

Bearing 315

Orienteering News in the Pacific Northwest

July - August 1992

Published by Cascade Orienteering Club

Inside this issue:

Calls & Letters--

*Too Good To Miss--
Selected Upcoming
Meets*

*Standouts--
Recapping Selected
Events*

*From Our Own--
Locals Orienteers
Write (and Call)*

*Club News--
From Ellensburg,
Eastern Washington,
Nisqually, and
Sammamish
Orienteering Clubs
and B.C. Updates*

*Feature Article--
Fred Veler on
Course Design*

*Bearing 315 Classic--
Course Setting by
Mike Schuh from
July-Aug 1988*

Meet Results

*"Borrowed From Other
Clubs' Newsletters"*

"The Best of O/NA"

July-Sept Meet Schedule

And A Surprise Or Two

Issue Staff:

*Editor--
Rick Hood*

*Proof & Paste-Up Editor--
Linda Hood*

*Results Editor--
Debbie Newell*

Five Great Days of Orienteering

It's not too late; don't miss out on the Pacific Northwest orienteering event of the year in **two weeks** -- The Western States Championships this July 18th and 19th at Ros*Elum Ridge and the event packed orienteering convention the three days before, here at the University of Washington. **But sign up now; Monday the 6th is the deadline if you want a pre-marked map at the A-Meet and want to be assured of a place to sit (like a canoe or chair) for convention activities.**

Sure, the weekend meet and even the Wednesday night on campus Poker-O meet and maybe even the two mile early Thursday morning run are naturals--too much fun to pass up and no vacation time required. But what about asking the boss (or your spouse--they are different, right) for Thursday and Friday off so you can attend the convention; is it worth it? We think so: here's why.

Bruce, Peter, and *et.* and her brother *al.* have really knocked themselves out putting together a super program. Though the official theme is, "The Future of Orienteering", given the seminars, roundtables, and displays on OCAD, GPS, ROGAINES, Youth Programs, Environmental Issues, and like, I prefer to think of the convention's theme as, "Something for Everyone" as there are so many other great offerings.

For more convention information, check out the new "locals-registration" supplement featuring a full listings of events and times. But here's a sampling of some of the other "hot ticket items":

1. On Friday morning, Earl Hunt of the UW's Psychology Department will divulge if we are special! I quote, "The ability to know where you are in 'big space' is essential to any free moving animal...including a species that biologists describe as a 'large, ground dwelling, hairless ape, widely distributed throughout the globe.' With the co-operation of a lot of orienteers, including some of you, a U of W group has investigated some of the psychological abilities that seem to be related to ground navigation. We have compared these abilities to other abilities involved in spatial-visual reasoning. We will describe what we have found out at the meeting." This is one keynote speaker you really won't want to miss.

2. And with the local favorites (Rick & Eileen Breseman) off in Alaska, here is your chance to team up with that special person in a canoe Thursday mid-morning. O sure, you've been to Canoe-Os before. But with over 86 convention goers already, and the number still climbing, we are talking 50 plus canoes/kayak/ row boats seeking the title of best team (though some may shoot for wettest team). With this large a group, we're using Western Washington Water Rules--choose 12 of 13 controls for the long course or 5 of 12 for the short. Route choice and strategy are key; hanging onto your paddle and map help too. "A duck ate our punch card is not a valid excuse!"

3. Thanks to the generosity of major sporting good manufacturers and retailers, we are hosting a raffle with over twenty nice prizes (if I do say so myself) with all the proceeds going to support the World Orienteering Championships to be held in the US in 1993. Plus at every convention meet, we'll draw a punch card or two out of a hat (not Harvey's) and voila, you'll walk away with more than just great memories.

And have we got a deal for you orienteers that can't take the entire three days off. Rather than paying the full (and best price package) \$20 registration fee which includes everything but canoe rental and Salmon Banquet, just sign up for those events you want to attend. whether it is an orienteering meet, like the Canoe-O, Poker-O, or 2 mile run or a seminar, workshop, or presentation, the price is the same--three dollars per member or four dollars per non-member for each activity. Warning: there are so many good things to do this option could easily run you more than \$20, but the choice is yours. (Those who pre-register will receive priority, but moreover, promote a smoother event for all in attendance.)

As for the **Western States Championships**, the courses have been vetted and look good, but Sandy Kish Miller, now with an unlisted number, is saying nothing more than, "the courses are a good balance between physical and technical."

Wanted: Truck or 4 Wheel Drive and driver to haul water at The A-Meet. Please call Dave or Val at 822-6254. (Paid for by the "let's make it safe and fun in the sun" group.)

Welcome Back Bruce

As my two issue term as interim editor draws to a close, I must say how very fortunate we are to have Bruce McAlister back at the helm of "Bearing 315" for the next two issues and then see the return of "Mr. Font" himself, soon-to-be-past-president Peter Golde, take charge for 1993.

I've had fun trying to give the newsletter a broader and richer flavor. My approach has been, I hope, quite similar to the that of a course designer. Strive to make it enjoyable and interesting for all while selecting a clean and comfortable format. "Variety within unity" as the artists say.

Thanks for the positive feedback and constructive comments! Moreover, thanks for your support and understanding. Hope to see you at the convention, "A"-meet and the Aug 22nd 6 hour Drunken Charlie ROGAINE. Best wish Bruce, Peter and all.

Rick Hood

Cascade Officers and Coordinators

Peter Golde	President	883-3732
Dave Petty	Vice President	822-4223
Ardis Dull	Secretary	364-4062
Margie Bone	Treasurer	634-2279
Bruce McAlister	Executive Board	821-6862
Mike Schuh	Executive Board	783-3960
Debbie Newell	Mapping Coordinator	488-7471
Eric Bone	Training Coordinator	634-2279
Harvey Friedman	Membership Coordinator	784-2774
Jim Sisco	Trim Course Coordinator	778-7202
Don Atkinson	Equipment Coordinator	488-0270
Rick Hood	External Affairs Coordinator	367-2606

Meet Fees at CDC "C"-Meets (other clubs are generally similar)

	b/w map	color map
Member of any orienteering club	\$2.50	\$3.00
Non-club member	3.50*	4.00*
Families (regular for first two individuals, then \$1 per person)		
* First time orienteers receive a two dollar discount		
Special events, such as "B" and "A"-Meets, have higher fees.		

- Cascade Orienteering Club Membership Application -

Name: _____
 Address: _____
 Phone: _____
 Other Family Members: _____
 Club Interests: _____
 Other Interest: _____

Please mail this form along with the appropriate yearly fee to:

Cascade Orienteering Club PO Box 31375 Seattle, WA 98103

Fees: Under 18 Associate (\$5), Individual (\$10), Family (\$15),
 Local Business Sustaining (\$30), or Corporate Sustaining (\$90)

Calls and Letters

As many of you know, Cascade Orienteering Club originated an orienteering hotline, 783-FunO, some years back, so both club members and anyone else seeking information about the sport and meets could get up-to-date details. Since the beginning of the year, Sammamish Orienteering Club has helped by paying one-third of the operating cost. (Thanks SAMM!)

Moreover, you can leave a message on the hotline. For example: meet directors can call in last minute changes, folks returning from Canadian meets can give us a report; and anyone can tell us when "our needle isn't pointing north." Of course, good words are always welcome. So call us at 783-FunO, the hotline number, or better yet, write us at POB 31375, Seattle, WA 98155. Stay in touch, please. --ed.

"Is there a quick way to leave a message or do I have to wait to the end of the outgoing message?" Will (I'm calling long distance) Sperry and others.

Sorry, I should make a habit of saying early during the outgoing message, "to leave a message at any time, push the star (ok, asterisk) button and wait for the tone." Alternatively, you can always call one of the hotline crew directly. --ed.

"Like the "Best of O/NA" and "Borrowed From Other Clubs' Newsletters" reprints but would you make the type size larger?" Bob (I'm not 23 anymore) Reddick and Peter (squinting is reserved for needed 15:000 fine map work) Bonek's paraphrased comments.

You want it, you got it! I wanted to share a lot of great pieces with you, but maybe I got carried away with the reduction button. (Have you ever seen the Aspen Grove postage stamp map I'm working on?) So starting this issue, rather than reducing the articles to 65%, it's a more readable 92%. What do you think?

Dear Editor, I am a Pacific Northwest orienteer subscribing to your newsletter. Although publications such as this usually cater to the hard core participant, I have found a diverse, eclectic, selection of articles that even a recreational orienteer like myself can enjoy. I particularly enjoy the present format. In my opinion, any Northwest orienteering club member, can feel as if this newsletter is theirs and not only for Cascade members.

Historically, when someone has undertaken a task involving orienteering, i.e. course designing, newsletter editing, etc. people have criticized those diligent workers right out of the sport. We hear of club members dropping out because of burn-out. It is my hope that we can change this attitude. I'd like to start by telling the editors they're doing a great job! This format is striking and inclusive. I know this is a lot of work and combining newsletters was not an easy (some might say thankless) task. I appreciate the effort to make me feel more like part of an orienteering community. Sincerely, Kathy Trost, Sammamish OC

Thanks Kathy, please let us know if we get off track. --ed.

Too Good To Miss -- Selected Upcoming Meets

In addition to the July Ros*Elum A meet, we've got some jewels in August here in Washington and north of the border. From near to far:

Drunken Charlie 6 hour ROGAINE

August 22nd from noon to 6pm

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." 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. The object, besides having a good and safe experience, is to accumulate as many points as possible in the allotted time. Harder to reach and find controls are worth more points. 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.

Meet Director Rick Hood put together a humdinger of a design team: Rick Breseman, Doug Sprugel, Peter Golde, and Annie York and 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 fried and take an enjoyable walk; the choice is yours.

Fee is \$7.50 per person (includes refreshments mentioned). Registration is at the site on the day of the meet at 11am with a mass start at noon. If you're coming though, please call Rick at 367-2606 so we can gauge how much food to make and send you an update with map and details the week before the event. (A McAlister catered affair it's not, but we think you'll be pleased.) The Drunken Charlie Lake area itself is approximately an hour east of Bothell.

We've made a special effort to make the event enjoyable for beginner and advanced rogainer alike and if you would like some instruction beforehand, just call Rick. We'd especially hope Mountaineer, WTA, VOW, and S&R members can join us in the woods. It's a great way to hone or test your navigation skill and judgement. (Next year, if the fire hazard is lessened, we will move the event back to the Dancing Lady Lake area.)

Western Canadian Championships

Beaver Lake, Abernethy this August 29/30th

Return to those thrill days of yesteryear; the site of a 1990 World Cup Event. There are so many good things about this meet (i.e., terrain, map, banquet, baby sitting) the best thing to do is call Rick locally at 367-2606 or call Barb Johnson in Alberta at 403-453-8577 and ask for the 4 page flyer. The cost is \$8 per day and the registration deadline is August 8th. The hotline will have updates and carpool information.

For those willing to drive or fly to a bit farther, consider the Canadian Championships the end of July near Hartney, Manitoba. See Carl Coger's article at the tail end of the "Club News" section for more information.

Fall Features

On September 19th and 20th, Cascade is pleased to host the Washington State Championships at Cle Elum Ridge near Cle Elum Washington. Meet Directors Bruce McAlister and Dave Petty and course designer Mike Fritz are already hard at work to make this a great meet. Cle Elum is one of the regions most runnable (don't you just love the sound of that word) 1:15,000 5 color mapped area. Ellensburg OC is also considering a fall meet at Cle Elum Ridge; we're hoping to pull resources and make the State Championships even fun for the meet staff.

Matter of fact, the site is so good (how good is it?), Peter Bonek of the Austrian National Team and Claudia Kunzel (who was just accepted to the graduate program at UBC) are planning to host another orienteering training course. Cascade's training coordinator, Eric Bone, will be helping Peter and Claudia in the effort. (Are we lucky or what?) No date has been set yet, but we'll keep you posted, especially if you let Eric (634-2279) know you are interested.

Standouts -- Recapping Selected Events

Wow! Northwest orienteers were treated to seven days of super courses in May and June. Starting with the Sage Stomp 2-day A-meet in Kamloops, BC; then two weekends of B-meets on Newcastle Island, BC and the Inland Empire Cup in Spokane; and the Sage 24hr ROGAINE near Merritt, BC. Eric's comments below excellently express why we Seattle/Tacomaites, are always ready to drive north or east. (If Eric had made it to, Aspen Groves, he would have had a tough time picking a favorite, as they were all super.) --ed.

Eric's Favorites

by Eric Bone, Cascade OC

Many local Orienteers, including myself, recently ventured to Kamloops, BC and Spokane and enjoyed two excellent weekends of Orienteering on highly runnable terrain. Around here, stepping off the trail often means bashing through thick knots of bracken fern, woven together with blackberry bramble, or swimming through waist-deep salal. It's nice to get away across the border or over the Cascades some weekends and indulge in the increased variety of navigational challenges and route choices, not to mention relief for scratched and battered legs these open areas often provide. This Fall, the State Championships will be held in the open woods of Cle Elum Ridge. I'm sure it will be a great treat, just as Edith Hill and Riverside Park were this Spring.

EWOC Inland Empire Cub

by Scott Coble, Meet Director, Eastern Washington OC

The second Inland Empire Cup orienteering event took place on May 30 and 31. Forty-nine orienteers from four states, one province, and Denmark gathered at Riverside State Park for two warm and sunny days of competition.

The courses, set by Marshall Nelson (day 1), John Beck (day 2), and Gary Thorne (Course 1), led participants on a tour of all the different terrain types found in this area. From trails with panoramic views of the river valley to stands of close-packed ponderosa pines and from flat open areas to some stiff climbs the runners used about two-thirds of the map made by Gary McCausland for the Washington Centennial Games three years ago. The wooded areas, carpeted with grass and pine needles rather than choked with brush, are truly runnable; and times for the courses were short for the distances involved.

This event was the first B-level meet hosted by EWOC. The time and energy spent by many EWOC members in preparation paid off with a very smooth meet. One orienteer was heard to question the validity of an event in which no officials were panicking and in which start times were indeed on time.

Susanne Jakobsen of Denmark won the cup for the women, edging out Jessica Rykken of Port Townsend by six seconds. Eric Bone of Seattle took home the cup for the men. His nearest competitor, three minutes behind, was John Rogers of Bellevue.

Those taking first, second, and third in each age category received ribbon awards. The director lost track of which early departures had friends who picked up their ribbons, so if anyone has not received a well-deserved ribbon, he or she may call John Beck at (509) 536-0650.

More Riverside, A Runner's View

by Sandy Kish Miller, Cascade OC

Well, whoever said we don't have any runnable area in Washington obviously has not been to a meet at Riverside State Park in Spokane. The area is comprised of open fields and open ponderosa pine forest and the course designers, for the 2nd "Inland Empire Cup", took advantage of the fast area. Marshall Nelson on day 1 had courses with good route choices and challenging navigation. John Beck on day 2 had us thinking on our feet as they were running. This is a skill that persons from west of the Cascades don't have much chance to practice.

Course five was an exciting race between old pro John Rogers, and up and comers Eric Bone and Mark Howlett. Susanne Jakobsen, from Denmark, and Jessica Rykken, from Seattle, both stream surveyors, finished neck and neck. The most exciting leg of the weekend had to be the Wiley Coyote leg to control one on course four. Several participants didn't realize that they had run off an eight foot wall until they were in mid air. Many thanks to meet director Scott Coble and the staff for presenting a very well organized and enjoyable meet.

Fort Casey Score-O and Vampire-O

What, you didn't see this on the schedule. Don't worry, your

eyes aren't failing you; this was a Cascade service project for two fifth grade classes from Stevens Elementary School on Capital Hill, in Seattle. Forty-five students and 8 parents, 2 teachers, and one principal (to varying degrees) ran two courses at Ft. Casey on June 4th. This outing was a follow-up to a slide show and a contour demonstration (building and drawing a contour map of chocolate cookie mountain; which were consumed by future WOC) done at the school the week prior.

The first course of the day was a 45 minute score-o, where 4-6 person teams (one map and punch card per team) sought to get all the score-o points in under the 45 minute time limit. After 30 minutes and not seeing a soul, thoughts of "this might be too hard" crept to mind. Redemption occurred shortly after, with all the teams turning in fine performances. The Purple and Pink Teams even located all the controls and returned with time to spare! Moreover, it was very impressive to hear how everyone help their particular team work as a unit; we might want them to put on a group dynamic clinic for us.

In the evening, the activity was Vampire-O. The barracks area was used for this event, in contrast to the morning score-o that covered the entire park. Luckily, no emergency transfusions were needed from nearby Coupeville, but bat bites were prevalent.

Cascade received nice thank you notes from the students and the "big thank you". What's that? A call from Sue Billings, the Steven's fifth grade teacher who spearheaded everything, asking for our Volunteer Park map so they could do another course the following week. Wouldn't be a bit surprised to see some young new faces at next year's WIOL meets. --ed.

Volunteers for Outdoor Washington

Mike Schuh and ed. spent a weekend working on trails in the Darrington Ranger District with some great folks, the Volunteers for Outdoor Washington. VOW is about 1200 members strong and promotes Adopt-A-Trail and volunteer crew training in Washington. Since orienteers are concerned about trail degradation and public land access and COC is considering an Adopt-A-Park at St. Edward, we thought the weekend outing would be a great way to exchange information and get some real trailwork insight. We were right! (Hey, it happens now and then.) Ed. was asked in advance to set up a mini-score orienteering evening course for the weekend crew, which everyone seemed to enjoy. We'll probably see some of them at the upcoming A-meet too.

So, if you are interested in finding out about or helping with our public land trails, give the VOW folks a call at 545-4868 or leave a message on our hotline. We'll have some information on their trail training course next winter as their session runs through the spring. (We caught the last one.)

Trim Course Revisited

Even though Sammamish hosted three Wednesday night meets over the May/June period, there wasn't much locally happening on the weekends. So Cascade decided to spice things up with a beginner and three legs of courses using existing trim course markers at Lynndale Park in Lynnwood. So far, this low-key event is working better than expected. Over twenty club orienteers have completed the course, with Peter Bonek of the Austrian National Team posting the best for all three legs to date (see results). Many though, elected a more leisurely map hike.

Hey, it's not too late, if you want to try the course, simply call the hotline, buy or borrow a set of maps and have at it. Oh, and pay particular attention when the control description says, "short stake" as a baseball cap would hide it. Lastly, sorry we don't have a more updated map, but we are considering an overprint with the new trails and building that was completed last year.

So, next time you are looking at the schedule and not finding a meet, just think Lynndale Trim Course. If this turns out to be really popular, we'll run another in August at either Farrell McWhirter or on our (we're hopeful) new trim course at Woodland Park.

From Our Own -- Local Orienteers Write

Take an orienteering trip or do some interesting outdoor activity and fail to write the "Bearing" a little article, go to jail. No kidding, the bill is in committee in Olympia even as we speak.

North to Alaska

by Dave Lilly, Sammamish OC

Well, Rick promised that I could write about our exploits in the "Great White North", and so I shall. The majority of our stay was with friends of Kathy's in Fairbanks, an area of soft rolling hills, the natives refer to as "domes". Most of the lowlands seem to be very swampy when not frozen over---Muskeg, I think they call it. Many areas of glacial moraines would be interesting to map, but probably only useful to orienteer on during the short (it's gone!) spring and fall.

One interesting tradition in Alaska is clean-up day. With snow covering the ground for the majority of the year, the snowbanks tend to become depositories for garbage. So, at break-up they take a day to be good citizens and clean up the winter's indiscretions. It's too bad the same people who put it there, aren't the ones cleaning it up. I took advantage of the situation, and ran in a 4 mile road race. All was fine, except for the air temperature. It was an unseasonable 28 degrees!

The Fairbanks area has a small (by lower 48) running community. They make up for it, however, with enthusiasm and a large number of local runs. Running in Alaska is not for the fair weather runner. I was told that the local runs, during the winter, would go on as scheduled, unless the temperature fell to under 28 degrees below zero. The media treats the meets seriously, however, and complete results, with a small story about the race, was in the Sunday paper the next day.

Hashers take note. I asked a local after the road run, who in fact looked like a hasher, if he could connect me up with a run. He was without a clue. I always like to check for a hash run or local club meet when I am out of town. Our largest disappointment, besides not seeing a moose up close and personal, was missing a local meet in Anchorage the second week of our stay. Stay sharp and check those Orienteering calendars before heading out of town. We saw the listing in ONA, that arrived while we were gone, the weekend we arrived back---so much for timing.

P.S. from Kathy

Dave now refers to moose as "the mythical beast of Alaska", Untrue. On a previous trip to Fairbanks, not only did I see a moose (much larger than the one on Northern Exposure) it almost did in my rental car. I believe moose think Dave may be descended from Bigfoot and just steered clear of him!

European Journal

by Ben Hall, Sammamish OC Correspondent

As most folks know, Ben is taking a 4 month sabbatical and orienteering his way through Europe after driving cross-country to his folks (with the required O stops along the way of course). Today Linda and I had the pleasure of receiving his first Opinion Journal. Most of his letter follows; if you would like to read the letter in its entirety, we're are only too glad to check out to you, "The Bell Hall Saga, Chapter One".

Thanks for the Newsletter. I thought the format was absolutely great; a very nice layout and content, with a look that reflects the representation of clubs involved...

I'm not exactly sure how it was that I wound up here, in the foothills of northwest Italy, 20 km from the Mediterranean coast. I had promised my German friend, Tina, since having met her 8 years ago in New Zealand, that one summer I would come to Europe and help her work on a piece of land she had bought to build on, and eventually retire to. But I had no idea it was such rugged terrain: she and other Germans before her, such as her sister and brother-in-law, had purchased abandoned olive groves which are terraced into some of the steepest slopes I have seen since Peru. The successive steppes are buttressed by 2-meter stone walls which have for the most part stood up to time; the crumbling stone houses perched like barnacles on the hillsides required much labor to reconstitute. For their efforts at masonry, landscaping and gardening, they have been rewarded with a subsistence lifestyle in a completely idyllic setting...

But, I digress -- for a moment I thought I was writing for an in-flight magazine, not an Orienteering newsletter. I did manage to hit several meets en-route from Seattle to New York: Heartland Champs in Minnesota, N.E. Champs in Massachusetts, B-meet in N.Y., and the Billygoat. At the Heartland Champs the first day I had a decent enough time on the Red course to warrant the dubious distinction of describing my route to the O' crowd that assembled for dinner, by pointing at an overhead projection of the map. Mine was an abysmal presentation, delivered just after Al Smith had given an eloquent, rational description of his route plans and strategy. I rose and proceeded to explain my unique use of catching features (the highway forming the safety bearing on the west side of the map), handrails (the same highway used as a catching feature), relocation (I used the sound of the start whistle to find the start triangle, while lost en route from #7 to #8) and attack points (usually the control I had just left). Al Smith himself said after my presentation that I must have been concentrating on the physical side of training, which is a polite way of hinting that my orienteering could use some work.

The high point, however, was running in the U.S. Relay Champs with an unofficial team comprised of Peter Bonek and Claudia Kunzel and a novice Orienteer we snagged the day of the race; despite his inexperience, we came from 23rd back to finish 4th, leaving me pondering possible Northwest lineups that would be eligible. That race is certainly within our reach.

The O' portion of my European trip has coalesced to the

following:

July 5 - 11	6-day in Kristiansand, Norway
July 14 - 18	4-day in Alesund, Norway
July 26 - 28	3-day in Ortenau, Germany
Aug. 4 - 8	5-day in Jicin, Czechoslovakia
Aug. 15 - 17	3-day in Pels, Hungary
Aug. 20 - 22	3-day in Wienerwald, Austria

This computes to a preposterous 24 days of Orienteering out of 48. We'll see: I doubt I make them all.

Hope things are well with everyone. Good luck with the Convention -- more later.

OCAD and GPS - O-Mapping

by Bruce McAlister, Cascade OC

Bruce is really excited about the what's happening on the cutting edge of map making. So much so that he has set up two convention sessions on Thursday the 16th of July. --ed.

Two technological advances that will affect orienteers in the next few years will be on display at the USOF Convention. The first is a CAD-type computer mapping program, known as OCAD which was developed in Switzerland. The second is a satellite positioning system using a small hand held receiving unit.

The OCAD program allows multi-color O maps to be drawn on a computer screen and automatically places standard orienteering symbols and markings on the maps. All of the standard drafting and color separation is done on the computer. Black and white draft copies can be printed at any time, and draft copies of maps can be printed on inexpensive color printers. Virtual final copies can be printed on Postscript color printers. The 1991 US championship and the WOC93 and World Cup maps are all prepared with OCAD. Closer to home, Alan Phillips has redone Thetis Lake with OCAD for the Victoria Orienteers. Although the program does not save much time initially, it makes revision and editing much easier. It will have the same sort of change in our expectation of quality that word processors have had. Both Bruce and Debbie have copies of the latest version, which will be on display at the Convention. *(Dirk Meyer used OCAD 3.0 extensively when making three maps for the Junior World Competition around the Berlin area last year; he thinks it is "really great". --ed.)*

Also on display at the Convention will be Trimble Navigation's latest version of its Global Positioning Systems (or GPS). Using satellite signals and a hand held receiver, the GPS unit can locate any point or feature on a map to within 5 m horizontally and about 1 m vertically, and can store thousands of such locations for later processing. Again, the benefit is not so much that the process is faster, but that is much more accurate, and even relative amateurs should be able to produce excellent maps. One problem with GPS systems has been that they required a base station at about \$15,000 to go along with the \$2,000 remote unit. However, the Canadian Government is now operating a base station at Victoria with a coverage of about 200 miles, which includes most of western Washington, and will provide base data at nominal cost. Trimble will have people at the Convention to demonstrate their GPS, and we also hope to have Steve McConnell from Victoria describe his results in using GPS units to map for the BC Forest Service.

Club News From Around the Pacific Northwest

Cascade Chatter

First off, Cascade Congratulations to Jeff Coker and Eric Bone on graduating! Jeff finished up at the University of Washington and received his commission as a second lieutenant in the US Marines. He'll be spending his first six months at Quantico, so anyone traveling east for the 25th Quantico OC this fall just might see Jeff, if they are fast enough. (Jeff finished 5th at this year's Intercollegiate Orienteering Meet.) As for Eric, COC's training officer, he be walking (ok, running) in Jeff's footprints as Eric enters the UW this fall along with Sammamish's Bill McDonald. Are we going to have a hot team or what; trophy time. Oh, did you hear that returning UW student Nathan Tharp was named to the US Collegiate Team--way to go Nate. Lastly, in the kudo department, congratulation to Claudia Kunzel, of the Austrian National Team, who was just accepted for graduate studies in business at UBC.

Speaking of awards, Cascade has once again purchased some local meet awards. Lynndale trim course winners will be the first recipients. (Normally, we will award a first, second, & third, for each course or 12 per local meet.) A lot of the younger orienteers (under 60 is young, right?) thought ribbons were fun and tied in well with our promotional approach.

Well, we just can't sit still. As soon as Peter Golde, Bruce McAlister, and Carl McNabb get back to life in the states from their two week sightseeing and orienteering tour, the Bresemans rent their home and head for Alaska with New Zealand and Europe on the horizon. (Call before July 10th if you want to say goodbye.)

And now for the COC Membership Report by Harvey Friedman, our ever vigilant membership coordinator.

"In case anyone is wondering how large Cascade O. C. is, here is a breakdown. 36 family memberships, 69 individual memberships, 5 associate memberships (under 18 years old), 10 newsletter only memberships, and a couple of Boy Scout troops. Using the U.S.O.F. rules for computing totals (family memberships count as 2, associates as one half), I get 147 total. If we had a persuasive apprentice membership coordinator to phone those folks not renewing and twist their arms, we could probably be 20 - 30 higher. Yes, that was a subtle (or perhaps not so subtle) recruitment attempt.

"As usual, we'll list positive roster changes, for this edition as of 24 June 1992. Words of both thanks and welcome go to the following new or renewing club members: Mark Anderson, Aaron & Patricia Charlop, Eric Donaldson, Ann Halinger, Aaron Hoffer, Dave Petty, Shellie Raid, Mark & Pamela Rutkowski, Jessica Rykken, Julia & Gary Sheffler, Larry Sorenson, Sid & Janet Whaley, Bob Williamson, and associate member James Hopper. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; also, membership cards are only available in person at a club function such as regular meet, meeting, pot-O-luck, but not at any ski-O meets, nor night-O meets, nor canoe-O meets

(unless you are lucky), nor training events, nor workshops. If you want to get your handsome membership card, contact the membership coordinator, me (Harvey), at a Cascade sponsored meet or at one of the above-mentioned happenings. I do not have blank membership cards with me when I attend other clubs' functions. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost); especially since we now send the newsletters out at bulk rate, we no longer know if or when you move."

Eastern Washington Words

Scott Coble and John Beck, two of the central members of EWOC are in seclusion, secretly training for the July 18/18th A meet, traveling for work, or recovering from hosting a super "B" meet; I never tell. Tune in next issue, for the continuing EWOC saga. --ed.

Ellensburg Speaks

by Will Sperry

(Will submitted a nice article for the last issue which somehow got misplaced; an editorial sorry Will. My mom taught me never to pass on a good opening paragraph twice, so...)

Because EOC is a state incorporated non-profit organization our February meeting contains scenes somewhat related to the annual general meeting of larger similar organizations. We dispense with cigars and double-breasted suits in favor of pot-luck though. Addie Graaff hosted us and among other things we elected officers for this year. Will Sperry replaces Betty Wiberg as president. Dale Width continues to be vice president. Addid remains secretary. Sally Evans refused to let go of our money so she is again our treasurer. The club's mailbox becomes Will's address at 1006 N. Water St., Ellensburg 98926 and urgent business can be tried by dialing (509) 925-4716 evenings. *And now for the current news and commentary from Will. --ed.*

One of the difficult decisions a small club must confront is the choice of maps, in particular color or black-and-white. Of course color is desirable, but the reasons for b&w are often compelling. I have yet to find a piece of orienteering land in our region that has not changed enough in a year or two to make portions of its map unusable.

Our upcoming 5 July meet will use the IOF quality Cle Elum High School map now two years old and 15% obsolete. This is not a good argument for b&w over color however; our usual method for keeping b&w maps up to date wouldn't work here. This method consists of XEROXing maps as needed from a continually updated master. The expansion of Cle Elum High School (the school) has removed runnable land from Cle Elum High School (the map).

A better example of the mutability of venues is our own Easton Grade map, a nice piece of work: Newell and Harvey's quality. The area, a freeway island, was chosen for its good characteristics: public land, interesting yet fairly runnable terrain, accessibility, and suitability for beginners and advanced. Little did I know that a real estate company would, unsuccessfully, try to develop parts of it for vacation housing with the addition of roads and subtraction of O features; and that the Forest Service would sell a significant part of its timber. The land is healing now and the cycle of vine maple to mature forest has begun. Most amazing to me is the disappearance of old dirt

roads which were isolated from traffic for two years. They simply vanished into the vegetation. So, here is a map in need of a major update. I hesitate to do this though; the forest is changing too quickly now.

This is perhaps more of a caution for the production of colored maps than a solid reason for b&w. B&w maps are cheaper and easier to produce. It's a pity they aren't more colorful.

The person who rumored that the EOC will not have cookies at its meets any more should not walk alone in dark alleys! While not exactly a major contribution to western civilization, cookies do encourage the kind of atmosphere we prize at our meets. Eat and enjoy.

And speaking of that don't forget the Saturday night BBQ after the first day of the Western States Championships. It's at Camp Koinonia off the East Nelson Siding Exit. \$8 dollars for big eaters; \$5 for little ones. Chef Kent Verbeck is going for his third star. As the sign says, "Eat here and get gas". Call 1-509 674 2755 for more information.

The forementioned July 5th meet that is one of the events during Cle Elum's Independence Day Weekend celebration. The Cle Elum-Roslyn area is not your typical Scandinavian village. In the early 1900's people from over thirty kingdoms, colonies, and countries came here to find a better life digging coal.

Back to the meet. Registration is noon to 2pm at Cle Elum High School. Three course will be offered: ranging from less than 2km, though with about 10 controls, for beginners to over 6km and 30 plus controls for advanced orienteers. Come over for a low key, yet challenging, run in the woods and then maybe some bocce ball. 1-(509) 925-5648 for more information.

Finally, I add my approval to our shared newsletter. It's nice to know what's happening all through our region.

Will added a P.S. by phone. On the 13th of June it rained for the first time in 41 days (great news). Unfortunately, that was the same day as the first outdoor graduation. (We flatlanders here are hoping that there are many more graduations scheduled between now and the A-meet this July 18-19th.)

Random Notes from Nisqually

by Carl Moore

Notes from Nisqually: On the weekend of May 9th and 10th, Ben Hall joined Linda and Carl Moore at the 1992 Heartland Championships near Monticello, Minnesota. Wood ticks, fast awakening poison ivy plants and the first summer-like weekend of the season greeted about 200 competitors. Ben immediately showed the locals how to run the Red course, sprinting around the tricky woods in 58 minutes on Day 1. He cooled off on the 2nd day, but easily captured first in his division, although Peggy Dickison took away his fastest-on-course title. Carl captured third in a 12-man M55 division, behind Al Smith and Per Stensby. Linda finished 6th in F45, while 3 other Moores competed for other family bragging honors.

Mac MacDonald, Fred Veler, Tim Miner and Ellen Boomer made cameo appearances in the Wilson High 1992 Annual, which had a nice 2 page spread on Orienteering. This included quite a few photos from WIOL meets in the last season.

Carl and Linda Moore are participating in the June 27/28 24-

hour Rogaine in British Columbia. They hope to survive the heat and do pretty well. This is Carl's 6th 24-hour Rogaine and he is looking forward to the challenge. Linda is a veteran of only one 8-hour Rogaine, but Carl thinks she's tougher than he and will make an excellent team member.

Sammamish Stirrings

by Dave Lilly

Sammamish map to move. SAMM's Kelsey Creek park is to be moved, well at least part of it! The City of Bellevue's sister city oriental gardens are to be moved to a new location, the new Wilburton hill park. The new park has long been kept in mind for a SAMM mapping project. Living very close to both parks, I use them for training and have long thought they would make great areas to map. The tentative plan is to put both parks together on one map such as was done with Island Crest and Pioneer Parks on Mercer Island. Wilburton Hill Park is to include a botanical garden, three softball fields and hiking/walking trails. As soon as the park is complete, we will start looking to map it. The gardens are to open sometime this summer.

The moving of the gardens has already started and will continue until the end of May. It is scheduled to be complete before our meet in June. We will keep you posted if things change.

Ben Hall to travel. Back-bone, SAMM member Ben Hall is packed and ready to travel. Where is Ben traveling to, well it would be easier to list the places he is not going. He rattled off a list of "A" meets that he would cover just before leaving the states and then some strange muttering about three 5-day events in Europe in just one month. WOW. His silver blur, and twisted nature will be sorely missed. See Ben's letter in this issue. --ed.

Wednesday summer night series continues. Yes once again, SAMM will be holding Wednesday evening O' meets this summer. Take advantage of these meets to get in some quick training in the local parks. You know the food afterwards is always worth the workout.

A few quick notes on the upcoming "A" meet. An 'A' meet is for everyone! Yes, many people take them very seriously, but generally it's just, great orienteering fun, with a slightly larger circle of O friends. Courses of all lengths and abilities are available. The map is one of this states best, and it would be a shame to miss a chance to run well set courses. Get your entries in soon. It's not every year that a meet of this quality is only an hour and one half away by car, most are at least an hour and one half by plane.

For all you "Northern Exposure" fans Alaska's (Washington's) Cecily is only a stones throw from the meet site. Although the show's shooting is done in the spring, casts members are still known to frequent the area.

Canadian Corner

by Carl Coger of Victorienteers

At Aspen Grove, where Carl made the mistake of copying my map, that I had copied from someone else, I mentioned that six Washingtonians are taking his advice and going to the 4 day Blue Lake Training Clinic over the July 4th weekend in Hinton, Alberta (we'll have war stories at the convention and in the next Bearing 315). He said, "great and are you think about the

Canadian Orienteering Championships?" I said, not really but tell me more--here's what he had to say. --ed.

West meets east in Manitoba. The Canadian Orienteering Championships are normally dominated by the East, because it is usually held back there and there are more of 'em. This year the championships will be at Hartney, Manitoba, the centre of the country. (There will be 3 "A" Meets, a Relay Championship, and a Short-) Meet from 29 July through 3 August.) And it looks as if there will be a larger number of Westerners on their way to offset the Eastern horders.

At Aspen Grove travel plans were being discussed. Gerry Grieve wants to dawdle and sight see on the way. Alan, Sandy, Victoria and the Vyse's will visit relatives in the U.S. on their way. Steve Chatwin and Gar will fly both ways. Tony Byrne wants to fly one way, do some camping in the Rockies on the way back. Martin Pardoe must meet Mark A. coming from the east. Carl is driving the O-van both ways. Eileen Traynor goes early for Jr. Training Camp. Rances, Pughs, and Greens will make it a family vacation. Jim Traynor will fly one way and drive the other.

Tony (phone Ingrid at 604-732-0235 for his number) has begun a flow chart and would be interest in knowing of Seattleites travel plans. Phone him or Carl (604-380-6562) for possible car pooling there, back, or during the week in Manitoba.

For me, it's nice to hear and stay in touch with our northern clan. If we're lucky, Carl and others will drop us a "newsletter line" again. Speaking of Canadian meets, Alberta Orienteering sent us the information on the Western Canadian Championships this August 29-30 at Beaver Lake, a 1990 World Cup site. Call Rick at 367-2606 locally for details on this grade A double prime event, before August 8th, the pre-registration deadline. --ed.

Feature Article -- Fred Veler on Course Design

Back in January at the Seward Park Meet, I asked Fred Veler what he thought of the course he just ran. He said he really liked it and then told me specifically why. "Sounds like a great piece for the newsletter", I countered. And much to this newsletter editor's delight, he gave me the article on diskette. Incidentally, Fred has finished first in his age group at multiple US Championships and has been involved in course design on three continents for more than ten years. --ed.

It has been said for many years that the essence of good Orienteering is not how good our maps are, nor how good the area is, nor even how good the event organization is, but rather how attractive and challenging are the event courses. When the courses set at every level are enticing, challenging, and designed for each ability and age, the participant will be 'hooked' forever more.

In supporting this notion, anyone has only to look at the first events organized in a new member-country. I have seen those maps and courses first used in the U.S., Australia, and even Norway, and I was extremely surprised at the simpleness and lack of complexity I had otherwise expected. Early event maps

were black-and-white photocopies of 1:50,000 and 1:62,000 and with control descriptions such as 'tree on a bearing of 45 degrees and 450 yds. north of trail bend' or 'vague hilltop south of river'. And yet people continued to come back again and again.

In the mid-seventies, The Swedish Orienteering Association came out with two important concepts which are now well accepted by those who take the time and concern with the promotion of Orienteering. The first was called 'the direct method' and simply says to put a new participant onto a course immediately and do away with classroom learning. The course should be so simple and well designed that the participant learns as they go along on the course. Afterwards, time is taken to share and exchange information as a learning experience.

The other idea is that all course designs would follow a red-orange- green- blue design system standardized for consistency and learning development. 'Red' courses placed all controls at a point where a linear feature crosses a linear feature = a stream crossing a path, a trail going through a fence, a distinct vegetation boundary meeting a large ditch. 'Orange' courses placed controls on linear features = at a trail bend, fence junction, stream bend. 'Green' course use a point feature near a linear feature = a large boulder near a fence, a rootstock near a stream junction, a large reentrant near a long ridge. And lastly, 'Blue' courses should highlight small point features anywhere. Each of these color systems had a age and ability in mind, and of course, higher courses could use lower course features.

Good courses are also designed with intent, not just a haphazard run for a participant around a map. Good courses are made up of good legs between each control. Every 'leg' should have been designed with some Orienteering technique in mind. What techniques are those: 1. gross/fine map reading 2. using catching features 3. using handrails 4. aiming off 5. straight compass running 6. pace counting 7. use of control extension 8. contouring 9. use of 'projection' 10. using contours as handrails, etc.

The general rule of thumb as recommended by the Scandinavians is one control for each 1000m of a course! More controls are used only in order to avoid 'dog-legs', to take advantage of the peculiarities of an area by switching directions with short-leg right leg controls, or by switching at the end of a course when participants are tired. A 4km course with 10 x 400m controls legs is as boring as can be!

An extremely important aspect of course setting, that is too often ignored, is following the guidelines for the estimated winning times of each course. The IOF has spent much energy and consideration in determining what is an appropriate period of time that a competitor should expect and train for. However, too many organizers continue to ignore the recommendations and construct courses twice too long time-wise for the main course, and unfortunately too short and easy for the juniors.

Good course setting also includes careful construction of each leg to include: an 'attack-point' which is at least 10% of the leg distance from the control, varying distances of each leg, an opportunity for multiple choices in getting to the control, the control feature to be seen from 25m from every direction- not hidden, no other control within the circle on the map, and if controls are close- then a different feature must be used, and careful control placement to retain the challenge of the leg but not give away the location to close behind runners.

The challenge of a course should also include the battle between participants and the course setter and area. Every course setter should have goals and a philosophy regarding their design of

courses. The course setter should find out about the particular problems and nature of the area and then try to use them to challenge the competitors: what are the major 'dialects'? where are the parallel features?, how many routes choices for each leg are there?, do you go over or around? The course-setter should try to out-smart the competitor, and conversely the participants should be focusing to be error free.

Orienteering is a sport that sells itself if it is presented as a dynamic and challenging activity. This is facilitated if courses are organized so that all participants are successful.

Bearing 315 Classic-- **First Appearing in July-August 1988**

Course Setting

by Mike Schuh (updated in June 1992)

Before anyone can try their hand at orienteering, a course must be set out in the forest. This is the task of the course setter, sometimes referred to as the course designer. Technically, the course designer is the one who figures out where to place each control marker and writes the description for each control location. The markers are then physically placed in the forest by the course setter. At some of our more important events, the placement will be verified by a course vetter; ideally, the course design at our largest events is also carefully scrutinized in the forest by a course controller (this is required in many foreign countries; in the United States, the design is approved on paper by a course consultant). At most Washington State events, the course designer and course setter are the same person; we rarely have a course vetter and only once or twice has anyone served as a course controller.

Course Standards

First, a bit of background on the different courses offered at various orienteering events. In the United States, events are classified as Class A, B, or C. The first two must meet certain rules set by the United States Orienteering Federation, while Class C events have no national rules (most of the events in Washington State are Class C). USOF has specified the following courses for sanctioned Class A meets:

Course	Winning time	Length
White	30 minutes	less than 3 km
Yellow	40	3.5-4.5
Orange	50	4 - 5
Brown	50	3.5 - 4.5
Green	50	4 - 5
Red	60	5 - 7
Blue	60-80	7-12

The use of colors to identify the courses is historical. Nearly all other national federations use numbers, as do the clubs in Washington State and British Columbia. (The USOF rules also specify age groups for each of the courses.) Beginning in 1988 COC has usually set at least four courses at our regular events (novelty and special events - canoe and ski O' for example - might have fewer courses). These courses have been intended to meet the following criteria:

Course	Winning time	Length	Description
1	10-20 min.	1.0-2.5	EASY! on handrails, ideally at junctions
2	15-30	1.5 - 3.0	still easy, controls adjacent to handrails
3	30 - 40	2.5 - 4.0	controls just beyond collecting features
4	40-60	3.0-?	controls in front of collecting features

Some definitions: a linear feature is an easily followed "line" on the map, such as a trail or road, or the edge of an areal feature such as a lake or clearing; a handrail is a linear feature that roughly parallels the desired route of travel; and a collecting

feature is a linear feature perpendicular to the direction of travel which provides the orienteer with an unmistakable navigational aid. Winning time is loosely defined as the time the fastest participant will take to complete the course, typically by running. It should be remembered that everyone else will take a much longer time, particularly on Course 1, which will be attempted by many first-timers.

The lengths given can only be approximate, as differences in the forest - topography, vegetation, amount of detail, map scale, quality and accuracy of the map, even the weather and time of day and season - will affect how fast an orienteer can move through it. The best way to judge the length of a course (in minutes, not kilometers) is to test run it. If, for example, you typically take twice as long as the fastest person on Course 4, then you should be able to get around your proposed Course 4 in 80 to 100 minutes OR LESS. Less because you will have the advantage of knowing in advance where the course goes and will have studied it, thereby gaining an intimate knowledge of it, which will make it easier for you to go around it quickly. Rarely will participants complain if the course is too short; you can be assured that they WILL complain if the course is too long.

Technical Difficulty

Strive to find interesting legs FIRST, then look for control locations for the endpoints of the legs. Adroit navigation of a leg between controls is the goal in orienteering; the controls serve to merely define the leg. For the more advanced courses, a leg becomes more interesting as it has more opportunities for fine map reading (through areas of fine detail) and many possible route choices (but do not confuse a multiplicity of route choices with good design - many dumb route options do not an interesting leg make).

Remember that orienteering is a combination of running/walking and navigation. The goal is to combine these skills in equal amounts. Generally speaking, if you have found a course leg on an advanced course where the fastest route is the one requiring the most attention to the map - the most map reading - then you have probably found a good advanced leg.

Physical Difficulty

Technical difficulty, however, should NOT be confused with physical difficulty. Physical difficulty arises from the length of the course (measured as the shortest route between successive controls), the amount of climb, and the condition of the forest. Climb is measured by tracing, on the map, the best route (the route the winner will most likely take), counting the number of contour lines that are crossed in the uphill direction, and then multiplying this number by the contour interval. Generally, this should not exceed 4% of the length of the course; it should never be as high as 10%! Thick vegetation will also increase the physical demands of a course, as will a rocky forest floor. Compare a 10 km springtime course at Cle Elum Ridge (a joy!) to 10 km at St. Edward State Park in late July. If you would not enjoy running the course that you have designed, then DON'T SET IT!!

Novice Courses

The novice courses (1 and 2) require a different mind set. The goal here is to provide an enjoyable experience (as it is on Courses 3 and 4) with the understanding that finding out who is the fastest, "best" orienteer is quite unimportant. Ideally, everyone who tries a novice course should finish it. Therefore, the novice course should be as easy as you can make it, with few route choices. One idea is to set the first control marker so that it is visible from the start - and why not? It is not a serious championship, but rather is often the first introduction many individuals have to the sport of orienteering. We can help our sport and ourselves by making the novice course fun and doable for those people who might be unfamiliar with basic map concepts. Many times I have enjoyed watching first-timers as they puzzle out how to read a map, figure out which way to head to find the first control, look around, spot the marker on the far side of a field, and - excited that they found the first one by themselves - joyfully take off on the course. Often as not, they're hooked on the sport right then and there.

DNF and DSQ/MSP

At every meet and on any course, someone will either not finish (DNF, Did Not Finish) or will mispunch a control (DSQ, Disqualified or MSP, Mispunch). MSPs are

usually the fault of the participant, though confusing description sheets, illegible master maps or poorly placed control markers tend to exacerbate the problem. Some DNFs arise when participants attempt a course that is beyond their ability or the weather is extreme, but most are caused by courses that are more difficult than usual. If the total DNFs for a course exceed about 4 or 5%, then the course probably should have been easier.

Borrowed From Club Newsletters Beyond The Northwest

Like us, many local orienteering clubs publish a newsletter. Some are just a few photocopied pages and come out irregularly, others are prepared by offset printers and appear as monthly booklets. The common denominator: keeping club members and the orienteering community informed.

We thought we'd share some selected pieces with you. Let us know if there is something special we should keep our eyes open for.

JUST DO IT - PART 2

By: Bob McBride

RMOC

In my last article I made my case for interval training workouts and map reading practice. Before the White Ranch meet, I made a dozen or so copies of the map and familiarized myself with the map. This year I have some speed as a result of the interval training runs, most of which were accomplished by running surges, brief moments of faster pace, during longer runs. I have been running up Barr Trail once or twice a month part way so I have been doing my hill workouts. Why did I do so badly at White Ranch? And then why did I get DSQ at Bear Creek Park? The answer is...I wasn't mentally prepared.

As much as I hate the term "the Thinking Sport", is just that. At White Ranch, I had a pretty good run with one control that took me about 40 minutes to find. Perhaps other people will benefit from my observations. One control, I think it was #6, was a 1.5 m boulder. Being moderately familiar with the map I noticed that there weren't that many boulders on the map in that area. I had planned to charge down a deep ravine, go up a small re-entrant, find the boulder and was actually planning my getaway. When I got there I found that this boulder had surrounded himself with about 12,000 of his relatives. After 30 minutes of wandering more hopefully than methodically, I did what I should have done in the first place. I STOPPED. Found a bomb-proof attack point. Relocated. And came right into the control. The philosophy is this: the rocks were not accurately mapped so the attack point couldn't be a rock. I chose to go to the top of the ridge, find the know where the ridge turned and then come down hill on a compass bearing about 80 meters. It worked perfectly. In discussing this control after the meet the people who found this without problems all used some earth based attack point. I came down from the ridge, Beatrice came up the re-entrant and Virginia and Sverre contoured into it. This brings up a point to remember...some mappers have a hard time mapping Colorado boulder fields. In a field full of boulders, which do they leave out? Contours are more reliable than boulders as attack points.

"The Best of O/NA"

Orienteering North America is published monthly. It's a great magazine for orienteers at any level. Articles range from family activities to World Cup competitions. We normally have some back issues at the meets that you can look over. We plan to make "The Best of O/NA" a regular feature. (If you'd like to subscribe to the magazine, call O/NA at 617-868-7416 or join the US Orienteering Federation and the magazine is included.

JUST DO IT - PART 2 (cont'd)

At Bear Creek Park I made a mistake that you may want to avoid in the future. I went out on to the course without taking the time to get prepared. Normally, I copy the control letters on to my punch card. That way I know when I miss a control. This time I was distracted and I didn't do it. Result? I missed a control and was disqualified. Before that I noticed I was taking a lot of time at each control checking the clue sheet for the control number. So, take the time to get prepared before each run. Mark the control numbers onto your punch card so that they are right there when you need them. contours don't lie but boulders sometimes do. Above all else, have fun.

Distance, Directions & Details

by Winnie Stott from Ontario, well-known O-teacher and author

At the Veteran's World Cup in Sweden a few years ago I saw Andy Gagarin on the practice map. Always eager to learn from the pros, I asked, "What's your plan for the race?" His reply was along the lines of... "My goal is NOT to be kicking myself all evening because I did something stupid during the race." Sounded like a good plan to me.

In order to avoid kicking, I'd have to avoid mistakes. In order to avoid mistakes I'd have to know the three "D's": DISTANCE, DIRECTION, DETAILS.

I put DISTANCE first because I am convinced after hearing numerous North American post mortems that MANY, MANY, MANY of the errors made are due to inaccurate judgment of DISTANCE. At the Inter-collegiate Championships east of Albany I went over courses with several other Green Y course competitors. I traced each of their errors to DISTANCE. So...how do we remedy this situation? Some people have an inborn, uncanny (to me disgusting and despicable) ability to judge distance.

Me??? No such luck. I pace-count almost every step of every leg of every race.

I hear numerous arguments against pace counting. (Pace counting means the orienteer counts each time the left foot hits the ground—or the right one—not both, the numbers get too high.) The orienteer, of course, has to establish a reference beforehand, e.g., so many paces per 100 meters.

People complain that counting is distracting; counting is hard to do; counting is hard to remember. I say getting misplaced is distracting. Counting is easy (especially if you've have any musical training. In playing the piano, for example, you count the beat of the measure, you use your right hand, you use your left hand, you use the pedal and you look ahead to the upcoming measures). Counting is easy to remember. It keeps you focused on the job at hand. When you count each step your mind does not wander or get distracted easily.

Now, how do you pace count? You do NOT look at a 500 meter leg, and begin counting to 500 meters. You look at the leg and the segment you are about to execute. Perhaps the distance from the start to the hill you'll cross is 100 meters. Fine. Start counting. In 100 meters if you aren't on a hill then you're in TROUBLE. Stop, look around, orient the map and see the hill. IF you had not pace counted, you wouldn't have a clue as to how far you had gone and you might see any number of hills. Which one is the correct one? Without pace counting you've put yourself in a tricky position. Do you want to kick yourself all evening for making a stupid mistake?

Pace counting throughout the race keeps you in touch with your physical condition. If you're strong the count won't vary too much. If the course is tough, or you're tired the count will increase for each hundred meters. When you measure 100 meters on the map and find that it takes an extra ten steps to get there, alarm bells should go off in your head. You are tired. Perhaps your thinking will be affected. Be alerted, and plan very carefully from here on in.

The pace counting also varies in different terrain. Be aware of your running count, your walking count, your uphill count, your downhill count, your thick stuff count, etc.

Some critics of pace counting say that the orienteer only takes a compass bearing and counts. He doesn't see the terrain at all. This CAN happen. But it doesn't have to.

Pace counting can heighten your awareness of the terrain. This happens each time you set a goal for yourself. For example: In 200 meters I'll see the re-entrant. You commence counting and in 200 meters there's the land feature. If you hadn't made the plan you might have flown by the feature and never had it in your memory bank to draw upon in case you became MISPLACED further down the leg.

How far can you pace count and go on a bearing accurately? Not far. You'll find your own limit by practicing. Most people can manage 100, 200 meters. Some can navigate 300 meters. Beyond that you're talking LUCK.

One visiting coach from Sweden (also a World Championships medalist) said she pace counts at least once in every race. She also said, "By pace counting you greatly reduce the search area. If you know you have to

go 200 meters and you paced 200 meters you are probably within 20 meters of your goal. If you didn't judge the distance accurately then your search area easily doubles if not triples."

Pace counting alerts you to distance problems. For example: I'm going to see a rock wall in 200 meters. But, the wall came up in 275. I instantly know that my bearing was not straight. I have drifted to one side. I can correct this problem.

Pace counting alerts you to an error—before it becomes a BIG one. Let's say you have 200 meters to go to the flag located in a re-entrant. You went 200 meters. The re-entrant is there, but the flag isn't. A lot of orienteers are milling about. You look at the map. You know you have travelled 200 meters—(Obviously not in exactly the correct direction). Look at the map. Scan areas 200 meters from the start of this segment of the leg. Locate the re-entrant you are in. Proceed to the correct re-entrant. You have saved yourself from several minutes of relocating and being misled by the wandering orienteers. A potentially five-minute error is reduced to 20 seconds.

Pace counting helps you become "one" with a new map. You look at the first leg, recognize a small path you'll cross in 75 meters and you start to measure. One hundred meters later you still don't notice the path—you've learned something about this map.

Pace counting—I most certainly have to do it. A few fortunate individuals really can judge distances 100% of the time and not count. But—even though they are NOT pace counting they ARE judging distances. You have to know how far you have gone. Start pace counting now. Don't give excuses. Develop the skill so you can use it flawlessly on every leg. Even though your count won't always be 100% accurate IT Will be more accurate than running with no regard for the distance travelled. So, here's to a post mortem devoid of distance references. Have fun in that next Orienteering meet. ☺

Orienteering Meet Results

Compiled by Debbie Newell

Welcome to all those that will see their name in the results section for the first time and a sincere thanks to all those that made the meets so much fun – the volunteer meet staff, especially the director and course designer.

We don't have the May-June Canadian meet result yet; we'll try to have them next issue.

Meet Directors: Please send your results to Debbie Newell by June 25th. It would be great if you could include an overview paragraph or two with your write up. Thanks, Debbie.

Island Crest Park

May 13th
Sammamish Orienteering Club

Meet Director: Dave Enger
Courses: Eric Frieden
Registration: Keith Horn
Timing: Eric Frieden
Barbecue: Valerie Enger
Weather: sunny and warm

Course 1 (1.1k, 6 controls)

Blime boys	10:51
Ed Ledger	14:34
Chris Scheringer	14:38
Charlie & Jessie	17:10
Joel Ohringer/Suzanne Grentiluomo	17:55
Greta Clima/Amy Peck	22:39
Shogren family	23:12
Aaron Hoffer	28:14

Course 2 (2.6k, 10 controls)

Marcus & Ana	49:42
Holly Atkinson	57:00
Charlie & Jessie	65:11
Troy Brown	69:27
Greta Clima/Amy Peck	70:36
Aaron Hoffer	76:20
Shellie Raid	77:35
Evan Bryant	100:17

Course 3 (4.1k, 11 controls)

Mark Howlett	56:15
Eric Bone	62:04
Rick Breseman	63:45
Paul Magnus	66:12
Bob Williamson	67:50
Mike Schuh	70:26
Tyler Fredrickson/Henry Morgan	72:37
Ken Lew	76:27
Aaron Charlop	78:06
Mel Rader	82:10
Steve McConnell	90:23
Dale Bryant	95:59
Knut Olson	98:30
Nick Bone	109:40
Wayne Tomasello	DNF
Evan Bryant	DNF
Peter Golde	DNF

Lynnndale Trim Course

June-July (Ongoing)
Cascade Orienteering Club

Meet Director/Course Designer: Rick Hood
Timing: Done by Orienteer

Leg 1 (1.25km, 5 controls)

Peter Bonek	5:37
Eric Bone	7:15
Dave Talent	7:16
Mark Hartinger	7:18
Steve McConnell	8:41
Debbie Newell	9:26
Mike Fritz	10:00
Steve Madeon	12:30
Nick Bone	15:45
Bryon Hawkins	17:00
Lynn Usciski	17:00
Margie Bone	20:33
Dave Petty	Map h./trg.
Tomas Clark	Map h./trg.

Leg 2 (1.1 km, 4 controls)

Mark Hartinger	7:20
Dave Talent	7:34
Debbie Newell	8:40
Eric Bone	8:47
Mike Fritz	8:50
Peter Bonek	10:30
Nick Bone	12:25
Steve McConnell	13:01
Steve Madeon	13:30
Bryon Hawkins	17:00
Margie Bone	17:00
Lynn Usciski	20:00
Dave Petty	Map h./trg.
Tomas Clark	Map h./trg.

Leg 3 (1.8 km, 6 controls)

Peter Bonek	10:27
Dave Talent	13:39
Mark Hartinger	13:59
Debbie Newell	14:55
Mike Fritz	16:00
Steve McConnell	17:36
Eric Bone	19:04
Lynn Usciski	25:10
Nick Bone	29:50
Margie Bone	36:10
Tomas Clark	Map h./trg.
Steve Madeon	Map h./trg.
Dave Petty	Map h./trg.

Legs 1-3 (4.15 km, 15 controls)

Peter Bonek	26:34
Dave Talent	28:29
Mark Hartinger	28:37
Debbie Newell	33:01
Mike Fritz	34:50
Steve McConnell	39:18
Eric Bone	35:50
Lynn Usciski	62:10
Nick Bone	58:00
Margie Bone	73:43
Tomas Clark	Map h./trg.
Steve Madeon	Map h./trg.
Dave Petty	Map h./trg.

Kelsey Creek Park

June 3
Sammamish Orienteering Club

Meet Director: George Lilly
Courses: Mark Howlett
Registration: Nancy Lilly
Timing: Jim Lilly, Heather
Picnic: Nancy & George Lilly, Valerie Enger

Course 1 (1.3k, 10 controls)

Ben Johnson	12:25
Craig, Joe, Meghan Johnson	13:36
Zwick/Herndon	16:10
John Ryan	17:11
Rod, Jerome, Colin	19:41
Jason Smith	20:20
Kathy Smith	21:35
Rene & Cheri	21:45
John Becker	24:10
Dave & Tom Houser	25:59
Vivi & Nick Zigler	26:16
Aaron & Joe Sandy	29:01
Bill, Nick, Nic	29:34
Emma Hart	30:01
Nancy Weller	31:20
Jen Robson	32:46
Christa Smith	32:46
Kenton Barker	35:02

Course 2 (2.0k, 14 controls)

Neil Smith	46:05
Zwick/Herndon	56:05
Tomasello	59:09
Ben Johnson	60:50
Paul Shafer	60:54
Shellie Raid	62:31
Norm & Geri King	69:07
Sally Vanderzee	74:50
Taylor Proudfoot/Mike Diehl/Zach Rode	76:30
Eric Riggers	81:10
Cheri & Rene	83:33
Don Cannon	86:30
Josh	91:14
Rob Stevens	91:14
Thatcher/Soteb	122:30
Craig, Joe, Meghan	DNF

Course 3 (2.8k, 18 controls)

Eric Bone	37:02
Debbie Newell	39:20
Kevin Finney	40:53
Steve McConnell	42:11
Paul Magnus	42:16
Mike Schuh	43:35
Mel Rader	47:34
Stephen Madson	57:35
Ardis Dull	58:00
Dale Bryant	69:30
Noam Gundle	70:56
Lynn	76:57
Aaron Charlop	79:02
Ken Lew	84:25
Margie Bone	DNF

INLAND EMPIRE CUP

Riverside State Park
May 30-31
Eastern Washington OC

Meet Director: Scott Coble

Course Designers: Marshall Nelson,

Day 1; John Beck,

Day 2; Gary Thorne, Novice Courses

Course consultant: Scott Donald

Vetters: Scott Donald, Shirley Donald

Registration: Chris Koehler, John Beck

Start: Joe Zamora, Kathy Giesler, Don Highberger

Finish: Gary Thorne, Kay Carnes, Marshall Nelson

Results: Steve Pierce, Don Highberger

Control collection: John Beck, Scott Donald, Shirley

Donald, Dennis Leveridge, Marshall Nelson, Joe Zamora

Signs: Johan Bahlmann

Course 1	1.9 km	2.4 km	
F-12			
Antonia Grady, Cranbrook, BC	35:53	33:56	1:09:49

Novice

Patricia Charlop, Seattle, WA
James Hopper

Course 2	3.5 km	3.6 km	
M-14			
Eric Riggers, Bothell, WA	41:47	58:30	1:40:17

M Open C

Johan Bahlmann

F Open C

Wanda Howlett, Kent, WA	42:43	44:40	1:27:23
Sally Vanderzee, Bothell, WA	1:15:48	1:12:27	2:28:15

Course 3

F-16	4.9 km	4.7 km	
Lisa Grady, Cranbrook, BC	1:27:02	DQ	

F Open B

Charlotte K. Green, Seattle, WA	2:47:09	1:44:38	4:31:47
Lisa Carnes, Spokane, WA	DQ	DNS	
JoAnne Sperry, Ellensburg, WA	DNS	1:39:14	

M Open B

Aaron Charlop, Seattle, WA	1:07:07	54:38	2:01:45
Dave Petty, Kirkland, WA	59:55	1:07:51	2:07:46
Roger Sharp, Seattle, WA	1:01:01	1:25:33	2:26:34
Glen Gafferty, Portland, OR	1:33:42	1:29:27	3:03:09

Course 4	5.9 km	5.9 km	
F-20			
Lynn Usciski	1:43:21	1:18:48	3:07:09

F35-

Sandy Kish-Miller, Seattle, WA	1:07:18	58:34	2:05:52
Margie Bone, Seattle, WA	1:50:45	1:25:48	3:16:33
Kathy M. Giesler, Spokane, WA	1:56:30	1:21:35	3:18:05

F45-

Ursula Grady, Cranbrook, BC	1:26:16	1:01:20	2:27:36
Anne York, Seattle, WA	1:41:09	1:18:16	2:59:25

F Open A

Shirley Donald, Rossland, BC	1:17:38	55:53	2:13:31
Beth Elliot, Bellevue, WA	1:12:13	1:04:44	2:16:57

M-20

Nicholas Bone, Seattle, WA	1:14:43	49:13	2:03:56
Roly Russell, Grand Forks, BC	1:17:21	DNS	

M35-

Fred Veler, Seattle, WA	46:18	41:15	1:27:33
R. Dennis Leveridge, Trail, BC	1:07:34	57:51	2:05:25

M45-

Daniel C. Waugh, Seattle, WA	50:12	44:24	1:34:36
Robert Miller, Seattle, WA	1:13:56	43:25	1:57:21
Michel Billaux, Richland, WA	1:11:42	55:07	2:06:49
Michael Schniederman, Chicago, IL	1:24:44	1:26:03	2:50:47
Harvey Friedman, Seattle, WA	1:55:10	1:24:51	3:20:01
Mac MacDonald, Mukilteo, WA	DQ	40:29	
Ralph Russell, Grand Forks, BC	1:10:39	DNS	

M55-

Udo Grady, Cranbrook, BC	1:03:46	55:31	1:59:17
Bruce McAlister, Seattle, WA	2:12:59	1:36:05	3:49:04
Will Sperry, Ellensburg, WA	2:12:35	1:39:59	3:52:34
Carl Cogger, Victoria, BC	1:18:51	DNS	

M Open A

Paul Magnus, Seattle, WA	55:05	35:29	1:30:34
Scott Donald, Rossland, BC	58:23	48:34	1:46:57

Course 5

	8.0 km	8.2 km	
F-21-			
Susanne Jakobsen, Denmark	1:39:21	1:27:53	3:07:14
Jessica Rykken, Pt. Townsend, WA	1:37:32	1:29:48	3:07:20

M-21-

Eric Bone, Seattle, WA	1:02:08	54:31	1:56:39
John Rogers, Bellevue, WA	1:03:33	55:53	1:59:26
Mark Howlett, Kent, WA	1:01:23	1:05:52	2:07:15
Steve Pierce, Coeur d'Alene, ID	1:30:05	1:20:36	2:50:41
Peter Golde, Bellevue, WA	1:46:10	1:28:38	3:14:48
J. Ed Christiansen, Moscow, ID	2:06:38	1:46:37	3:53:15
Stephen Madson	2:30:37	DNS	

Forest Park, Everett

June 24, 1992
Sammamish OC

Meet director: Bob Reddick

Course designer: Billy MacDonald

Course setters, pickup: various

Meet staff: Kathy Trost, Dave Lilly, Mac MacDonald,

Mike Schuh, Garth, Karen MacDonald

Course 1 (7 controls, 1.1 km)

Phil Hopper & Mark Somers	16:40
Phil, Barb & Rachel Smith	22:53
Sally Vanderzee	40:22
David Grimberg	43:31

Vera Bonner, Valerie & Stephanie Boen 43:31

Ken & Johanne Klepson 45:33

Craig & Meghan Johnson 47:42

Ben Johnson, Michael Christian,

Danny Kleid & Jason Smith 47:53

John, Patrick & Colleen Dunlap 49:21

Judy Kraemer 62:26

Team Enger Map h/trg.

Course 2 (score orienteering, 15 controls)

1 point each, 60 minute limit

1 point per minute penalty Time

Eric Bone

Net Points

15-0=15

Fred Veler 15-0=15

Mark Howlett 15-1=14

Nicholas Bone 10-0=10

Eric Riggers 9-0=9

Ardis Dull 9-0=9

Mark I. Thompson 8-0=8

Mac MacDonald 8-0=8

Ben Johnson et al 7-0=7

Steve McConnell 15-9=6

Rachel & Phil Smith 5-0=5

Scott Hopper & Mark Somers 8-4=4

Mel Rader 6-0=6

Mark Hartinger *

* Our fault, we lost Mark's card.

USOF Convention at a glance

	WEDNESDAY - JULY 15	THURSDAY - JULY 16	FRIDAY - JULY 17	
6:00		2 mile run	Morning Walk and Bird Watching - UW Arboretum	6:00
7:30		Breakfast	Breakfast	7:30
8:30		A: OCAD Mapping Prog. B: High School League C: USOF Committee Mtg	A: College O / M Schuh B: Injury / Prevention C: Computers Meet Progs.	8:30
9:30	Registration - UW McCarty Hall Self Serve Trim Course: Woodland Park	Canoe Orienteering Union Bay Canoe House	 Psychology of Orienteering, Professor Hunt Susan Eberhardt	9:30
12:00	Lunch		Lunch	12:00
1:00	A: World Cup '92 B: O with Hicks C: Organizing Clubs/Ferg.	Picnic Lunch Union Bay	USOF General Annual Meeting	1:00
2:30	A: WOC93 Preview B: O with Hicks C: O Promotion	A: GPS Navigation B: Rogaine Roundtable C: USOF Committee Mtg	Elections	2:30
4:15	Reception McCarty Basement	USOF Restructuring	USOF Committee Meetings	4:15
5:30	Dinner	Banquet Ivar's Salmon House	Dinner	5:30
7:30	Orienteering Event UW Campus Map	Meet the Candidates Fun and Games	ONA Ice Cream Social PC Trail Slide Show	7:30

Upcoming Orienteering Meets

Call the Orienteering Hotline, 783-3866, for the latest information and details

First-timers are always welcome— If you would like someone to carpool with, call the hotline.

<i>Date & (Start Times)</i>	<i>Location & Comments (Nearby Meets in Bold)</i>	<i>Host Club</i>	<i>Type (register by)</i>	<i>Contact</i>
July Meets				
Any Day (Park Hours)	Lynndale Park "Trim Orienteering" Get map from Lynnwood Parks Office or From Rick Call Times into Hotline, Results in Sept/Oct Issue	Cascade	special	Rick Hood 367-2606
Weekend, July 11 & 12	US Long O Championships, Colorado	Rocky Mountain	A (call)	Jim Plant (303) 668-1352
Wed-Fri, July 15-17	USOF Convention, University of Washington	Cascade	special (July 9*)	Bruce McAlister 821-6862
Wed morning through Friday afternoon	Orienteering Seminars, Workshops, Exchanges	USOF & Cascade	special	Bruce McAlister 821-6862
Wednesday (daylight)	Trim Orienteering Course at Woodland Park	Cascade	special	Rick Hood 367-2606
Wednesday Night (8pm)	Campus Orienteering Relay	Cascade	poker-O	Don Atkinson 488-7471
Thursday Daybreak (6:30am)	2 Run, UW Campus	Cascade	special	Eric Bone 634-2279
Thursday Morning (10-noon)	Canoe Orienteering	Cascade	Canoe-O	Rick Hood 367-2606
Thursday Night (5-7:00)	Banquet, Ivar's Salmon House	Cascade	special (July 10**)	Peter Golde 883-3732
Weekend, July 18 & 19 (11am-1pm Sat & 9-11am Sun)	Convention A-Meet and Western States Championships Take I-90 Exit #80 and follow signs		Sammamish	A (July 3) Dave or Val Enger 822-6254

August Meets

Wed Night, Aug 5 (5:30-7pm)	Luther Burbank Park, Mercer Island	Sammamish	C	D. or V. Enger 822-6254
Sat, Aug 8th (3pm-5pm)	Don Atkinson's Home and St. Edward, Bothell 5826 NE 151st, Bothell 98011	Cascade	BBQ & downhill C	Don Atkinson 488-7471
Sat, Aug 24	Drunken Charlie 6 hour ROGAINE Call Meet Director	Cascade	Rogaine	Rick Hood 367-2606

Upcoming Events

Weekend, Sept 19 & 20	Washington State Championships	Cascade	B	Bruce McAlister 821-6862
Weekend, Fall	Training Clinic with Peter Bonek & Claudia Kunzel		special	Eric Bone 634-2279

Special Mini Registration Form For Convention and Western States Championships — Please make sure your mailing label is correct on the reverse side

Convention Package: (includes everything but canoe rental and banquet) \$20
 — or —
 Individual Convention Meets or Sessions at \$3 or \$4 per item*

club member rate: _____ meets/sessions at \$3 apiece = \$ _____
 non-member rate: _____ meets/sessions at \$4 apiece = \$ _____

List meets/sessions: 1) 2) 3) 4) 5)

Ivar's Salmon House Banquet: (\$19/adult and \$7/under 8) \$ _____

Western States Championship***: (\$12/day, less \$2/day if USOF or COC member)
 Sat Course # _____ Sun Course # _____ \$ _____
 (for course guidance, call Dave or Val at 822-6254)

Saturday BBQ Dinner: (\$8/adult and \$5/under 11) \$ _____

TOTAL FEES \$ _____

***All Western States Championships participants must sign the waiver, which is available at registration at the meet on either day.

Mail Today to:
Peter Golde
1422 NE 42nd Place, #801
Bellevue, WA 98007
 or call Peter at 883-3732

