BEARING 315

CASCADE ORIENTEERING CLUB JUNE NEWSLETTER

President	
Dave Enger 455-	5320,789-4137
Vice-President	
Charlie Bock	641-4791
Secretary	
Lorrie O'Brien	746-4573
Treasurer	
Jean Hendrickson Events	772-1241
Len Englund	746-3822
Publicity	140-3022
Tony Paulson	784-4649
Membership	104 404)
Mike Schuh	783-3060
Mapping	
Goran Larsson	938-2058
Training	
Gary & Debbie MacDonald	823-9337

MEMBERSHIP

The CASCADE ORIENTEERING CLUB is now in its fourth year & continues to grow. If you would like to join in the fun and learn this sport, we would be happy to have you as a member. Fill in the membership blank below and send with the yearly dues to:

Cascade Orienteering Club P.O.Box 3572 Bellevue, WA 98009

Dues:	Pamily	\$8.00		
	Individual	\$5.00		
	Associate	\$3.00	(under	18yrs)

Name:		
Address:		
Phone:	the second second	

If we mistakenly put a red asterisk on your address label on the last newsletter you received & you already had paid your 1980 dues, please accept our apologies. Some payments escaped our notice. If you have not paid the 1980 dues, however, this is the last newsletter you will receive.

COMING EVENTS

Wednesday, May 28 (7-9 PM) Eddie
Bauer, Seattle Store, 5th & Union
Thursday, May 29 (7-9PM) Eddie Bauer,
Bellevue Store, Bellevue Square
Clayton Smith will aresent a more
detailed discussion of the man and
compass and orienteering around the
world. Included will be internat'l.
man colors and symbols. A short
film, "The Invisible Force of Direction" will be shown.

Saturday, May 31 FUN TREK '80 Seward Park. This is THE BIG EVENT. It is the culmination of the COC-Eddie Bauer Fun Trek '80 effort. We will have white, yellow, orange, and red courses, with recreational & competitivecategories for each course. The start will be in the picnic area at the top of the hill in Seward Park. The park is on the south portion of Lake Washington in Seattle Metro buslines #31 & #39 service it. People may begin anytime between 10AM and 3PM. Courses will close at 5PM.

Pre-registration for non-COC members will be at the Eddie Bauer stores in Seattle & Bellevue, or may be mailed to the Club. A non-member fee of \$3 will be charged. Members will bay \$2. Registration will also be held at the meet on May 31.

Prizes will be awarded as follows in all courses and in both Recreational & Competitive Categories;*

lst place-Silva compass & \$50 Eddie Bauer Gift Certificate

2nd place-340 Eddie Bauer Gift Cert. 3rd place-330 Eddie Bauer Gift Cert. 4th place-320 Eddie Bauer Gift Certi ficate.

All Finishers who successfully comnlete a course will receive an Eddie Bauer T-shirt and a certificate.

* Recreational category is intended for novices & those who have attended only 1 or 2 meets. Competitive category is intended for experienced orienteers who feel confident in their map & compass skills. We will be using a new, very detailed 1:5000, 4-color, 2.5 meter contour orienteering map of Seward Park prepared by Charlie Bock. Charlie will design the courses & Dave Enger will be the

Meet Director.

Friday, June 6 Post Fun Trek '80 Party Charlie Bock has volunteered his house for this event. Look for orienteering control markers in his driveway at 1202 134th Ave. NE in Bellevue (phone 641-4791). All club members are invited, especially tho se who have helpewith Fun Trek '80. It will be a barbecue. Please bring your own food(i.e. hamburger, hot dogs, steak, buns, salad, chips, etc.) Plates, cups, utensils, etc. will be provided. But B.Y.O.B. Possible slide show of past meets will be shown.

Sunday, June 8 Campbell Valley Park
This is a meet sponsored by the
Vancouver, B.C. Orienteering Club.
The person to contact if you are
interested in attending is Charlie
Fox (604)888-8570. For more information, you may write to:
Orienteering Association of B.C.
170-1200 Hornby Street
Vancouver, B.C. V6Z 2E2

Monday, June 9 COC Business Meeting will start at 7PM at the Greenlake Library, 7364 E. Greenlake Dr. N., Seattle. Summary of Fun Trek '80 will be given & schedule of meets for summer months will be set. Meeting will be followed by a slide show of the Reno National Meet attended by COC members.

Saturday, June 21 St. Edwards St. Park Meet. The park is located near the north end of Lake Washington, just south of Kenmore. Entrance is on Juanita Drive at NE 145th St. Courses will be ready for sign-up anytime from 10AM until noon. There will be beginner, intermediate, & advanced X-country courses.





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CASCADE ienteering CLUB



U.IV.RUITY OF NEVADA AT RENO April 26 & 27, 1980 - Sponsor: Military Science Denartment

Over 60 participants competed in blue, red, orange, yellow, & white courses in the 2-day event. Each individual ran 1 course per day & the winning scores combined the times for both days. Six members from COC went down to Reno and brought back 6 trophies.

Goran Larsson - 2nd place, Blue course.

Goran Larsson, Clayton Smith, & Mark Hawley - 3rd place, Blue Team. Mike Schuh - 2nd place, Men's Div. Red Course.

Dave Enger - 3rd place, Men's Div. Red Course.

Berith Larsson - 2nd place, Women's Div. Red Course.

Mike Schuh, Berith Larsson, & Dave Enger - 2nd place, Red Team.

Special Feature

At several of the past business meetings Goran Larsson has given marvelous short talks to our membership on International Map Symbols and Colors. Thus continuing what Goran has begun, enclosed within this newsletter is an expanded form of the symbols and descriptions as used by the International Orienteering Federation in all of its national and international meets. PLEASE SAVE THE IOF SYMBOL SHEET as it will not be mailed in other newsletters. This month the explanations have been enclosed and next month various clue sheets from IOF Championships will be included to try your luck at them...the answers will also be given; This is all in preparation so that our club can begin using them at meets.

EVENT RESULTS

St. Edwards St. Park	ORANGE COURSE: 9 controls 4.7km
April 5, 1980 - Directors:	Karl Perry36:33
Richard Lacy & Debra MacDonald	Frederic Riley39:07
	J. Nizolak41:34
WHITE COURSE: 7 controls 1.5km	Susan Hamilton51:04
Smitty Parratt00:18min.	Robert McHugh67:25
Karen Thomson00:20	Michael & Mary Reynolds 70:56
Dave Ostlund00:43 "	Ernst Andersson72:08
	Janice & Kai Reynolds81:16
ORANGE COURSE: 10 controls 4km	Judith Connett88:21
Tony Paulson02:05	R & J Hendrickson102:01
Bob & Jean HendricksonDNF	William Connett 07.00
Everett & Verlyn HarrisDNF	William Connett91:02
Debbie NewellDNF	Carol Johnson116:27
D00010	Gary OstlundDQ
RED COURSE: 15 controls 6km	W.J. PowellDQ
Goran Larsson1:14	DED COUDCE SO
Dave Enger1:56	RED COURSE: 12 controls 5.8km
Mark Hawley2:02	Johan Andersson45:16
Smitty Parratt2:12	Rod Harris47:03
Berith LarssonDNF	Dave Enger
Dell'un Barbbon	Richard Lacy54:43
Carkeek Park	Charlie Bock58:03
April 19, 1980 - Director:	Mike Burbach58:37
	Mike Schuh59:06
Dave Enger	Sue Harris
THE COURSE. 6 controls 1 1km	Rob Corkran
WHITE COURSE: 6 controls 1.1km	Tony Paulson
Fred Ebert0:47	Pontus Anderson69:50
armer or gormen. 30 and as 3 of 51mg	Pete Martini147:20
YELLOW COURSE: 10 controls 2.5km	Len EnglundDNF
Stig & Ernst Anderson1:01	Stig Anderson(87:49)DQ
William Connett1:10	
Karen Thomson1:16	Discovery Park
Gary & Debra MacDonald1:18	May 18, 1980 - Directors:
Tony Paulson & Susan	Mike Schuh & Tony Paulson
Hamilton1:21	mike bendir a fong Paulson
Max Meyring1:40	WHITE COURSE:
Dorothy Moushegian1:52	B. Amacker & D. Fresir0:40
Bob & Jean Hendrickson2:09	
Carol Johnson2:10	Bill Ford0:43 -
Shari Del Moral, Brenda	Joan & Greg Konzelman0:46-
Gross & childrenapprox. 3hrs.	Jack Keegan1:05
Judith ConnettDNF	Maggie Michel1:05-
NOTE: Control #4 on the Yellow	Frank Weirl:ll-
Course was stolen, & several people	Laurie Weigardt1:20-
spent as much as 15min. looking for	H. Smith & E. Weinstein1:35-
it.	Bill Fritz1:37-
	Julia Gray1:45-
RED COURSE. 14 contact 5 co	Joanne Gray2:06-
RED COURSE: 14 controls 5.0km	Eureka Mothershed2:54
Goran Larsson0:58	Georgene Ranney2:56
Clayton Smith1:02	
Anders naglund	YELLOW COURSE:
onan Anderson	Debbie Newell0:50
Mike Schuh1:21	Einar Storskers1:10
michard Lacv	Gurumukh Khalsa1:16
Pontus Andersson1:30	Savitri Khalsa1:26
Berith Larsson1:30	Micky Reynolds1:53
This was a strong field of competi-	W.J. Powell2:20
tors and the times are excellent!	Bill Fritz2:21-
and simes are excellent;	J. Reynolds & E. Otterholt2:33
Fort Lewis, "Burns Woods"	John Shay & Fam. (1:26)DNF
May 11, 1980 - Directors:	Carol Johnson (2:04)DNF
Clayton Smith & Dorothy Moushe-	Hall & Reynolds (2:35)DNF
gian-Smith	nail & Reynolds (2:35)DAF
	RED COURSE:
The Meet was covered by KOMO-TV and	
a 10 min. segment was aired on PM-	Dave Enger1:30
Northwest on Friday, May 16th. Also	Clayton Smith(1:08)DNF
covering the Meet was a writer & Pho-	Charlie Bock(1:57)DNF
Correpher from the Boot Tomic rem	J. & G. Konzelman(2:09)DNF
ographer from the Fort Lewis news-	Reynolds Wendlant (3:00) DNF
paper, "Ranger".	D. Moushegian(3:15)DNF
HIME COURSE. O control - 2 21-	
HITE COURSE: 9 controls 3.3km	28 people attended the beginner's
Karl Perry35:00	workshop at Discovery Park and
Tom Hardin	participated in running 1 or more
Moseley & Bodden72:23	courses. 15 members also ran
Jerry Graham74:29	courses that Sunday.
Dave OstlundDNF	
Debra & Gary MacDonald-Wayfinder	
KOMO-TV CrewWayfinder	

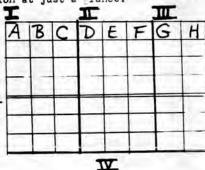
IOF SYMBOLS: SHORTHAND

(reprinted from Orienteering Usa, vol 6 no.1)

IOF (International Orienteering Federation) has devised a new system for giving participants their "clues" or "control descriptions" at orienteering meets. It was specially designed for meets where more than one language is needed, but it is also very useful at any meet with a fairly large number of controls. The system makes things easier for the organizer and is learned extremely quikly by any orienteer. Its use is based on symbols rather than words. It may look complicated at first, but only because it is something different. It is really convenient and easiles you to read the description at just a clance. enables you to read the description at just a clance.

This is the lay-out. The Roman Numerals and letters refer to points made in the article and are not incorporated into the actual sheet of descriptions.

Numerals I - III are the heading. Letters A - H are the actu-al descriptions. Each square should be about 7 mm x 7 mm. The darker lines help the eye to pick up the spot wanted. Numeral IV is the finish information.



Class or classes using this particular description set. Bee-line course length in kilometers.

III The amout of climbing in meters by the best route.



DESCRIPTIONS
The eight columns are headed A-H; all columns are not necessarily used for any one control.

A: The control number; e.g.: 3 the third one on your course.

B: The control code designation shown on the control marker;

e.g.: QA or 64, etc.

C: Which one of the features out of several similar ones;

e.g. : the eastern boulder, northern reentrant, etc.

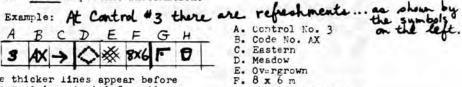
D: The control feature itself; e.g.: boulder, reentrant, etc.

E & F: used to give details about the control feature.

F: Dimensions of the feature, if applicable.

G: The location of the control marker relative to the control feature.

Other important information.

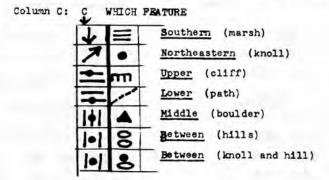


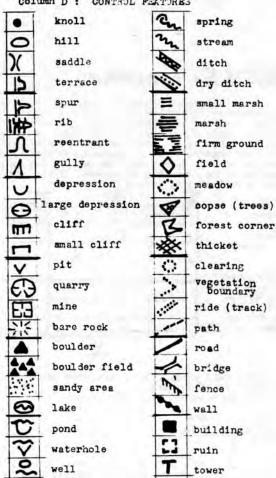
The thicker lines appear before the most important information.

H. refreshments

G. Northwest corner

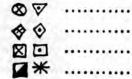
Columns & & B should be self-explanatory but the rest need further explanation.





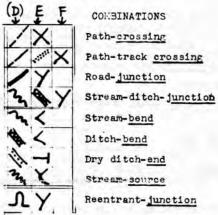
SPECIAL FE.TURES

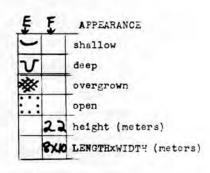
When used as controls, "Special Features" should be very clearly described beforehand (in the briefing)
For the Special Feature
Symbol one of the following
symbols should be used:

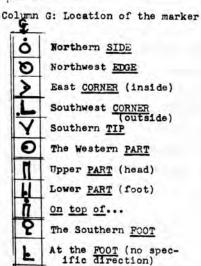


If any of the special features are to be used, the organizer should inform the competitors ahead of time what they stand for. It also helps if the standard symbols to be used (or those which will not be used, which ever list is shorter) are listed shead of time for display.

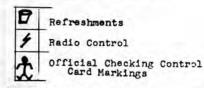
Columns & & F:







Column H: Other Relevant Info



Finish Information Tells if the route to the finish is marked with streamers and the length from the last control:

