



Bearing 315

JAN-FEB 1987

 the newsletter of the Cascade Orienteering Club 

1986 CALIFORNIA CHAMPIONSHIPS

by Dave Enger

A strong contingent of 13 Puget Sounders travelled to the San Francisco Bay area for the class "A" California Championships meet hosted by the Bay Area Orienteering Club on October 18 and 19. What awaited us were some of the most physically brutal courses I've ever run.

The event was held at Briones Regional Park, located just west of Concord and Walnut Creek, in the hills east of San Francisco Bay. The area consists of steep, dry, half-open hills, typical of BAOC east bay areas. In fact, the area is so steep that the new 1:15,000 scale map uses a 10 meter contour interval rather than the usual 5 meters! The south-facing slopes are generally open, with a covering of dry grasses. The north-facing slopes are generally wooded, with deciduous trees, many "fight" areas, and abundant poison oak.

The courses were short, but this was more than made up for by the sometimes excessive amounts of climb. The blue course had about 500 meters of climb each day, and all but the white and Day 1 yellow courses exceeded the 4% climb limit set by the International Orienteering Federation, with climbs ranging up to 7%. One 700-meter leg on the Day 1 blue course had a 160-meter climb! Some of us experienced some difficulty adjusting to the 10-meter contour interval, which makes

reentrants appear less steep and hills appear less steep on the map. The winning times on the advanced courses were around 100 minutes, much longer than the recommended 60-80 minute winning times.

The highlight of the northwest results was the clean sweep of the women's elite class (F21A) by Debbie Newell, Bileen Williams, and Mary Forbes. Other Puget Sound area participants were Rick Breseman, Dave Enger, Bob Forbes, Arnold Kay, Gary McCausland, Ron Pontius, Mike Schuh, Roger Sharp, and Doug and Katie Sprugel. Wayne Patterson from Portland, and Ross Burnett from Vancouver, B.C. also competed. Ross, a member of the Canadian National O' Team, won the Day 1 blue course despite having his shoe blow out at the 5th control!

The BAOC will be hosting the U.S. Long-O and Relay Championships next June on a new map of a redwood forest area west of San Jose. The meet will be the first weekend of a week-long series of orienteering events in California, including the U.S. Orienteering Federation convention and "A" meet in San Diego. Rumor has it that the BAOC Long-O and Relay area is virtually all wooded, has few man-made features, and has steeper and more detailed terrain than Briones! Since long-o courses are about twice as long as regular orienteering courses, the coming BAOC meet could be a real killer. I am planning to go, but I may run a course shorter than blue. I hope I'll have recovered from the Briones poison oak by then!

KNUT OLSON WINS M60 NATIONAL CHAMPIONSHIP

Knut Olson became COC's first national champion with his victory in the men's 60 and over division at the U.S. Orienteering Championships November 1-2 in Texas. Knut, one of Sweden's first orienteers, has lived in this country for over 35 years, and returned to the sport just a couple of years ago. Congratulations, Knut!

CASCADE CHATTER

compiled by Harvey "National Enquirer"
Friedman

This column is back by popular demand (at least 5 people asked me to do it), so here it is again.

Special thanks to those half-dozen or so folks who volunteered space to lodge visiting orienteers during the Trollhaugen meet in September. We had space for 50 more people, but those who I didn't get back to weren't needed for that meet. Please step forward to offer your hospitality the next time a call for lodging volunteers is made... COC will be losing two active members soon. Don Denbo will be a research assistant professor in oceanography at Harvard University in Boston beginning in February, and Scott Coble will be a professor in mathematics and computer science at Gonzaga University in Spokane beginning in January. Don will be able to join the biggest club in the U.S., the New England Orienteering Club, where they put on two class "A" meets each year. Some of us will see him at the 1987 U.S. Championships in Rhode Island next October if not before. Scott will probably get to some COC meets, but not as many as in the past... Anyone who missed Rileen

Williams or Rick Breseman at the last few meets should not worry. They have been in Japan. Rick is back now, and Rileen should be back in May. Let us hope that the control descriptions at meets they go to in Japan use international symbols so they don't have to interpret specialized Japanese orienteering terms... As a change of pace, some of you may have already seen the new 4-wheel drive vehicle that Robert and Sandy Miller recently bought. That should help them get to meet sites... Thanks to the article about orienteering that Roger Sharp had published in the Seattle Times a few weeks ago, we got a lot of inquiries about orienteering and at least two new members. Jan Bjorup is a 19-year-old Swedish exchange student attending Roosevelt High School. He did well at the big meet at Tenalquot just after Thanksgiving. From Finland we have Matti Loppinen, who will be here for two years. He is a top orienteer whose specialty was the night leg of the Tiomila relay (this 100-kilometer relay in Sweden is probably the most prestigious in the world). He came in first at our low-key night-O meet on Halloween and also at the Tenalquot meet against experienced international competitors. Maybe he can teach us how he does it. Anyway, our warmest welcome to both Jan and Matti... Bergen, Norway resident and former COC member Stein Sandven spent two nights with Anne and me between work conferences. Stein was here in 1981-82, so not too many current members remember him, but he was the Foster Island map field-checker that winter and spring. Those who were at the Woodland Park meet were invited to supper with him and we all had an enjoyable time. One of the ideas we discussed at supper was to attend the Asia-Pacific Orienteering Carnival in Tasmania in January 1988. Anne and I attended meets in

Scotland and Wales with Stein and some of his friends from Bergen, and we can assure you that they know how to have a good time. Aussies are supposed to be the best people in the world to party with (just don't try to watch them drink for drink), so with excellent terrain for orienteering and the splendid convivial atmosphere, that should be one fantastic orienteering vacation. I'm saving up money and vacation days already....Rumor has it that COC will be ten years old in 1987. Perhaps if we plan a birthday meet for the summer of 1987, we may get some of those Aussies up here as well as other folks from back east....

Anyone with anything else you want to see in this column, let me know (births, goings, job changes, etc.) I still don't know everyone in the club yet, even though I try to.

SEE HOW THEY RODE (AND RAN)

On November 22, our club held a novel type of event: bus orienteering. Organized as a large-scale score event, it tested the ability of the participants to use city street maps and the Metro bus system to navigate around the city.

The location of each control was given as a business name and street address somewhere in Seattle. The object was to locate the control on the street map and figure out how to best get there using the bus system. The controls were displays in retail businesses, the "orienteering special of the day." To verify finding a

control, each participant recorded the price of the special in addition to punching their control card.

The only allowed means of getting from one control point to the next were riding the bus and walking or running. There was a time limit of four hours, from the mass start at 10:00 a.m. to 2:00 p.m., with a penalty of five points for each minute late. The total points possible was 500, requiring visiting all of the 19 controls.

The following is Dave Enger's account of his experience at the meet:

I arrived at Westlake Mall (4th & Pine, downtown Seattle) at about 8:45 am to register, socialize, and plan strategy. Copied the control locations onto my city street map, reviewed the control descriptions and event instructions, and perused the 40 bus schedules. Decided to start with the areas and bus routes with which I am most familiar. My planned route included Queen Anne, Ballard, and the University District, then the less familiar Central Area, Rainier Valley, Beacon Hill, and Georgetown. Realized that I probably would have to skip the West Seattle and far south end controls before picking up the close-by downtown ones.

Start 10:00 a.m. - Westlake Mall. Ran four blocks, about 0.3 mile, to Third Avenue and Virginia Street intending to catch bus #1 or #2. Bus #18 arrived immediately. Brief instant of panic until I saw that bus #18 also goes to the Seattle Center. Boarded bus feeling good about getting off to a fast start. Looked back to see Phil and Michelle Everett, who had boarded the same bus just one block from the Westlake Mall!

Rode bus #18 0.9M to control #6. Waited about four minutes, then rode bus #2 1.0M to control #5. Helped the clerk find the control display, which had been stashed under the counter! Ran 1.1M down the north side of Queen Anne Hill to control #4. Boarded bus #17, which arrived immediately. My alternate plan was to run to Fremont to catch bus #28, then #43 to Ballard, but that would have been much slower.

Rode bus #17 2.3M to control #1. Waited about seven minutes, then rode bus #43 to control #2. The clerk, manager, and owner all said they had no 0' control display. Used the restroom, then ran 1.5M to control #3. Waited about three minutes, then rode bus #43 3.7M to 11th Avenue East and East John Street. Ran 0.4M to control #7. My alternate plan was to ride bus #7, which would have taken me closer to the control, but bus #43 arrived first.

Waited about four minutes for bus #2, which was due. Became impatient and began running east on Union Street along the bus route. The bus never did show up, so I ran 1.3M to control #12.

Waited about seven minutes for bus #4 or bus #48, which weren't due for a few more minutes. Became impatient, changed my route plan, and ran 1.2M to control #11. Waited about two minutes, then rode bus #7 to control #15.

Now in less familiar territory, I sat down at the bus stop to plan my route. With about 75 minutes remaining, decided I didn't have time for control #19 in Rainier Beach, but should catch bus #48 to control #16 on Beacon Hill. While I was examining my schedules, a young woman sat down on the next bench. Since the bus stop

sign was missing, I asked her whether bus #48 stopped there. She said yes, she just got off of it. I asked her whether I had been sitting there when she got off. She said yes again. I realized that while I had been reading the schedules, bus #48 had come and gone! After a ten minute wait, I rode bus #7 1.2M to Rainier Avenue South and South Alaska Street. Ran 0.8M up to control #16 at the top of Beacon Hill, which I wouldn't have had to do if I had caught bus #48!

Ran 0.4M south along Beacon Avenue South until I was overtaken by bus #31, which I rode 0.5M to South Graham Street. Ran 0.8M downhill and across Interstate 5 to control #17. I had no plan for getting from Georgetown to downtown in the last forty minutes. I was really lucky here. Waited about twelve minutes, then rode bus #123 4.1M to Fourth Avenue at Yesler Way downtown.

Ran 0.2M to the address listed in the description sheet for control #10. The control was not at that address. Greeted two other orienteers who also were looking for it. Since the self-confident orienteer knows when to move on, I abandoned the search and ran 0.3M to control #9. Clerk was impressed with the number of punches on my control card. Ran 0.3M to control #8. Ran 0.2M to the finish at Westlake Mall, by my watch arriving at 1:59:55. Five seconds to spare!

Summary:

total riding	17.9 miles (9 buses)
total running	8.8 miles (13 segments)
total distance	26.7 miles (a marathon!)

total time waiting for buses - 49 minutes

I'm looking forward to next year's bus-0'!

MEET RESULTS

MAGNUSON PARK NIGHT-0 - October 31

Cascade Orienteering Club

Meet Director - Arnold Kay
Registration - Debbie Newell/Robert Miller
Timing - Sandy Miller
Course Designer - Harvey Friedman

A small group of night owls turned out for Halloween Ghost-0 at the newly-mapped Magnuson Park. Thanks to Don Denbo and Debbie Newell for a rush mapping job.

Course 1 (1.0km, 5 controls)

Deborah Ivie 15:27

Course 2 (2.4km, 7 controls)

Matti Loppinen 15:35
Meir Sheffer 16:49
David Lilly 21:45
Scott Coble 23:12
Albert Shen/Devon Brewer 23:28
Roger Sharp 23:35
Steve Layman 26:08
Rick Breseman 27:29
Maxine Lacey/Bruce Terrell 32:18
Doug & Katie Sprugel 32:25
Brian Mapes 33:08
Newman/Smith/Burke 38:02
Bileen Williams DQ
Dyanne Kruger/Bruce Cervene DQ

A cool, overcast day and television coverage by KOMO made for a pleasant meet.

Course 1 (0.9km, 5 controls)

Frank Lacey 11:35
Emma Vecht 15:00
George Lilly 18:00
Naama Sheffer & family 26:23

Course 2 (1.7km, 8 controls)

Kevin & Ken Marvel 27:00
Frank Lacey 29:26
Umar & Imanu Wiggs 37:41
Robert Carlson 40:00
George Lilly 46:00
James Leffew 55:26
Dick Diesner DQ
Naama Sheffer DNF

Course 3 (1.7km, 9 controls)

Ann Amundsen/Triscia Long 18:35
Ken Wiljanen 23:25
Craig Kjorsvik 24:20
Troy Pearson 26:25
Mike Wilson 27:27
Ralph Olson 27:40
Troop 304A (Brik/Rico) 27:50
Troop 304C (Paul) 30:25
Troop 304B (Jim/Brian) 32:30
Kurt Blakstad 37:48
Knut Olson/Jeff Kylo 58:03
Ann Lewis 64:00
Jo Brown 66:20

Course 1 + 2 (2.6km, 13 controls)

Jan Bjorup 25:00
Ann Amundsen/Triscia Long 34:00
Larry Sasser 36:33
Camille Pfeifer 53:30
Sue Lynette 60:00
Jayson Howell & family 79:00
Jim Curtin 87:08
Madelyn Katzman DNF

Course 2 + 3 (3.4km, 17 controls)

Michelle Everett 40:52

ROBINWOOD PARK - November 16

Sammamish Orienteering Club

Meet Director - Dave Enger
Registration - Dorothy Wendler
Timing - Dave Tallent, Debbie Newell,
Sandy Miller
Television Spokesman - Robert Miller
Marker Retrieval - the Daves (Enger,
Lilly, and Tallent)

Jennifer Seffernick	42:00
Ardis Dull	49:00
Sidney Whaley	51:20
Bruce Cervene	54:36
Dyanne Kruger	72:33

Course 1 + 2 + 3 (4.3km, 22 controls)

Mike Schuh	30:35
Matti Lopponen	31:35
Ron Pontius	31:50
Robert Miller	35:00
Debbie Newell	35:25
Gary McCausland	36:13
Don Denbo	37:15
Dave Lilly	37:18
Rick Breseman	37:23
Steve Miner	38:05
Bileen Williams	39:02
Arnold Kay	39:17
Sandy Kish Miller	42:06
Scott Coble	44:25
Roger Sharp	46:00
Carl Moore	47:40
Dave Tallent	48:41
Patrick Bayermann	50:15
Doug Sprugel	51:29
Steve & Paul Herber	53:23
Linda Baze/Sherry Bly	74:27

BUS-O - November 22

Cascade Orienteering Club

Meet Director - Mike Schuh

I would like to thank the following people for their assistance in making this event happen: Pat Albright, Kurt Blakstad, Judy Cohen, Nancy Engel, Arnold Kay, Allan Griggs, Debbie Newell, and Roger Sharp, of COC; Heidi Stamm, Roger Helgersen, T.K. Peterson, and Dan Williams, all of Metro Transit; John Daniels and Larry of Captain's Nautical Instruments and, of course, a very warm THANK YOU to the 19 merchants who kindly consented to have the

display stands ("control markers") in their businesses. I'd also like to give special thanks to one member of COC who, when I was considering ditching the entire enterprise, told me that it mattered if I kept working on it - at least to that member. Thank you one and all!

Mike Schuh

	Points <u>Earned</u>	# of Controls <u>Visited</u>
<u>Individuals</u>		
Dave Enger	367	15
Allan Griggs	215	9
Harvey Friedman	144	6
Roger Sharp	68	4

Teams

Sandy & Robert Miller	263	12
Phil & Michelle Everett	195	9
Bruce Terrell/ Maxine Lacey	168	9
Kurt Blakstad/ Judy Cohen	115	9
(195 minus 80 penalty)		

Both Roger Sharp and Bruce Terrell left early, Roger for some personal business and Bruce to visit a dentist. Maxine continued by herself.

THE EVERGREEN O' CUP - November 29

Nisqually Orienteers

by Gary McCausland

On Saturday, November 29, the Nisqually Orienteering Club hosted the Evergreen O' Cup. Eighty-four competitors participated on four different courses at the Tenalquot meet site on Fort Lewis.

The event was preceded by a clinic at Yelm High School. Thirty-six people representing 7 area schools attended the clinic, which served as the kick-off event for the 1986-87 Washington Interscholastic Orienteering League (WIOL). In addition to the high school attendees, there were a number of beginning and intermediate orienteers that used the clinic to learn some skills of the sport. The effort to host this clinic was made by Mike Tharp, with teaching help by some outstanding club orienteers: Bob Forbes, Carl Moore, Ron Pontius, and Fred Veler. Of course, Peggy Tharp worked hard at getting out publicity to the media and preparing the brochure for the WIOL. All their efforts were rewarded from the response and great comments.

At 12 o'clock the individual competition began. Because of the influx from the clinic, there was some confusion to start with. On behalf of the club, our apologies for any inconvenience. On all courses there was some good competition that added to the enjoyment of the event. Because of the complexity of the terrain, most competitors were challenged by the courses. Fortunately, the weather was cool and dry, not like last February when a blanket of snow covered the ground.

Many thanks go to those people that helped out with the administration of the meet. The instructors from the clinic continued to assist their students; Peggy and Mike Tharp acted as greeters; Ed and Elaine Rybak handled the registration; Mike Schuh came in and gave a hand with the starts before he was relieved by Peggy so he could confront the course; Kevin Hart was there at the finish to check times and punch cards. Of course, Meet Director Gary McCausland was in his typical state of perpetual confusion!

Name	Club	Time
<u>Course 1 (6km, 15 controls)</u>		
Matti Loppinen	COC	51:35
Ross Burnett	GVOC	54:21
Mike Schuh	COC	57:45
Dave Enger	SOC	60:56
Wayne Patterson	OO	78:43
Nathan Tharp	NO	79:51
Jan Bjorup	COC	81:00
Fred Veler	NO	84:39
Tony "Bone" Byrne	GVOC	89:15
Ron Pontius	NO	94:45
Ove Albinsson	GVOC	96:39
Debbie Newell	COC	98:06
Arnold Kay	COC	100:56
John Rance	GVOC	107:17
Weir Sheffer	COC	110:59
David Lilly	SOC	119:33
Kevin Hart	NO	130:05
Scott Coble	COC	148:09
Larry Wade		152:09
Doug Sprugel	COC	165:29
Ken Knapp	COC	179:04
Dave Tallent	SOC	179:14
Russell Kilbourne	GVOC	Retired
Carl Moore	NO	Retired
Steve Miner	NO	Retired
Dennis Fedoruk	GVOC	Retired
(disguised as Ilze Rupners)		

<u>Course 2 (4km, 12 controls)</u>		
Jeff Coker	NO	56:40
Scott Elich	COC	67:29
Karen Lachance	GVOC	83:56
Bob Rein	SOC	85:32
Knut Olson	COC	88:10
Karl Mehlhaff	WHS	92:57
Katie Sprugel	COC	92:58
Mike Tharp	NO	97:32
Dan Dupertuis	NO	98:00
Ed Rybak	NO	112:59
Carl Zapffe	COC	129:57
Ralph Olson	COC	150:56
Troy Pearson	COC	
Willard Sperry	BOC	DQ

JoAnne Sperry	BOC	Rec.
(my apologies for not getting her time)		
Sidney Whaley	NO	Retired
<u>Course 3 (3km, 8 controls)</u>		
John Ledington	YHS	25:19
Rachel Tharp	LES	27:12
Sue Paffraft	YHS	28:56
Kyle Philips	YHS	29:55
Pat Albright	COC	31:34
Eric Exner	YHS	32:22
Jim Patrick	NO	35:25
Mo Nguyen	WHS	35:36
Kurt Blakstad	COC	36:25
Charles Rousseau		40:24
Blaine Rybak	NO	46:20
Susan Patrick	NO	46:40
Ken Gould	GVOC	54:38
Dick Diesner	COC	55:48
Scott Campbell		56:52
Pacer Miller		57:18
Robin Harvard	COC	59:44
Steve McClure	NO	64:50
Brian & Janice Hart	NO	67:27
Jack McLean	GVOC	80:18
K. Schubert-Knapp	COC	82:29
W. McClure/J. Williams	NO	86:30
J. Kelly/C. Kjosvik	COC	94:20
Shawn Pendergast		97:15
Nancy Oakes		Rec.

Course 4 (2km, 6 controls)

Kyle Philips	YHS	16:30
Bianca Martin	THS	16:56
Hartung family	NO	17:25
Kathryn Johansen		19:16
Dat Nguyen	WHS	19:55
L. Currin/K. Bennett	WHS	21:51
Lonnie Spangler	BHS	22:35
K. Bye/M. Hankinson	WHS	22:50
B. Kearne/M. Ledington	BEHS	23:00
P. Kosacki/M. Ledington	YHS	28:07
Katherine Whaley	NO	32:44
Tiffany Arnold	YHS	34:22
Jim Leffew	GHS	42:16
T. Brown/L. Hughes		48:13

Katherine Bucher		49:31
J. Prince/C. Butterton		54:00
A. Taylor/J. Vincent	BEHS	65:54
<u>Club Key</u>		
BEHS	Bellarmino High School	
BHS	Bethel High School	
COC	Cascade Orienteering Club	
BOC	Ellensburg Orienteering Club	
GHS	Garfield High School	
GVOC	Greater Vancouver O. Club	
NO	Nisqually Orienteers	
OO	Oregon Orienteers	
SOC	Sammamish Orienteering Club	
THS	Timberline High School	
WHS	Wilson High School	
YHS	Yelm High School	

KELSKY CREEK PARK - December 6

Sammamish Orienteering Club

Meet Director - Dave Enger

Course Designer - Bob Rein

Registration - Dave Lilly

High School Registration - Michelle

Everett, Jennifer Seffernick

Start Timing - George Lilly

Finish Timing - Bob Rein

Weather - cold & foggy

Course 1 (1.2km, 6 controls)

Bill MacDonald, Sr.	11:00
Lance McGinnis	13:00
Sean O'Brien	13:00
Bill MacDonald, Jr.	14:30
Don Goodnow	18:31

Course 2 (2.3km, 12 controls)

Allan Griggs	34:00
Lance McGinnis	34:30
Matt Wienaber	45:48
Bill MacDonald, Jr.	47:12
Kent Jameson	48:38
Bill MacDonald, Sr.	56:17

Phil Everett	58:15
Don Goodnow	63:58
Shelly Kelber	DNF
Dick Diesner	DNF

Course 3 (2.7km, 15 controls)

Don Denbo	34:20
Jeff Coker	35:00
*Fred Veler	39:10
*Arne Skog	41:50
*Arnold Kay	42:10
*Debbie Newell	42:12
Robert Miller	43:53
Dave Tallent	44:30
*Carl Moore	46:09
Sandy Kish Miller	49:20
*Scott Coble	49:48
*Mark Moulton	52:40
*Knut Olson	57:00
*Kurt Blakstad	57:22
*Mike McCorkel	58:20
Larry Sasser	61:38
Scott Campbell	74:45
*Jennifer Seffernick	90:20
*Carl Zapffe	DNF

*ran with misplaced control #7

H.S. Course (2.2km, 12 controls)

Jeff Coker	19:34
Keith Horn	36:13
Sean O'Brien	40:56
Tim Denison	42:45
James Schopf	47:00
Mark DeSalvo	52:23
Aaron Rincover	57:09
Phat Nguyen	57:52
Mo Nguyen	58:10
Dan Scherer	58:48
Steve Corley	61:30
Keith Wren	64:55
Allen Bicknell	74:52
James Leffew	78:00
Jon Axlen	78:52

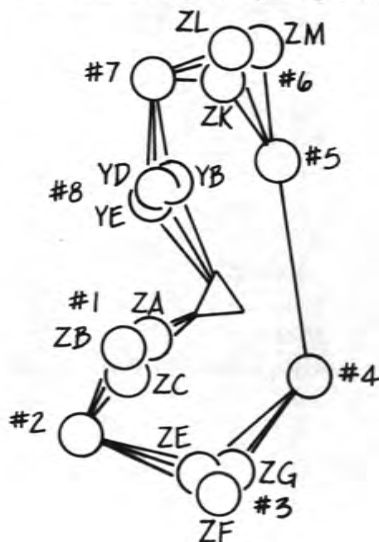
EVERGREEN O' CUP RELAY

by Mike Schuh

Prior to the individual event of the Evergreen O' Cup there was a relay event. Despite the small turnout, it was fun and even a bit exciting. Good weather helped as well.

The relay had three legs, that is, each team had three runners who ran in succession after a mass start. The course had a forking arrangement which prevents following, yet allows the competitors (and spectators!) to see how each team is doing.

The method used at Tenalquot was the "Farsta method," named after the Swedish town where it was first used. In this method, each runner's course consists of both common and forked controls (see map below). While each leg will be different, after the race is completed, each team will have covered the same ground, though perhaps in a different order from all other teams. The Farsta method is used in the World Orienteering Championships and the Swedish Tiomila race, among others.



In the results below, note the close finish between Arnold Kay and Dave Enger and how close to Cascade's team Dale Width brought the Ellensburg team. The longest variation was 2205 meters, the shortest 2010 meters.

	Ind.	Cum.
	Time	Time

Scandinavian All Stars

+ Ecotopia

Matti Loppinen (ZB,ZF,ZL,YB)	13:54	13:54
Wayne Patterson (ZC,ZG,ZM,YD)	17:00	30:54
Jan Bjorup (ZA,ZE,ZK,YE)	27:18	58:12

Cascade OC

Debbie Newell (ZA,ZF,ZL,YB)	24:18	24:18
Doug Sprugel (ZC,ZE,ZM,YD)	37:42	62:00
Arnold Kay (ZB,ZG,ZM,YE)	26:52	88:52

Sammamish OC (aka "Three Daves")

Dave Tallent (ZA,ZE,ZK,YB)	32:39	32:39
Dave Lilly (ZB,ZF,ZL,YD)	41:37	74:16
Dave Enger (ZC,ZG,ZM,YE)	14:40	88:56

"Mongrels"

Kevin Hart (ZB,ZG,ZK,YB)	20:54	20:54
Katie Sprugel (ZA,ZF,ZM,YD)	33:55	54:49
Bob Rein (ZC,ZE,ZL,YE)	54:39	109:28

Ellensburg OC

Nancy Oakes (ZC,ZG,ZM,YB)	53:53	53:53
Dale Width (AZ,ZE,ZK,YE)	15:40	69:33

All of the participants agreed that we should have more relays in the region. Perhaps in time we can enter teams in the national relay championships.

I'd like to thank Gary McCausland and Pat Albright for their help in organizing the event.

WOODLAND PARK - December 13**Cascade Orienteering Club**

Meet Director - Robert Miller
 Course Designer - Scott Coble
 Registration - Harvey Friedman
 Start Timing - Scott Coble
 Finish Timing - Robert Miller, Sandy Kish
 Miller
 High School Registration - Michelle
 Everett

Course 1 (1.0km, 8 controls)

Eric Exner	14:00
Martin Brooks/Lenny Jordan	15:15
Stewart Thompson	16:05
Bonnie Ashleman	16:20
Mark Henne	18:20
Randy Leppell	21:46
Frankie Arambula	23:30
Fred Warden/Dave Henne	24:10
Carl Bryson	30:40
Harringtons	38:15
Bob Johnson	55:30
Erick Johnson	DQ

Course 2 (2.5km, 10 controls)

Mark Henne	29:08
Stewart Thompson	30:07
Ken Gould	31:35
Phil Everett	32:21
Jack McLean	46:54
Harringtons	53:10
Dave Henne/Fred Warden	56:22
Bob Johnson	58:49
Bonnie Ashleman	DQ

Course 3 (2.1km, 10 controls)

Keith Wren/Karl Melhaff	17:38
Nathan Tharp	19:45
Jeff Coker	19:56
Michel Tharp	25:37
Carl Moore	28:35
Stewart Thompson	28:57
Kyle Phillips	31:23
Mark Henne	35:55

David Kirsch/Eric Egtvedt	41:03
Fred Warden/Dave Henne	43:05
Pat Albright	43:20
Post 16	62:55
Robin Harvard	63:46
Judy Cohen	DQ

Course 2 + 3 (4.6km, 20 controls)

Mike Schuh	32:55
Debbie Newell	38:19
Meir Sheffer	43:10
David Lilly	48:52
Doug Sprugel	52:54
Kurt Blakstad	60:10
Anne York	65:00
Sid Whaley	DQ
Don Denbo	DQ

H.S. Course (2.5km, 10 controls)

Jeff Coker	20:44
Karl Melhaff	21:30
Eric Exner	26:50
Sal DeSalvo	32:43
Kyle Philips	33:04
Dan Scherer	33:16
Keith Wren	34:22
Toby Barnes	34:51
Randy Leppell	35:11
Scott Price	35:41
Mark DeSalvo	36:06
Nancy Ledington/Lisa Gray	36:45
Kent James	37:30
Martin Brooks/Lenny Jordan	42:00
Loan Currin	43:40
James Leffew	45:55
Pam Kosacki	48:54
John Ledington	54:58

PRIEST POINT PARK - December 20**Nisqually Orienteers**

Meet Director - Gary McCausland
 Course Designer - Gary McCausland
 Registration - Gary McCausland
 High School Registration - Michelle
 Everett, Jennifer Seffernick

Timing - Mike Tharp
 Course Retrievers - Mike Schuh, Kurt
 Blakstad

Dave Tallent	114:25
Steve Redmond-Payne	115:00
Sidney Whaley	135:52
Jim Sissel	Retired

Course 1

Kyle Philips	14:54
Phat Nguyen	21:30
Brooks Martin	25:52
Bianca Martin	30:20
Lennie Tobroor	31:10
Tiffany Arnold	33:10
Frankie Arambula	Rec.
Marvin Blythers	Rec.
Joseph Descoteaux	Rec.

Course 2

Nathan Tharp	21:57
Jeff Coker	22:50
Karl Mehlhaff	23:05
Phat Nguyen	35:35
Tony Nyitray	37:27
Michelle Everett	46:10
Brooks Martin	47:10
John Ledington	48:30
Lennie Jordan	49:00
Kyle Philips	55:45
Pam Kosacki	65:30
Toby Barnes	68:10
Krissey Bye	69:30
Dick Diesner	75:00
Loan Currin	77:40
Robin Harvard	81:00
Mo Nguyen	84:50
Bill Chamberland	86:40
Tom Davis & Josh	92:27
Keith Wren	94:53
Melinda Hankinson	109:15
Kevin Hart	Rec.
Janice Hart	Rec.
Thomas Gray	DQ

Course 3

Mike Schuh	49:54
Rick Breseman	85:10
Carl Moore	95:13
Kurt Blakstad	100:53

TROLLHAUGEN SKI-O - December 21

Cascade Orienteering Club

Meet Director - Debbie Newell
 Course Designers - Arnold Kay, Debbie
 Newell
 Registration - Don Denbo

A small but intrepid group of skiers ignored the rain in Seattle, and were rewarded with an overcast, but dry day at Trollhaugen. This was Knut's first time on cross-country skis in 40 years! Participants were treated to hot apple cider at the finish line.

Course 1 (4.2km, 5 controls)

Knut Olson	70:45
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Course 2 (8.0km, 8 controls)

Matti Lopponen	59:34
Dave Lilly	100:13
Don Denbo	100:45

ST. EDWARD STATE PARK - December 28

Cascade Orienteering Club

Meet Director - Arnold Kay
 Course Designers - Doug & Katie Sprugel
 Course Setters - Arnold Kay, Don Denbo
 Course Picker Uppers - Arnold Kay, Bernie
 Kay, Valerie Enger, Don Atkinson
 Registration - Don Atkinson
 Start Timing - Arnold Kay
 Finish Timing - Jim Sissel
 Beginners' Instruction - Rick Breseman
 Site Setup - Kurt Blakstad
 Pie Makers - Pat Albright, Don Denbo,
 Robert Miller, Mike Schuh, Anne York

COC's 7th annual Christmas meet lived up to it's "Bog Slog" nickname this year. Heavy rain fell most of the day, requiring participants to really work for the pies awarded to the first-place male and female on each course. The potluck and awards ceremony following the meet was, as always, an enjoyable way to see what everyone looked like dry.

Course 1 (2.1km, 7 controls)

Ralph Olson/Mike Wilson	24:17
Dorothy Wendler	35:04
Charlotte Waitkevich	37:54
Amy Westcott	40:03
Colin Westcott	48:29
William & Marilyn Ford	82:45

Course 2 (2.9km, 7 controls)

Don Atkinson	37:41
Michelle Everett	45:11
Rachel Tharp	46:45
Amy Westcott	50:56
Phil Everett	51:40
Suzy Landreville	61:24
Bob Smith/Eric Maynard	DNF
Rachel Width/Nancy Oakes	DNF
Erin Benschaw	DNF

Course 3 (3.5km, 10 controls)

Michel Tharp	61:18
Roger Sharp	78:10
Harvey Friedman	85:39
Steve Redmond-Payne	91:05
Stephen Price	106:24
Robin Harvard	116:10

Course 4 (4.3km, 13 controls)

Matti Lopponen	53:23
Dave Enger	56:48
Mike Schuh	57:32
Meir Sheffer	74:32
Dale Width	79:30
Gary McCausland	80:15
David Lilly	82:28
Don Denbo	83:00

Robert Miller	84:12
Rick Breseman	86:12
Glenn Gordon	89:17
Arnie Skog	90:07
Eric Edeen	90:24
Bob Rein	106:40
Knut Olson	125:49
Tom Searfus	131:50
Mal Westcott	132:03
Sandy Kish Miller	132:49
David Tallent	157:05
Kurt Blakstad	DNF
Scott Elich	DNF
Carl Moore	DNF
Nathan Tharp	DNF

MEMBERSHIPS

Words of both thanks and welcome go to the following new or renewing club members: Elizabeth Anderson, Bruce Cervene & Dyanne Kruger, James M. Davis, Richard Diesner, Ardis Dull, Alan & Jan Dutcher, Harvey Friedman & Anne York, Tom Hutchinson & Explorer Post 16, Ken & Katherine Schubert-Knapp, Laurie Kohli, Matti Lopponen, Michael Mahoney, Brad Payne, Bob Rein, and Jennifer Seffernick.

Members of Ellensburg and Sammamish Orienteering Clubs now receive Bearing 315 as a club benefit. These folks should renew through their own clubs rather than through COC.

SCHEDULE OF EVENTS

Date/Time	Location	Type	Club	Map	Information
JAN 28	*COC General Meeting, Green Lake		COC		Robert Miller (206) 782-1437
7-8:45 p.m.	Library, 7463 E. Green Lk. Dr. W.				
JAN 10	Farrel-McWhirter Park,	C,W	SOC	color	Dave Enger (206) 822-6254
10-12 noon	Redmond, W.E. 102nd Pl.			1:3500	
JAN 17	Ft. Steilacoom Park, Tacoma	C,W	NO	color	Gary McCausland (206) 352-5542
10-11 a.m.	Steilacoom Blvd.			1:10,000	
JAN 24	Lynndale Park, Lynnwood	C,W	COC	color	Debbie Newell (206) 488-7471
10-12 noon	188th Pl. S.W.			1:5000	
JAN 31	Island Crest Park, Mercer	C,W	SOC	color	Dave Enger (206) 822-6254
10-12 noon	Island, Island Crest Way			1:7500	
	3 miles south of I-90				
FEB 1	*Ski-O, Cle Blum Ridge,	Ski	COC	color	Debbie Newell (206) 488-7471
11 a.m.	Cle Blum, I-90 Exit 85	C		1:15,000	
FEB 7	Evergreen State College	C,W	NO	b/w	Gary McCausland (206) 352-5542
10-11 a.m.	Olympia, I-5 Plum St. Exit			1:5000	
FEB 7	*Regional Orienteering Planning Meeting, Evergreen State College, Olympia				Gary McCausland (206) 352-5542
FEB 14	WIOU Championships,	C,W	COC	color	Debbie Newell (206) 488-7471
10-12 noon	Seward Park, Seattle, on Lake Wash. Blvd. south of I-90			1:10,000	
MAR 8	Kelsey Creek Park, Bellevue	C	SOC	color	Dave Enger (206) 822-6254
10-12 noon	S.E. 4th Pl. east of 128th Ave.			1:3000	
MAR 14	Lake Tradition, Issaquah,	C	COC	color	Debbie Newell (206) 488-7471
10-12 noon	I-90 Exit 17			1:15,000	
MAR 21	Reed Park, Ellensburg	C	BOC		Will Sperry (509) 925-4716
10-12 noon					
APR 5	Island Crest Park, Mercer	C	SOC	color	Dave Enger (206) 822-6254
10-12 noon	Island, on Island Crest Way			1:10,000	
	3 miles south of I-90				
APR 11	Woodland Park, Seattle	C	COC	color	Debbie Newell (206) 488-7471
10-12 noon	N.E. 50th St. entrance			1:5000	

- Event Key:**
- A - major event on good quality color map, 5 courses minimum
 - B - major local event, 3-4 courses minimum
 - C - local club event, 3-4 courses
 - W - Washington Interscholastic Orienteering League meet (open to everyone)
 - * - change from last newsletter
 - + - meet contingent on snow conditions - call before attending

CLUB MEETING - JANUARY 28, 1987

COC's first club meeting of the year will be held on January 28 at the Green Lake branch of the Seattle Public Library (7364 E. Green Lake Dr. N.) at 7:00 p.m. Our primary business will be to elect a President, Vice President, and Secretary, since there were no candidates for these offices at our election meeting in November. Doug Sprugel was elected Treasurer at that meeting, Ardis Dull has agreed to run for Secretary at the January meeting, and Arnold Kay is a candidate for President, but we still need a candidate for Vice President. Anyone who is

interested in any of these positions, please call Robert Miller (782-1437) or just show up at the meeting. Nominations will be accepted from the floor.

COC TO BID FOR 1988 WESTERN U.S. CHAMPS

At its December board meeting, the COC Board of Directors voted to bid for the 3rd Western U.S. Championships, to be held in 1988. If our bid is accepted, we have two possible locations for the meet: Marckworth Forest near Duvall, or Moran State Park on Orcas Island in the San Juans.

COC BOARD OF DIRECTORS

President	Robert Miller	Membership Coordinator	Harvey Friedman
Vice President	John Huth	Newsletter Editor	Debbie Newell
Secretary	Valerie Enger	Publicity Coordinator	Roger Sharp
Treasurer	Doug Sprugel	Equipment Coordinator	Arnold Kay
Mapping Coordinator	vacant		

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

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

Mail material to: Cascade Orienteering Club
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Address Correction Requested