On and off showers didn't deter a large turnout for good courses on this nice, 1:15000 map (field checked last year by Mike Schuh). The vegetation was dense, but the course designer(s) took that into account and the result was very enjoyable. [A few of the DNFs are listed in the wrong course; apologies if yours is wrong.]

Course 1 (3.0k, 7 controls)

Steve & Jeff Watilo	34:14
Lael Smith	34:50
Nick Watilo/Loni Wortham	35:56
Kathleen Curry	41:36
Chuck Driscoll	45:43
Toko Magnus	46:47
Gary Morse	54:43
Ron West	60:07
Bob Goldberg	67:08
Enger family	69:24
Kirk Hoover	182:26
Michael & Chris Sannella	231:50
Chris Marabetta	DNF
Chuck Caessens	DNF
Zachary Shileika	DNF
Crawford & Bailey	DNF

Course 2 (3.5k, 7 controls)

Keith Horn	35:23
Roger Sharp	37:46
Jon Geffen	51:31
Maureen Traxler	51:57
Jim Horn	52:36
Craig Randall	55:11
Kathleen Curry	62:25
Ron Brown	68:35
Pete Kynion	81:56
Crawford & Bailey	84:05
Tony & Ann Amort	99:53
Aaron & Patricia Charlop	map hike

Course 3 (4.0k, 7 controls)

Sasha Boetnev	42:00
Carl Moore	47:38
Sandy Kish Miller	52:14
Mark Anderson	60:40
Ardis Dull	61:46
Nick & Leanne Miller	64:01

Knut Olson	64:50
Bob Reddick	65:06
Linda Moore	66:30
Margie Bone	66:37
Brad Robinson	68:23
Tyler Frederickson	69:39
Steve Frederickson	71:15
Neil Smith	79:51
Harry Merian/Curt Eckberg	84:06
Jim Sisco	97:41
Harvey Friedman	119:00
Marti Anderson	134:55
David & Gregory Lueddert	180:20
Sally Vanderzee/Eric Riggers	DNF
Maureen Traxler	DNF

Course 4 (6.4k, 11 controls)

Ben Hall	80:46
Harald Gundersen	85:49
Paul Magnus	96:19
Klaus Wersin	105:03
Nick & Eric Bone	116:14
Mac MacDonald	116:26
Tomas Vaisar	118:49
Bill Cusworth	122:55
Don Atkinson	123:35
Brad Miner	136:55
Ken Lew	147:08
Peter Golde	DNF
Fred Veler	DNF

Forest Park

April 3
Sammamish Orienteering Club

Meet Director: Dave Enger
Courses: Ben Hall
Registration: Dave Enger, Brad Richardson
Timing: Ben Hall
Control Pickup: Ben Hall, Dave Enger
Moral Support: John Sincock, Kathy Trost, Dave Lilly

Course 1 (1k)

Eden & Weinsierl	25:23
Sue Miller	34:00
Jacintho	35:00
Goetz	40:00

Course 2 (2.3k)

Eden	27:45
Moore	39:23
Margie Bone	44:12
John Sincock	47:40
Ron Brown	57:29
Trost & Lilly	64:40
Sue Miller	64:40
Ann Amort & family	74:40
Karen Lehman	88:34
Maureen Traxler	90:34

Course 3 (3k)

Jim McCaa	42:06
Keith Horn	48:28
Rob O'Connor	55:02
Ken Lew	62:40
Moore	75:00

Course 4 (4.8k, memory)

Mark Howlett	80:40
Invar & Harold	114:29

Woodland Park

2nd Annual Newcomer's Event, April 17
Cascade Orienteering Club

Meet Director: Rick Hood
Course Designer: Harvey Friedman
Registration: Linda Hood, Norm King
Newcomer Instruction: Mark Howlett,
Don Atkinson, Dave Petty, Eric Bone,
Robert & Sandy K Miller, Mark
Anderson,
Timing: Margie Bone, Ardis Dull, Bill
Cusworth
Video Camera: Bob Reddick
Marker Pick Up: Harvey F, Mark A,
Mark H, & Bill C
Support: Bruce McAlister

The rain held off and we had a great turn out—41 first timers and groups tried orienteering! No doubt we'll see many again if big smiles are any indication.

Harvey's course were fun for both newcomers and the meet staff orienteers, who ran it as "one person relay", alike. Congratulations to all those who will see their name listed in the orienteering results for the first time and a big thanks to the crew that made their experience enjoyable.

Specifically, Harvey set four loops that were sandwiched between mini-clinics hosted by COC members and Mark H. All four loops had five controls, and had lengths of 0.8 km, 1.0 km, 1.6 km, and 1.8km. Newcomers were not timed and are listed alphabetically.

Newcomers'	Completed Loops #
Aaron and Kriss	1 & 2
Suse and Jim Altengarder	1
Beth & Jason	1 & 2
Scott Billingsley	1 & 2
Michael Bingham	1
Mark Bingham	1
Johnathan Bingham	3
Ron Brown	2
Connie & Group	1 & 2
Josh Dennis & Co	1 & 2 & 3
Morgan Dixon	1

Phil & Karen Dixon	2
Nancy & Bill Elliott	1
Shaun Gagner & Co.	1 & 2
J & L Green	1
Kirk Hoover	1
Kieth Horn	3
Steve Janke	1 & 2
Jordan and Alex	1 & 2
David Keyes	1
Kochun & Koti	1 & 2
Manie Koltchack	2
Elaine Lopez	1
Craig Miller	1 & 2 & 3
Duane Millsbaugh	1
Brian Millsbaugh	1
The Oberloh	1
Ben Ostrum & Co	1 & 2
John P	1 & 2
M Patel	1 & 2 & 3
Brad Robinson's group	1 & 2 & 3
Karen Russell	1 & 2
Denise Skonberg & Nathan Rashad	1
Team "US"	1 & 2 & 3
Paul Thielde	1 & 2 & 3 & 4
Mary Ann Tracy	1 & 2 & 3
Steve Tsami	1 & 2
Janet Vail	2
Ron West	1 & 2 & 3 & 4

Course Three (4.4km, 15 controls)

Mark Howlett	22:40
Harald Bundersen	27:20
Bill Cusworth	30:20
Sandy Kish Miller	33:20
Allison Keyes	39:13
Carl McNabb	41:59
Don Atkinson	42:10
Michael Corey	55:09
Ardis Dull	58:50
Ken Lew	63:00
Bob Reddick	79:20

**Bridle Trails
State Park**

April 25
Sammamish Orienteering Club

Meet Director: John Sincock
Course Design: Mark Howlett
Marker Placement: Dave Enger
Registration: Kathy Trost
Timing: Dave Enger, Bruce McAlister,
Bob Reddick
Picnic: Valerie Enger, Dave Lilly,
George Lilly, Nancy Lilly, John
Sincock
Other help: Dave Lilly, Sigrid Coleman
Marker Pickup: Dave Enger

Course 1 (1.4k, 8 controls)

Camilla Eggum	28:02
Mary Ann Tracy	32:00

VanderZee & Riggs 41:15

Course 2 (3.4k, 10 controls)

Cindy Bader 16:00
Jon Geffen 21:50
Mark Anderson 31:48
Aaron Charlop 34:12
Knut & Ralph Olson 34:46
Marti Anderson 36:41
Ardis Dull 39:10
Margie Bone 40:15
Harvey Friedman 43:08
Jim Siscel 54:22
Tony Amort 56:03
Michele McCleary/Jim Keyes 58:49
Susan Miller 71:44
Mary Ann Tracy 89:15
Marcia Stein 90:44
Norm & Gerri King 105:00

Course 4 (5.6k, 15 controls)

Ben Hall 47:00
Steve McConnell 50:42
David Keyes 53:28
Debbie Newell 54:02
Robert Miller 62:34
Bill Cusworth 63:00
Dave Lilly 64:10
Paul Magnus 64:55
Don Atkinson 70:33
Craig Randall 74:40
Sandy Kish Miller 75:07
Sid Whaley 76:39
Harald Gundersen 77:03
Jan Urban 79:02
Ken Lew 82:00
Franck Morteaux 96:55
Nick Bone 100:33
Linda Moore 100:40
Carl Moore 101:40
Eva & Michael Corey 110:40
Dave Petty 111:33
Melvin Rader 118:10

Courses 1 + 2 + 3

Craig Miller 85:45

Local Results From Recent "A" Meets

Georgia Navigator Cup

January 23-24
Augusta, Georgia

F21A (Red: 6.1k 13ctl, 8.0k 15ctl)

3. Debbie Newell 61:48 72:14 134:02

M40A (Red: 6.1k 13ctl, 8.0k 15ctl)

4. Mike Schuh 54:30 78:28 132:58

U.S. Long-O Championships

March 13-14, St. Louis, Missouri

Because the Long-O is contested on only one day, each day of the regular courses was contested separately. Therefore, each person has a Day 1 finish and a Day 2 finish.

Day 1 Day 2

LONG COURSES

M21A (Blue)

5. Elis Eberlein 174.75

F35A (Green)

1. Debbie Newell 126.51

STANDARD COURSES

M21A (Blue)

3. Arne Skog 97.78 DNF

Elis Eberlein DNF

F21A (Red)

5. Debbie Newell 73.59

M35A (Red)

3 (8) Mike Fritz 61.90 88.00

M40A (Red)

3 (3) Dave Tallent 83.17 82.45

F35A (Green)

2 (2) Vivien B. Fritz 60.23 73.11

MOpen (Green)

2. Bruce McAlister 99.38 116.34

New York State Championships

April 17-18

Day 1: Ramapo Lake, New Jersey

Day 2: Blauvelt Parks, New York

RED (Day 1: 6.0k, 13 controls, 230m climb;

Day 2: 7.4k, 14 controls, 210m climb)

M40A Day 1 Day 2 Total

2. Mike Schuh 84:04 74:36 158:40

1992 USOF Rankings

Following are the 1992 USOF rankings. In order to receive a ranking, you must complete a minimum of 4 days of "A" meets. The 3 highest-ranked individuals in each Championship category receive a gold award. Those within 80% of the average of the top 3 receive a silver award, and those within 70% of the top-3 average receive a bronze award.

M21A (Blue)

15. Elis Eberlein 82.8 Silver

48. Peter Golde 41.1

F21A (Red)

10. Debbie Newell 60.5 Bronze

M35A (Red)

4. John Rogers 92.1 Silver
11. Ben Hall 81.8 Silver

M40A (Red)

14. Dave Tallent 54.8

M45A (Red)

28. Mac MacDonald 52.5

M21B (Red)

12. Mike Fritz 58.7

F35A (Green)

1. Debbie Newell 84.4 Gold

15. Katie Sprugel 34.9

F40A (Green)

8. Vivien B. Fritz 45.1 Bronze

10. Margie Bone 32.3

F55A (Green)

6. Linda Moore 42.3 Bronze

M17-18A (Green)

2. Eric Bone 94.9 Gold

5. Nick Bone 67.8

M50A (Green)

3. Fred Veler 87.5 Gold

4. Dan Waugh 82.4 Silver

27. Harvey Friedman 33.3

M55A (Green)

10. Carl Moore 67.1 Bronze

M40B (Green)

4. Doug Sprugel 55.9

M60A (Green)

8. Bruce McAlister 30.8

M65A (Brown)

5. Ken Lew 44.6 Bronze

6. Knut Olson 41.4 Bronze

F35B (Brown)

2. Margie Bone 37.4

F45B (Brown)

3. Anne York 21.6

M15-16A (Orange)

7. Melvin Rader 55.8

*The race is not always to the swift,
nor the battle to the strong, but
that's the way to bet.*

—Damon Runyan

Upcoming Orienteering Events

(call 783-3866 for latest information and details)

Date/Time	Location and Comments (events close to Seattle in bold)	Type	Club	Map	Contact
MAY					
Sat., May 8	Whipply Creek Park, near Portland.	C	CROC	color	Glen Cafferty (503)281-5137
Sun., May 16 11am-12:30	Moran State Park, Orcas Island. Registration at Little Summit; limited parking. See article this issue for more information.	C	COC	color 1:15000	Peter Golde (206)883-3732
Sat., May 22 11am-4pm	"Discover Riverfront Park," Spokane. String-O for preschoolers and beginner's course for all ages. Carousel Meadow.	C	EWOC		John Beck (509)536-0650
Sat., May 22 10am-noon	Durr Road, near Ellensburg. Second Ellensburg turn-off, turn at McDonalds, follow road and O-signs.	C	EOC	b/w 1:15000	Sally Evans (509) 962-2952
May 22-23 10am	Sage Rogaine IV, Savona, B.C. 12 and 24 hour events, 2-5 person teams. Pre-registration required.	X	SAGE	1:50000	Steve Lawhead (604)828-2289
Wed, May 26 5:30pm-7pm	Luther Burbank Park, Mercer Island. Exit north on Island Crest Way from I-90, then onto 26th St. to park.	C	SAMM	color	Dave Enger (206)822-6254
May 29-30	Joyce Gulch, Kamloops, B.C.	B	CVO	color 1:15000	Jim Traynor (604)753-6666
JUNE					
June 5-6	Ruckles Park, Saltspring Island, B.C.	B	VO	color 1:15000	Jack Carson (604)592-6964
Sat., June 12 10am	Drunken Charlie Lake 3/6hr. mini-Rogaine/Score-O, Duvall, WA. Mass start; 2+ person teams. See article this issue for directions/information.	X	COC	color 1:15000	Rick Hood (206)367-2606
Sat., June 12 10am-noon	Sacajawea State Park, at confluence of Snake and Columbia rivers, near Tri-Cities.	C		new clr 1:5000	Elis Eberlein (509)627-0378
Sun., June 13 1pm-3pm	Riverside State Park at Camp Seven Mile. Go to Seven Mile Road and follow O-signs.	C	EWOC	color 1:15000	John Beck (509)536-0650
Wed, June 16 5:30pm-7pm	Howarth Park, Everett. West on 41st St. which becomes Mukilteo Blvd. Drive past Forest Park 1-2 more miles, then right into park.	C	SAMM		Dave Enger (206)822-6254
June 19-20	Aspen Grove, north of Hope, B.C.	B		color 1:15000	Tony Byrne (604)733-6854
Sat., June 26 10am	"Billygoat run," Cle Elum Ridge, Cle Elum, WA. Long distance event with mass start, register at 10am. Conventional courses also available.	X/C	SAMM	color 1:15000	John Rogers (206)462-9562
Sun., June 27 10am-noon	Easton Grade, Easton, WA. From eastbound I-90 exit 70, cross freeway, head west and follow O-signs. (No novice course at this event.)	C	EOC		Will Sperry (509) 925-4716
JULY					
July 1-4	Blue Lake Training Camp, Blue Lake, Alberta. Pre-registration required.	X	AOA		
July 7-11	Colorado 5-day, Colorado Springs. Five days of orienteering in the high country. Pre-registration required.	A	BSK	color 1:15000	Dan Walker (303)494-8695
July 14-16	USOF Convention, Sugar Bowl Ski Resort, near Lake Tahoe. Seminars, information, fun events, etc. etc. Pre-registration required.	X	BAOC		Tom Strat (415) 592-0903
July 17-18	Western States Orienteering Championships, Boreal Ridge, near Lake Tahoe. Pre-registration required.	A	BAOC	new clr 1:15000	Tom Strat (415) 592-0903
Wed., July 21 5:30pm-7pm	Marymoor Park, Redmond. Take 520 east, Lake Sammamish Pkwy exit, south to park entrance.	C	SAMM	color 1:10000	Dave Enger (206)822-6254
Sat., July 24 10am-noon	Hamlin Park, North Seattle.	C	COC	new color	(206)783-3866
AUGUST					
Sun., Aug. 1	Forbidden Plateau Long-O, Comox, B.C.	C	VO		Alan Philipp (604)721-5759
Wed., Aug. 4 5:30pm-7:00	Robinswood Park, Bellevue. Take 148th Ave. north from I-90, park is on east side of road.	C	SAMM	color	Dave Enger (206)822-6254
Aug. 14-15	Table Mountain Rogaine. 12 and 24 hours. 2+ member teams. Pre-registration required.	X	SAMM	USGS	Dave Enger (206)822-6254
MAJOR NATIONAL EVENTS					
Aug. 25-29	Canadian Champs, Fundy Nat. Park, New Brunswick	Oct. 9-17	World Champs, US Champs, O-Fest, Hudson Valley, NY.		

CLUBS:

COC: Cascade Orienteering Club
EWOC: Eastern Wash. O. C.
CROC: Columbia River O. C.
HUSK: Husky O. C.

SAMM: Sammamish O. C.
EOC: Ellensburg O. C.
VO: Victorienteers
SAGE: Sage O.C., Kamloops B.C.

NISQ: Nisqually O. C.
WIO: Wash. Interscholastic O' League
GVOC: Greater Vancouver O. C.

MEET TYPES:

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

United States Orienteering Federation

P.O. Box 1444
Forest Park, GA 30051
MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

As a U.S. Citizen or U.S. Resident, I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the IOF. Please print.

Date _____ Yr. Born _____

Name _____

Address _____

Home Phone (____) ____ - _____

If family membership, list other persons:

Name _____ Year Born _____

Member of a chartered club? Club _____

- ☐ Individual \$25 member of a chartered club
☐ Individual \$30 at-large
☐ Family \$30 members of a chartered club
☐ Family \$35 at-large
☐ Student \$10 (21 & under)
☐ Junior \$5 (18 & under/no vote/no magazine)
☐ Individual Life \$300 ☐ Couple Life \$450
 For mailing O/NA overseas (except APO & FPO):
☐ \$5 extra surface ☐ \$25 extra airmail

What is USOF?

Often in this newsletter, or in orienteering conversation, you will hear references to "yousoff," and you may have seen the magazine "Orienteering/North America." But why do they need so much money, you ask? We charge \$10/year for local dues, so why should it cost an extra \$25 to join an organization that doesn't seem to do much? The answer, of course, is that USOF does quite a bit.

The largest part of USOF dues goes for the O/NA subscription. This is not only a great source of information, it is well written and edited, and has many articles of general interest on health, exercise, and training. From time to time, we reprint articles from O/NA, and there are always copies available at major meets and club meetings. Most of the rest of USOF dues goes to pay for insurance. Although we, as individuals, might be willing to waive insurance, virtually all land owners, both public and private, require insurance as a precondition even to talking about using their land for orienteering. USOF members get a small rebate, about \$2 per national meet, to help balance out the insurance, but, basically, USOF subsidizes our meets. Without USOF, I doubt that either Cascade or Sammamish could afford the insurance to hold another meet.

So we encourage you not only to join your local club, but to join and support USOF. The magazine along is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501c(3) corporation. Which means that donations, including out-of-pockets costs in help our are fully tax deductible. JOIN NOW!

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