



Bearing 315

The newsletter of the Cascade Orienteering Club

Fourth Quarter 2003

COC Annual Meeting November 22

This year's Annual Meeting will take place after the WIOL 2 event (at Marymoor Park, Redmond). We hope for a big attendance. Besides the election of the 5 board members, we will be voting on a potential increase in our membership dues. This will also be a social event, with pizza provided by the club (buy your own drinks and other food).

Time: 2 pm (lunch), 3 pm (meeting)

Place: BIG TIME Pizzeria, 7824 Leary Way NE, Redmond

Directions

Directions from Marymoor Park: exit on the west side of the park. Follow W Lake Sammamish Pkwy north under Highway 520. Turn right (east) at the next stoplight onto Leary Way. After crossing the Railroad track and just before Cleveland St. you will see a red brick house on your right. There's a big parking lot in the back of the restaurant; enter from Leary or Cleveland (max. 5 minutes drive from the park!)

From Highway 520: take the exit to W Lake Sammamish Parkway and follow the above directions. From the east: follow Redmond Way west. Turn left onto Leary Way and go one block to Cleveland

Current COC Officers and Coordinators

President – Jennifer Knowles, 253-845-6588, jsknowles@msn.com
*Vice President – Eugen Groff, 206-985-2198, groffmarek@earthlink.net
Training/Volunteer Coordinator – Eric Bone, 206-634-2279, eric.bone@attbi.com
*Treasurer – Katie Sprugel
Secretary – Ardis Dull, 206-364-4062, ardisdull@juno.com
Mapping Coordinator – Don Denbo, 206-366-0624, dwd6@mindspring.com
*Equipment Coordinator – Don Atkinson, 425-488-0270, dona@atmos.washington.edu
Newsletter Editor – Debbie Newell, 425-488-3691, dnewel@verizon.net
Membership Coordinator – Jim Siscel, 425-778-7202, jsiscel@cmc.net
Publicity/Promotion Coordinator – Doug Hathaway, jose_cheung@yahoo.com
Land Use Coordinator – vacant
*Technical Coordinator – Bill Cusworth, 206-271-0652, cusworth@chem.washington.edu
E-punch Coordinator – Jennifer Knowles
*Patrick Kelly, 206-760-9554, patandlaureen@onebox.com

* Executive Board Member

St. (Cleveland is one-way eastbound). Big Time Pizzeria is on the corner of Cleveland and Leary Way. There's a big parking lot in the back of the restaurant, enter from Leary or Cleveland.

Board Elections

The following people are running for 2004 Board of Directors positions. You may either vote at the annual meeting or mail in the ballot you should have received in the mail.

Don Atkinson
Don Denbo
Peter Golde
Eugen Groff
Katie Sprugel



Bill Cusworth Honored by USOF

Congratulations to Bill Cusworth, COC's Technical Coordinator, who was recently honored by USOF for his work on the USOF annual rankings. You can

see the product of Bill's efforts on his web site at:

<http://students.washington.edu/run/rankings/>

Mapping Plans

Plans are underway to produce a new map in the **Salmon La Sac** area, near Cle Elum Lake in eastern Washington. We plan to use this map for an "A" meet in the summer of 2005. We are currently negotiating with a mapper from the east coast to spend some time this summer doing the fieldwork and computer cartography. We also plan to maximize our investment by having him work on updating the **Lord Hill Regional Park** map near Monroe. This park has great potential for orienteering and we've used it a couple of times already, but it has never been properly mapped.

Meet Results

Sage Stomp - Kamloops, BC

Western Canadian Orienteering Championships - August 16/17

F-12 (7)

2 Dana Breseman COC 28:43 26:59 55:42

F13-14 (5)

2 Kelsey Breseman COC 21:31 24:04 45:35

F20-34 (10)

5 Anneliese Steuben COC 1:32:21 1:32:54 3:05:15

F35-44 (8)

1 Eileen Breseman COC 1:10:48 1:05:56 2:16:44
Terry Farrah COC mp 1:50:587

F45-54 (15)

3 Debbie Newell COC 1:00:23 1:02:44 2:03:07
8 Ardis Dull COC 1:46:28 1:47:47 3:34:15

M17-19 (3)

1 Leif Anderson SAMM 51:44 1:06:40 1:58:24

M20-34 (12)

1 Eric Bone COC 1:07:27 1:03:42 2:11:09

M45-54 (21)

3 Dave Enger SAMM 56:35 51:45 1:48:20
4 Benjamin Hall COC 55:17 55:17 1:50:34
5 Rick Breseman COC 55:22 55:23 1:50:45
13 Kean Williams COC 1:33:00 1:26:42 2:59:42
15 Dave Tallent COC 1:37:56 1:23:02 3:00:58
Patrick Kelly COC mp 1:35:05

M55-64 (14)

Mac MacDonald SAMM mp mp

M65+ (8)

5 Kenneth Lew COC 1:21:47 1:07:42 2:29:29

MOpen6 (4)

1 Bill MacDonald SAMM 1:12:22 1:11:29 2:23:51

MOpen7 (2)

1 Will Enger SAMM 1:15:31 1:24:58 2:40:29

West vs Rest Relay - August 18

Class A (8 teams)

1 Best of the Rest 1:16:53

Randy Hall 24:48
Anneliese Steuben 17:33
Eric Bone 34:32

5 Cascadia 1:41:50

Kean Williams 31:00
Eileen Breseman 21:30
Ben Hall 49:20

7 Cross Border Shopping 2:00:05

Grant Spelsberg 37:15
Terry Farrah 24:15
Don Riddle 58:35

Class B (13 teams)

2 Mostly Cascade 1:24:04

Steve Gregg 25:43
Debbie Newell 18:30
Leif Anderson 39:51

5 Prairie to Pacific 1:44:11

Doug Dowell 30:14
Ardis Dull 26:11
Geraint Edmunds 47:46

Class C (8 teams)

3 Almost Famous and THE Infamous 1:59:33

Ryan Breseman 44:41
Kelsey Breseman 26:34
Rick Breseman 48:18

Canadian Short Race Championships, August 22, Garden Creek North

F-12 (4) 2.050 km 40 m8 C
3 Dana Breseman COC 42:21

F13-14 (5) 2.050 km 40 m9 C
3 Kelsey Breseman COC 22:37

F20-34 (13) 3.825 km 90 m15 C
5 Anneliese Steuben COC 38:07

F35-44 (11) 3.275 km 75 m11 C
5 Jennifer Knowles COC 43:54
6 Eileen Breseman COC 44:13
10 Terry Farrah COC 51:25

F45-54 (17) 2.825 km 75 m11 C
6 Ardis Dull COC 41:37
9 Debbie Newell COC 51:58

M15-16 (10) 2.800 km 55 m9 C
7 Ryan Breseman COC 40:32

M17-19 (4) 3.275 km 75 m11 C
1 Leif Anderson SAMM 33:05

M20-34 (19) 4.325 km 105 m15 C
1 Eric Bone COC 28:05

M35-44 (17) 3.825 km 90 m15 C
6 Steve Knowles COC 37:05
16 Peter Golde COC 1:00:57

M45-54 (20) 3.275 km 75 m11 C
3 Rick Breseman COC 29:35
5 Benjamin Hall COC 31:03
6 Dave Enger SAMM 31:05
7 Kean Williams COC 32:56

M65+ (9) 2.450 km 55 m10 C
4 Ken Lew COC 33:55

MOpen7 (1) 3.825 km 90 m15 C
1 Will Enger SAMM 43:15

Canadian Orienteering Championships, August 23/24, Garden Creek

F-12 (7)
2 Dana Breseman COC 33:07 28:49 1:01:56

F13-14 (5)
3 Kelsey Breseman COC 28:22 49:34 1:17:56

F20-34 (15)
6 Anneliese Steuben COC 1:17:11 1:08:12 2:25:23

F35-44 (14)
3 Eileen Breseman COC 1:00:40 1:24:11 2:24:51
7 Jennifer Knowles COC 1:00:51 1:57:06 2:57:57
12 Terry Farrah COC 2:11:38 2:18:52 4:30:30

F45-54 (17)
3 Debbie Newell COC 1:13:55 49:55 2:03:50
9 Ardis Dull COC 1:28:09 1:10:54 2:39:03

M15-16 (12)
7 Ryan Breseman COC 38:22 42:52 1:21:14

M20-34 (17)
2 Eric Bone COC 1:06:32 1:21:47 2:28:19

M35-44 (25)
8 Peter Golde COC 1:21:00 1:05:18 2:26:18
10 Steve Knowles COC 1:16:50 1:14:20:31:10

M45-54 (25)
2 Dave Enger SAMM 51:41 54:57 1:46:38
5 Rick Breseman COC 52:53 1:00:48 1:53:41
6 Benjamin Hall COC 48:03 1:22:07 2:10:10
11 Kean Williams COC 1:10:14 1:31:20 2:41:34

M65+ (9)
5 Kenneth Lew COC 1:18:51 1:23:44 2:42:35

MOpen7 (5)
1 Leif Anderson SAMM 1:00:38 50:23 1:51:01
2 Will Enger SAMM 1:18:01 1:05:26 2:23:27

Teaway West, Cle Elum - September 6

Cancelled due to fire danger

Ballard Bike-O, Ballard - September 7

Meet Director, Vetter, Timing: Harvey Friedman
Course Designer: Pat Kelly
Registration: Pat Kelly

The overcast day kept the temperature low but it probably also scared away all the other folks disappointed that they couldn't go to the canceled meet in Teaway area the previous day.

Course 1 (3+ km, 6 controls)

no entrants

Course 2 "Cherchez les churches" (5.8 km, 9 controls)

As the name suggests, only churches were used as controls for this course.

Eugen Groff	foot	35:06
Dave Parsons+1	bike+trailer	39:01
Pat Kelly	foot	39:50
Sabina Havkins/Pam Roy	bikes	50:02
Dave Petty	foot	68:07
Ken Lew	foot	71:37

Course 3 (any 12 of 19 possible)

Kean Williams foot 51:33

Course 4 (all 19 in any order)

Eric Bone	bike	42:50
Jon Campbell	bike	57:22
Eileen Breseman	bike	66:02
Rod Sternagel	bike	66:43
Tori Campbell	bike	68:44
Craig Sternagel	bike	73:44
Lee Eggebroten	bike	89:26

U.S. Champs September 13/14, S. Lake Tahoe, CA

F-10 (White)

1 Dana Breseman COC 19:14 31:41 50:55

M-10 (White)

3 Peter Sprugel COC 19:54 25:27 45:21

F-14 (Yellow)

2 Kelsey Breseman COC 34:25 33:52 1:08:17

M-14 (Yellow)

3 Ben Sprugel COC 49:38 39:13 1:28:51
4 Matt Skorina SACO 1:12:25 37:49 1:50:14

M-16 (Orange)

7 Matej Urban COC 1:14:50 1:24:05 2:38:55
8 Ryan Breseman COC 1:02:23 1:43:02 2:45:25

F60+ (Brown Y)

1 Linda Moore LVOC 1:26:31 1:02:22 2:28:53
Anne York COC 2:58:15 DNF

M65+ (Brown X)

6 Carl Moore LVOC 1:42:44 1:20:44 3:03:28

M70+ (Brown Y)

1 Kenneth Lew COC 1:54:03 1:38:05 3:32:08

F-Brown (Brown Y)

1 Katie Sprugel COC 1:36:05 1:28:02 3:04:07

M-Brown (Brown Y)

2 David Petty COC 1:16:08 2:02:00 3:18:08

F-20 (Green Y)

1 Anneliese Steuben COC 1:13:32 56:48 2:10:20

F35+ (Green Y)

1 Jennifer Knowles COC 1:16:30 1:05:02 2:21:32

F40+ (Green Y)

1 Eileen Breseman COC 1:22:38 1:00:15 2:22:53

M-18 (Green Y)

1 Leif Anderson SAMM 1:16:51 51:45 2:08:36

M50+ (Green X)

1 Dave Enger SAMM 1:10:52 57:55 2:08:47

M55+ (Green X)				
4	John Harbuck	EWOC	1:24:18	1:11:40 2:35:58
	Doug Sprugel	COC	2:42:52	OVT
M60+ (Green X)				
3	Fred Veler	EWOC	1:48:53	1:23:21 3:12:14
8	Harvey Friedman	COC	2:16:06	2:00:21 4:16:27
M-Green (Green Y)				
	Michael Pope	COC	OVT	1:49:31
	Frank Skorina	SACO	DNS	1:06:19
	Tyler Frederickson	none	DNS	1:56:51
M40+ (Red X)				
7	Steve Knowles	COC	2:22:02	1:45:25 4:07:27
	Frank Skorina	SACO	2:52:50	DNS
M45+ (Red X)				
7	Rick Breseman	COC	2:02:28	1:35:47 3:38:15
M-Red (Red Y)				
	Jake Reeder	COC	DNF	DNS
	Tyler Frederickson	none	DNF	DNS
M-21+ (Blue)				
1	Eric Bone	COC		

National Orienteering Day, Woodland Park, Seattle - September 20

Meet Director: Peter Golde
Course Setter: Eugen Groff
Registration: Dave Petty, Anna Urbanova, Matej Urban,
Don Atkinson
Start: Anne York, Eugen Groff, Peter Golde
Finish: Sandy Miller, Don Denbo, Anne York
Instruction: Harvey Friedman, Robert Miller, Mike Schuh

Course 1 (1.0km, 7 controls)

Matt Hart	6:01
Bob Reddick	12:15
Trista Allen	12:16
Za Mee Lee Girl Scouts	13:16
Nick Huebner	13:45
Marissa Roecks	14:09
Sandra Johnston	14:25
Poutom/Jack/James - Troop 289	15:41
Carol & Robert Brandenburg	16:03
Brenda Rivero	17:39
Sky Konior	19:10
Ma-Ju-Ha Girl Scouts	19:48
Soliday	22:59
Ka-Hol-Lee Girl Scouts	24:13
Jon Konior	25:04
Toomas Tennisberg	26:44

Course 2 (1.9km, 12 controls)

Joy Blakeslec	19:19
James Probala	19:36
George Etal	25:02
Randy Medlock	25:11
Steve Otten	25:51
Cindy Phillips	32:28
Kristy Forgrave	33:28
Diana Randall	40:59
Karen Weissar	41:03
Ariva & Helen	41:21
Haho Girl Scouts	42:01
Ron Sorem	45:16
Juma Juren Girl Scouts	45:22
Zin Kel Girl Scouts	46:14
Sandra Johnston	51:42
Ville Jarvenpaa	57:44
Whealan Costelle	82:20

Course 3 (2.5km, 13 controls)

James Probala	29:24
Anna Urbanova	37:39
Connie Amundson & Nik Kanetomi	42:12
Elizabeth & Ed	50:55
Brian Lancscott	51:09
Brett Clothier-Sharman/Sam Sharman	54:12
Sue Kuestner/Karolyn Birnbaum	77:30
Nathan Birnbaum/Alex Kuestner	77:56

Course 4 (3.4km, 12 controls)

William Cusworth	20:10
Rick Breseman	22:06
Anneliese Steuben	23:39
Targo Tennisberg	24:27
Kyle Haddad-Fonda	25:31
Dale Width	26:02
Jana Dvorak	27:00
Jake Reeder	27:03
Ted Schneider	30:21
Eileen Breseman	31:14
Matej Urban	31:15
Matt Hart	31:24
Don Atkinson	33:51
Cheryl Marek	34:06
Don Denbo	34:56
Marrel Knudsen	35:51
Heidi Cusworth	36:19
Katrin Tennisberg	37:49
James Probala	41:57
William Emerson/Eric Bone	42:33
Ken Lew	42:36
Karen Case	43:41
Tim Vargo	43:41
Scott Vargo	43:41
Jill Klinge	43:49
Dmitri Kieffer	47:26
Bob Forsoram	47:51
Kelsey Breseman	53:30
Lori Sabado	55:17
Michael Soetaert	51:40
Courtney Lee	70:16
Jared Rouch & Colleen Sheridan	86:07
Laura Brown	90:32
Holly Kuestner & Stephanie Nilles	107:58
Norman Scheinir	115:56

North Seattle Community College, Seattle - October 5

Co-Meet Directors: Eric Bone, Don Atkinson
Courses: Eric Bone
Starts: Doug Hathaway
Registration: Jim Siscel, Mark Howlett
Finishes: Paul Shanahan, Don Atkinson
Marker pickup/setout: Eric Bone, Mark Howlett, Annaliese Steuben

Participants enjoyed combinations of a three-loop set of courses on the new North Seattle Community College map produced by Eric Bone.

Course 1 (1.1k, 8 controls)

Sara Wilcox/LeslieJohnson	16:45
Deanta Kelly	37:17
Toomas Tennisberg	40:36
Larry Weduff	44:21

Course 2 (1.5k, 9 Controls)

Paul Shanahan	15:27
Kate Lawson	30:10

Courses 1+2 (2.6k, 17 controls)

Matt Lekson	23:12
Austin and Nicholas	34:25
Mark McCall/Jon Harkness	38:11
Aaron/Justin	39:01
Nolan Soete/Matt Serr/Hoel Zylstra	39:57
Sheila Rogalski	51:36
Sara Wilcox/LeslieJohnson	54:46
Jeff Harris	56:35
Mike Richardson	56:35
Janet Roach	61:00
Logan Gilbert	MSP

Course 3 (1.9k, 11 controls)

Margie Bone	31:00
Brett Star	67:15
Patrick Kelly	MSP

Courses 1, 2, and 3 (4.5k, 28 controls)

Mark Howlett	27:03
Peter Golde	30:15

Hans Frederick	30:17
Annaliese Steuben	33:16
Targo Tennisberg	33:28
A.J. Ritter	34:18
Bill Alleman	34:32
Kean Williams	36:55
Dave Dummeyer	37:42
Don Atkinson	39:54
Jon Connolly	46:04
Katrin Tennisberg	47:15
Steve Layman	48:41
Rik Jones	48:46
Ardis Dull	52:10
Jill Klinge	52:23
Ed Pottharst	53:34
Jim Siscel	55:30
Ken Lew	56:56
Nick Matveev	57:07
Harvey Friedman	58:30
Doug Hathaway	Maphike
Wayne Greenwell	Maphike

Bo Powell Memorial, Fort Casey State Park, Whidbey Island

October 19

Meet Director/Course Designer: Bill Cusworth
E-punch (finish timing): Jennifer Knowles, Tori Campbell
Finish help: Eric Bone
Starts: Don Atkinson
Set-up: Jennifer Knowles, Don Atkinson
Registration: Heidi Cusworth, Jana Dvorak, Anna Urbanova, Matej Urban, A.J. Ritter
Beginner Instruction: Eric Bone
Traffic guards: Terry Farrah, Matej Urban, Dave Petty, Eugen Groff, A.J. Ritter
Control Pick-up: Jennifer Knowles, Terry Farrah

Course 1 (0.98k, 6 controls)

Michael Vier	4:54
Sam Vier	6:13
Matt Jennings	10:17
Vier/Vass	13:09
Miller/Miller	15:00
Howey Group	20:57
Toomas Tennisberg	COC 21:13

Course 2.4k, 10 controls)

Della Suttles	21:58
Cheryl Marek	COC 26:31
John Fink	28:19
Logan Fink	28:58
Anna Urbanova	COC 30:42
Andy Dwersteg	31:33
Michael Vier	31:40
Hunter/et. al.	34:27
Pete Vier	34:56
Rich/Stephen/et.al.	35:02
Anne York	COC 36:26
Barden/Bradford	41:39
Erik Steele	41:47
Bill Bond	44:11
Jim/Billy/et.al.	45:57
Hand/Johnson/et.al.	47:59
Evan Arnold	48:48
Matt Jennings	49:01
Chris Vass	50:00
Peter Dwersteg	51:18
Sam Vier	51:43
Cooper/Selby	53:38
Nelson/Crowder/et.al.	58:01
Weisser/Seretse	63:45
Emma Howey	69:28
Dana Ekberg	72:23
Luis Deffit	84:00
Pete Kynion	106:28
Jim Howey	DNF
Blair/Sanders/Park	DNF
Nopp/Mears	DNF

Course 3 (4.9k, 15 controls)

Eugen Groff	COC 40:49
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Mike Miller		42:40
David Parsons		44:48
Justin Wright		45:39
Jennifer Knowles	COC	47:14
Debbie Newell	COC	48:27
Jana Dvorak	COC	51:47
Targo Tennisberg	COC	52:57
A.J. Ritter	COC	54:10
Kean Williams	COC	54:40
Matej Urban	COC	55:07
Katrin Tennisberg	COC	56:06
Colin Dietrich		56:08
Don Atkinson	COC	57:18
Stefan Quan		61:01
Sheneman/Prescott		62:43
Don Denbo	COC	67:46
Ken Lew	COC	70:39
Geoff North		71:01
Dave Petty	COC	71:24
Ardis Dull	COC	73:54
Rod Sternagel	COC	74:57
Cholo Circulado		80:10
Tori Campbell	COC	80:38
Heidi Cusworth	COC	80:48
Terry Farrah	COC	81:20
Harvey Friedman	COC	84:29
Jessie Ulii		84:45
Owen Suttles		85:27
Jon Placido		93:53
Amiee Munzi		94:57
Kayden Ressel		95:05
Nick Parsons		95:23
Ethan Basse		95:50
Craig Sternagel	COC	114:10
John Wortham		122:16
Matthew Schwer		125:01
Clymer/Smith/Friske		179:46
Josh Robinson		DNF
Barbara Welch		DNF

Vampire-O' - Woodland Park, October 26

Meet Director: Patrick Kelly
 Course Setter: Eileen Breseman
 Registration: Kean Williams, James Siscel, Dave Parsons
 Start: Patrick Kelly
 Finish: Eugen Groff, Eileen Breseman, Jim Siscel, Ginger Stratton, Don Atkinson

Marker Pickup: Peter Golde, Rick Breseman, Ben Hall
 Refreshments: Pat and Eileen
 It was a beautiful fall night. We had 65 groups or individuals attend. Perhaps as many as 200 participants. Control point #20 was removed before the start, so everyone was given credit for that point. Also, due to a "log jam" at the finish, those finishing in 47 minutes or less were not penalized.

21 Controls

Eric Bone	32:04
David Miner	36:14
Peter Golde	36:25
Jon Campbell	36:40
Matt Jennings	40:47
Ben Hall	43:35
Mark Howlett	44:10

19 Controls

Robin Clark	43:15
Dean Vergillo	44:05

18 Controls

Targo Tennisberg	33:16
Don Atkinson	39:12

17 Controls

Victoria Campbell	43:26
Erin Ackers, Katie Willcockson	43:51
David Dummeyer	44:17
David Parsons	45:07
Mike Schuh; Tracy Whelen	46:07

16 Controls

Austin Amort/Team 6	31:37
Dan Newmar; Alex MacLeod	41:50

15 Controls

John and Christina Chuhlin	43:10
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14 Controls

Kean Williams	38:42
Cheryl Marek / Marcia Lupton	40:11
Ryan Breseman	42:36
Erik Haroldson	46:58

13 Controls

Dana & Rick Breseman	37:19
Michael Stout / Todd	42:12
Steve Miner	43:05

12 Controls

Angshuman Guha	40:53
Alden	42:49

Jim Roberts	45:44
Andrea Penglase & Bruce	45:46

11 Controls

Alex Gentzler	40:36
Robbie & Val Bush	42:51
Marissa	44:25
Dan Wilkenson	44:52
Betsy Lulburna	45:09
Robert Miller	46:43
Sally Riggers, Anita Moore, Elena Bishop	46:52

10 Controls

Tony Amort	39:32
Erik Steele / Ardis Dull	42:23
Sophia Lee	45:12
Miguel	47:24 (3 point penalty)
Dan McGowan	47:04

9 Controls

Deanta & Pat Kelly	38:54
Michelle McCarthy	40:27
Frank Lewis	46:01

8 Controls

Tom Smith	41:27
Nathan Birnbaum	46:19
Laura Brown	47:05

7 Controls

Alex Kuestner	47:01
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4 Controls

Peter Stitt, Melissa, Tim & Dan	48:52 (6 point penalty)
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2 Controls

Katie Arlan, Carolyn Birnbaum, Rolf, Sue, Holly Kuestner	49:06 (12 point penalty)
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The following had more penalty points than Controls

Laurie & Jon Beck (10 controls)	49:51
Kim Voros, Allison Gillespie, Miles & Jesse Worz (15 controls)	51:04
Maria Lewis (11 controls)	53:56
Liz, Buck, Pierce and Courtney Brown (10 cts)	55:15
Nick Matneen (18 controls)	56:21
Jared Roach	58:54
Unknown participant (10 controls)	50:02

Finally, the three who ended the event as vampires: Peter Cohen, Miguel Goyela, Jon Connolly

Six Degrees of Navigation Adventure Race, St. Edward State Park, Kenmore - August 30

Meet Director: Debbie Newell, Course Design: Dave Tallent, Volunteers: Eileen Breseman, Ryan Breseman, Gretchen Bruce, John Chafin, Curtis Creager, Glenn Douglas, Ardis Dull, Terry Farrah, Eugen Groff, Lori Hope, Jennifer Knowles, Ken Lew, Dave Petty, Ann Russell, Pete Soucy, Steve Wort Justin Yeager, Joel Yeager

1	107	6 Degrees in Navigation	4:08:45	(1) 2-person male	9	108	Dumb and Dumber*	7:25:20	3-person male
		Eric Bone/William Emerson					Matt Kinney/Brad Kinney/ Stephen Hoover		
2	113	Team Campbell	4:52:13	(1) 2-person coed	10	204	Seattle Hash House Harriers	7:47:41	(4) 4-person coed
		Jon & Victoria Campbell					Marty Couret/John Lynn/ Eric Klunder/Jennifer MacCormack		
3	111	Two Dads from Brier	4:53:52	(2) 2-person male	11	112	Blackberry Crash Testers	7:50:18	(2) 2-person coed
		Bill Allemann/Hans Frederick					Sabina Havkins/Eric Tseo		
4	203	Team Tachycardia	5:04:09	(1) 4-person coed	12	104	Ambiguously Disgruntled	7:54:23	(5) 2-person male
		Brian Gilbert/Brian Ford/ Eric Magnuson/Sharon Gilbert					Jake Reeder/Tyler Frederickson		
5	106	Buffalo Droppings	5:53:28	(3) 2-person male	13	101	Earthen Vessel	8:36:25	(3) 2-person coed
		John Valente/Jeff Jones					Tim Voges/Janell Jensen		
6	103	Go-fer	6:43:29	(4) 2-person male	14	110	Me and You	9:17:24	(4) 2-person coed
		Darren Rettburg/Jason Graham					Hayley Wihongi/Ken Creager		
7	202	Team DNR	6:56:46	(2) 4-person coed	15	109	Les Debrouillards	9:22:51	(5) 2-person coed
		John Blake/Kris Holden/ Michael Jones/John Burrow					Dimitri Kieffer/Sabrina Sasahara		
8	201	RU Getting it 5xs/Day	7:23:59	(3) 4-person coed		105	Cougan/Chesley	DNF	2-person female
		Darcy Birkeland/Matt Cline/ Doug Barlow/Christian Thompson					Kelsey Cougan/Ellen Chesley		

*unofficial finisher

Schedule of Events

NOVEMBER

Sat 22 10:00a-noon	WIOL 2, O' Series 2 – Marymoor Park, Redmond Directions: From SR520, exit south on W. Lake Sammamish Pkwy to park entrance, follow signs to registration.	C, E	1:10,000	Dave Enger (425-822-6254) enger@tranplaneng.com
Sat 22 2:00-5:00p	COC Annual Meeting , Officer Elections, and Social Event - Big Time Pizzeria, Redmond. Club provides pizza, you purchase beverage (see directions on Page 1).	X		Eugen Groff (206-985-2198) groffmarek@earthlink.net

DECEMBER

Sat 06 10:00a-noon	WIOL 3, O' Series 3 – Lincoln Park, West Seattle Exit from I-5 at Spokane St. Head west until you reach Fauntleroy Way, then head south to the park. Watch for O' signs.	C, E	1:5,000	Jim Siscel (425-778-7202) jsiscel@cmc.net
Sat 20 10:00a-noon	WIOL 4, O' Series 4 – University of Washington, Seattle From I-5, exit east on N. 45 th St., continue to entrance, follow signs to registration. From SR520, exit north on Montlake Blvd, continue to entrance on 25 th , follow signs to registration.	C, E	1:5,000	Dean Vergillo (425-788-1393) RVergillo@aol.com
Sat 27 10:00a-noon	Bog Slog – St. Edward State Park, Kenmore From north and west, take Juanita Dr. (68 th Ave.) south to park entrance on right. From south and east, take I-405, 116 th St. exit, head west on 116 th , road becomes Juanita Dr., follow to park entrance.	C	1:10,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com

JANUARY

Sat 10 10:00a-noon	WIOL 5, O' Series 5 – Pt. Defiance Park, Tacoma From I-5, exit west on Hwy. 16, then take 6 th Ave. exit, turn left at end of off-ramp, turn right onto Pearl St., continue to park entrance. Follow signs to registration.	C, E	1:10,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
Sat 24 10:00a-noon	WIOL 6, O' Series 6 – Hamlin Park, Shoreline From I-5 southbound, exit east on 175 th St., then right (south) onto 15 th Ave. Continue on 15 th to park entrance, follow signs to registration. From I-5 northbound, exit east on 145 th St., then left (north) onto 15 th Ave. Continue on 15 th to park entrance, follow signs to registration.	C, E	1:7,500	Jennifer Knowles (253-845-6588) jsknowles@msn.com

FEBRUARY

Sat 14 10:00a-noon	WIOL 7, O' Series 7 – Woodland Park, Seattle From I-5 take N.E. 50 th St. exit and head west. Turn right into the parking lot from N 50 th Street just before Aurora Ave. and follow signs to registration.	C, E	1:5,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
Sat 21 10:00a-noon	WIOL/O' Series Championships – Ft. Steilacoom Park, Tacoma. From the north: take Exit 130 from I-5, head west on 56 th St., continue as road veers left to become Custer Rd. Turn right onto 88 th St., continue as road joins Steilacoom Blvd. Continue directions below. From the south: take Exit 127 (Hwy 512) westbound. Turn right onto Tacoma Way, then left onto Steilacoom Blvd. Continue directions below. Continue past Ft. Steilacoom Park and turn left onto Farwest Dr. Turn left into Pierce College, follow signs to registration.	C, E	1:10,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com

A - National meet • B - Major local meet • C - Regular local meet • E - Electronic punching used • O - Winter O' Series meet • W - Washington Interscholastic Orienteering League meet • R - Rogaine • X - Special event

Orienteering Web Sites

Pacific Northwest Orienteering web site - www.pnwo.org
US O' Federation web site - www.us.orienteering.org
Chuckanut Orienteers - www.televar.com/~maryse/chucko.htm
City of Trees O' Club - <http://velichko.home.mindspring.com/ctoc>
Columbia River O' Club - www.croc.org
Foothills Wanderers O' Club - <http://www.orienteeringcalgary.ca/>
Greater Vancouver Orienteering Club - <http://www.orienteeringbc.ca/gvoc/>
Husky O' Club - <http://students.washington.edu/run>
Oregon Cascades O' Club - <http://www.forestrunner.com/orca/>
Sacajawea Orienteers - mutiny.cbvcp.com/saco
Sage Orienteers - <http://www.orienteeringbc.ca/sage/>
VictOrienteers O' Club - <http://www.orienteeringbc.ca/vico/>



Follow the signs to orienteering fun

Join the Cascade Orienteering Club E-mail List

COC's email list is used to announce upcoming events, post results of past events, make carpool arrangements, and discuss club business or orienteering in general. You must subscribe to the list in order to receive and post messages.

To subscribe to the list

- Visit <http://groups.yahoo.com/group/cascadeoc/> OR
- Send e-mail to: cascadeoc-subscribe@yahoogroups.com

To post a message

cascadeoc@yahoogroups.com

To unsubscribe

cascadeoc-unsubscribe@yahoogroups.com

To contact the list owner

cascadeoc-owner@yahoogroups.com

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First Class