## BEARING 315

# Newsletter of Cascade Orienteering Club

# MAY/JUNE 1984

#### IN THIS ISSUE....

Orienteering Techniques	page 3
Schedule of Coming Events	page 10
Entry Form for California 5-day	centerfold
Results	page II
WIOL News	page 6

#### OF SPECIAL NOTE

## Shape Up With Ingemar

All are invited to attend a weekly training session on Wednesday evenings at 6 p.m. at Green Lake. Meet by Evans Pool parking lot. Ingemar Jansson will lead a 15 minute stretching warmup and then a 5 kilometer training run by Green Lake and Lower Woodland Park. As we get into better condition, we hope to do 15 km. If you need more information or reassurance that this is really your speed, call Ingemar at 523-6329.

# Mapping Clinic

A mapping clinic will be held on April 28, Saturday beginning at 9 a.m. in Woodland Park. Anyone who wants to learn efficient mapping skills, please come and bring pencils, a clipboard or firm piece of cardboard or plastic, and lunch. The clinic will teach mapping tools, feature classifications, drafting techniques, etc. After lunch, the group will move to Cowan/Ravenna Park and perhaps gather enough data to finish the map of this area which is already in progress.

#### POTLUCK

The bi- "thly "tradition" of potlucks continues with a get together on May 5 at Sandy and Robert Miller's at 6:30 p.m. Their address is 6003 Greenwood Avenue N.

The special event of the evening, other than eating all the delicious food y'all will bring, is a slide show of appetite whetting glimpses of many travel destinations. Bring 5-10 slides of some interesting place you've been which you think the group would find interesting.

## ORIENTEERING IN WALES

The general Club meeting on June 11 will feature a "Show and Tell" by Anne York and Harvey Friedman about the Jan Kjellstrom meet which they attended in April in northern Wales. All are welcome! The meeting begins at 7 p.m. at the Green Lake Library.

## APOLOGIA

Items omitted from the March/April issue:
Carkeek Park meet on Feb. 14: Dave Enger retrieved all of
the control markers on the red course as he ran the course.
St. Edward State Park Meet on Feb. 11: In addition to the
course setters who were listed with the results, the
course designers were Roger Mertens and Dave Enger.

# \*NEW/RETURNING MEMBERS

Welcome to new members: the Jane Hawkins family, and Jessica Hirschfelder. Also, welcome back to renewing members of the Halvorsen family.

## OFFICERS AND BOARD MEMBERS

President	Mark Hartinger	242-3985
Vice President	Debbie Newell	488-7471
Secretary	Ardis Dull	364-4062
Treasurer	Chris Hawkins	524-0943
Newsletter Editor	Harvey Friedman	524-3437
WIOL Coordinator	Dan Waugh	365-1810
Membership	Barbara Pedersen	365-8389
Equipment	Brad Payne	364-5298
Mapping	John Huth	522-1304
Publicity		
Instruction		
Promotions		
Car Pools		

# **TECHNIQUE FROM TERRAIN**

by Robert Miller

The highlight of last month's meeting was the slide show and orienteering training talk given by Sture Carlsson.

The theme of Sture's presentation was that orienteering technique is derived from the terrain. Consequently he showed slides of orienteering map segments that depicted varieties of terrain. Some of the slides were marked with route choices suggested by Sture. Others were marked with only the usual control location circles and members of the audience enjoyed picking out likely routes while trying to incorporate some of their new awarenesses of the importance of analysing terrain before selecting routes.

Here are some of the elements of terrain that influence technique choices:

Rule #1: Physical Condition — Your strength, speed, and endurance are all useless if you get so exhausted that you don't have enough energy left for thinking. So pick a speed at which you can run and think.

Rule #2: Running Technique — Improve your technique by learning to run uphill, downhill, in brush, over rocky terrain, in dense forest, and on roads while working with your map, compass and pacing.

Rule #3: Map Reading — Learn to read from the map to the terrain and from the terrain back to the map in case you get lost (... it sometimes happens). Learn to read both the rough and the fine features of the map.

Rule #4: Compass Shots — Learn to use both rough and fine compass shots. For rough running take rough readings off the needle or off the sun. For accurate running take fine readings and note bearing angles accurately.

Rule #5. Pacing - Learn to use pacing. With practice you can measure distances in various terrain conditions to within plus or minus 10 percent. As with compass shots, pacing can be done roughly or more accurately. Sture has measured his pace and finds that depending upon the terrain he will use 30 to 50 doubles steps for each 100 meters. In competition he seldom goes more that 100 meters without starting a new count. He shared his secret, patented, Swedish counting method with us. Sture starts at one feature and counts 1, 2, 3, ... 85, 86, 87 ... et cetera, until he reaches the next feature he is looking for. The point is that it is better to count sequentially and not in bunches of 20 or 50 paces, so that you are less likely to forget what number you are on. (Just in case you get lost.) It seems some orienteerers (Swedes) prefer to measure in meters and other orienteerers (Norwegians) prefer to measure in paces.

Rule #6: Measuring — Use your pacing skills to measure both ahead to a feature you are going toward and after a clear feature you have just passed in case you get lost.

Rule #7: General Tactics — Go as far as you can using rough map, compass and pacing skills, because they are faster using fine skills. Orienteering tactics involve route choices to get you in the general vicinity of the control and route choices to take the control.

Rule #8: Rough Tactics — It is safe to go rough if there's something to tell you when you've gone too far. Don't overlook features beyond the control that may give you some directions. To use rough tactics: Look for distinctive collecting features en route to the control or large features near the control; Take an accurate bearing; Memorize a few big features on your route; Run with your thumb on your map; And notice smaller clear features as you run.

Rule #9: Mixing Rough Tactics — Don't hesitate to mix your techniques. For example: first run a bearing off the compass needle until you reach a path, then run on the path to some point you recognize, then run off the path using the compass needle again. Another rough technique is to leap frog from one clear feature to the another clear feature, pacing from each one.

Rule \$10: Tactics for Too Little Detail — Wall out for "one ring hills." Those are contour lines that are difficult to tell if they are on tops or bases of hills. Generally terrain consisting of one ring hills does not have enough detail to check your position. In such cases you can use rough techniques to get in the general vicinity of the control and then use a square search pattern to locate the control.

Rule #11: Tactics for Too Much Detail — Yes, you can have too much detail. In such cases it helps to read everything you pass very carefully. If possible, avoid slightly up or downhill slopes, because it's hard to determine where you are on them.

RULE #12: Avoid Nettles Except in Your Soup.



The stinging hairs make this a difficult group to mistake; handle only with gloves. Erect, usually unbranched weeds. Note the minute greenish flowers in slender, forking clusters in the upper axils of the paired, toothed leaves. A number of species are found throughout our area; only 2 are shown; all are edible Use: Cooked green, soup, tea. The young shoots (while still only a few inches tall), and tender, pale green top leaves an excellent simmered for 10-15 min, in just enough water to cover and served with butter and lemon; the stinging qualities disappear upon cooking. Excellent added to soups or stews. To make a nourishing tea, boil the young shoots or leaves for several minutes, strain, and add lemon and sugar. Leaves contain vitamins A and C, as well as iron and protein. Warning: Do not handle with bare hands. If you do come into contact with the stinging hairs, a simple remedy is to scrub the affected area with crushed stems of one of the jewelweeds (pp. 78, 92) SPRING (shoots)-SUMMER (tender leaves)

## A REVIEW OF THE 1983-1984 WIOL SEASON AND A LOOK AHEAD

Most of us have recovered from the WIOL season; so perhaps it is time to take stock. We held our own this year, perhaps even inched ahead, but nonetheless fell short of the (overly optimistic?) targets set before the start of the season. Thanks to the fact that half a dozen regular practices were included in the schedule this year, the number of participation days was up considerably (something over 300--I have lost my statistics in the paper blizzard of WIOL-related matters that cover my work space). The average participation for the competitions was something like 34 (up from around 26), with about five more in the championship than last year. A dozen schools had at least one participant once (up a couple), and the number of individuals participating in several meets was up considerably. From the standpoint of league finances, it was very important that over 40 participants committed themselves early in the season and paid ahead. One of the important gains for the season was the participation for the first time of Issaquah H. S., where there were nearly 20 students who tried the sport for the first time and where the connection with the NJROTC program should ensure a continuing interest. In at least two of the Metro League schools in Seattle, interest seems to have increased, which means that the prospects for continuation there look good.

On the other side of the ledger, we could not even get a single individual to come out from last year's champions, Nathan Hale; we lost much of Gig Harbor's team (perhaps things will turn around when the regular cross country coach returns next year); and Lakeside had a hard time fielding a full team much of the season. Collins Academy also fell by the wayside, but for reasons quite removed from the world of orienteering. The message is, I think, that what we have gained is still built on a fragile base—the absence of a key individual can mean the absence of a team.

Why did we fail to attract more participants? It was not for want of trying. We printed about 2000 brochures and distributed them with a liberal hand at cross country meets, etc. I went to two cross country camps over the summer to do presentations and got lists of those who seemed interested enough to want to participate.

At best what all that seems to have accomplished was to make a lot of people aware of our existence, so that perhaps another year name familiarity will help a bit.

We did improve our handling of the meets (with the one exception of my big glitch in miscalculating the results at the championship). Preregistration of most participants for the season (along with a waiver form signed once for all the meets) meant simply checking people off when they came and sending them on to the start. Preprinting of the courses for the competitions meant that most of the starts ran smoothly. The one major slowdown is in getting the results up. Perhaps another year we can computerize things.

The burden of running the meets was spread a little more widely this year, for which I personally am eternally grateful. Dave Enger's supervision of the course designing ensured high quality and consistency in the courses. Sandy Kish Miller laid the basis for what will be a streamlining of the financial record-keeping (the only reason it did not go farther was my delay in turning over the material). Debbie Newell and Arnold Kay again produced high quality trophies for the championship, and Gary McCausland silk-screened classy certificates of participation for all. The championship was one of the more labor-intensive affairs we have had in recent memory, but thanks to all--notably meet director John Huth and course-designer-setter-chief-negotiatorwith-the-park-service-and-preserver-of-wildlife-in-Discovery-Park Mike Schuh--it ran smoothly. The names of all the other club members who helped during the season have been engraved in gold by the gods for our great grandchildren to read with reverence; so I will not diminish their stature by attempting a list here ...

What do we need to consider for the future of the league (if we accept the premise that the league should have a future)?

- 1. Continue <u>publicity</u> efforts such as camp presentations and printing brochures. The former could be improved if we could make b/w maps and put on an event in conjunction with the presentations (I have in mind Fort Flagler and Clear Lake).
- 2. Attempt to produce some school/park b/w maps (e.g., Evergreen H. S.), including some in areas where we currently do not have a nearby map. Obviously one

drawback in attempting to get people out for the first time is in not being able to offer an event very close to home. This means that we are unlikely to be able to expand interest in the school league to, e.g., north of Seattle, unless we have some maps and events there.

- 3. In conjunction with the foregoing, attempt to get the sport included as part of the PE curriculum in some schools. We have had inquiries in the Tacoma area about this, and I have discussed the matter with the head of the Seattle school district's PE programs. We are following up on both of these leads. In pursuing this, the idea is not necessarily to push the schools involved to a formal commitment to WIOL, but rather to lay a base so that students who might orienteer in a PE class would then take an interest in the league.
- 4. Talk seriously with scout leaders about a program that would encourage more scouts to obtain their orienteering merit badge. As one scout leader suggested to me, this might involve listing several meets during the summer or fall, at which the merit badge requirements could be fulfilled. Of course, most of our meets qualify; the important thing here is to offer what looks like a special program with special encouragement. Also, we should consider a once-a-year scout event for all the troops in the area. Since most scout troops have members from various schools, such programs might be a good lead-in to WIOL participation.
- 5. Continue to negotiate with school authorities on the matter of obtaining official sanction for the league. Our approach to WIAA this year was turned down, which I had expected, but at least we were not told to cease and desist. Obviously concerns over insurance and liability are foremost in the minds of many coaches and administrators and dictate that they look at us with a somewhat jaundiced eye. We need to investigate further the matter of insurance coverage for our own sakes too.
- 6. For 1984-5, reduce at least the number of scheduled practice meets in order to lighten the burden on everyone. We might consider six competitions again, and only three practices. In planning the schedule, we do have to confront the problem of Seattle park permissions, and we need to try finding a "new" area for the championship. I would think we could plan on meets at the following locations (pending approval of the clubs involved) for

at least part of the competition schedule: Kelsey Creek Park, Ft. Steilacoom (there should be a new color map), Seward Park (the revised map should be done), St. Edwards (if the map revision is done), Carkeek (we could start from the other end that no one is familiar with). Any ideas for the championship? Obviously, if we were able to produce some school-adjoining-park maps in new areas, we could have one or two competitions on those if they are good enough, although using those for the practices might make better sense.

7. We need to continue streamlining the operation of the league. I personally simply cannot continue putting in the time it takes. One thing that would lighten my burden considerably would be if someone would volunteer to take over production of Chariots of Fire. I do think the newsletter is important for the participants, and it seems to be appreciated. There are ways the operation might be organized to consume less time and space.

8. Some steps could be taken to put the league on a firmer financial footing. Of course most of what is involved here is the same sort of thing the clubs in the area need--sponsorship of various kinds. Sponsorship and donations did mean that WIOL just about broke even this year. One idea I would like to try for the next season is getting an airline to give a couple of tickets so that our champions can get to the nationals. This would not, of course, solve our cash-flow problem, but the publicity and incentive might be a boost for participation, which in turn would help the budget.

Probably much more to be said, but enough for now. Reactions, suggestions, volunteers? Give me a ring at 365-1810. Thanks to all for your help this year.

-- Dan Waugh



#### SCHEDULE OF COMING EVENTS

April 28 - Mapping Clinic, see page 1

May 5 - Potluck w/ slideshow, see page 2

May 6 - Brandywine Falls, British Columbia, sponsored by OABC, call 533-3352 for info.

May 6 - Foster Island Canoe Orienteering, at the UW Waterfront Activities Center, 9 a.m.

May 9 - O Clinic, Introduction to Orienteering, 7-9 p.m., Kent Jr. High School

May 27 - Lincoln Park, West Seattle, 10-12 starts

May 26-27 Two days of orienteering on Vancouver Island, see item below.

June 3 - Frances Park, Victoria, call 339-6220.

June 9 - Farrell-McWhirter Park, Redmond

June 10 - Stanley Park, Vancouver, BC, call 733-4541

June 11 - Cascade O Club meeting with talk on orienteering in Wales, 7 p.m., Greenlake Library

June 20 - Marymoor Park, Redmond. This is an evening meet on a Wednesday. 6-8 p.m. registration. Enter the park off West Lake Sammamish Pkwy and meet in picnic area.

June 24 - UBC Research Forest, Haney, BC, call 533-3352 for info.

June 30 - Ballard Bike Orienteering. Meet in front of Rainier Bank at 2054 NW 56th.
Start times from 10 am to noon.

July 11 - Robinswood Park, Bellevue. This is an evening meet on a Wednesday. 6-8 p.m. registration and starts. Park is at 148th Ave. SE and SE 24th St.

Three days of orienteering with the Scandinavian tour led by Peo Bengtsson. Tentative, check with Club for confirmation as the dates approach.

July 27 - UW campus, afternoon meet

July 28 - Cle Elum Ridge

July 29 - Lake Tradition, Issaquah

The Cowichan Valley Orienteers are sponsoring two days of orienteering in beautiful country for sightseeing and relaxing. Saturday, May 26 there will be a meet at Thetis Lake near Victoria and the May 27 event will be at Maple Mt. near Duncan. Pre-registration is very important. Accommodations can be arranged by the Club. There will be a dance on Saturday night! First start on Saturday at noon. To register/get more info, call Peter Smith at 604-748-3235.

# RESULTS

Hamlin Park - March 17, 1984

Course Setter - John Huth
Meet Director - Debbie Newell
Meet Assistance - Robert & Sandy
Miller, Arnold Kay
Weather - Windy & Cool

#### Beginner Course - 1.2km, 7 controls

14.5	
Brian Phillips	18:04
Phil Everett	38:18
Jim Hiltbruner	41:02
M. Everett & J. Hirschfelder	47:00
Marc-Albert Vandermeerssche	47:54
Girl Scout Troop 364-1	54:25
Bill Livermore	68:05
Karen Petersen-Johansen	73:35
Ronald Hoot	83:20
James Szewcik & Charles Gordo	n DNF

### Intermediate - 3.7km, 10 controls

Unfortunately, vandals took control #6 on this course. It was found and put back in place, but 2 competitors were affected, so the entire course has been invalidated.

Ken Knapp	48:36
Jim McNamara	49:37
Harvey Friedman	52:39
Pam Carlsson	62:20
Ken Wiljanen	62:55
Jim Golden & Joan Gamble	67:48
Elizabeth Anderson	70:40+
Nancy Lewis	81:10
Lorna Hughes	82:05
Betty Berreth	113:20
Jennifer Seffernick	119:00
Janet Miller	125:00
Michelle Everett	52:57*
Phil Everett	56:25+*
Jessica Hirschfelder	95:46*
Eric & Ken Vannice	DNF

## Advanced (Memory) - 3.8km, 11 cont.

Sture Carlsson	35:07
Mike Schuh	36:20
Robert Miller	40:47
Brad Payne	52:17
Jeff Kelly-Clarke	74:34
Nick & Kathy Fowler	78:54

<sup>+</sup>control missing on course

### Kelsey Creek Park - April 1, 1984 Sammamish Orienteering Club

Course setting, timing - Dave Enger Registration - Valerie Tinsley Weather - overcast, warm Thanks also to Len and Eric Englund for their assistance.

#### Course 1 (novice) 1.3 km, 5 controls No times recorded.

Danny & Jason, Jean Lagrou, Ken Eldore, Kelly Hawkins + 2, Jessica & Michele & Jennifer, Marc-Albert Vandermeerssche, Kent Verbeck + 4, Sandy Kish Miller & friend, Kathy Knapp, Darveau family, Barrows & Seymour, Tod Fairweather, Aaron Tate

CO	urse	2	- 2.	1 km	n, 10	con	trol	S

course 2 - 2.1 km, 10 controls	
1. Jim McNamara	25:48
2. Michele Everett	31:30
3. Jessica Hirschfelder	35:00
4. Glen Lagrou	38:02
5. Ken Eldore	41:38
6. Ken Knapp	43:05
7. Nancy Lewis	44:00
8. Kelly Hawkins	54:00
9. Barbara Maly	61:50
10. Mark & Sarah Padgett	63:16
11. Andy Padgett	65:45
12. Bill Seymour and Lamar &	
Jeff Barrows (BSA 270)	66:30
13. Katie Terrell and Kathy,	
Nick & Tanya Fowler	68:35
14. Jane & Renee Hawkins	71:00
15. Danny & Jason (BSA 270)	74:00
Kevin Hart family - not time	
Jean Lagrou - DNF (59:30, mis	(I haz
Lug. va Din (33.30; iii)	360 11

Course 3 - Freestyle April Fool's 23 controls to be found in any order. Participants were told in advance that 3 controls had no marker or punch. Also, #18 was mismarked on the master map, but everyone found it anyway!

map, but everyone round it anywe	ay:
(Apologies from the course sette	er.)
1. Ingemar Jansson & R. Miller	32:24
2. Peter Haynes	39:00
3. Dale Width	49:42
4. Michele Everett	60:00
5. Jean Davis	63:40
6. Scott Elich	75:20
7. Glen Lagrou	76:00
8. Kent Verbeck & Diana Padgett	97:26
	115:00
10. Aaron Tate (BSA 270)	116:52
11. Jennifer Seffernick	129:00

<sup>\*</sup>second course run

Cascade Orienteering Club
Check one: New Member Renewal
Name
Address
Zp
Phone
Family Individual Associate (under \$7.00 18 years) \$4.00
If family membership, list other members;
Send application and check payable to the Cascade Orienteering Club by mailing to COC, PO Box 31375, Seattle, WA 98103

Cascade Orienteering Club P.O. Box 31375 Seattle, Wash. 98103