

# BEARING 315

CASCADE ORIENTEERING CLUB  
JUNE NEWSLETTER

President	
Dave Enger	455-5320, 789-4137
Vice-President	
Charlie Bock	641-4791
Secretary	
Lorrie O'Brien	746-4573
Treasurer	
Jean Hendrickson	772-1241
Events	
Len Englund	746-3822
Publicity	
Tony Paulson	784-4649
Membership	
Mike Schuh	783-3060
Mapping	
Goran Larsson	938-2058
Training	
Gary & Debbie MacDonald	823-9337

## MEMBERSHIP

The CASCADE ORIENTEERING CLUB is now in its fourth year & continues to grow. If you would like to join in the fun and learn this sport, we would be happy to have you as a member. Fill in the membership blank below and send with the yearly dues to:

Cascade Orienteering Club  
P.O. Box 3572  
Bellevue, WA 98009

Dues: Family	\$8.00
Individual	\$5.00
Associate	\$3.00 (under 18yrs)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_

If we mistakenly put a red asterisk on your address label on the last newsletter you received & you already had paid your 1980 dues, please accept our apologies. Some payments escaped our notice. If you have not paid the 1980 dues, however, this is the last newsletter you will receive.

## COMING EVENTS

Wednesday, May 28 (7-9 PM) Eddie Bauer, Seattle Store, 5th & Union  
Thursday, May 29 (7-9PM) Eddie Bauer, Bellevue Store, Bellevue Square  
Clayton Smith will present a more detailed discussion of the map and compass and orienteering around the world. Included will be internat'l. map colors and symbols. A short film, "The Invisible Force of Direction" will be shown.

Saturday, May 31 FUN TREK '80 Seward Park. This is THE BIG EVENT. It is the culmination of the COC-Eddie Bauer Fun Trek '80 effort. We will have white, yellow, orange, and red courses, with recreational & competitive categories for each course. The start will be in the picnic area at the top of the hill in Seward Park. The park is on the south portion of Lake Washington in Seattle Metro buslines #31 & #39 service it. People may begin anytime between 10AM and 3PM. Courses will close at 5PM.

Pre-registration for non-COC members will be at the Eddie Bauer stores in Seattle & Bellevue, or may be mailed to the Club. A non-member fee of \$3 will be charged. Members will pay \$2. Registration will also be held at the meet on May 31.

Prizes will be awarded as follows in all courses and in both Recreational & Competitive Categories;\*

1st place-Silva compass & \$50 Eddie Bauer Gift Certificate

2nd place-\$40 Eddie Bauer Gift Cert.  
3rd place-\$30 Eddie Bauer Gift Cert.  
4th place-\$20 Eddie Bauer Gift Certificate.

All Finishers who successfully complete a course will receive an Eddie Bauer T-shirt and a certificate.

\* Recreational category is intended for novices & those who have attended only 1 or 2 meets.

Competitive category is intended for experienced orienteers who feel confident in their map & compass skills. We will be using a new, very detailed 1:5000, 4-color, 2.5 meter contour orienteering map of Seward Park prepared by Charlie Bock. Charlie will design the courses & Dave Enger will be the Meet Director.

Friday, June 6 Post Fun Trek '80 Party  
Charlie Bock has volunteered his house for this event. Look for orienteering control markers in his driveway at 1202 134th Ave. NE in Bellevue (phone 641-4791). All club members are invited, especially those who have helped with Fun Trek '80. It will be a barbecue. Please bring your own food (i.e. hamburger, hot dogs, steak, buns, salad, chips, etc.) Plates, cups, utensils, etc. will be provided. But B.Y.O.B. Possible slide show of past meets will be shown.

Sunday, June 8 Campbell Valley Park  
This is a meet sponsored by the Vancouver, B.C. Orienteering Club. The person to contact if you are interested in attending is Charlie Fox (604)888-8570. For more information, you may write to:  
Orienteering Association of B.C.  
190-1200 Hornby Street  
Vancouver, B.C. V6Z 2E2

Monday, June 9 COC Business Meeting  
will start at 7PM at the Greenlake Library, 7364 E. Greenlake Dr. N., Seattle. Summary of Fun Trek '80 will be given & schedule of meets for summer months will be set. Meeting will be followed by a slide show of the Reno National Meet attended by COC members.

Saturday, June 21 St. Edwards St. Park Meet. The park is located near the north end of Lake Washington, just south of Kenmore. Entrance is on Juanita Drive at NE 145th St. Courses will be ready for sign-up anytime from 10AM until noon. There will be beginner, intermediate, & advanced X-country courses.





David H. Enger  
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Cascade  
Orienteering  
Club

P.O. BOX 3572  
BELLEVUE, WASHINGTON 98009



Ø CASCADE  
Orienteering  
CLUB

## NATIONAL EVENT RESULTS

UNIVERSITY OF NEVADA AT RENO  
April 26 & 27, 1980 - Sponsor:  
Military Science Department

Over 60 participants competed in blue, red, orange, yellow, & white courses in the 2-day event. Each individual ran 1 course per day & the winning scores combined the times for both days. Six members from COC went down to Reno and brought back 6 trophies.

Goran Larsson - 2nd place, Blue course.

Goran Larsson, Clayton Smith, & Mark Hawley - 3rd place, Blue Team.

Mike Schuh - 2nd place, Men's Div. Red Course.

Dave Enger - 3rd place, Men's Div. Red Course.

Berith Larsson - 2nd place, Women's Div. Red Course.

Mike Schuh, Berith Larsson, & Dave Enger - 2nd place, Red Team.

## Special Feature

At several of the past business meetings Goran Larsson has given marvelous short talks to our membership on International Map Symbols and Colors. Thus continuing what Goran has begun, enclosed within this newsletter is an expanded form of the symbols and descriptions as used by the International Orienteering Federation in all of its national and international meets. PLEASE SAVE THE IOF SYMBOL SHEET as it will not be mailed in other newsletters. This month the explanations have been enclosed and next month various clue sheets from IOF Championships will be included to try your luck at them...the answers will also be given! This is all in preparation so that our club can begin using them at meets.



# EVENT RESULTS

St. Edwards St. Park  
April 5, 1980 - Directors:  
Richard Lacy & Debra MacDonald

WHITE COURSE: 7 controls 1.5km  
Smitty Parratt.....00:18min.  
Karen Thomson.....00:20 "  
Dave Ostlund.....00:43 "

ORANGE COURSE: 10 controls 4km  
Tony Paulson.....02:05  
Bob & Jean Hendrickson...DNF  
Everett & Verlyn Harris...DNF  
Debbie Newell.....DNF

RED COURSE: 15 controls 6km  
Goran Larsson.....1:14  
Dave Enger.....1:56  
Mark Hawley.....2:02  
Smitty Parratt.....2:12  
Berith Larsson.....DNF

Carkeek Park  
April 19, 1980 - Director:  
Dave Enger

WHITE COURSE: 6 controls 1.1km  
Fred Ebert.....0:47

YELLOW COURSE: 10 controls 2.5km  
Stig & Ernst Anderson....1:01  
William Connett.....1:10  
Karen Thomson.....1:16  
Gary & Debra MacDonald....1:18  
Tony Paulson & Susan  
Hamilton.....1:21  
Max Meyring.....1:40  
Dorothy Moushegian.....1:52  
Bob & Jean Hendrickson...2:09  
Carol Johnson.....2:10  
Shari Del Moral, Brenda  
Gross & children...approx. 3hrs.  
Judith Connett.....DNF

NOTE: Control #4 on the Yellow  
Course was stolen, & several people  
spent as much as 15min. looking for  
it.

RED COURSE: 14 controls 5.0km  
Goran Larsson.....0:58  
Clayton Smith.....1:02  
Anders Haglund.....1:11  
Johan Anderson.....1:19  
Mike Schuh.....1:21  
Richard Lacy.....1:22  
Pontus Andersson.....1:30  
Berith Larsson.....1:30

This was a strong field of competi-  
tors and the times are excellent!

Fort Lewis, "Burns Woods"  
May 11, 1980 - Directors:  
Clayton Smith & Dorothy Moushe-  
gian-Smith

The Meet was covered by KOMO-TV and  
a 10 min. segment was aired on PM-  
Northwest on Friday, May 16th. Also  
covering the Meet was a writer & Pho-  
tographer from the Fort Lewis news-  
paper, "Ranger".

WHITE COURSE: 9 controls 3.3km  
Karl Perry.....35:00  
Tom Hardin.....71:18  
Moseley & Bodden.....72:23  
Jerry Graham.....74:29  
Dave Ostlund.....DNF  
Debra & Gary MacDonald-Wayfinder  
KOMO-TV Crew.....Wayfinder

ORANGE COURSE: 9 controls 4.7km

Karl Perry.....36:33  
Frederic Riley.....39:07  
J. Nizolak.....41:34  
Susan Hamilton.....51:04  
Robert McHugh.....67:25  
Michael & Mary Reynolds...70:56  
Ernst Andersson.....72:08  
Janice & Kai Reynolds....81:16  
Judith Connett.....88:21  
R & J Hendrickson.....102:01  
William Connett.....91:02  
Carol Johnson.....116:27  
Gary Ostlund.....DQ  
W.J. Powell.....DQ

RED COURSE: 12 controls 5.8km

Johan Andersson.....45:16  
Rod Harris.....47:03  
Dave Enger.....52:42  
Richard Lacy.....54:43  
Charlie Bock.....58:03  
Mike Burbach.....58:37  
Mike Schuh.....59:06  
Sue Harris.....61:13  
Rob Corkran.....66:43  
Tony Paulson.....66:48  
Pontus Anderson.....69:50  
Pete Martini.....147:20  
Len Englund.....DNF  
Stig Anderson(87:49).....DQ

Discovery Park  
May 18, 1980 - Directors:  
Mike Schuh & Tony Paulson

WHITE COURSE:

B. Amacker & D. Fresir....0:40 -  
Bill Ford.....0:43 -  
Joan & Greg Konzelman....0:46 -  
Jack Keegan.....1:05 -  
Maggie Michel.....1:05 -  
Frank Weir.....1:11 -  
Laurie Weigardt.....1:20 -  
H. Smith & E. Weinstein...1:35 -  
Bill Fritz.....1:37 -  
Julia Gray.....1:45 -  
Joanne Gray.....2:06 -  
Eureka Mothershed.....2:54 -  
Georgene Ranney.....2:56 -

YELLOW COURSE:

Debbie Newell.....0:50  
Einar Storekers.....1:10  
Gurumukh Khalsa.....1:16  
Savitri Khalsa.....1:26  
Micky Reynolds.....1:53  
W.J. Powell.....2:20  
Bill Fritz.....2:21 -  
J. Reynolds & E. Otterholt..2:33  
John Shay & Fam.(1:26).....DNF -  
Carol Johnson (2:04).....DNF  
Hall & Reynolds(2:35).....DNF

RED COURSE:

Dave Enger.....1:30  
Clayton Smith(1:08).....DNF  
Charlie Bock(1:57).....DNF  
J. & G. Konzelman(2:09).....DNF -  
Reynolds Wendlant(3:00).....DNF  
D. Moushegian(3:15).....DNF

28 people attended the beginner's  
workshop at Discovery Park and  
participated in running 1 or more  
courses. 15 members also ran  
courses that Sunday.



## IOF SYMBOLS: SHORTHAND

(reprinted from Orienteering USA, vol 6 no.1)

IOF (International Orienteering Federation) has devised a new system for giving participants their "clues" or "control descriptions" at orienteering meets. It was specially designed for meets where more than one language is needed, but it is also very useful at any meet with a fairly large number of controls. The system makes things easier for the organizer and is learned extremely quickly by any orienteer. Its use is based on symbols rather than words. It may look complicated at first, but only because it is something different. It is really convenient and enables you to read the description at just a glance.

This is the lay-out. The Roman Numerals and letters refer to points made in the article and are not incorporated into the actual sheet of descriptions.

[illegible]

Numerals I - III are the heading. Letters A - H are the actual descriptions. Each square should be about 7 mm x 7 mm. The darker lines help the eye to pick up the spot wanted. Numeral IV is the finish information.

# HEADING

- HEADING
- I Class or classes using this particular description set.
- II Bee-line course length in kilometers.
- III The amount of climbing in meters by the best route.

I		II		III	
H	19-20 E	10.5 Km		450 m	

### DESCRIPTIONS

The eight columns are headed A-H; all columns are not necessarily used for any one control.

- A: The control number; e.g.: 3 the third one on your course.  
B: The control code designation shown on the control marker;  
e.g.: QA or 64, etc.  
C: Which one of the features out of several similar ones;  
e.g. : the eastern boulder, northern reentrant, etc.  
D: The control feature itself; e.g.: boulder, reentrant, etc.  
E & F: used to give details about the control feature.  
F: Dimensions of the feature, if applicable.  
G: The location of the control marker relative to the control feature.  
H: Other important information.

Example: At Control #3 there

A	B	C	D	E	F	G	H
3	AX	→	◇	⊗	8x6	√	⊖















The thicker lines appear before the most important information.

- A. Control No. 3
- B. Code No. AX
- C. Eastern
- D. Meadow
- E. Overgrown
- F. 8 x 6 m
- G. Northwest corner
- H. refreshments

• as shown by  
the symbols  
on the left

Columns A & B should be self-explanatory but the rest need further explanation.

Column C: C WHICH FEATURE

		<u>Southern</u> (marsh)
		<u>Northeastern</u> (knoll)
		<u>Upper</u> (cliff)
		<u>Lower</u> (path)
		<u>Middle</u> (boulder)
		<u>Between</u> (hills)
		<u>Between</u> (knoll and hill)

# Column D : CONTROL FEATURES

•	knoll		spring
0	hill		stream
X	saddle		ditch
U	terrace		dry ditch
A	spur		small marsh
E	rib		marsh
C	reentrant		firm ground
V	gully		field
>	depression		meadow
O	large depression		copse (trees)
E	cliff		forest corner
L	small cliff		thicket
>	pit		clearing
G	quarry		vegetation boundary
E	mine		ride (track)
*	bare rock		path
▲	boulder		road
▲	boulder field		bridge
•	sandy area		fence
0	lake		wall
0	pond		building
>	waterhole		ruin
0	well		tower

## SPECIAL FEATURES

When used as controls, "Special Features" should be very clearly described beforehand (in the briefing) For the Special Feature Symbol one of the following symbols should be used:

	.....
	.....
	.....
	.....

If any of the special features are to be used, the organizer should inform the competitors ahead of time what they stand for. It also helps if the standard symbols to be used (or those which will not be used, which ever list is shorter) are listed ahead of time for display.

## Columns E & F:

(D)	E	F	COMBINATIONS
			Path-crossing
			Path-track crossing
			Road-junction
			Stream-ditch-junction
			Stream-bend
			Ditch-bend
			Dry ditch-end
			Stream-source
			Reentrant-junction

E	F	APPEARANCE
		shallow
		deep
		overgrown
		open
	22	height (meters)
	8x10	LENGTHxWIDTH (meters)

## Column G: Location of the marker

	Northern <u>SIDE</u>
	Northwest <u>EDGE</u>
	East <u>CORNER</u> (inside)
	Southwest <u>CORNER</u> (outside)
	Southern <u>TIP</u>
	The Western <u>PART</u>
	Upper <u>PART</u> (head)
	Lower <u>PART</u> (foot)
	<u>On top of...</u>
	The Southern <u>FOOT</u>
	At the <u>FOOT</u> (no specific direction)

## Column H: Other Relevant Info

	Refreshments
	Radio Control
	Official Checking Control Card Markings

## Finish Information

Tells if the route to the finish is marked with streamers and the length from the last control:

	All the route marked from the control
	Forked Markings (from more than one control)
	No Markings Only the last part marked