

# Bearing 315

The newsletter of the Cascade Orienteering Club

October-December 2002

## In Memorium

### Aaron Charlop

Cascade Membership Coordinator Aaron Charlop lost his long battle with cancer, passing away on July 26 at the age of 38. Though he hadn't been able to participate in orienteering for some time, Aaron continued to play an important role in the club as Membership Coordinator, giving up his duties just a few months before his death. Aaron was a past recipient of Cascade's President's Award for his service to the club.

## Pacific Northwest Orienteering Festival 2003

Cascade and other regional clubs (CROC, CTOC, EWOC, SAMM) are planning a week-long orienteering festival in June of next year. Preliminary plans are to start with a two-day event in Cle Elum on June 21-22, continue with two days in Spokane, then on to Pullman for one day, finishing in McCall, Idaho on June 28-29. Stay tuned for more details in the coming months. If you are interested in volunteering, please contact Eric Bone (206-634-2279, [eric.bone@attbi.com](mailto:eric.bone@attbi.com)).

### Current COC Officers and Coordinators

President – vacant

Vice President/Training Coordinator – Eric Bone, 206-634-2279, [eric.bone@attbi.com](mailto:eric.bone@attbi.com)

Treasurer – Katie Sprugel, 206-365-8742, [sprugels@att.net](mailto:sprugels@att.net)

Secretary – Ardis Dull, 206-364-4062, [ardisdull@juno.com](mailto:ardisdull@juno.com)

\*Mapping Coordinator – Don Denbo, 206-366-0624, [dwd6@mindspring.com](mailto:dwd6@mindspring.com)

\*Equipment Coordinator – Don Atkinson, 425-488-0270, [ona@atmos.washington.edu](mailto:ona@atmos.washington.edu)

\*Newsletter Editor – Debbie Newell, 425-488-3691, [dnewel@gte.net](mailto:dnewel@gte.net)

Membership Coordinator – Jim Siscel, 425-778-7202, [jsiscel@cmc.net](mailto:jsiscel@cmc.net)

Publicity/Promotion Coordinator – Jennifer Knowles, 253-845-6588, [jsknowles@msn.com](mailto:jsknowles@msn.com)

Land Use Coordinator – Dave Tallent, 425-488-3691, [dtallent@gtmail.net](mailto:dtallent@gtmail.net)

Technical Coordinator – Bill Cusworth, 206-271-0652, [cusworth@chem.washington.edu](mailto:cusworth@chem.washington.edu)

\*Kean Williams, 425-931-3036, [keanwill@yahoo.com](mailto:keanwill@yahoo.com)

\* Executive Board Member

## Another Order of COC O' Suits

Cascade will be placing another order for orienteering suits some time this fall or winter. If you are interested in getting a suit, please contact Jennifer Knowles (253-845-6588, [jsknowles@msn.com](mailto:jsknowles@msn.com)) for pricing and sizing information.



## 25th Anniversary Celebration

We will mark our 25th anniversary this year with a celebration on November 24th at a place yet to be determined. Please plan to bring any old maps, photos, or club t-shirts to share. If you have any suggestions or would like to volunteer to help organize the event, please contact Eric Bone (206-634-2279, [eric.bone@attbi.com](mailto:eric.bone@attbi.com)).

This event will be held in conjunction with our annual elections. Please check our website in the coming weeks for more information.

## Winter O' Series Begins in November

The 11th Winter O' Series begins on November 9 with an event at Woodland Park in Seattle. The series consists of seven events and finishes with the championship event at Lake Tradition in Issaquah on February 22, 2003. If you'd like to participate in the Series, just sign up for the longest course at any of the events. You will automatically be entered in the Winter O' Series. You will receive points based on your finish position at each event you attend. Your best 4 scores count towards your final total. The top 3 men and women receive awards, given out at the championship event. The Championships is a separate event, with separate awards. Please see the schedule page for other events in the series.

# Meet Results

## Bike-O, Ballard - July 21

Meet Director/Course Design: Harvey Friedman  
Start/Finish: Anne York  
Control Pickup: Harvey Friedman, Anne York

Having the registration/start/finish/socialization area at the SW corner of the Ballard Community Center block on NW 60th St. & 28th Ave. NW was so pleasant that 5 of the 18 people who participated last summer returned for more. Thanks to the Sprugel family and their friends, we set a new attendance record for bike-O with a grand total of 29 people who did at least 1 course. Pat Kelly did the ironman stint, bicycling the longest course and then running the 6 km. course. Ken Lew demonstrated that we only get better with age as he improved from 57:10 last year to 56:45 this year for same course.

— Harvey Friedman

### Course 1 (3 km, 3 controls)

Charlie & kids(+2)	21:41
Peter Sprugel & friends (+3)	44:46

### Course 2 (6 km, 6 controls)

Doug Sprugel	30:34
Tony Amort family (+3)	54:47
Madeline & Valerie Enger	55:06
Markus Foerster/ Marlene Mathison	58:51

### On Foot

Pat Kelly	38:01
Cheryl Marek	40:24
Ken Lew	56:45

### Course 3 (9 km, 9 controls)

Don Atkinson	38:10
Will Enger	45:14

### On Foot

Eugen Groff	38:50
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### Course 4 (12 km, 12 controls)

Dave Enger	42:25
Pat Kelly	43:26
John Mann	47:36
Roland & Natasha Mueller	62:29
Ron Brown	70:51
Mike Drouillard (+1)	fun riders

### On Foot

Kean Williams	67:51
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## Carkeek Park, Seattle

### August 24

Meet directors: Terry Farrah/Bill Cusworth  
Courses: Eric Bone  
Event setup: Ali Woolwich  
Registration: Mark Ellison-Taylor  
Start: Anna Urbanova, Jan Urban  
Finish: Eugen Groff, Kean Williams  
Control Pickup: Eugen Groff, Eric Bone, Terry Farrah, Kean Williams

A fine sunny August day for this meet. Although Eric, arriving a tad late with the maps, was hanging controls for course 3 with runners at his heels, and some course 3 runners complained about brambly bits, the meet was a general success. It worked well for us to hold registration at the southeast corner of the park—parking was fairly easy, and the spot was uncrowded — though we did shell out \$100 for a portable toilet since there were no permanent ones nearby.

— Terry Farrah

### Course 1 (7 controls, 1.2k)

Dave & Joe Kirkendall	COC	15:02
Anna Urbanova	COC	16:56
Barb Headley		17:33
Conor Short	IRL	18:09
Kim Praker/Robb Charnack		18:56
Kim, Kayla, & Tim Linscott		20:45
Beth & Maddie	SAMM	34:17
Emer Dodley		35:18
Ali Woolwich & Tara		59:08

(includes 20" blackberry break)

Doug Hathaway	COC	map hike
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### Course 2 (12 controls, 3.2k)

Ruairi Short	IRL	39:44
Jan, Anna, & Matej Urban	COC	40:00
Barb Headley		46:00
Eric & Stuart Hobbs		46:25
Harvey Friedman	COC	51:06
Kim Prater & Robb Charnock		64:16
Michael Odom et al		69:05
Brian Linscott		80:40
Ellie & John Rogers	SAMM	86:52
Robert Levinson		117:05
Doug Hathaway	COC	map hike

### Course 3 (12 controls, 4.5k)

Jan Urban	COC	45:13
Eugen Groff	COC	47:00
Kean Williams	COC	53:26
David Tallent	COC	53:38
Ruth Lynam	IRL	57:04
Debbie Newell	COC	57:09
Don Atkinson	COC	60:22
Matej Urban	COC	63:28
Anneliese Steuben	COC	65:32
Don Short	IRL	69:49
Rob Short	IRL	69:50
Mike Schuh	COC	70:00
Don Denbo	COC	70:32
Mark Ellison-Taylor	COC	83:25
Ardis Dull	COC	86:05
Dave Petty	COC	90:00
Terry Farrah	RMOC	MSP (#8)

## Bo Powell Memorial

### Ft. Steilacoom Park - Sept. 7

Meet Director: Don Atkinson  
Courses: Jon Campbell  
Registration: Jon & Victoria Campbell  
Finish: Dave Petty

### Course 1

Megan,James& Ken Tr 212	31:38
Christian Moore Tr 212	32:44
Brandon Tr 212	32:44
Grizzly patrol Tr 212	33:24
Lena &Shawn Buhr	34:71
Spencer Voyles	35:58
Patrol Fox,Dragon,Coyote	36:35
Karl Nielson Fox Ptr Tr 212	36:62
Logan Knowles	48:26
Greg Hollis	53:10
Richard Bekkedahl	53:10

### Course 2

Dave Petty	25:10
Donna Rutton	26:11
Heidi Maria Bohn	29:24
Karen Tibbelin	30:15
*Chad Harbourne Tr 212	31:08
*Dustin Lee Tr 212	32:49
*Joel Tr 212	33:13
Philippe Nicolle	34:37
*Megan,James& Ken Tr 212	39:56
*Chad, Christian &Brandon	39:59
*Grizzly Patrol Tr 212	43:32
Lisa Largent	44:29
R Charnock & K Prater	45:16
*Ron Mackenzie Tr 212	54:27
*Patrol Fox,Dragon&Coyote	55:19
*Spencer Voyles Tr 212	55:47
Headley family	59:15
Linscott family	65:42

### Course 3

Harvey Friedman	57:12
*Chad &Brandon Tr 212	OVT
*Grizzly patrol Tr 212	OVT

### Course 4

Peter Golde+	44:31
Mark Howlett	46:52
Bill Cusworth	47:05
Justin Yeager	49:15
Don Atkinson	49:25
Annaliese Stueben	49:44
Kean Williams	52:29
Ben Hall	55:42
Jennifer Knowles	60:14
Victoria Campbell	61:17
Targo Tennisberg	62:51
Patrick Kelly	66:05
John Lee	70:59
Mark Ellison-Taylor	74:38
Ardis Dull	82:15
Kyle Seifullin	82:58
Ken Lew	113:20

\*second course

+ Bo Powell Memorial Trophy winner

# Asia Pacific Orienteering Carnival - July 4-14, Alberta Canada

Held this year in Alberta, Canada, the Asia-Pacific Orienteering Carnival (or APOC) is held in a different Pacific Rim country every two years. This year's carnival encompassed ten days of orienteering events, including the Canadian Classic Championships, the Canadian Short Course Championships, and the North American Championships. There were also fun events, like the Park-O series, which were held at parks and university campuses and featured short courses and fast running.

The relay, held at Mt. Laurie, in the foothills of the Rockies west of Calgary, was one of the highlights of the week, with more than 140 teams from all over the world taking part. There was some controversy, however, as the advanced leg in the 4-point category was printed on both sides of the map. There was no announcement about this unusual condition and, in the heat of the competition, some runners did not think to turn the map over for the other half of the course. Several teams were disqualified for not completing the course, while others lost time returning to the start to

exchange their “defective” maps.

All in all, though, APOC2002 was a great success, with wonderful maps, interesting terrain, and excellent organization. The next APOC will take place in Kazakhstan.

## APOC2002 Park-O - Local Finishers

**July 4 - University of Calgary, Calgary • July 5 - Canada Olympic Park, Calgary • July 11 - University of Alberta, Edmonton**

A series of short courses. Best 2 of 3 events counts.

Pl	Name	Club	Tm/Pt	Pl	Tm/Pt	Pl	Tm/Pt	Pl	Total
<b>Female under 18 (18)</b>									
1	Marie Eberlein	RMOC	31:29	7		28:12	1		
			774.96			1200.00			1974.96
<b>Male under 18 (23)</b>									
13	Matthew Skorina	SACO				16:51	6		
						928.00			928.00
17	Mark Eberlein	RMOC				22:22	7		
						727.95			727.95
18	Erik Skorina	SACO				25:02	8		
						631.25			631.25
<b>Male over 60 (14)</b>									
10	Glen Cafferty	CROC	39:38	10	38:56	11	30:13		
			507.09		454.68		576.83		1083.92
<b>Female over 35 (33)</b>									
4	Debbie Newell	COC	19:40	5	25:06	6	26:46	3	
			1171.64		1179.88		1240.36		2420.24
6	Susan Eberlein	RMOC	20:46	7	33:42	12	36:46	7	
			1134.43		1019.28		907.47		2153.71
10	Paula Whipple	ORCA	24:43	13	34:06	13	dns		
			1000.82		1011.81				2012.63
11	Ardis Dull	COC	28:25	18	40:59	18	41:48	8	
			875.67		883.27		739.92		1758.94
15	Eileen Breseman	COC	20:42	6	dns				
			1136.69						1136.69
<b>Male over 35 (77)</b>									
5	Elis Eberlein	RMOC	14:22	7	21:53	15	22:29	5	
			1206.59		1147.16		1214.72		2421.31
12	Jan Urban	COC	16:04	13	22:45	16	25:50	11	
			1139.87		1126.30		1131.56		2271.43
14	David Tallent	COC	17:17	17	21:21	13	28:20	20	
			1092.11		1160.00		1069.50		2252.11
42	William Cusworth	COC				22:59	6		
						1202.31			1202.31
46	Jeff Watson	ORCA	15:29	11					
			1162.76						1162.76
47	Frank Skorina	SACO				25:38	9		
						1136.53			1136.53
49	John Harbuck	EWOC				26:44	15		
						1109.22			1109.22
50	Rick Breseman	COC	17:19	18					
			1090.81						1090.81
54	Bill Borrie	EWOC	18:19	21					
			1051.56						1051.56
70	Kean Williams	COC				42:20	37		
						721.95			721.95
73	Kenneth Lew	COC	29:57	42		mp			
			594.96			0.00			594.96
<b>Female elite (20)</b>									
8	Annabel F-Valledor	ORCA			22:44	1			
					1204.44				1204.44
<b>Male elite (42)</b>									
27	Andy Dale	ORCA			18:09	10			
					1098.36				1098.36
<b>Male open course 1 (7)</b>									
2	Kenneth Lew	COC				23:03	1		
						1148.03			148.03

## Canadian Classic Championships - July 6-7 (Day 1: Fallen Timber Meadows • Day 2: Mt. Laurie)

### M12 (18)

3	Ryan Breseman	COC	13:53	3	21:32	6	35:25
5	Matthew Skorina	SACO	16:05	4	22:58	7	39:03

8	Ben Sprugel	COC	16:24	5	28:08	13	44:32
11	Erik Skorina	SACO	20:41	10	27:59	12	48:40
<b>M13-14 (19)</b>							
14	Mark Eberlein	RMOC	65:22	14	44:54	13	110:16
<b>M21-34E (59)</b>							
8	Eric Bone	COC	79:00	7	85:15	18	164:15
10	Sergey Velichko	CTOC	83:52	12	82:17	13	166:09
12	Andy Dale	ORCA	89:16	18	80:33	11	169:49
27	William Cusworth	COC	92:16	21	115:14	38	207:30

### M35-39A (28)

9	Jan Urban	COC	99:49	10	91:17	9	191:06
14	Jeff Watson	ORCA	144:23	20	94:07	10	238:30
18	Brian Hauck	CROC	146:20	21	124:28	15	270:48

### M35-39B (5)

5	Scott Drumm	CROC	98:41	4	86:42	5	185:23
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### M40-44A (33)

13	Frank Skorina	SACO	118:45	20	78:39	5	197:24
25	Steve Knowles	COC	157:58	26	104:27	19	262:25
	Kean Williams	COC	mp		138:08	27	

### M40-44B (8)

4	Michael Poulsen	CROC	69:40	5	55:50	2	125:30
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### M45-49A (58)

6	Elis Eberlein	RMOC	68:49	6	60:08	9	128:57
13	John Rogers	Samm	78:01	14	66:19	13	144:20
17	Benjamin Hall	COC	84:02	18	71:59	17	156:01
49	Eugen Groff	COC	122:55	43	174:10	56	297:05
	Rick Breseman	COC	mp		93:48	29	

### M50-54A (38)

10	David Tallent	COC	64:59	12	69:15	14	134:14
33	Doug Sprugel	COC	194:49	36	85:18	24	280:07

### M55-59A (43)

18	Donald Atkinson	COC	61:38	19	68:23	25	130:01
30	Mac Macdonald	COC	85:09	30	74:56	30	160:05

### M60-64A (41)

14	Fred Veler	EWOC	63:55	15	51:26	11	115:21
	Harvey Friedman	COC	mp		73:13	27	

### M60-64B (2)

	Glen Cafferty	CROC	mp		1:43:33	2	
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### M65-69A (16)

6	Carl Moore	COC	65:36	5	65:45	9	131:21
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### M75A (8)

3	Kenneth Lew	COC	77:26	4	55:05	3	132:31
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### W12 (19)

10	Kelsey Breseman	COC	24:37	9	37:42	12	62:19
11	Marie Eberlein	RMOC	27:21	11	35:54	11	63:15
13	Masha Velichko	CTOC	19:57	6	50:21	17	70:18

### W21-34E (23)

8	Annabel F-Valledor	ORCA	80:59	6	102:43	17	183:42
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### W35-39A (15)

4	Jennifer Knowles	COC	73:00	4	63:57	7	136:57
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### W40-44A (17)

7	Eileen Breseman	COC	96:56	10	58:46	5	155:42
14	Paula Whipple	ORCA	105:11	11	153:11	16	258:22

### W40-44B (7)

7	Holly Howard	SACO	99:06	7	95:34	6	194:40
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### W45-49A (22)

4	Debbie Newell	COC	65:03	4	47:36	2	112:39
	Susan Eberlein	RMOC	mp		97:47	18	

### W50-54A (22)

7	Ardis Dull	COC	96:22	12	56:50	7	153:12
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### W60-65A (23)

17	Linda Moore	COC	68:23	12	84:51	19	153:14
	Anne York	COC	mp		63:02	15	

## APOC Relay Championships - July 8, Mt. Laurie

Team/Name	Leg Time	Pl	Forking	Cum. Time	Place
<b>4 point Teams</b>					
<b>3 Cascade</b>				<b>91:59</b>	
William Cusworth	18:43	3	CCCAAACAD	18:43	3
David Tallent	15:26	5	ADDBDDADD	34:09	4
Jan Urban	28:07	12	BAACBCBBD	62:16	6
Eric Bone	29:43	2	DBBDBDCC	91:59	
<b>16 ORCA</b>				<b>114:47</b>	
Jeff Watson	24:17	23	DCCACACCD	24:17	23
Paula Whipple	27:15	32	CDBDDADD	51:32	26

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Annabel F-Valledor	29:36	15	AAACACBAD	81:08	19
Andy Dale	33:39	8	BBBDBDBB	114:47	
<b>8 point teams</b>					
<b>6 USA</b>					
Benjamin Hall	21:02	4	BCBAAA	21:02	4
Ardis Dull	15:48	26	ADCDDDB	36:50	8
John Harbuck	24:57	8	CAACBC	61:47	6
Ron Hudson	33:27	19	DBDBCD	95:14	
<b>32 Cascade</b>					
Donald Atkinson	40:21	39	CCBABA	40:21	39
Kean Williams	14:49	17	BDCDDDB	55:10	34
Mack MacDonald	34:17	36	AAACAC	89:27	33
Debbie Newell	37:20	27	DBDBCD	126:47	
<b>38 Cascade</b>					
Terry Farrah	38:56	35	BCABBA	38:56	35
Ben Sprugel	22:23	47	CDCDDDB	61:19	39
Doug Sprugel	36:02	39	DBBCCC	97:21	38
Eugen Groff	43:08	35	AADAAD	140:29	
<b>43 USA</b>					
Kenith Lew	45:18	45	ACBABA	45:18	45
Glen Cafferty	34:19	54	CDCDDDB	79:37	52
Scott Drumm	41:19	42	BAACAC	120:56	50
Michael Poulsen	43:30	37	DBDBCD	164:26	

<b>50 Open</b>					
Harvey Friedman	81:17	54	CCABBA	81:17	54
Anne York	20:29	41	BDCDDDB	101:46	54
Fred Miller	43:45	43	DBBCCC	145:31	53
David Scott	39:30	29	AADAAD	185:01	
<b>USA</b>					
Frank Skorina	21:59	7	BCBAAA	21:59	7
Matt Skorina/Maria Dnlv	14:51	18	ADCDDDB	36:50	8
Heather Williams	mp		CAACBC		
Pat Dunlavy	33:52	22	DBDBCD		
<b>12 point teams</b>					
<b>5 Cascade</b>					
Linda Moore	27:03	10	BCBBBAA	27:03	10
Carl Moore	16:34	11	ADDDDDDB	43:37	10
Jennifer Knowles	21:44	4	DBACCCC	65:21	6
Steve Knowles	25:46	5	CACAABD	91:07	
<b>16 Cascade</b>					
Ryan Breseman	38:13	26	BCBBBAA	38:13	26
Kelsey Breseman	16:55	13	DDDDDDDB	55:08	22
Eileen Breseman	26:28	14	CBACCCC	81:36	19
Rick Breseman	25:23	4	AACAABD	106:59	

## APOC Individual Championships - July 10, Rumsey

<b>M12 (18) 2.760 km 35 m 11 C</b>					
4	Ryan Breseman	COC	22:24		
7	Erik Skorina	SACO	24:13		
10	Ben Sprugel	COC	26:39		
	Matthew Skorina	SACO	mp		
<b>M13-14 (18) 3.370 km 45 m 9 C</b>					
16	Mark Eberlein	RMOC	45:52		
<b>M21-34E (53) 13.530 km 220 m 17 C</b>					
13	Andy Dale	ORCA	78:22		
16	Eric Bone	COC	80:05		
26	Sergey Velichko	CTOC	84:33		
29	William Cusworth	COC	88:35		
<b>M35-39A (22) 7.930 km 120 m 12 C</b>					
8	Jan Urban	COC	59:15		
9	Jeff Watson	ORCA	64:10		
12	Bill Borrie	EWOC	68:00		
<b>M35-39B (5) 5.060 km 90 m 10 C</b>					
5	Scott Drumm	CROC	71:53		
<b>M40-44A (31) 8.260 km 115 m 13 C</b>					
6	Frank Skorina	SACO	65:53		
19	Steve Knowles	COC	81:28		
23	Kean Williams	COC	92:01		
<b>M40-44B (6) 5.060 km 90 m 10 C</b>					
1	Michael Poulsen	CROC	49:40		
<b>M45-49A (56) 6.270 km 85 m 10 C</b>					
2	Elis Eberlein	RMOC	39:51		
20	Rick Breseman	COC	53:42		
23	Eugen Groff	COC	55:26		
24	John Rogers	SAMM	55:47		
37	Benjamin Hall	COC	66:26		
<b>M50-54A (38) 5.210 km 90 m 8 C</b>					
26	David Tallent	COC	67:31		
30	Doug Sprugel	COC	91:36		
<b>M55-59A (39) 4.870 km 85 m 9 C</b>					
10	John Harbuck	EWOC	48:27		
16	Mac Macdonald	COC	52:31		
21	Donald Atkinson	COC	55:00		
36	Jim McCabe	CHUCKO	79:28		
<b>M60-64A (39) 3.660 km 70 m 9 C</b>					
13	Fred Veler	EWOC	38:27		
38	Harvey Friedman	COC	106:27		
<b>M60-64B (1) 2.320 km 30 m 6 C</b>					
1	Glen Cafferty	CROC	48:16		
<b>M65-69A (16) 3.270 km 55 m 7 C</b>					
9	Carl Moore	COC	44:52		
<b>M75A (6) 2.490 km 45 m 7 C</b>					
	Kenneth Lew	COC	mp		
<b>W12 (20) 2.760 km 35 m 11 C</b>					
3	Kelsey Breseman	COC	24:51		
8	Masha Velichko	CTOC	31:21		

19	Marie Eberlein	RMOC	57:55		
<b>W21-34E (22) 8.260 km 115 m 13 C</b>					
14	Annabel F-Valledor	ORCA	83:55		
<b>W35-39A (13) 5.210 km 90 m 8 C</b>					
3	Jennifer Knowles	COC	44:02		
<b>W40-44A (16) 4.600 km 75 m 8 C</b>					
6	Eileen Breseman	COC	53:18		
9	Paula Whipple	ORCA	64:32		
<b>W40-44B (7) 4.090 km 50 m 9 C</b>					
6	Holly Howard	SACO	66:31		
<b>W45-49A (22) 4.600 km 75 m 8 C</b>					
10	Susan Eberlein	RMOC	51:56		
11	Debbie Newell	COC	53:03		
<b>W50-54A (22) 3.660 km 70 m 9 C</b>					
7	Ardis Dull	COC	47:37		
<b>W60-65A (23) 2.490 km 45 m 7 C</b>					
5	Linda Moore	COC	32:11		
15	Anne York	COC	52:03		

## Canadian Short Course Championships - July 12, Oskahat

<b>M12 (15) 1.750 km 25 m 13 C</b>					
6	Matthew Skorina	SACO	15:34		
7	Ben Sprugel	COC	15:40		
8	Ryan Breseman	COC	16:30		
14	Erik Skorina	SACO	38:26		
<b>M13-14 (14) 2.320 km 25 m 12 C</b>					
11	Mark Eberlein	RMOC	40:22		
<b>M21-34E (53) 5.050 km 40 m 16 C</b>					
18	Eric Bone	COC	38:19		
30	William Cusworth	COC	46:08		
31	Sergey Velichko	CTOC	46:10		
	Andy Dale	ORCA	mp		
<b>M35-39A (18) 3.950 km 35 m 14 C</b>					
6	Jan Urban	COC	39:43		
11	Jeff Watson	ORCA	50:42		
12	Bill Borrie	EWOC	51:06		
<b>M35-39B (5) 2.350 km 25 m 11 C</b>					
5	Scott Drumm	CROC	55:52		
<b>M40-44A (26) 3.520 km 35 m 14 C</b>					
5	Frank Skorina	SACO	33:42		
10	Kean Williams	COC	37:56		
13	Steve Knowles	COC	41:04		
19	Michael Poulsen	CROC	55:13		
<b>M45-49A (47) 3.460 km 30 m 15 C</b>					
6	Benjamin Hall	COC	31:24		
10	Elis Eberlein	RMOC	33:59		
11	John Rogers	SAMM	34:07		
13	Rick Breseman	COC	35:57		
19	Eugen Groff	COC	41:59		
40	Jerry Rhodes	CROC	70:10		

<b>M50-54A (37) 2.920 km 30 m 12 C</b>					
14	David Tallent	COC	40:25		
15	Doug Sprugel	COC	41:15		
<b>M55-59A (32) 2.680 km 30 m 12 C</b>					
10	John Harbuck	EWOC	29:59		
31	Mac Macdonald	COC	73:32		
<b>M60-64A (32) 2.540 km 30 m 12 C</b>					
5	Fred Veler	EWOC	32:36		
27	Harvey Friedman	COC	55:45		
<b>M60-64B (1) 1.960 km 25 m 10 C</b>					
1	Glen Cafferty	CROC	88:39		
<b>M65-69A (17) 2.320 km 30 m 12 C</b>					
15	Carl Moore	COC	56:02		
<b>M75A (7) 2.190 km 25 m 11 C</b>					
4	Kenneth Lew	COC	46:56		
<b>W12 (15) 1.750 km 25 m 13 C</b>					
3	Kelsey Breseman	COC	15:52		
6	Marie Eberlein	RMOC	19:27		
7	Masha Velichko	CTOC	20:13		
<b>W21-34E (22) 3.520 km 35 m 14 C</b>					
12	Annabel F-Valledor	ORCA	40:00		
<b>W35-39A (11) 2.920 km 30 m 12 C</b>					
1	Jennifer Knowles	COC	35:44		
<b>W40-44A (14) 2.630 km 30 m 13 C</b>					
7	Paula Whipple	ORCA	42:43		
11	Eileen Breseman	COC	61:10		
<b>W40-44B (6) 2.010 km 25 m 10 C</b>					
6	Holly Howard	SACO	59:24		
<b>W45-49A (17) 2.630 km 30 m 13 C</b>					
2	Debbie Newell	COC	28:44		
9	Susan Eberlein	RMOC	42:34		
17	Katie Sprugel	COC	73:26		
<b>W50-54A (19) 2.540 km 30 m 12 C</b>					
11	Ardis Dull	COC	49:45		
<b>W60-65A (21) 2.190 km 25 m 11 C</b>					
4	Linda Moore	COC	32:20		
19	Anne York	COC	109:20		



The nearby Rockies offered great hiking.



# North American Championships - July 13-14, Dalmuir

## M12 (16)

5	Ryan Breseman	COC	18:56	5	19:10	4	38:06
6	Matthew Skorina	SACO	21:13	6	22:06	7	43:19
8	Erik Skorina	SACO	30:14	11	26:42	9	56:56
12	Ben Sprugel	COC	25:16	9	57:06	15	82:22

## M21-34E (54)

11	Eric Bone	COC	101:20	15	82:56	11	184:16
17	Andy Dale	ORCA	110:15	18	94:13	20	204:28
31	William Cusworth	COC	155:51	34	116:20	33	272:11

## M35-39A (22)

4	Jan Urban	COC	111:07	5	106:19	7	217:26
	Jeff Watson	ORCA		mp	mp		

## M35-39B (4)

4	Scott Drumm	CROC	102:48	4	82:19	4	185:07
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## M40-44A (34)

6	Frank Skorina	SACO	99:30	8	79:18	6	178:48
17	Michael Poulsen	CROC	140:17	17	123:04	22	263:21
20	Kean Williams	COC	149:51	19	132:08	24	281:59

## M45-49A (52)

14	Eugen Groff	COC	105:59	16	84:54	20	190:53
19	Rick Breseman	COC	125:54	24	77:41	11	203:35
	Benjamin Hall	COC	mp		67:02	5	
	John Rogers	Samm	mp		77:39	10	
	Jerry Rhodes	CROC	203:18	37	dns		

## M50-54A (42)

13	David Tallent	COC	116:48	18	80:51	16	197:39
17	Doug Sprugel	COC	107:52	12	100:06	26	207:58

## M55-59A (35)

7	John Harbuck	EWOC	63:00	12	51:08	6	114:08
23	Mac Macdonald	COC	85:09	22	71:09	27	156:18

## M60-64A (34)

	Harvey Friedman	COC	mp		161:41	30	
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## M65-69A (17)

12	Carl Moore	COC	97:30	13	59:16	8	156:46
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## M75A (8)

2	Kenneth Lew	COC	69:21	3	56:50	2	126:11
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## W12 (16)

6	Kelsey Breseman	COC	25:47	6	28:04	8	53:51
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## W21-34E (21)

10	Annabel F-Valledor	ORCA	87:37	2	121:58	17	209:35
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## W35-39A (14)

5	Jennifer Knowles	COC	107:21	6	58:26	4	165:47
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## W40-44A (14)

7	Eileen Breseman	COC	83:55	7	61:37	6	145:32
	Paula Whipple	ORCA	mp		104:09	13	

## W40-44B (7)

6	Holly Howard	SACO	97:36	6	60:50	5	158:26
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## W45-49A (22)

3	Debbie Newell	COC	75:49	3	54:08	3	129:57
	Katie Sprugel	COC	dns		85:53	12	

## W50-54A (21)

8	Ardis Dull	COC	77:47	8	62:18	7	140:05
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## W60-65A (22)

3	Linda Moore	COC	48:57	2	55:42	5	104:39
21	Anne York	COC	154:24	21	98:50	20	253:14

For complete APOC2002 results, visit [www.apoc2002.com](http://www.apoc2002.com)

# APOC2002 6-Day Results

(best 5 of 6 events)

## M12 (19)

4	Ryan Breseman	COC	5742.50
6	Matthew Skorina	SACO	5385.75
9	Ben Sprugel	COC	5007.07
10	Erik Skorina	SACO	4701.71

## M13-14 (19)

15	Mark Eberlein	RMOC	2464.88
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## M21-34E (61)

9	Eric Bone	COC	5706.58
14	Andy Dale	ORCA	5491.32
26	William Cusworth	COC	4814.07
34	Sergey Velichko	CTOC	4350.90

## M35-39A (26)

6	Jan Urban	COC	5480.13
11	Bill Borrie	EWOC	4731.88
18	Jeff Watson	ORCA	3749.78
25	Brian hauck	CROC	1539.31

## M35-39B (6)

4	Scott Drumm	CROC	3435.67
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## M40-44A (41)

5	Frank Skorina	SACO	5797.61
21	Kean Williams	COC	4168.52
25	Steve Knowles	COC	3608.59
29	Michael Poulsen	CROC	2531.10

## M40-44B (8)

7	Michael Poulsen	CROC	3389.96
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## M45-49A (61)

10	John Rogers	Samm	5738.15
14	Benjamin Hall	COC	5653.94
20	Rick Breseman	COC	5263.36
22	Eugen Groff	COC	5080.67
24	Elis Eberlein	RMOC	4903.29
60	Jerry Rhodes	CROC	1007.37

## M50-54A (42)

12	David Tallent	COC	5076.77
22	Doug Sprugel	COC	4287.31

## M55-59A (44)

9	John Harbuck	EWOC	5749.07
26	Mac Macdonald	COC	4485.73
34	Donald Atkinson	COC	3007.34



Cascade's relay team took 3rd place overall (1st place club team) at the Asia-Pacific Orienteering Carnival in Alberta. From left: Bill Cusworth, Dave Tallent, Jan Urban, and Eric Bone.

## M60-64A (41)

9	Fred Veler	EWOC	5537.00
37	Harvey Friedman	COC	1620.74

## M60-64B (2)

1	Glen Cafferty	CROC	5521.24
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## M65-69A (17)

9	Carl Moore	COC	4628.45
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## M75A (8)

4	Kenneth Lew	COC	5043.70
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## W12 (20)

6	Kelsey Breseman	COC	5547.14
13	Masha Velichko	CTOC	4034.28
15	Marie Eberlein	RMOC	3609.00

## W21-34E (25)

6	Annabel F-Valledor	ORCA	5249.35
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## W35-39A (17)

2	Jennifer Knowles	COC	5607.08
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## W40-44A (17)

6	Eileen Breseman	COC	5066.05
14	Paula Whipple	ORCA	3335.85

## W40-44B (7)

7	Holly Howard	SACO	4076.32
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## W45-49A (27)

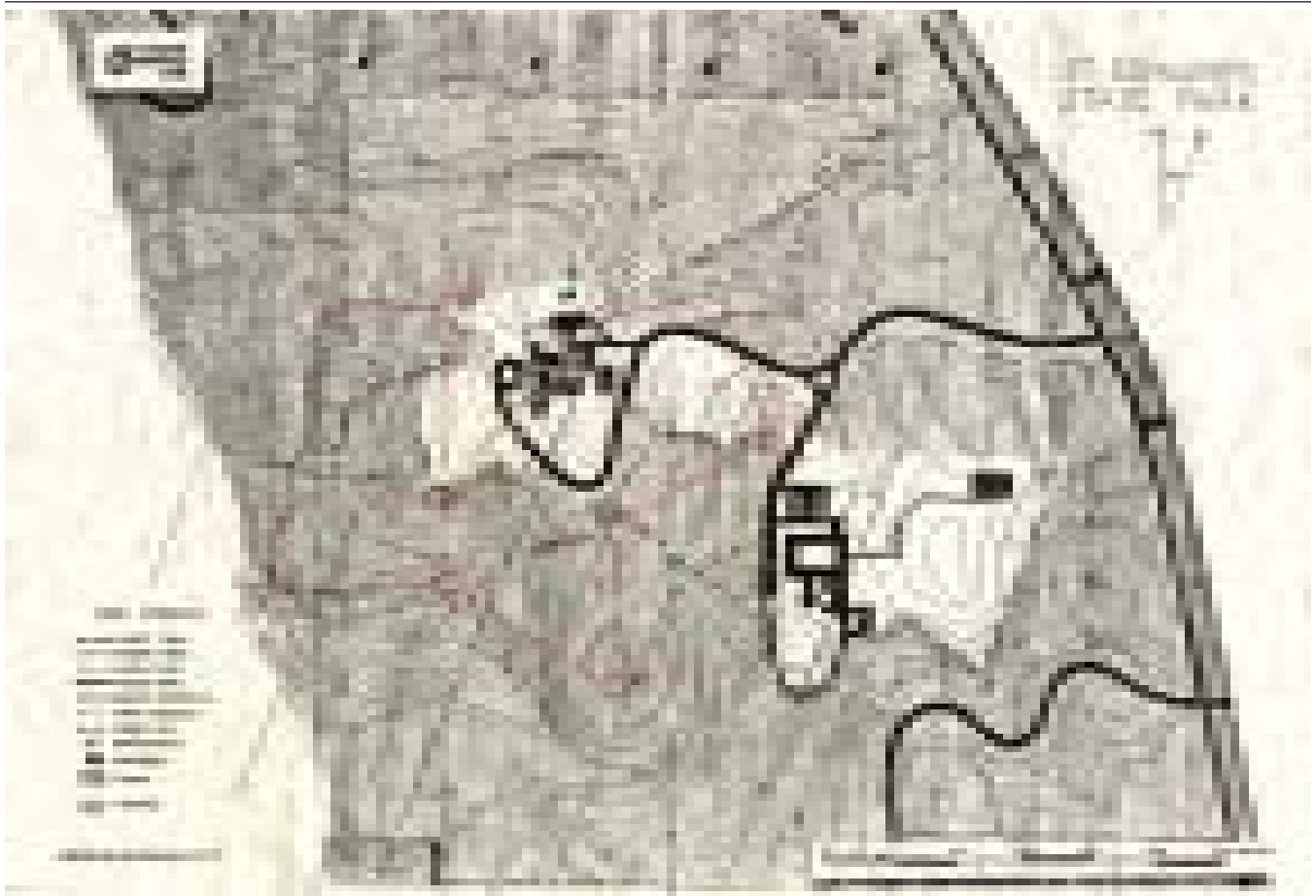
3	Debbie Newell	COC	5922.15
16	Susan Eberlein	RMOC	2883.36
18	Katie Sprugel	COC	2740.48

## W50-54A (23)

10	Ardis Dull	COC	5274.03
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## W60-65A (23)

6	Linda Moore	COC	5668.11
21	Anne York	COC	2479.59



*An early black and white version of the St. Edward Park map, circa 1980.*



*Bill Cusworth (at left) leading the charge at the start of the APOC relay.*

# Schedule of Events

## OCTOBER

Sat 05	<b>Salmon La Sac Score-O</b>	C	COC	1:24,000	Eric Bone (206-634-2279)
11am mass	I-90 exit 80, north on Bullfrog Rd for about 3 miles, turn left onto State Rte. 903, 16-17 miles through Roslyn, Ronald and Lakedale, past Cle Elum Lake. Go left across bridge toward Salmon La Sac campground, follow orange and white orienteering signs to parking.				eric.bone@attbi.com
Sun 06	<b>Newcomers' Event</b> - University of Washington campus, Seattle; east entrance off 25th Ave., Padelford parking areas (N16, N18, N20, N21)	C	COC	1:5,000	Eric Bone (206-634-2279) eric.bone@attbi.com
Sat 12	Willamette Park, Corvallis OR	C	ORCA		Andy Dale acd@coas.oregonstate.edu
Sat 19	Stewart Gulch East - Boise, ID	C	CTOC		Sergey Velichko (208-377-4213) savelichko@micron.com
Sun 20	Manito Park, Spokane	C	EWOC		John Beck (509-838-7078) beck@gem.gonzaga.edu
Sun 27	<b>Vampire-O</b> , Lincoln Park, West Seattle	C	COC	1:5,000	Jim Siscel (425-778-7202) jsiscel@cmc.net
5:45 mass start	Fauntleroy Way				

## NOVEMBER

Sat 02	Finch Arboretum, Spokane	C	EWOC		John Beck (509-838-7078) beck@gem.gonzaga.edu
Sat/Sun	<b>US Orienteering Championships</b>	A	QOC	1:15,000	Fred Ayres qocfred@comcast.net
02/03	Prince William Forest, Quantico, VA				
Sat 09	<b>Interscholastic Orienteering League #1; Winter O' Series #1</b>	C	COC	1:5,000	Eric Bone (206-634-2279) eric.bone@attbi.com
10am-noon	Woodland Park, Seattle				
Sun 10	Lacamas Lake, Camas WA	C	CROC		Glen Cafferty (360-253-5129) glen.cafferty@juno.com
Sat 23	<b>Interscholastic Orienteering League #2; Winter O' Series #2</b>	C	SAMM	1:5,000	Dave Enger 425-822-6254
10am-noon	Kelsey Creek, Bellevue				
Sun 24	COC 25th Anniversary Celebration - location TBA	X	COC		Eric Bone (206-634-2279) eric.bone@attbi.com

## DECEMBER

Sat 07	<b>Interscholastic Orienteering League #3; Winter O' Series #3</b>	C	COC	1:5,000	Eric Bone (206-634-2279) eric.bone@attbi.com
10am-noon	NAD Park, Bremerton				
Sat 21	<b>Interscholastic Orienteering League #4; Winter O' Series #4</b>	C	COC	1:10,000	Eric Bone (206-634-2279) eric.bone@attbi.com
10am-noon	Pt. Defiance Park, Tacoma				
Sat 28	<b>Bog Slog &amp; Holiday Potluck</b> - St. Edward State Park, Kenmore	C	COC	1:10,000	Eric Bone (206-634-2279) eric.bone@attbi.com
10am-noon					

## JANUARY 2003

Sat 11	<b>Interscholastic Orienteering League #5; Winter O' Series #5</b>	C	SAMM	1:5,000	Dave Enger 425-822-6254
10am-noon	Forest Park, Everett				
Sat/Sun	<b>US Interscholastic Championships</b>	A	GAOC	1:15,000	Robin Shannonhouse rshannonhouse@mindpring.com
18/19	Sweetwater Creek Park, Lithia Spring, GA				
Sat 25	<b>Interscholastic Orienteering League #6; Winter O' Series #6</b>	C	COC	1:10,000	Eric Bone (206-634-2279) eric.bone@attbi.com
10am-noon	Ft. Steilacoom Park, Tacoma				

## FEBRUARY

Sat 08	<b>Interscholastic Orienteering League #7; Winter O' Series #7</b>	C	COC/ CHUCKO	1:5,000	Eric Bone (206-634-2279) eric.bone@attbi.com
10am-noon	Washington Park, Bellingham				
Sat 22	<b>Interscholastic Orienteering League Championships; Winter O' Series Championships</b> - Lake Tradition, Issaquah	C	COC	1:15,000	Eric Bone (206-634-2279) eric.bone@attbi.com
10am-noon					

A - National meet  
B - Major local meet  
C - Regular local meet  
R - Rogaine  
X - Special event



**Follow the signs to orienteering fun**

Pacific Northwest Orienteering web site - [www.pnwo.org](http://www.pnwo.org)  
US O' Federation web site - [www.us.orienteering.org](http://www.us.orienteering.org)  
Chuckanut Orienteers - [www.televa.com/~maryse/chucko.htm](http://www.televa.com/~maryse/chucko.htm)  
City of Trees O' Club - <http://velichko.home.mindspring.com/ctoc>  
Columbia River O' Club - [www.croc.org](http://www.croc.org)  
Foothills Wanderers O' Club - <http://gumbi.com/fwoc>

Husky O' Club - <http://students.washington.edu/run>  
Oregon Cascades O' Club - [www.geocities.com/orca\\_orienteering](http://www.geocities.com/orca_orienteering)  
Sacajawea Orienteers - [mutiny.cbvcp.com/saco](http://mutiny.cbvcp.com/saco)  
Sage Orienteers - <http://sage.oabc.bc.ca>  
VictOrienteers O' Club - <http://vico.oabc.bc.ca>

## 2001 USOF Rankings - COC Members

Gold = top 3 in class, Silver = 80% of top 3 avg rank pts, Bronze = 70% of Gold

Rk	Name	Club	# days	Pts.	Time	Patch
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### BLUE COURSE

#### M-21+

1	Eric Bone	COC	18	101.3	74:04	Gold
36	Bill Cusworth	COC	8	74.1	101:09	Bronze
43	Jonathan Campbell	COC	4	63.1	118:50	

### RED COURSE

#### F-21+

6	Debbie Newell	COC	4	76.9	78:02	Silver
13	Eileen Breseman	COC	6	68.1	88:05	Bronze
14	Jennifer Knowles	COC	4	67.0	89:35	Bronze

#### M35+

8	Jan Urban	COC	9	82.5	72:45	Silver
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#### M40+

26	Kean Williams	COC	12	62.8	95:30	
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#### M45+

5	Rick Breseman	COC	13	82.4	72:49	Silver
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### GREEN COURSE

#### F35+

2	Jennifer Knowles	COC	5	71.6	69:48	Gold
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#### F45+

12	Sandy Kish Miller	COC	4	40.9	122:23	
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#### F50+

4	Ardis Dull	COC	9	51.8	96:36	Silver
13	Margie Bone	COC	3	33.1	150:56	

#### F55+

1	Linda Moore	COC	7	60.1	83:11	Gold
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#### M50+

20	Dave Tallent	COC	6	65.8	75:58	Bronze
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#### M60+

19	Scott Donald	COC	10	48.9	102:18	
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### BROWN COURSE

#### F60+

2	Linda Moore	COC	4	83.1	54:10	Gold
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#### M65+

2	Carl Moore	COC	9	94.6	47:33	Gold
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#### M70+

1	Kenneth Lew	COC	12	63.7	70:39	Gold
5	Bruce McAlister	SAMM	8	40.0	112:36	

### YELLOW COURSE

#### M-14

13	Ryan Breseman	COC	6	51.9	77:01	
14	Matej Urban	COC	2	41.2	96:59	

### WHITE COURSE

#### F-10

1	Kelsey Breseman	COC	5	77.4	38:44	Gold
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For complete rankings, see [www.us.orienteering.org](http://www.us.orienteering.org)

Bearing 315  
c/o Cascade Orienteering Club  
P.O. Box 31375  
Seattle WA 98103

**First Class**



