

# BEARING 315

The Newsletter of the Cascade Orienteering Club

January-February 1989

## USA O' Fest

*by Debbie Newell*

The USA Orienteering Festival in late October and early November certainly lived up to its "smorgåsbord" advertising. The six days of "A" meets covered 3 states and featured 5 completely different types of terrain.

The O' Fest started off with the North American Championships on October 29 and 30 at Hickory Run State Park in the Pocono Mountains of Pennsylvania. The forest was open, but the soil was extremely rocky, making footing difficult. Northwest orienteers did well at this meet: **Ross Burnett**, (Vancouver, B.C.), **Dave Enger** (Sammamish), and **Jeff Coker** (Nisqually) were each the 3rd-place North American in their class.

The two mid-week "A" meets were as different from Hickory Run as they were from each other. Tuesday's meet was held at Pakim Pond in the New Jersey Pine Barrens, legendary haunt of the Jersey Devil. The most descriptive term for this area is "swamp." And the rain that poured down the entire day of the meet didn't help. The terrain was nearly flat, and most people stuck to the trails, since the forest was mostly thorny vines and blueberry bushes.

At Thursday's meet at Soldier's Delight near Baltimore, both the terrain and the weather were quite different. The sunny weather was a refreshing change from Tuesday's monsoon, and the terrain was a challenging maze of thickets and clearings.

The last two days of the O' Fest made up the U.S. Championships, and again featured vastly different terrain and weather. The first day was run at the Chesapeake & Ohio Canal National Historic Park near Washington, D.C. The park consisted of a mainland and many small islands in the canal. The mainland was open, runnable forest, while the islands were mostly flat with many cliffs, bare rocks, and boulder fields. Those with early starts were lucky, avoiding the heavy rain which started later in the day.

Day 2 was held at Little Bennett Regional Park, 30 miles northwest of Washington, D.C. The weather was good, and the terrain was open, runnable woods. Competing at the U.S. Championships was famous Swedish orienteer Jörgen Mårtensson. Although he didn't do well, it was still interesting to have him attend the meet.

Northwest orienteers again did well at the U.S. Championships: **Ross Burnett** placed 2nd in M21A; **Dave Enger** was the top American in M35A; and **Fred Veler** was the top American in M45A.

Placings were also figured for those who participated in the entire 6-day event. Scores were based on each person's 4 best days of competition. **Ross Burnett** finished 3rd in M21A; **Dave Enger** finished 5th in M35A; **Dave Tallent** finished 11th in M35A; **Debbie Newell** finished 11th in F21A; and **Knut Olson** finished 7th in M60A.

## General Meeting January 25

The next General Meeting will be on Wednesday, January 25 at the University Branch Library at 50th and Roosevelt. The topic is a surprise, but the meeting will probably be followed by ice cream at Donna's in Roosevelt Square.

## Centennial Games Update

Planning for the Washington State Centennial Games is moving right along. The field-checking of Riverside State Park was completed by Al Smith and Ulf Köster in August, and Gary McCausland is currently drafting the overlays. Debbie Newell and Mike Tharp will travel to Spokane on January 14 to make final plans for the orienteering portion of the Games. Watch future issues "Bearing 315" for more information about how to participate in the Games.

## Presidential Ramblings

This is my last "Ramblings," as **Arnold Kay** will be Cascade's President for 1989. The other officers will be **Doug Sprugel**, Vice President; **Katie Sprugel**, Treasurer; and **Ardis Dull**, Secretary. I encourage you to give them your support and to share with them any thoughts you might have on club operations.

As I look back on my two years as President, it is with both frustration and pride that I reflect on the club's accomplishments. Frustration that the club has not grown as fast as I think it could, and that our meet attendance hasn't really changed much. Disappointment too, as we cancelled 4 meets this year for reasons as different as too much snow and too little snow (among others). Pride in our accomplishments: the Orienteering Hotline, which has been collecting about two inquiries each week since March (the U.S. Orienteering Federation helped us pay for the Hotline - a full analysis of it will be done in February); our VISA merchants account, which allowed participants to charge their meet fees; the formation of the Washington State Orienteering Association; printing 2 new color maps (Union Bay and Drunken Charlie Lake) and the third (or is it our fourth?) color reprinting of our venerable map of Woodland Park; and the start of the map of Moran State Park (Orcas Island), site of next year's Western States Orienteering Championships. The state association and, as far as I know, the Hotline and VISA account are the first in the country.

As I look back over the last two years, I also wonder where we will be two years hence. By December 1990, we will have had the Centennial Games in Spokane (home of the state's newest club), the Western States Orienteering Championships on Orcas Island, and the World Cup near Cle Elum. There might be several more clubs in the state, including a couple in

the Puget Sound area. Within COC, it is my hope that our meet attendance grows (pragmatically speaking, meet revenue is our main source of income) and that we continue to produce new maps. I would like to see our publicity efforts become more active and aggressive and reach out into the community more.

A club such as ours is dependent upon its members to do the club's work. To the extent that each of you volunteers to help out - handling registration at a meet, folding newsletters, setting courses, sewing control markers, welcoming a newcomer, hosting a pot-o-luck, or directing a meet - the club will prosper and grow. And I really believe that the more active our club is, the more fun it will be for everyone.

I wish I could thank all who have helped during 1988 - but I'm sure I have forgotten someone, so I won't try to list everyone (sorry!). However, two individuals do stand out for their contributions: **Arnold Kay** and **Debbie Newell**. Debbie is best known for her superlative cartography - known internationally, in fact. She has also edited and produced this newsletter for the last couple of years. As if this weren't enough, Debbie designed our club patch, corresponded with the State Centennial Games Commission, set some courses, designed the World Cup bulletin format, and directed a meet or two - and plenty more. Arnold, while not as hyperactive as his wife, has kept our equipment in good shape for three years, augmenting our meet gear with finish stantions and streamers (Debbie sewed the finish banner). Besides setting courses and directing meets, he has rounded up first aid and search and rescue teams for our major events. To both Arnold and Debbie - and to the other members of the Executive Board with whom I served these last two years - my heartfelt thanks.

*Mike Schuh*

## World Cup 1990

As was explained in an earlier newsletter, the World Cup competition is a series of orienteering meets that occurs every two years in various countries. Participants are selected by their national federations and receive points based on their placing at each meet. After all the points are figured, the five highest for each individual are added together and the male and female with the most total points are the World Cup Champions for the year. The World Champion and World Cup Champion are determined in alternate years. In 1990 the World Cup schedule will be:

Poland 27 May  
Denmark 30 May  
Norway 3 June  
Canada 11 August  
USA (here in Washington, we all are hosting it) 18 August  
Switzerland 30 September  
France 3 October  
Germany 6 October

Since one of the purposes of this competition is to help promote orienteering, we will have a regular Class "A" meet 18-19 August 1990; we will need more volunteers than usual

to make sure that the World Cup part comes off flawlessly and at the same time we all want to be out in the woods at the same time as these superstars of the orienteering world. There are about 30 active club members who administer meets and over 100 others who are much less active, maybe only coming to a meet every two or three years. There is a lot more to do at this meet than there is at a usual local meet. We'll need many more signs, more publicity seekers, greeters (both at airport and at meet registration area), fund raisers, and more. If we get enough volunteers, every one who wants to participate in the woods can do so; start and finish crews will not be just one or two people but actual crews. In fact, there will have to be a separate start and a separate finish chute for the 18 August World Cup elite competitors.

We expect people from at least a dozen and perhaps even all 34 IOF-associated countries. If you want to be part of this spectacular event, contact Harvey Friedman at 784-2774. If you want practice at a big meet before then, contact Katie Sprugel at 365-8742 to volunteer to work on the Western States Championships at Moran State Park on Orcas Island. I'll write more in future newsletters.

*Harvey Friedman*



## Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes, this time as of Christmas 1988. Words of both thanks and welcome go to the following new or renewing club members: **Bob Berreth family, Linda Botich, Patricia Castaldi family, Adrienne Davis, Dick Diesner, Chuck Delpier, Rick Donaldson, Everett family, Anne York & Harvey Friedman, Hill family, Peter Kehoe, Laurie Kohli, Michael Mahoney, Michelle McMorran, Thurston Miller, John Nitardy family, Brad Payne, Bo Powell, Jack Raidy, Joe Saba, Mike Schuh, Roger Sharp, Jim Siscel, Einar Storakers, Douglas & Susan Woods.** 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 a 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. Now on to the other stuff. **Meir Sheffer**, former Cascade member again living in Israel, wrote a brief note and included a half dozen or so O-maps from Israel. One of those must be the lowest O-map in the world at 230 meters below sea level. Meir expresses best wishes for all his friends here in the Northwest and wants to return soon....We received a greeting card from **Lennart Levin**, Secretary-General of the International Orienteering Federation, who says to say hello to the folks he met a year ago last October when he was out here, and he hopes we are making progress on preparations to host the World Cup event scheduled here for 18 August 1990....At the Evergreen O' Cup meet at Tenalquot on Fort Lewis on the last weekend in November, there were some people with Bul Tromsø on the

back of their warmup jackets. Investigation determined that **Olavi Juntilla** and his family from Tromsø (north of the Arctic circle) Norway found their way to the meet. Olavi has been on sabbatical from his forestry position at the U. and, since July has been at Oregon State U. in Corvallis. Why this is especially worthy of mention is that back in 1983 when I and my wife Anne York went to our first "big" O meet in Europe, the Juntilla family were the first orienteers we were able to contact when we flew in to Tromsø. We arrived at about 9-10 p.m. and the meet site was about 400 kilometers away. Despite being meet director for the second day of the meet, Olavi managed to find time to make us feel welcome and to find us a ride to the meet. Orienteers are the nicest people. Also, as I learned at Tenalquot, it was not the first time **Doug Sprugel** and Olavi had met. They both attended the same forestry conference in France somewhere last summer. Orienteers get around....Another example of Cascade O. C. innovations being followed by other O clubs in the country: as many of you know, we have had an answering phone to give directions to meets, a brief schedule, and any other newsworthy items. The largest O club in the country, New England Orienteering Club, NEOC, now has an orienteering hotline too. For anyone interested, their number is (617) 648-1155. I guess imitation is the sincerest form of flattery....If you want more news about people in the club, you'll have to write something for me to include. Since I am so involved with World Cup 1990, I don't seem to be talking to as many folks as I used to, so I need help with compiling items of interest for this column. Any new members who want to apprentice?

## ROGAINE USA

Kittitas County May 13-14, 1989

**ROGAINE** (Rugged Outdoor Group Activity Involving Navigation and Endurance): a long-distance walking or running event in which you select your own route, choose the number of controls to visit, and choose how long to remain on the course. This event is for recreational hikers, mountaineers, triathletes, orienteers, volksmarchers, scouts, search and rescue groups, and anyone else.

**EVENT:** a 12 or 24 hour course involving navigation and compass use over 200 square kilometers of forested, mountainous terrain in the Cascades of Washington State.

**TEAMS:** 2-Man, 2-Woman, Mixed (1 male, 1 female), Masters (2 team members, both over 40 years old), and Novice/Family (2 or more members)

**COURSE:** at least 40 controls will be set, plus one mystery control. Even the most elite Rogaine teams will be challenged to visit them all. Novices will find that many controls can be reached by easy trails and a few hill-climbs. The scenery in May should be outstanding, with snow visible on surrounding peaks.

**MAPS:** 7.5 minute USGS topographic maps, recently issued, 1:24,000 scale, 40-foot contour interval.

**INFORMATION:** call Bob Reddick at (206) 581-0009.

**LOCATION:** Cle Elum area, including the Wenatchee National Forest, in the eastern Cascade Mountains, 2 hours east of Seattle, and 1 hour west of Ellensburg.

**REGISTRATION:** pre-register before April 1, 1989. Both the 12 and 24 hour Rogaines start at 10 a.m. on Saturday, May 13. The 12-hour Rogaine finishes at 10 p.m., and the 24-hour Rogaine finishes at 10 a.m. on Sunday, May 14. Late registration and map issue begin at 8 a.m. Saturday.

**EQUIPMENT:** all Rogainers will need a day pack containing spare clothing, food, water (with purification means), emergency shelter, first aid kit, and personal items needed in case of an unplanned overnight away from base camp. Twelve-hour Rogainers must return to base camp by 10 p.m. Others may return to base camp or remain on the course overnight. Some water controls will be set. Food and drinks will be provided at base camp from 5 p.m. Saturday until 12 noon Sunday.

**ENTRY FEE:** \$20.00 per person or \$40.00 per team. Late registration (after April 1) is \$25.00. This fee covers registration, 2 map sets and course descriptions, food, and drinks during the entire event. Twelve-hour Rogainers will receive a \$5.00 refund at the event if they do not have Sunday breakfast.

## Meet Results

### EASTON GRADE - October 9 Ellensburg Orienteering Club

**Meet Director:** Dale Width  
**Courses:** Dale Width  
**Registration, Start, Finish, Refreshments:**  
Addie Graaf, Sally Evans, Betty Wiberg, Kent Verbeck  
**Marker Pickup, Supplies, Moral Support, Transportation:** Addie, Gary McCausland, Pat Albright, Nancy Oakes, COC, Dale  
**Map:** Bill Sperry and EOC

#### Course 1 (1.35k, 40m climb)

Martin & partner	12:04
Steicher/Evans	13:10
D. Doerflinger	13:43
J. Colligan	16:41
Hopkins/Daigle	19:52
J. Attaway/Trost	21:49
B. Stewart	21:58
R. Forrester	22:10
A. Karlsen	23:28
D. Stenger	24:35
L. Ambus	39:49
4 Stevensons	40:55
D. Attaway/Prindle	42:34

#### Course 2 (3.1k, 70m climb)

Mike Schuh	32:00
Arne Skog	44:50
Stuart Bradshaw	61:00
Pat Albright	83:41
Nancy Lewis	86:26
John Beck	96:55
J. Stevenson	118:20
G. Teichert	DNF

#### Course 3 (4.2k, 135m climb)

Arne Skog	51:30
Gary McCausland	60:20
Åke Lemmark	60:45
Scott Coble	71:49
Arnold Kay/Boomer/Aska	79:36
Dave Lilly	87:35
Mark Howlett	89:10
Bob Reddick	116:24
Ardis Dull	118:12
Knut Olson	128:25
R. Vaughan	129:59
Carl Moore	135:34
Ken Wiljanen	DNF
Wanda Howlett	DNF

#### Course 3 + 2 (5.3k, 205m climb)

Dave Enger	73:30
Mark Hartinger	97:28
Dave Tallent	100:07
Debbie Newell	100:25
Rick Breseman	105:32
Ross Stevens	154:18

### U OF WASHINGTON - November 20

**Meet Director:** Katie Sprugel  
**Course Design:** Jeff Coker, Anne York  
**Registration:** Harvey Friedman  
**Start:** Scott Coble  
**Finish:** Ann Amundsen  
**Marker Pickup:** Jeff Coker, Anne York, Angela & Nicholas Tallent

Participants on Courses 3 and 4 ran on two maps: the University of Washington and Union Bay. Since the maps are at different scales, this added complexity as well as distance and variety!

Katie Sprugel

#### Course 1 (1.6k, 7 controls)

Jason Dallaire/Susan Carver/	
Maika Manning	19:50
John Sincok	25:46
Meredith Gibson	25:48
Bev LaVeck	29:30
Bill Yost	31:15
Jason Dempsey	32:37
Jim Davis	untimed

#### Course 2 (2.5k, 10 controls)

Roger Sharp	25:20
Chuck Lange	30:42
Diane & Nathan Hamm	36:13
Jeff & Valerie Hamm	37:26
Linda Botich	49:39
George & Nancy Lilly	65:00
Barbara & Doug Woods	67:33

#### WIOL Course (2.5k, 10 controls)

Jason Dallaire/Susan Carver/	
Maika Manning	24:21
Kathryn Fisher	46:31
Chuck Lange	55:48
Meredith Gibson	56:02

#### Course 3 (4.5k, 10 controls)

Debbie Newell	34:59
Eileen Breseman	42:44
Thurston Miller	46:17
Ardis Dull	54:02
Terry Shumaker	55:13
Harvey Friedman	56:07
Arnold Kay/Boomer/Aska	62:46
Mo Nguyen	66:42
Bob & Suzy Lynch	DNF

#### Course 4 (5.9k, 16 controls)

Dave Lilly	46:30
Åke Lemmark	50:54
Rick Breseman	52:55
Dave Tallent	56:18
Scott Coble	56:23
Scott Elich	60:00
Ross Stevens	65:37
Doug Sprugel	67:10
Curtis Brown/Jim McVey	113:34

### EVERGREEN O' CUP - November 26-27 Tenalquot, Lacey Nisqually Orienteers

The map of this area is now history, after having 8 days of orienteering and using almost 1500 maps. Currently, there are no plans to redo the map within the next few years, so the Evergreen O' Cup will have to be moved to another site. Any suggestions?

Despite the inclement weather on Sunday, the turnout over both days was good. Because of the efforts of Mike Tharp and his assistants (Fred Veler, Bob and Mary Forbes, and Rick and Eileen Breseman), the WIOL clinic was another success and about half the number of orienteers were students. Thanks go to both the instructors and new orienteers for their support.

Additional thanks to the helpers at the event. A number of people came out to the meet site early both days to help set up, put out controls, work registration, and pick up controls. These include Mark Howlett, Bob and Pat Reddick, and Sid Whaley, but special kudos go to Pat Albright, who helped out both days and worked on course design, placing ribbons and controls, picking up markers, and giving me encouragement to get the job done.

Thanks to you all.

Gary McCausland

#### Course 1 (Day 1: 1.8k, Day 2: 1.6k)

Curtis Brown*	7:51
Jim McVey*	9:02
Greg Nicholl*	9:20
Scot Thorstad*	9:52
Eric Thorstad*	9:53
Jason McDermott*	10:42
Kris Krisner*	10:42
Tri Vo*	11:11
Adam Winterhorse*	11:21
Dat Nguyen*	11:21
Ben C/Ron S/BSH*	11:41
Melissa McDermott*	13:01
Lisa Nordlund*	15:20
Julie Peyton*	15:20
Seung Kang*	15:20
David Berryman*	15:35
Austin Appleby*	15:36
Jason Dempsey*	15:40
Ellen Boomer*	17:11
Jessica Baines*	17:11
Paula Brown*	19:13
Nguyen Quoc*	20:55
Hung Dom*	20:55

#### Course 2 (Day 1: 2.7k, Day 2: 2.6k)

Greg Nicholl*	17:37
Eric Thorstad*	19:19
Scot Thorstad*	21:24
James Kather*	25:51
Joel Wingard	26:15
Mitch/Sara/Jenn*	30:47

Dave Johnson	35:45	
Chuck Lange	36:27	
Ellen Boomer*	44:44	
Jessica Baines*	44:44	
Julie Carl*	58:45	
Kathryn Fisher*	58:45	
Heather Song*	58:45	
Karen Lachance/ Matthew/Meghan	78:46	
Pat Reddick	80:11	
Thurston Miller		31:57
Marijean Rak	50:15	
Jason Demspey*	DNF	
Jim McVey*	DNF	
Vi Nguyen*	DNF	

#### Course 3 (Day 1: 3.4k, Day 2: 3.6k)

Jason McDermott*	50:49	61:34	112:23
Kris Krisner*	50:49	61:34	112:23
Tom Hardin	47:41		
Adam Winterhorse*	48:06		
Dat Nguyen*	48:06		
Dave Johnson	65:57		
Tri Vo*	71:01		
Hung Dang*	71:01		
Ben C/Ron S/BJH*	93:00		
Adam Appleby*	77:54		
Dave Berryman*	77:54		
Thanh Pham*	118:39		
Chris Brown*	DNF		
Kurt Blakstad		38:14	

#### Course 4 (Day 1: 4.6k, Day 2: 4.6k)

Nathan Tharp*	48:24	47:35	95:59
Doug Sprugel	76:04	85:15	161:19
Scott Coble	97:11	75:18	172:29
Carl Moore	68:00	131:15	199:15
Harvey Friedman	117:06	140:18	257:24
Toby Barnes*	110:58	150:12	261:10
Ardis Dull	135:20	134:53	270:13
Olav Junttila	76:10		
Sandy Miller	97:55		
Katie Sprugel	101:30		
Kurt Blakstad	103:58		
Frank Mesila	111:03		
Bob Reddick	114:58		
Malloy/Holden/ Williams	211:20		
Laura Skog		131:05	
Anne York		169:00	
Chuck Lange		DNF	

#### Course 5 (Day 1: 5.9k, Day 2: 6.2k)

Robert Olsen	101:20	71:27	172:47
Scott Elich	96:50	92:01	188:51
Dale Width	104:42	95:22	200:04
Mac MacDonald	99:51	103:26	203:17
Arnold Kay/Aska/ Boomer	119:01	108:31	227:32
Knut Olson	117:07	115:52	232:55
Olav Junttila		63:01	
Mike Tharp		85:12	
John Rance	85:03		
Dave Hastings	DNF		
M. Mahoney	DNF		
Eileen Breseman	DNF		

#### Course 6 (Day 1: 7.5k, Day 2: 7.4k)

Jeff Coker	73:32	74:58	148:30
Dave Enger	80:40	80:23	161:03
Fred Veler	87:46	103:15	191:01
Dave Lilly	114:13	86:29	200:42
Bob Forbes	109:35	100:48	210:23
Olavi Junttila	94:25	116:56	211:21
Dan Waugh	95:38	117:48	213:26
Dave Tallent	119:24	96:43	216:07
Rick Breseman	140:00	112:00	252:00
Debbie Newell	102:52		
Colm O'Halloran		74:53	
Arne Skog		89:26	
Mike Schuh	DNF		

#### Score Course (48 controls, 90 minute limit)

Debbie Newell	265 pts.
Mark Howlett	220 pts.
Bob Reddick	205 pts.
Miller/Rak	145 pts.
Tom Slocum	48 pts.

\* WIOL participant

#### **ST. EDWARD STATE PARK - Dec. 31 BOG SLOG**

Meet Director: Bruce McAlister  
Course Design: Bruce McAlister, Arnold Kay  
Meet Help, Piemakers: Rick & Eileen  
Breseman, John Sincok, Robert Olsen, Kurt  
Blakstad, Ardis Dull, Anne York, Dave Petty

#### Course 1 (1.5k, 9 controls)

Susie Carver/Maika	11:11
Stephanie Enlgish	25:45
George & Nancy Lilly	89:58

#### Course 2 (3.0k, 10 controls)

Thanh Pham	26:36
Paul Bullard	33:10
Susie Carver/Maika	48:39
Kathy Trost	60:07
Dick & Berta Diesner	80:05
Pat Reddick	DNF
Linda Botich	DNF

#### Course 3 (3.8k, 9 controls)

Robert Olsen	36:01
Eileen Breseman	40:55
Scott Donald	44:16
Kurt Blakstad	47:23
Larry Sasser	51:39
Anne York	52:57
Pat Albright	53:59
Harvey Friedman	56:15
Katie Sprugel	56:44
Shirley Donald	61:35
Michelle Everett	65:43
Thanh Pham	67:09
Ardis Dull	69:06
John Sincok	70:41
Phil Everett	72:13
Amy Loomis	72:45
Jim McNamara	74:00
Dave Petty	74:59
Roger Sharp	90:47
Steve Layman	92:07

#### Course 4 (4.5k, 15 controls)

Jeff Coker	46:27
Dave Enger	49:20
Arne Skog	56:25
Fred Veler	57:20
Dave Lilly	59:05
Mark Howlett	59:12
Dave Dummeyer	61:00
Mac MacDonald	61:27
Martin Mellish	64:15
Carl Moore	69:32
Rick Breseman	69:54
Scott Elich	76:22
Dave Tallent	76:27
Doug Sprugel	83:01
Knut Olson	87:58
James Lilly	89:55
Jim Gallant	94:14
John Smith	108:54
Ken Peters	119:49
Bob Reddick	DNF
David Brandt	DNF
Mike Schuh	DNF

### **Intermediate Orienteering Skills Class**

*Instructor: Mike Schuh*

**Improve Your Orienteering Skills (Competitive or Recreational)**

Review courses from local area orienteering events and discuss strategies for future events. Topics covered:

- dead reckoning
- map memorization
- nonstop control punching
- how to run in a relay
- orienteering-specific physical training
- relocating while on the move
- map generalization
- setting a good tempo
- how to have fun at night orienteering (with or without a consenting partner)

**Fees:** \$20 individual  
\$35 couple  
\$15 student

**Class Schedule:** January 22,  
January 29, February 12,  
February 19, 7-9 p.m., Ballard

Questions?? call Mike Schuh at 783-3960



## Schedule

<i>Date/Time</i>	<i>Location</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Information</i>
Sat, JAN 14 10 a.m. - noon	Woodland Park, Seattle N.E. 50th St. entrance	W	COC	color 1:5,000	Doug Sprugel (206) 365-8742
Sat, JAN 21 10-12 noon	Marymoor Park, Redmond Highway 520	W	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sun, JAN 22 11 a.m. - 1 p.m.	Ski-O, Cle Elum Ridge I-90, exit 85	S	COC	color 1:15,000	Doug Sprugel (206) 365-8742
Wed, JAN 25 7:00 p.m.	* General Meeting, University Branch Library 50th & Roosevelt, Seattle		COC		Arnold Kay (206) 488-7471
Sun, JAN 29 10-11 a.m.	* Spanaway Park, Tacoma	W	NISQ	color 1:5,000	Mike Tharp (206) 459-9231
Sat-Sun FEB 4-5	* Pt. Grey, Vancouver, B.C. University of B.C. campus and endowment lands	C	OABC	color 1:15,000	
Sun, FEB 12 10 a.m. - noon	University of Washington, Seattle N.E. 45th St. entrance	W	COC	color 1:5,000	Doug Sprugel (206) 365-8742
Sat, FEB 18 10-11 a.m.	Pt. Defiance Park, Tacoma	W	NISQ	color 1:10,000	Gary McCausland (206) 352-5542
Sat, FEB 25 10-12 noon	Bridle Trails State Park, Kirkland High School Championships	W	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sat, March 11 10-12 noon	Lake Tradition, Issaquah I-90, Front St. exit	C	COC	color 1:15,000	Doug Sprugel (206) 365-8742
Sun, March 19 10-12 noon	Island Crest Park, Mercer Island I-90 exit 7, Island Crest Way at S.E. 58th St.	C	SAMM	color 1:7,500	Dave Enger (206) 822-6254
Sat, MAR 22 10-12 noon	Lake Sammamish State Park, Issaquah	C	SAMM	color 1:5,000	Dave Enger (206) 822-6254
Sun, APR 16 11 a.m. - 1 p.m.	Lincoln Park, West Seattle	C	COC	color 1:5,000	Doug Sprugel (206) 365-8742
Sat-Sun May 6-7	Aspen Grove, Merritt, B.C.	B	OABC	color 1:15,000	
Sat-Sun MAY 13-14	First American ROGAINE (Rugged Outdoor Group Activity Involving Navigation and Endurance), Cle Elum area	S	WSOA	color 1:24,000	Bob Reddick (206) 581-0009
Sat-Sun AUG 12-13	Washington Centennial Games orienteering competition Riverside Park, Spokane	B	WSOA	color 1:15,000	Mike Tharp (206) 459-9231
Sat-Sun SEP 2-3	British Columbia Championships, Vancouver Island Camp Thunderbird	A	VO	color 1:15,000	
Sat-Sun SEP 9-10	Western States Championships, Orcas Island Moran State Park	A	COC	color 1:15,000	Katie Sprugel (206) 365-8742
Sat-Sun OCT 7-8	U.S. Championships, San Francisco Annadel State Park	A	BAOC	color 1:15,000	Steve Ritchie (415) 652-7834

For the latest meet information, call the ORIENTEERING HOTLINE at 783-3866

### Event Key

- A - major event on good quality color map, 5 courses minimum
- B - major local event, 3-4 courses minimum
- C - local club event, 3 or 4 courses
- S - special event (bicycle, canoe, ski, night, etc.)
- W - Washington Interscholastic O League meet (everyone welcome)

### Club Key

COC - Cascade O Club; EOC - Ellensburg O Club; EWOC - Eastern Washington O Club; NISQ - Nisqually Orienteers; SAMM - Sammamish O Club; WSOA - Washington State O Assoc. BAOC - Bay Area O club; OABC - O Assoc. of B.C.; VO - VictOrienteers

### \*Changes from last issue:

- January 25, COC General Meeting added
- January 29, Spanaway Park meet added
- February 4-5, Pt. Grey, Vancouver B.C. meet added

## COC OFFICERS AND COORDINATORS

President	Arnold Kay	(206) 488-7471
Vice President	Doug Sprugel	(206) 365-8742
Secretary	Ardis Dull	(206) 364-4062
Treasurer	Katie Sprugel	(206) 365-8742
Mapping Coordinator	Bruce McAlister	(206) 821-6862
Membership Coordinator	Harvey Friedman	(206) 784-2774
Newsletter Editor	Debbie Newell	(206) 488-7471
Training Coordinator	Pat Albright	(206) 265-6710
Publicity Coordinator	Tony Saulewicz	(206) 784-5398
Equipment Coordinator	Arnold Kay	(206) 488-7471
Volunteer Coordinator	Betty Berreth	(206) 546-2128

## COC MEMBERSHIP DUES

Single	\$10.00/year
Family	15.00/year
Associate (under 18)	5.00/year
Newsletter Only	6.00/year

## COC "C" MEET FEES

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

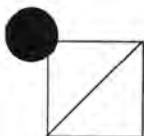
Special events, such as the State Championships and "A" meets, have higher fees.

## "BEARING 315" PUBLICATION SCHEDULE

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

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

Mail material to:  
Debbie Newell  
6216 N.E. 154th St.  
Bothell, WA 98011



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

Address Correction Requested

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