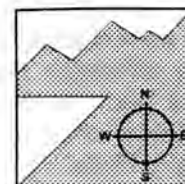




# BEARING 315



*The Newsletter of Orienteering in the Pacific Northwest*

*January, 1993*

## Coming up: Rambo V

No, this isn't the latest Stallone flick. Rambo is the name of an annual orienteering event at Point Defiance park in Tacoma, now in its fifth year. The name Rambo comes from the verb "to rambo," originally applied to orienteering by Nate Tharp and others, and it roughly mean "to leave the trail and bash straight through heavy brush towards the control."

While primarily designed for high school students to compete in pairs in a three-hour ROGAINE format, the event has evolved into a highly competitive Score-O for individual adults as well. The size and nature of the terrain make it possible for fit, skilled orienteers to visit

all of the controls in about two and a half hours. Last year there were more than 80 competitors, about two-thirds of them WIOL students. This year, the following rules apply: high school students must compete in groups of at least two members, but adults may go solo or in pairs.

For those unfamiliar with Score-O format events, here are the rules. There are a large number of controls out in the woods, each assigned a particular point value. You have three hours to visit as many controls as possible; part of the fun is to plan the best possible route to maximize your score. ROGAINE rules add the restriction that groups must stay within shouting distance of each other, and there is only one punch card for each group. You are penalized many points if you return late.

Rambo V is on Saturday, January 30. Maps will be issued at 10:00 am and the start will be around 10:45. The cost is \$4 for individuals and \$4 per WIOL team. For more details, call Carl Moore at 858-8217 for details (he may have a new phone number by mid-January.)

## WIOL Champs at Bridle Trails

On Saturday, February 13, Sammamish Orienteering Club will be hosting the Washington Interscholastic Orienteering League (WIOL) Championships at Bridle Trails State Park in Kirkland. Even though this meet is the high school championships, everyone is welcome and encouraged to come and participate in the meet. In addition to the high school courses, we will have a choice of four courses for the general public, ranging from beginner to long advanced, giving the participants plenty of options based on how technical a course they like and how much of the park they would like to cover.

For those of you who haven't been to Bridle Trails State Park, it is a heavily wooded park with a large network of trails and a diverse topography. For those of you who have been to the park, the park service has put in a lot of maintenance on the trail system, placing gravel and wood chips, eliminating a lot of the muddy trail sections that this park is known for. The park vegetation will also be very low at this time of year, offering much greater visibility than a normal summer meet. So come out and enjoy yourselves, with a good park and a choice of four courses you can't go wrong.

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Bearing 315 is published six times each year by Cascade Orienteering Club. Submissions are due by the 23rd of the month (even months). Please submit articles or letters on any facet of orienteering to:

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If possible, please submit articles on a Macintosh or IBM diskette (5¼" or 3½") in plain text, Microsoft Word, WordPerfect, or MacWrite format. Articles can be submitted by electronic mail to: [petergo@microsoft.com](mailto:petergo@microsoft.com).

## 1993 Event Preview

The meet schedule for the spring and summer of 1993 is now essentially finalized, and it looks like it will be a good year! In the Cascade survey many of you asked for more meets in the larger areas; I think you will be quite pleased with what's in store.

Orienteering in Washington is very roughly divided into two main seasons. The winter season, stretching from mid-October through mid-April, generally consists of orienteering in the local city parks. Many of these parks are not suitable for orienteering in the summer because of vegetation, and the high chance of cold and rain doesn't lend itself to courses which take several hours to complete. The central part of the winter season is taken up by the Washington Interscholastic Orienteering League (WIOL) meets, which are nearly every Saturday from late November through President's Day. During the summer season, from mid-April through the end of September, the emphasis shifts from the city parks to larger maps farther away from the urban areas; the local parks are mostly used for Wednesday evening events, to take advantage of the late sun. Most of the two-day events occur during the summer, and the summer season typically concludes with the two-day Washington State Championship event.

This year is shaping up in roughly the same way. The WIOL season concludes Feb. 13 at Bridle Trails State Park, site of several memorable WIOL championships; this is a fun area with a mix of trail runs (it's surprisingly easy to get on the wrong one) and detail work off the trails. Several more park meets are scheduled for March and April.

The summer season gets underway in May, with the Wednesday evening series starting on May 5, and a one-day meet on May 16 at Moran State Park on Orcas Island, which has both beautiful views and a beautifully detailed, runnable forest. On June 12, Cascade reprises the 3 and 6 hour ROGAINE-style meet at Drunken Charlie, in which teams of two try to get to as many controls as possible which are scattered across 14 km<sup>2</sup> of tricky and hilly (but well mapped) terrain in the Cascade foothills. Two weeks later, Sammamish hosts a "Billygoat style" meet at Cle Elum Ridge. Named for a perennial New England meet, this will feature a long, multi-hour course covering the whole area, with a mass start (shorter courses will also be available).

On August 14 and 15, long course enthusiasts can really knock themselves out with a full 24 hour (you read that right) ROGAINE at Table Mountain. This one will be a real endurance test. For those of you who think that navigation is fun, but nothing to lose sleep over, a 12 hour option will also be available. Another two weeks later is what should be a fantastic two days in the Cle Elum area. On Sunday, Ellensburg hosts a "long-O" at Cle Elum Ridge, with the standard set of courses and difficulty levels, but of extended length, so you get more controls for your money! Saturday's meet is not a long-O, but the Ros-Elum map, created for the world's elite orienteers at the 1990 World Cup, always

poses a fantastic orienteering challenge. The last big two-day event in Washington is at Riverside State Park on September 11-12, with the Washington State Championships and Inland Empire Cup. If you haven't yet experienced the terrain at Riverside (quite different than any other map in Washington), you really ought to head over to Spokane for this one: EWOC always makes it fun!

The above are just the highlights from Washington State; if you're willing to drive a couple extra hours, the B.C. clubs have lots of great meets this summer too. Kamloops is the site of lots of action this summer: the traditional Sage Stomp "A" meet on the wide-open Savona map is on April 11; this year a one-day meet combined with a training camp. Following that is a 24-hour ROGAINE on May 22-23 and a nice two-day meet at Joyce Gulch, also near Kamloops. On June 5 and 6 is a two-day meet at Ruckle Park on Saltspring Island, just off Vancouver Island. On August 1 is a ROGAINE/Long-O at Forbidden Plateau, and on September 4-6 is the B.C. Champs, probably the largest meet to be held in the Northwest this year, also near Kamloops.

In between the gaps of all these local events (yes, there are a few free weekends amidst all that) are two notable events in the Western U.S. The Colorado five-day will have five full days of orienteering in the high country on the beautiful maps funded by the U.S. Olympic committee; this event is July 7-11. The next week, July 14-17 is the USOF convention and A-meet at Lake Tahoe: from what we've heard the guys down there are sparing no effort to make it a fun-filled time.

Finally, no mention of 1993 would be complete without talking about WOC '93. This year the United States is host to the World Orienteering Championships for the first time ever, for nine amazing days, October 9-17 in the Hudson Valley north of New York. Although the World Championship meets themselves are restricted meets and only twelve people from the U.S. will qualify, there are several companion A-meet quality events as part of the O-Fest, which are open to anyone and which have courses for all levels. Also part of the WOC festivities will be the U.S. Championships. If you are interested in this once-in-a-lifetime event, Bruce McAlister is trying to arrange to share some lodging and get some cheap flights, to make going very affordable; call him at 821-6862.

Whew! That's a lot of meets! If you're new to the sport, you can see that the challenge of orienteering ranges from simple courses in your backyard to tough, mentally challenging terrain that challenges the world's best; if you're finding the city park meets a bit too tame for your taste, there's lots of orienteering this summer just a few hours drive away.

But don't make the mistake of thinking that all these big multi-day and "A"-class meets that I listed are only for the elite, super-fit orienteer. Absolutely Not! At every one of these meets, except the ROGAINES, there are courses at all levels of difficulty, and I really mean all: even absolute beginners. Some of the bigger meets may assign age classes to courses for the purpose of award-



ing trophies and championships, but you can always run any course you want. The meet fees are generally very reasonable too; expect to pay around \$5 for a meet marked as a "B" meet, and up to \$12 (but often less) for an "A" meet (USOF members receive discounts at "A" meets.) Considering the price of a lot of bad movies, it's quite a deal. You'll also discover that the two-day meets are a great time even when you aren't on the course; there's a great sense of camaraderie that you get from having conquered an O-course together. You'll soon find yourself meeting lots of very nice people as you argue over the route choice between controls 4 and 5 (maybe in retrospect it would have been better to go around the swamp).

So whether you've been training all winter to become a real champion, or you're just in it for a little outdoor fun, get ready for a great 1993!

## Riverside Defended

Scott Donald

I read with interest Bob Reddick's article on his change in style from "damn the torpedoes" to "safe and sure." However (and there is always a "however", isn't there?)...

The contour lines on the Riverside map *don't* wander. With one exception, they mark two to five meter steps in the terrain. Indeed, on day one the competitors were taken across such a step in the terrain in order to make them aware of this structure. And, on day two, on the leg immediately preceding the 1200 meter one he used as an example, the control was 40 meters north of a three meter step marked by a single line.

On the 1200 meter leg, there are two benches, the edges of which are close to the straight line between the controls. At the north end, the benches are two lines high and join into a large step (so if care isn't taken, the opportunity for a parallel error is present.) Getting onto this handrail is relatively simple for the intermediate orienteer. After attaining the west-most bench, the orienteer will blitz along its edge until falling into a large east-west reentrant, scoot up the south side, turn east when about 30 meters south of the reentrant and run parallel until you hit one of two green patches.

Here is second attribute of Riverside which the orienteer was introduced to, both on day one and early on the course on day two. Yellow-white vegetation boundaries are difficult to perceive, but the two darkest green-white boundary are as perceptible as a brick wall. The structure of these two green areas makes it easy and precise to do a short length of precision compass to the control feature.

You have got to have faith in your course designer. If a handrail looks obvious, it is. No course designers will surprise the competitor with structures missing on the terrain and present on the map, or vice-versa. Not unless they want to be chastised.

## Who Is It?

Here's another picture of a Northwest Orienteer for you to identify. Last month's answers: Dave Tallent in the top picture, Harvey Friedman in the bottom picture.



## Peter and Claudia's Spring Clinic

Last year Peter Bonek and Claudia Kunzel of the Austrian National Team, studying in UBC, put on a fantastic one day clinic at Drunken Charlie Lake. It was so good we asked them if they would consider doing one this year. They said yes, but we'd prefer a full two-day program so the physical aspects are spread out and the learning is enhanced. We said, sounds super, let's pick a date.

Interested in attending the clinic? Great: here is some basic information; flyers and registration details should be out at the end of January and will be available from Peter and Claudia, Eric Bone (634-2279), or Rick Hood (367-2606).

*Who is it for:* intermediate through advanced orienteers interested in improving their technical skills.

*Dates:* Saturday and Sunday March 27th/28th

*Where:* Cle Elum and Ros Elum Ridges with indoor facilities at Camp Koinonia (pending permission).

*Limited:* to 30 orienteers, pre-registration is strongly advised as only those orienteers will be assured of a training packet at the event and pre-marked maps. (Peter and Claudia wanted this limit so they could really share their insights with us in a small group format.)

*Cost:* \$50 (tentative) which will include all materials (group overheads and individual packet and marked maps), dinner and indoor lodging Saturday night. (Like last year, we are covering Peter and Claudia's expenses but they are donating their time.)

## Card Sharks Win Big at Poker-O

*Rick Hood*

This year COC decided to try to extend the fun of Bog Slog day to a weekend affair with a poker orienteering event on the preceding Saturday in the late afternoon and then an informal supper at Rick and Linda's. The idea was to put together a nice weekend package that would attract both locals and our friends to the north alike. It seemed to work too, as Shirley and Scott Donald, Gar Fisher, Jim Traynor, and the Dutkiewicz family made the trip from British Columbia to join us for the weekend. (Thanks Harvey and Anne, Robert and Sandy, and Linda for hosting them!)

At the mostly-for-fun Poker O we had a three stage mass start and a common finish time that gave everyone a chance to pick the table (that's a course option to orienteers) of his or her choice. Yellow table players had the most time with 45 minutes but were restricted to a walking pace; red table players started 5 minutes later but didn't have a speed restriction; while the blue table players, unrestricted of course, had the least amount of time starting only 30 minute prior to the finish time. The kicker was that if one returned after the common finish time, it cost an orienteer his or her best card and if they were more than 5 minutes late it cost two.

Tales of the yellow table...Kathy (oh I don't really play the game but I'll give it a try and besides I'm really just taking my dog for a walk) Trost came in first with pair of jacks and almost pulled off an ace high straight if she could have found a ten to replace one of the jacks. Meanwhile Mike (visiting from LAOC but a nice guy all the same) Tamada and Mark (don't I get a bonus for helping with registration) Anderson both found two pair. Unfortunately they came back a little too late and were docked a card which reduced them to a pair of 10's apiece. Hey, I told them to watch it. Also at the table were the Bob and Pat (do we get ten punches if there are two of us) Reddick and the Dutkiewicz family (led by Katie of course) who were apparently sage and saving their efforts for the main event, the Bog Slog the next day. And thus Kathy and her wonder dog Garth were the winners at the yellow table.

Red table tales...this was a full table with 12 players coming from both near and far to test their skill and luck at Rick's Hamlin Casino. Scott (know when to punch 'em, know when to skip 'em) Donald found himself a Q high straight and not far behind was Sandy Kish (well yes, I've played this game once before) Miller with a nine high straight. The real crux to their strong finish was coming back within the time limit. Unfortunately for the next three players at the table, who each found two pair, their pocket watch must have been running slow and thus it cost them their best card; Lady Luck can be a hard woman sometimes. That's right, Don (the Atmospheric Kid) Atkinson, Dave and Willie (or Big E and Little E) Enger, and Shirley (you don't spend a lot of time with card shark Scott and not learn the game) Donald while almost getting a full house

ended up with just a pair due to that dang old watch. Other players at the table like Annie (I'll write the song) York, Dave (aren't we playing 21) Lilly, Ken (I could have come back within the time limit, but you said to have lots of fun so) Lew, newcomer Richard (naw, I don't think all orienteers are crazy) Johnson, Harvey (what's four-fifths of a flush worth) Friedman, Gar (say, I think Dave is right about this being 21) Fisher, and newcomer Marti (well I didn't lose any money) Anderson must have been looking for either the third jack at control number 5 or the fourth 6 at control number four that some "no account dirty marker rustlers riding fast mounts" took just prior to the start. (Translation: two half-wits on mountain bikes apparently stole those easy to find markers just prior to the start as nobody saw them yet they were hung within an hour of the start.)

And at the big stakes blue table Mark (thanks Rick for hog tying Hartinger so he couldn't play) Howlett not only had the best hand at the table but at Rick's Hamlin Casino as well with an ace high flush. Of course, it didn't surprise anyone that Debbie (playing for the K Swiss outfit) Newell found a pair of aces. Melvin (one of the young riders) Rader saddled up to a pair of jacks while big Bill (you go on ahead, I'll tend the fire) Cusworth got bushwhacked by the clock or would have returned with two pair. It was great seeing Wanda (the wonder runner) Howlett; her strategy no doubt was to ease up and let her husband get the better hand this time. Rounding out the table were the Bone brothers, always players to be reckoned with, and members of the young riders started late but finished strong.

Immediately after the Poker-O came the marker lotto event with 14 orienteers alone or with a partner seeking the big prize. The rules were simple: orienteers earned a point for each control they returned with in this 20 minute mass start event. Congratulations to Wanda and Mark Howlett in the pairs division and Debbie Newell in the individual class and a big thanks to all who played!

Well, I had a great time and it seemed like everyone else did too; we'll do it again next year if you like. Oh yes, your prizes are in the mail.

## LAKE WENATCHEE SKI O

*Rick Hood*

Be careful what you ask for because... Well yes, I asked our in-house meteorologist, Don Atkinson, for some snow for skiing for our January 3rd ski orienteering event at Lake Wenatchee State Park, 20 miles to the east of Stevens Pass. Last year we had to cancel the event due to lack of snow. What did Don provide this year? Snow, snow, and snow (did I mention snow?) About 6 inches of surprisingly light snow fell while we at the Lake, with more before and after. In brief, the skiing conditions were great, the driving somewhat slow, and the event truly a kick (or is it kick, glide, kick, glide).



This was due in part to three complimentary points.

First, the park is fantastic for skiing, with over 20 kilometers of groomed double track trails over terrain that is both picturesque and gentle. These trails are a series of interconnecting loops resulting in over 50 trail/trail and trail/road junctions and intersections. So even though the map generously provided by the park wasn't to scale, route choices were both plentiful and key.

Also, Dave Lilly and Fred Veler of Sammamish OC, and Sam Bryan and Susan H. of Cascade OC, did a fantastic (no kidding) job of on-sight subdesigning and hanging markers for each of the three sequential course legs! (Thus substantially reducing the amount of skiing my cold and I had to do on the day of the event). The legs were so good that most everyone did all the legs with a total distance of around 12 km either on a self-timed or just-for-fun basis.

Lastly, Vivien and Mike Fritz won richly deserved praise for baking 4 kinds of home-made cookies, which left a lot more of the Safeway brand ginger ones for Dave and me on the drive home.

While most people just skied for fun, a few opted for reporting their times. Debbie Newell covered leg one in 8 minutes. The standing course record on leg two is Fred Veler at 21 minutes. On leg three it's Sam Bryan with a time of 35 minutes. And Billy Grant of Garfield HS took WIOL honors (unofficial, this wasn't an official WIOL meet.)

Of course, an event like this generated some good stories. Here are two quick ones; for more just ask around and be prepared to laugh.

Dave Tallent decided to forego the ski and do the course jogging by the trailside and had impressive times on all the legs; it was Dave's way of taking his doctor's advice and keeping his knee iced—sinking to his butt must have been just for fun.

Vivien and Mike had an impromptu competition going on leg two! The first thing I saw was Vivien running quickly up towards the finish carrying her skis. It was a big relief when she got close enough for me to see her wearing a smile. You see, she left Mike at the last control and ran the harder packed road while guessing Mike would ski the trail. Mike said he could have picked a quicker trail home but... so I guess we really won't know whether trail or road is faster for leg two control 5.

As you may know, we used semi-trim markers for this event and thus if you would like to ski the course call me (367-2606) for a map anytime before the 20th of January. When I take down the markers I'm thinking of going up with a rented GPS unit so we can quickly turn a great trail map into an updated to-scale Ski-O map. Lastly, next year we will try to arrange lodging in Leavenworth so we can have a super weekend option.

For more Ski-O information, please contact: Dave (cool shorts) Lilly, Dave (bloody hell) Tallent, Fred (wheel locker) Veler, Debbie (three spin) Newell, Sam (telemarking) Bryan, Susan (this is super snow) H., Don (did I come through or what) Atkinson, Bruce (you are

welcome to stay at the cabin) McAlister, Eric (see, I do own long pants) Bone, Mike (want to see my ski-o map board spin 6 times) Fritz, Vivien (the winter fox) Fritz, Sandy (the secret word is...) Kish Miller, Carl (windshield wipers abuser) McNab, Ardis (one loop is just right for today) Dull and Nick and Angela (pass me some more cookies please) Tallent. For a dog's perspective ask Moose Fritz of the woofpack.

If you liked this event, or think it sounds fun, Cascade will be hosting another Ski-O on January 31st at Trollhaugen near Snoqualmie Pass; check the hot-line for details.

## A Summer of Adventure

*Carl Moore*

After I retired from teaching at Wilson High last June, Linda and I planned a busy summer which would culminate with a mountain climbing expedition to Northern India.

Our first big event was the 24-hour Sage Rogaine near Kamloops. Murray Foubriester set out a great course on the best ROGAINE terrain possible—high rolling hills, both forested and open, small lakes and swamps and few roads. It was over 100° at the noon start, but the small number of participants were cooled by thunderstorms the second day. Afterwards, we had a great time comparing route choices and strategies with our Canadian friends.

The Ros-Elum A meet followed the ROGAINE. But then it was time to head back to Manitoba for the Canadian championships. The sandhills near Hartney offer an excellent challenge to the orienteer. The complex, intricate ridges left by uneven glacial melt are very tricky to move around in. Again we enjoyed the Canadian hospitality.

From Manitoba we drove south to Colorado. The summer before we had hiked up eight of the 54 peaks in that state over 14,000 feet. This summer we planned to bag a few more summits and also get in some high-altitude training for the September expedition. We did do some noteworthy hikes, including Mountain of the Holy Cross and Mt. Sneffles.

Finally, after two years of planning, seven of us took off on September 1st for India. Our goal was to climb Kang Yissay, a 21,000 foot peak in the Ladakh region of the Himalaya. I'd seen this peak when I took a solo trek in Ladakh in 1980. From the small town of Leg, we worked our way toward a basecamp just under the northeast face of the peak. Exploratory hikes from basecamp revealed no "easy" way to the summit. But we decided that the north ridge route gave us the best chance so we set up a camp on the ridge at 18,000 feet. On the only windless day, a "first team" of three guys, the strongest and most skilled, made it to the summit of the north peak. They discovered that the south peak, slightly higher, was separated from the north peak by a quarter-mile of technical rock climbing. We had to be satisfied with the north peak. Linda and I were on the

"second" team, along with Ken Peters (my sometime ROGAINE partner) and two others. Ken couldn't shake a troublesome cough and without his skills and strength, I felt the "second" team should not go higher. So, with winter rapidly approaching, we hurried back to civilization, encountering many adventures along the way.

*If you don't know where you're going, any path will take you there.*

— Sioux proverb

## Sammamish and Cascade Club News

### Election Results

Cascade Orienteering held its elections for the upcoming year at the Annual Meeting and by mail in November. Everyone had a good time at the meeting; about 20 people attended and discussed orienteering while eating pizza and cake. The results of the election and survey were:

#### By-Laws Amendments

The vote indicated whether to amend the Cascade by-laws in several ways; primarily to facilitate easy operation of the club. 2/3 vote required to pass. Yes: 31, No: 0.

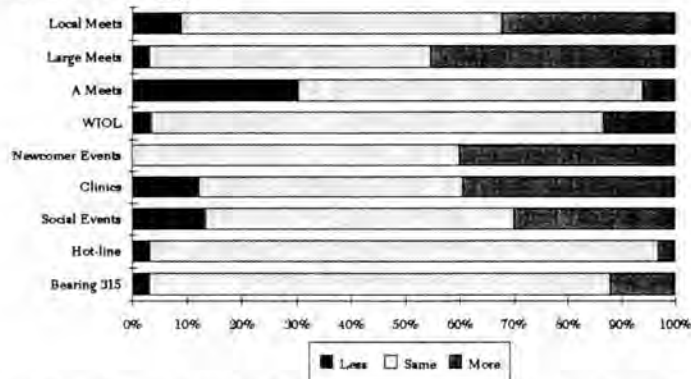
#### Board of Directors

Election for five elected members of the board of directors. Dave Petty withdrew his nomination at the annual meeting, so Bruce, Ardis, Mike, Margie, and Debbie are the new elected members.

Margie Bone	33
Bruce McAlister	33
Ardis Dull	31
Mike Schuh	27
Dave Petty (withdrew)	17
Debbie Newell	15
Ken Lew	5
Rick Hood	2

#### Survey

A survey asked about club members preferences as to what aspects of orienteering Cascade should focus on in the coming year.



Thanks to everyone who attended the meeting or sent in

your votes. We hope to make Cascade even better in 1993.

### Sammamish Stirrings

Dave Lilly

Ben (European traveler and Eastcoaster) Hall will be coming home to the Northwest in February. It'll be great to see him, hear his stories, and see if we can't get him to set a course, Ben Hall style—which means a fantastic write up in the Bearing 315.

Dave Enger got a digitizer from Val for Christmas and he (in conjunction with myself) is planning to get on the OCAD bandwagon.

I went to an interesting meeting hosted by the Cougar Mountain Parks Board. Good news, the park is going to be acquiring lots more land. My impression is that orienteering would not be an activity that they would object to (unlike mountain biking which has pretty much gotten a thumbs down). I keep you posted.

Congrats to Dave Enger and John Rogers who had great finishes at the Bog Slog. Speaking of Dave E, he and Bob Reddick are making good progress with our first 12/24 hour rogaine scheduled for the Table Mountain area this summer.

If you have anything to share for the next newsletter, please give me a call at 271-5508 or send it to me at the club address: POB 3682 Bellevue WA 98009.

See ya in the woods!

### Happy Birthday!

Sammamish Orienteering is celebrating its tenth birthday in a few months. Sammamish held its first event on March 6, 1983. It was at Robinswood Park, in Bellevue, with Dave Enger as Meet Director and Course Setter, and Len Englund doing timing. Fourteen people attended.

We'll have information on a celebration to commemorate this anniversary next issue.



### Your Club Needs You!

Cascade Orienteering needs meet directors help administer our 1993 meets. I'm sure you're thinking to yourself: "What's a meet director?" It sounds like a lot of work, and I'm probably not good enough to do it."



Well, you're wrong. Being a meet director isn't a lot of work, and you don't need to be athletic or a good orienteer; if you've been to a meet or two you know enough to help out. The meet director is the person who is in charge of making sure that everything goes smoothly at the meet, and that nothing is forgotten. Besides managing things at the meet, it just takes a few hours beforehand and after to make sure everything is under control. The meet director has to do a few specific things. Before the meet, he or she should make sure that the park or land owners are aware we are coming and get any necessary permits (usually not a problem), phone around to make sure that there are enough volunteers for registration, timing, and the like (the club officers can give you names you can call). He or she would also talk to the course setter to coordinate efforts. On the day of the meet, the meet director needs to make sure that all the maps and equipment are brought to the site, and usually arrives an hour or so early to set things up together with other volunteers. After the meet, it's just a matter of returning the equipment and maps, forwarding the proceeds to the club treasurer, and giving the names of newcomers and new members to the newsletter editor and membership coordinator.

So you see, it really isn't a particularly major job. Except for the day of the meet, everything can be handled at home with a few phone calls or letters. And of course any of the more experienced people in the club will be happy to give you advice or help. If you would be able to be a meet director for a meet this year, please call the club president, vice president, or event coordinator.

Cascade needs meet directors for the following events this year: Carkeek Park, Feb. 28; Lake Tradition, Mar. 14; Moran St. Park, May 16; Hamlin Park, July 24; Ros Elum Ridge, August 28; Woodland Park, Dec. 11. Thanks!

## Cascade Membership Report

*Harvey Friedman*

As usual, we'll start with positive roster changes as of 3 January 1993. Words of both thanks and welcome go to the following new or renewing club members: Dick Diesner family, Ardis Dull, Steve Elrod, Harvey Friedman & Anne York, David Huntington family, Pete Kynion, Tricia Long, Michael Mahoney, Regina & Ken Miller, John Nitardy, Knut Olson family, W. J. Powell, Susan St. John, Mike Schuh, Ralph Simpson family, Jim Siscel, Tom Slocum, Richard Stannard family. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew. 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.

As required by the United States Orienteering Federation (USOF), we had to compute our club member-

ship as of 15 December 1992. The count was 37 families, 76 individuals, and 4 associates for a USOF total of 152 (families count as 2 and associates as half). We have retained our roughly 150 total for the past 10 years but that is not as discouraging as it sounds because Sammamish and Nisqually may have about 50 between them. Thus, a net growth of O' in the Puget Sound area of about 50. In the year ended, 1992, Cascade signed on 20 new family memberships and 36 new individuals which yields 76 by USOF calculation rules. So, even though our total membership count is the same, half of our members are new. Why can't we retain the others? How do we get more people to come to meets and to stay in the club and, yes, even to become new organizers and leaders? We send the newsletter to those whose memberships have expired the previous month. Could some of you who see the newsletter and don't intend to renew please write a few lines (or a multi-page essay) about why O' isn't attractive enough to keep you involved? Does anyone else want to be on membership committee or to take over as coordinator?

## Upcoming Meetings

The next Sammamish Club business meeting will be held on Thursday, January 14, at 7:30pm. It will be held on John Sincock's place: 460 2nd Ave. S., #104, Kirkland. It is in the Highlander E. Apartments., his phone is 822-3621. All Sammamish members are welcome.

The next two Cascade Board meetings are: Feb. 11 at Peter Golde's: The Lakes North on 148th NE, just north of the fire station between NE 40th and 51st in Bellevue. Mar. 10 at the Bone's: 120 NE 53rd, Seattle.

The next WSOA meeting will be at Dave Enger's on Sunday, January 17, at 4pm.

### Reminder

Meet Directors and/or Club Presidents should send Bearing 315 information about their upcoming meets so the schedule can be as accurate as possible. Please include the date and registration time, location including driving directions, type, map scale and whether it is color, and contact name and number. This information will also be placed on the orienteering hot-line. If you would like to add additional information to the hot-line, please call Margie Bone at 624-2279.

### What are Cascade and Sammamish O.C.?

Cascade Orienteering Club and Sammamish Orienteering Club are independently administered non-profit organizations chartered by the United States Orienteering Federation (USOF). Both clubs hold orienteering events throughout the year in the Seattle, Bellevue, Tacoma and Everett area, and eastward into the Cascade Mountains. Membership is open to everyone, and includes a subscription to Bearing 315, published six times per year.

### What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for rent (\$0.50) at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair socks and shoes are nice. Bring a watch so you can keep track of the time.

### COC Officers and Coordinators:

vacant	President	
Margie Bone	Vice-President	624-2279 ?
Margie Bone	Treasurer (acting)	624-2279
Ardis Dull	Secretary	364-4062
vacant	Event Coordinator	
Debbie Newell	Mapping Coordinator	488-7471
Harvey Friedman	Memberships	784-2774
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	634-2779
Peter Golde	Newsletter	883-3732
Mike Schuh	Executive Board	783-3960
Bruce McAlister	Executive Board	821-6862
vacant	Publicity and Promotion	

### Sammamish Officers and Coordinators:

Dave Tallent	President	392-3061
John Sincok	Vice President	822-3621
Kathy Trost	Treasurer	271-5508
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Bob Reddick	Memberships	487-0099

### Event Fees ("C" Meets)

	b/w map	color map
Club members (any club)	\$2.50	\$3.00
Non-club members	\$3.50	\$4.00
Junior (<18, except WIOL)	\$1.50	\$2.00
WIOL participants	\$3.00	\$3.00
First Timers [COC only]	\$1.50	\$2.00
Families	regular fee for two people, then \$1/person.	

"A" and "B" class meets, and other special events, have higher fees.

### Cascade/Sammamish Orienteering Club Membership Application

☐ Cascade O.C. ☐ Sammamish O.C.

Name \_\_\_\_\_

Address \_\_\_\_\_

Home phone \_\_\_\_\_ Work (opt.) \_\_\_\_\_

Other Family Members \_\_\_\_\_

Optional Information:

Occupation \_\_\_\_\_

Orienteering Experience \_\_\_\_\_

Special Interests \_\_\_\_\_

Orienteering Interests (circle):

Event Participation	Improving Skills	Writing
Teaching	Coaching	Publicity
Event Organization	Course Setting	Field Checking
Map Making	Exploration of new areas.	

- ☐ Family or Group \$15.00/year
- ☐ Individual \$10.00/year
- ☐ Associate (under 18) \$5.00/year
- ☐ Newsletter only [COC only] \$6.00/year

Mail this form, along with payment to:

**Cascade Orienteering Club**  
P.O. Box 31375  
Seattle, WA 98103

—OR—

**Sammamish Orienteering Club**  
P.O. Box 3682  
Bellevue, WA 98009



# Meet Results and Standings

## Forest Park

November 22, 1992  
*Sammamish Orienteering Club*  
 Meet Director: Dave Enger  
 Courses: Mac MacDonald  
 Timing: Eric Bone  
 Food: Bruce McAlister

### Course 1 (.8k, 5 controls)

Angela Tallent	5:53
Britt Attack	6:05
Nick Tallent	6:10
Chris & Don	8:22
Dick Rafter	8:50
Nick Hopkins	9:48
Ryan & Kyle	11:46
Kathleen Curry	12:56
Andrew Feet	13:08
Patrick & Bruno	16:10
Karin Lehman	17:40
Peter Brown/Nick Watilo	19:37
Aaron Trenor	29:10
Dick Carlson	29:50
Mel Trenor	31:40
Justin Jones	37:28
Bob Stockdale	Map Hike

### Course 2 (1.6k, 9 controls)

Sam Bryan	21:42
Dick Rafter	25:16
Brett Attack	32:45
Jim Siscel	34:00
Lael & Neil Smith	34:25
Susan McGovern	35:12
Nicholas Hopkins	36:41
Andrew/Chris/Mal	38:30
Richard Standt	38:53
Ryan & Kyle	41:02
Tony, Justin, & David Amart	41:55
Maureen Traxler	44:15
Bruce McAlister/James Hopper	46:21
Kathleen Curry	47:04
Jones	57:00
Patrick & Bruno	60:36
Nick Watilo/Peter Brown	68:58
Sally VanderZee	73:40
Dick Carlson	96:50
Karin Lehman	DNF

### Course 3 (2.4k, 9 controls)

Gerry Croteau	37:19
Ardis Dull	53:14
Aaron Charlop	68:30
John Sincock	71:04
Eric Riggers	84:15

### Course 4 (4.1k, 13 controls)

Debbie Newell	61:24
Dave Lilly	70:50
Sam Bryan	76:55
Dave Tallent	86:02*

Don Atkinson	90:00
Paul Magnus	92:12
Nicholas Bone	101:00
Bill Cusworth	103:01
Ken Lew	DNF
Mark Howlett	DNF
Melvin Rader	DNF
*picked up markers	

## Evergreen High School

November 29  
*Cascade Orienteering Club*  
 Meet Director: Mike Schuh  
 Courses: Peter Golde  
 Registration: Margie Bone, Ardis Dull  
 Start: Dave Petty, Jim Siscel  
 Finish: Harvey Friedman, Debbie Newell, Anne York  
 Instruction: Eric Bone, Bill Cusworth  
 Marker Pickup: Peter Golde, Ken Lew, Debbie Newell  
 Refreshments: Bruce McAlister

### Course 1 (0.8k, 6 controls)

WIOL	
Angela Tallent	4:17
Nick Tallent	4:41
Derek Schmitt	4:59
Luke Caldwell	MSP

### Public

Jeff Feet	6:03
Chris Feet	6:55
Robert O'Connor	7:27
Todd Smith/Mackenzie Luller	9:28
Lonnie&Jennifer Smith/E. Terryll	9:28
Jan & Kyle Ward	10:37
David & Andy Huntington	11:35
Sally VanderZee	15:29
Tim Anderson	16:04
Karl Cowman	MSP

### Course 2 (1.3k, 8 controls)

WIOL	
Mathew Gunns	11:35
Nick Tallent	12:17
Chris Schreiner	12:27
Fred Schmitt	12:49
Krister Holmberg	12:55
Tyler Frederickson	13:02
Henry Morgan	13:25
Dan Studley	14:35
Eric Riggers	16:52
Luke Caldwell	MSP
Nathan Breyer	MSP

### Public

Rob O'Connor	7:28
Chris & Jeff Feet	13:47
Wasser Schmitt	13:57

Marti Anderson	15:00
Ian Huntington	16:18
David & Andy Huntington	16:20

### Course 3 (2k, 10 controls)

WIOL	
Tyler Frederickson	9:56
Fred Schmitt	12:57
Krister Holmberg	13:03
Nathan Breyer	14:59
Eric Riggers	18:24

### Public

Rob O'Connor	12:32
Aaron Charlop	15:21
Jim Siscel	16:44
Chris Feet	18:20
Jeff Feet	18:35
Ian Huntington	18:43
Marti Anderson	19:41
Clara & Steve Frederickson	20:54
Jan & Kyle Ward	45:55
Mark Anderson/Tammy Ackenhausen	54:08
Brendan Ward	MSP

### Course 4 (3.6k, 16 controls)

WIOL	
Nicholas Bone	20:10

### Public

Eric Bone	16:12
Mark Howlett	16:15
Dave Tallent	18:10
Rob O'Connor	18:33
Debbie Newell	18:37
Steve Miner	20:19
Bill Cusworth	22:03
Sandy Kish Miller	24:35
Margie Bone	32:14
John Beck	34:01
Chuck Ward	38:56
Engers	57:44

## Kelsey Creek Park

December 5  
*Sammamish Orienteering Club*  
 Meet Director: George & Nancy Lilly  
 Courses: Dave Lilly  
 Registration: George Lilly, Ardis Dull, Debbie Newell  
 Timing: Jim Lilly  
 Food: Nancy Lilly

### Course 1 (0.9k, 7 controls)

WIOL	
Angela Tallent	5:51
Nick Tallent	6:07

### Public

Barry Dunkin	6:40
Jonathan Omer/Jonathan Bingham	8:50

Eric Riggers	9:30
Vivien & Moose Fritz	10:20
Lael Smith	13:06
Ryan Kroetsch	15:50
Peter Brown	20:50
Eric Waldraum/Phil Taber	22:03
Ken & Holly Kollgen	29:12
Jon Key	no time
Dan Goodwin	no time

**Course 2 (1.4k, 8 controls)****WIOL**

Eric Heistand/Devin Madan	14:10
Tony Bertocchini	14:42
Elizabeth Nguyen	26:46
David Wax	27:53

**Public**

Scott Roestel & B.J. Smith	11:08
Michael Bingham	11:15
Scott Devey	17:40
Jonathan Omer/Jonathan Bingham	18:22
Philip Taber/Eric Waldham	22:03
Tony Humor family	22:24
Ryan Kroetsch	28:00
Peter Brown	29:40
Ron Brown	31:05

**Course 3 (2.1k, 16 controls)****WIOL**

Nicholas Bone	19:15
Rick Fojtik/Ryan Taylor	23:53
John Logan/Brian Goesling	25:32
Eric Riggers	28:46
Craig Nicholson/Jon Michael Topolski	34:53
Scott Roestel	38:20
Donald Giesen/Jason Dadakis	39:09
Steve & Nate Oraker	40:23
J. Montgomery/C. Stone/ J. Freeman	47:28
Christine Matter/Alison Curwen	53:30
Bobby Bond	no time
Brian Wax	no time
Megan Lloyd	no time
Aimee Morton	no time
Marianne Bart	no time
Jeremy Watson	no time
Crystal Johnston	DNF
Nathan Hodges	DNF
Robert Daniels	DNF

**Public**

Neil Smith	35:58
DeForest Eveland	40:20
Scott Devey	43:07
Dave Petty	44:50
Jonathan Bingham	47:42
Tim & Kristen Harris	49:49
Tamara Ackenhausen/Mark Anderson	71:44

**Course 4 (2.8k, 22 controls)**

Mark Howlett	30:45
Dave Tallent	30:55
Debbie Newell	32:42
David Roestel	41:23
Mac MacDonald	43:20

Mike Fritz	47:00
Bob Williamson	47:50
Ken Lew	52:10
Eric Bone	56:45
Jeff Feet	71:36
Bill Cusworth	79:40
Engers	91:48
Bill MacDonald	DNF
Valerie Enger	DNF

**Farrel-McWhirter Park**

December 12

*Cascade Orienteering Club*

Meet Director: Mike Fritz

Courses: Vivien Fritz

Registration: Mike Schuh, Debbie Newell

Timing: Knut Olson, Roger Sharp

Seattle just had its first measurable snowfall in two years, which added its own fun to our orienteering meet two days later. The conditions were actually quite reasonable: 3 inches of crusted snow on the ground and clear sky above, but chilly temperatures around 40°. Above 50 people didn't get scared away by the weather and all told had a good time at a park that always yields good orienteering meets.

Four courses were set by Vivien Birtwistle Fritz. The first three were classic orienteering courses ranging from 1.5 to 2.5k. And the fourth course (later nicknamed "Fungus-O") had its own set of challenges, with multiple master maps appearing in the woods (5 in total) that kept spreading the number of controls that needed to be found.

Thanks to all the meet helpers: Knut Olson at the start, Roger Sharp at the finish, Mike Schuh on registration, Debbie Newell and Dave Tallent on the WIOL registration, and Vivien, who put lots of effort and creativity into designing her courses for everyone to enjoy.

— Mike Fritz, Meet Director

**Course 1 (1.5k, 8 controls)****WIOL**

Angela Tallent	14:25
Nick Tallent	21:31
Tim Anderson	23:10

**Public**

Nick Hopkins	18:13
Lee	21:20
Dick Johnson	26:28
Kent Kollmorgen	99:50

**Course 2 (1.9k, 9 controls)**

Bruce McAlister	36:44
Matt Isenhower	40:00
Dick Johnson	40:30

Dick Diesner	48:58
Bob Goldberg	DNF

**Course 3 (2.5k, 13 controls)****WIOL**

Fred Schmitt	24:12
John Logan/Brian Goesling	33:48
Donald Giesen/Jason Dadakis	36:25
Matt Ley	49:42
Eric Riggers	61:12
Krister Holmberg	MSP

**Public**

Gabriel Wingard	28:46
Bob Williamson	32:18
Don Atkinson	32:45
Harvey Friedman	38:10
Carl McNabb	38:40
Chuck Ward	41:07
Neil Smith	45:02
Wasser Schmitt	48:33
Tim Randall	58:47
Mark Anderson	60:38
Nancy Coon	63:53
Tony Amort family	69:05

**Course 4 (freestyle, 15 controls)**

Dave Tallent	34:07
Mark Howlett	34:26
Debbie Newell	37:30
Peter Golde	52:23
Ken Lew	53:42
Bill Cusworth	60:49
Chuck Ward	67:36

**Ft. Stellacoom Park**

December 19

*Nisqually Orienteers*

Meet Director: Stuart Bradshaw

Courses: Stuart Bradshaw

Registration: Stuart Bradshaw, Ardis Dull

Timing: Gary McCausland, Carl Moore, Bret Aniballi

**Course 1 (1.7k, 7 controls)**

<i>WIOL (Grades 1-6)</i>	<i>School Time</i>	<i>Pts</i>
Angela Tallent	IVE 16:23	100
Nick Tallent	IVE 27:10	95

**Public**

Raccoons	33:18
Bruce Frey	38:07
Brenda, Mike, Chris	38:40
Dack	40:07
McEvoy	44:25
James & Faye Holtz	62:20

**Course 2 (3.1k, 9 controls)****WIOL (Recreational)**

Nguyen/Alison Curwen	WIL 89:12
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**Public**



Leland Grunnell 29:33

Course 3 (3.5k, 9 controls)

WIOL	School	Time	Pts
David Thatcher	NKH	25:08	100
Melvin Rader	GAR	25:10	95
Fred Schmitt	NKH	25:46	92
Nicholas Bone	GAR	26:31	90
Bobby Bonds	WIL	28:41	89
Tyler Frederickson	TJH	31:50	88
Henry Morgan	TJH	34:56	87
Nathan Breyer	TJH	37:09	86
Eric Riggers	IHS	37:58	85
Chris Schreiner	TJH	38:35	84
Ken Breyer	TJH	38:47	83
Scot Neff	SHS	41:13	82
Dan Studley	TJH	42:46	81
Jon Michael Topolski	WIL	44:53	80
Craig Nicholson	WIL	46:49	79
Jennifer Moffett	SHS	51:35	78
Christine Matter	WIL	70:13	77
Krister Holmberg	NKH	MSP	

WIOL (Recreational)

Steve & Nate Oraker	BHS	43:15
J. Watson/M. Cooley	BHS	48:16
K. Michael/S. Dodge	SHS	49:23
K. Jones/R. Taylor	BHS	61:12
M. Gering/M. Lloyd	WIL	63:56
Evans/McClelland/Madan	BHS	73:03

Public

Leland Grunnell	29:14
Ardis Dull	35:44
Wasser Schmitt	38:30
Valerie Moffett	39:15
Bob Reddick	49:47
Tim Randall	61:58

WIOL Team Results (Cross-country scoring)

Thomas Jefferson	31
North Kitsap	40
Garfield	42
Wilson-Tacoma	51
Ingelmoor	63
Stadium	64

Course 4 (5.1k, 15 controls)

Public	Time	Pts
Mark Howlett	35:53	100
Eric Bone	39:07	95
Debbie Newell	46:42	92
Sam Bryan	48:43	90
Dave Tallent	49:34	89
Fred Veler	49:43	88
Steve Miner	55:43	87
Than Nguyen	57:10	86
Carl Moore	59:53	85
Bob Anglin	63:54	84
Don Atkinson	66:40	83
Ken Lew	78:41	82
Margie Bone	79:15	81
S. Frederickson	81:45	80
Chuck Ward	82:53	79
Jeff Feet	83:59	78

Nancy Coon 134:33 77  
Venita Casey DNF**Hamlin Poker-O**

December 26, 1992

Cascade OC

Setting, Directing, Timing: Rick Hood

This holiday season's poker-O drew quite a few card sharks and a few guppies. We were even more pleased to welcome six players from Canada and one from Southern California. Next year, by popular demand, we will likely extend the time limit by 15 minutes on each course option and use a random draw and placement of cards (to minimize marker theft problems that occurred at #4 and #5 this year).

As for this year, all course had the same 19 controls, which orienteers could select to visit, skip, or revisit in any order but orienteers could only punch 5 boxes total and there was a one card penalty if you returned after the time limit but before 5 minutes after and a two card penalty if you returned even later; yes, we took their best card(s). Moreover, there were three "tables" (OK, course options) to choose from, with the slower tables starting first, and a common finish time.

Yellow Table (45 minutes, walking pace)

Name	Hand	After Penalty
Kathy Trost	Pair J's	Pair of J's
Mark Anderson	2 Pr J's & 10's	Pair of 10's
Mike Tamada	2 Pr J's & 10's	Pair of 10's
The Reddicks	Q high	Q high
Marek Dutkiewicz	Pair 9's	J High

Red Table (40 minutes)

Scott Donald	Straight Q High	Strt Q High
Sandy K Miller	Straight 9 High	Strt 9 High
Don Atkinson	2 Pr A's & J's	Pair of J's
Dave & Willy Enger	2 Pr 10's & 9's	Pair of 9's
Shirley Donald	2 Pr J's and 6's	Pair of 6's
Anne York	A High	Q High
Dave Lilly	Q High	Q High
Ken Lew	Pair J's	J High
Richard Johnson	Pair J's	J High
Harvey Friedman	A High	9 High
Gar Fisher	Pair 10's	Played
Marti Anderson	Played	Played

Blue Table (30 minutes)

Mark Howlett	Flush A High	Flush A High
Debbie Newell	Pair A's	Pair of A's
Melvin Rader	Pair J's	Pair of J's
Bill Cusworth	2 Pr J's & 9's	Pair of 9's
Wanda Howlett	Pair 5's	Pair of 5's
Dave Petty	Pair J's	Q High

Eric Bone Pair 10's J High  
Nick Bone Pair 9's J HighFollow Up Marker-Lotto Event

20 minute score: one point for each control brought back within time.

TEAM Players

Mark & Wanda H.	6 total
Eric B. & Melvin R.	5 total
Shirley D. & Sandy M.	1 total
Pat & Bob R.	had fun

INDIVIDUAL Players

Debbie N.	2 total
Dave L.	1 total
Don A.	1 total
Mark A.	had fun
Dick J.	had fun
Mel D.	had fun

**St. Edward State Park**

"Bog Slog" — December 27

Cascade Orienteering Club

Meet Director: Don Atkinson

Courses: Peter Golde, Chris Golde

Registration: Rick Hood, Ardis Dull

Timing: Mike Schuh, Peter Golde

Great courses designed by Peter Golde characterized Cascade's 12th annual "Bog Slog." The traditional awards, homemade pies, were given to the fastest male and female on each course at the party following the meet. Those winners who did not show up had their pies donated to the general party population, which quickly devoured them. The party also featured the musical debut of the "Capolones," a quartet of singers (Linda Hood, Sandy Kish Miller, Debbie Newell, and Anne York) who performed songs inspired by the wonderful world of orienteering.

Course 1 (2.3k, 7 controls)

WIOL (Grades 1-6)	School	Time	Pts
Angela Tallent	IVE	19:22	100
Nick Tallent	IVE	21:27	95

WIOL (Recreational)

Luke Caldwell	GAR	19:30
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Public

Jeff Moore	21:30
Rita Frye	26:37
Sue Turner	33:39
Rachel Rodman	33:44
Dave Green	38:37
Heidi Pettit	50:01
Sally VanderZee	64:30

Course 2 (2.9k, 8 controls)

WIOL (Grades 7-8)	School	Time	Pts
Derek Schmitt	PJH	52:13	100

*WIOL (Recreational)*

Kenneth Ma GAR 66:43

*Public*

Marti Anderson 39:01  
 Jeff Moore 44:07  
 Terry Bone 54:35  
 Sue Turner 66:28  
 Ron Brown 66:35  
 Sarah Bayle 75:21  
 Kathy Trost 84:28  
 Sabina Hawkins 102:40  
 Peter Brown 106:41

Course 3 (2.9k, 9 controls)

<i>WIOL (Grades 9-12)</i>	<i>School Time</i>	<i>Pts</i>
Nicholas Bone	GAR 33:28	100
David Thatcher	NKH 34:11	95
Mel Rader	GAR 34:30	92
Brian Cox	GAR 38:12	90
Fred Schmitt	NKH 40:38	89
Tyler Frederickson	TJH 59:01	88
Nathan Breyer	TJH 60:39	87
Eric Riggers	IHS 70:10	86
Chris Schreiner	TJH 71:31	85
Ken Breyer	TJH 73:14	84

*WIOL (Recreational)*

S. Shaw/M. Andrews/A. Mitschke OLY 77:05

*Public*

Dave Petty 50:39  
 Bob Reddick 56:27  
 Steve Frederickson 58:54  
 Wasser Schmitt 60:56  
 Sid Whaley family Map hike

*WIOL Team Results (Cross-country scoring)*

Garfield 19  
 North Kitsap 29  
 Thomas Jefferson 32  
 Ingelmoor 41

Course 4 (3.0k, 10 controls)

Gerry Croteau 43:30  
 Bob Williamson 53:49  
 Sandy Kish Miller 56:42  
 Harvey Friedman 60:32  
 Ardis Dull 61:37  
 Roger Sharp 64:15  
 Lisa Nordlund 67:56  
 Shirley Donald 71:37  
 Ellen Boomer 76:01  
 John Sincok 82:57  
 Anne York 90:26  
 Bruce McAlister Map hike  
 Rosalie Rybka DNF  
 Chris Feet MSP

Course 5 (3.6k, 12 controls)

Dave Enger	51:37	100
John Rogers	58:14	95
Eric Bone	60:22	92
Debbie Newell	62:46	90

Dan Waugh	65:40	89
Fred Veler	67:37	88
Jim Traynor	69:24	87
Mark Howlett	70:50	86
Mike Fritz	72:47	85
Bob Anglin	73:54	84
Dave Lilly	75:12	83
Marek Dutkiewicz	76:09	82
Dave Tallent	79:27	81
Harry Morgan	88:57	80
Knut Olson	91:14	79
Gar Fisher	95:44	78
Linda Moore	97:20	77
Bill Cusworth	101:48	76
Scott Donald	102:32	75
Vivien Birtwistle Fritz	102:45	74
Carl Moore	104:50	73
Ken Lew	129:30	72
Mac MacDonald	DNF	

## WIOL Season Standings (After 2 Meets)

*School Key*

BHS Bremerton High School  
 GAR Garfield High School  
 IHS Ingelmoor High School  
 IVE Issaquah Valley Elementary  
 NKH North Kitsap High School  
 OLY Olympic High School  
 PJH Poulsbo Junior High School  
 SHS Stadium High School  
 TJH Thomas Jefferson High School  
 WIL Wilson High School

*Grades 9-12 - Individuals*

	<i>1</i>	<i>2</i>	<i>Total</i>
David Thatcher	NKH 100	95	195
Nicholas Bone	GAR 90	100	190
Mel Rader	GAR 95	92	187
Fred Schmitt	NKH 92	89	181
Tyler Frederickson	TJH 88	88	176
Nathan Breyer	TJH 86	87	173
Eric Riggers	IHS 85	86	171
Chris Schreiner	TJH 84	85	169
Ken Breyer	TJH 83	84	167
Brian Cox	GAR -	90	90
Bobby Bonds	WIL 89	-	89
Henry Morgan	TJH 87	-	87
Scot Neff	SHS 82	-	82
Dan Studley	TJH 81	-	81
Jon M. Topolski	WIL 80	-	80
Craig Nicholson	WIL 79	-	79
Jennifer Moffett	SHS 78	-	78
Christine Matter	WIL 77	-	77

*Grades 7-8*

Derek Schmitt PJH - 100 100

*Grades 1-6*

Angela Tallent IVE 100 100 200  
 Nick Tallent IVE 95 95 190

*Grades 9-12 - Teams*

Thomas Jefferson	20	15	35
Garfield	15	20	35
North Kitsap	17	17	34
Ingelmoor	13	14	27
Wilson	14	-	14
Stadium	12	-	12

1 - Ft. Steilacoom

2 - St. Edward Park

## Winter Series Standings (After 2 Meets)

This year, we have begun an adult winter orienteering series, which will run concurrently with the WIOL meets. At every WIOL meet, we will have a non-school category on the longest course. You will receive points based on your order of finish (100 for 1st, 95 for 2nd, 92 for 3rd, 90 for 4th, 89 for 5th, and so on). Your best four results will be totaled to get your final score. At the Bridle Trails meet on February 13, fabulous prizes will be awarded to the top male and female finishers.

	<i>1</i>	<i>2</i>	<i>Total</i>
Eric Bone	95	92	187
Mark Howlett	100	86	186
Debbie Newell	92	90	182
Fred Veler	88	88	176
Dave Tallent	89	81	170
Bob Anglin	84	84	168
Carl Moore	85	73	158
Ken Lew	82	72	154
Dave Enger	-	100	100
John Rogers	-	95	95
Sam Bryan	90	-	90
Dan Waugh	-	89	89
Steve Miner	87	-	87
Jim Traynor	-	87	87
Than Nguyen	86	-	86
Mike Fritz	-	85	85
Don Atkinson	83	-	83
Dave Lilly	-	83	83
Marek Dutkiewicz	-	82	82
Margie Bone	81	-	81
S. Frederickson	80	-	80
Harry Morgan	-	80	80
Chuck Ward	79	-	79
Knut Olson	-	79	79
Jeff Feet	78	-	78
Gar Fisher	-	78	78
Linda Moore	-	77	77
Nancy Coon	76	-	76
Bill Cusworth	-	76	76
Scott Donald	-	75	75
Vivien B. Fritz	-	74	74

1 - Ft. Steilacoom

2 - St. Edward Park



## Upcoming Orienteering Events

**(call 783-3866 for latest information and details)**

Date/Time	Location and Comments (events close to Seattle in bold)	Type	Club	Map	Contact
JANUARY					
Sat., Jan. 9 10am-12noon	NAD Park, Bremerton. Includes WIOL 3. SR 304 from ferry to SR3, S. Kitsap Way exit, park on north.	C	NISQ WIOL	color 1:5000	Sean Olmstead (206)697-1815
Sat., Jan. 9 10am-12noon	Kelso High School, Kelso.	C	CROC	color 1:5000	Glen Cafferty (503) 281-5137
Sat., Jan. 16 10am-12noon	Marymoor Park. Includes WIOL 4. Take SR-520 east. Exit Lake Sammamish Pkwy south. Turn left into park.	C	SAMM WIOL	color 1:10000	Bob Reddick (206)487- 0099
Sat., Jan. 16 11am-noon	Manito Park, 18th and Grand Blvd., Spokane.	C	EWOC	color 1:5000	John Beck (509)536-0650
Sat., Jan. 23 10am-noon	Priest Point Park, Olympia. Includes WIOL 5. I-5 to Plum St. exit (105B), N. on Plum for 1.5mi to park.	C	NISQ WIOL	color 1:7500	G. McCausland (206)352-5542
Sun. Jan. 24	Ski-O, Brandywine Park, B.C., along Sea-to-Sky highway.	X	GVOC	color 1:10000	
Sat., Jan. 30 10am	Rambo V, Pt. Defiance Park, Tacoma. I-5 to Highway 16, exit Pearl St., follow signs N to Point Defiance. See article this issue.	X	NISQ	color 1:10000	Carl Moore (206)352-5542
Sun., Jan. 31	Trollhaugen Ski-O, near Snoqualmie Pass. Exit 62 on I-90, park in Sno-Park near interchange (permit <i>required</i> ). Call hot-line for confirmation.	X	COC	color 1:15000	Don Atkinson (206)783-3866
FEBRUARY					
Sat., Feb. 6 10am-noon	Point Defiance Park, Tacoma. Includes WIOL 6. I-5 to Highway 16, exit Pearl St., follow signs N to Point Defiance.	C	NISQ WIOL	color 1:10000	Steve Miner (206)752-7765
Sat., Feb. 13 10am-noon	Bridle Trails St. Park, Bellevue. Includes WIOL Championships. Exit 17 on I-405 at NE 70th/NE 68th, south on 116th Ave NE, turn left into park.	C	SAMM WIOL	color 1:10000	John Sincok (206)822-3621
Sun., Feb. 14 10am-noon	Relay, University of Washington Campus, Seattle. Follow signs from NE 45th St. and 17th Ave. NE entrance.	C	UW	color 1:5000	Eric Bone (206)634-2279
Sun., Feb. 14	Hollyburn Ski-O, North Vancouver, B.C.	X	GVOC		Ron Green
Sat., Feb. 27	Reed Park, Ellensburg.	C	EOC		Will Sperry (509)925-4716
Sat., Feb. 27 11am-noon	Camp Seven Mile at Riverside State Park, Spokane. Novice course and Score-O with mass start at 11:30.	C	EWOC	color 1:15000	John Beck (509)536-0650
Sat., Feb. 28 10am-noon	Carkeek Park, Seattle. From I-5, west on Northgate Way/105th St, turn north on 3rd Ave. NW, turn west on N 110th St. into park.	C	COC	new color	(206)783-3866
MARCH					
Sat., Mar. 6	Mad March Hare Event, Langley, B.C.	C	VN		Charlie Fox (604)533-3352
Sun., Mar. 14 10am-noon	Lake Tradition, Issaquah. Driving directions next issue, or call hot-line.	C	COC	color 1:15000	(206)783-3866
Mar. 20-21	Spring O Meet, Thetis Lake, Victoria, B.C. Western Speedway off of Millstream Rd.	B	VO		Lorna Sterling (604)479-7069
Sat., Mar. 20 10am-noon	Manito Park, 18th and Grand Blvd., Spokane.	C	EWOC	color 1:5000	John Beck (509)536-0650
Mar. 27-28	Clinic at Cle Elum Ridge. Taught by Peter Bonek and Claudia Kunzel. See article this issue. Pre-registration required; limited to 30.	X	COC	color 1:15000	Eric Bone (206) 634-2279
Sun., Mar. 28	Spring O-pener, Six Mile Lake, Savona, B.C.	C	SAGE	color 1:15000	Murray Foubister (604)374-6497
APRIL					
Sat., Apr. 3 10am-noon	Forest Park, Everett. West on 41st St. which becomes Mulkiteo Blvd.; park is on Mulkiteo Blvd.	C	SAMM	color 1:10000	Dave Enger (206)822-6254
Sat., Apr. 17 10am-noon	Newcomer's Event. Woodland Park, Seattle. Take NE 50th exit from I-5, drive west. Just past Greenlake Way, turn right into park (before Aurora).	C	COC	color 1:5000	Rick Hood (206)367-2606
Sun., Apr. 18 1pm-3pm	Camp Seven Mile at Riverside State Park, Spokane	C	EWOC	color 1:15000	John Beck (509)536-0650
MAJOR NATIONAL EVENTS					
Mar. 13-14	US Long-O Champs, Farmington, MO	July 14-18	USOF Convention and A meet, Donner Summit, Nevada		
April 3-4	US Intercollegiate Champs, Dumfries, VA	Oct. 9-17	World Champs, US Champs, O-Fest, Hudson Valley, NY		
July 7-11	Colorado 5-day, Colorado Springs				

**CLUBS:**

COC: Cascade Orienteering Club  
EWOC: Eastern Wash. O. C.  
CROC: Columbia River O. C.  
UW: University of Washington O. C.

SAMM: Sammamish O. C.  
EOC: Ellensburg O. C.  
VO: Victorienteers

NISQ: Nisqually O. C.  
WIOL: Wash. Interscholastic O' League  
GVOC: Greater Vancouver O. C.

**MEET TYPES:**

C: Regular local meet  
B: Large local meet, more courses  
A: National-level meet, must preregister  
X: Special event

*United States Orienteering Federation*

P.O. Box 1444  
Forest Park, GA 30051  
MEMBERSHIP APPLICATION

☐ New member    ☐ Renewal    ☐ Address Change

As a U.S. Citizen or U.S. Resident, I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the IOF. Please print.

Date \_\_\_\_\_ Yr. Born \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_ - \_\_\_\_

If family membership, list other persons:

Name \_\_\_\_\_ Year Born \_\_\_\_\_

Member of a chartered club? Club \_\_\_\_\_

- ☐ Individual \$25 member of a chartered club  
☐ Individual \$30 at-large  
☐ Family \$30 members of a chartered club  
☐ Family \$35 at-large  
☐ Student \$10 (21 & under)  
☐ Junior \$5 (18 & under/no vote/no magazine)  
☐ Individual Life \$300    ☐ Couple Life \$450  
 For mailing O/NA overseas (except APO & FPO):  
☐ \$5 extra surface    ☐ \$25 extra airmail

**What is USOF?**

Often in this newsletter, or in orienteering conversation, you will hear references to "yousoff," and you may have seen the magazine "Orienteering/North America." But why do they need so much money, you ask? We charge \$10/year for local dues, so why should it cost an extra \$25 to join an organization that doesn't seem to do much? The answer, of course, is that USOF does quite a bit.

The largest part of USOF dues goes for the O/NA subscription. This is not only a great source of information, it is well written and edited, and has many articles of general interest on health, exercise, and training. From time to time, we reprint articles from O/NA, and there are always copies available at major meets and club meetings. Most of the rest of USOF dues goes to pay for insurance. Although we, as individuals, might be willing to waive insurance, virtually all land owners, both public and private, require insurance as a precondition even to talking about using their land for orienteering. USOF members get a small rebate, about \$2 per national meet, to help balance out the insurance, but, basically, USOF subsidizes our meets. Without USOF, I doubt that either Cascade or Sammamish could afford the insurance to hold another meet.

So we encourage you not only to join your local club, but to join and support USOF. The magazine alone is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501(c)(3) corporation. Which means that donations, including out-of-pocket costs in help our are fully tax deductible. JOIN NOW!

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If your label is marked with yellow  
highlighter, your membership has lapsed.