

BEARING 315

The Newsletter of the Cascade Orienteering Club

November-December 1988

Terra Incognita

by Clay Morgan

*Beyond this map lies nothing but sandy deserts full
of wild beasts and unapproachable bogs.*

Plutarch (46-120 A.D.)

*Illinois is green. Indiana is pink . . . It ain't no lie;
I've seen it on a map and it's pink.*

Huckleberry Finn,
in Tom Sawyer Abroad

I wish I could tell a story like a map. No tale has more drama than the dynamic Alaskan coast. No novel has more plots than the twisting currents of the Amazon River. On a map we see it all: all history, nature, and fate. No fable supports legend better than the mighty testament of the Nile. No epitaph signifies infinity more sadly than the trackless wastes of Siberia or the countless sands of the Sahara. Maps fascinate. Maps captivate. Maps mystify. The depth soundings of a mid-ocean trench seem to fathom how much we do not know.

I have always loved maps. I love their beauty, their utility and their fancy. I even love their pretensions. With maps, we humans pretend to model the world. With maps, we pretend to know.

I love those scenes in the jungle movies when The Explorer turns to The Guide. "Here!" The Explorer explodes, "Give me that map! Now, let me see . . ."

"Me'm Sahib," The Guide begins to explain. But it's no use. We've walked off the map. Now we're going to start hearing midnight drums and those other spooky jungle sounds.

Nothing symbolizes better than maps our human dependence on place, and on knowing our place, our position, our location, our earthly address. The Explorer's next question, "Where the [bleep] are we?" may be the most common expression of panic in the history of exploration.

Maps say a lot about our world, but they say more about us. Back when people's minds were slightly flatter than ours are now, their maps showed that the world was flat and that all the world spun around themselves. To Herodotus, the center of the world was Rhodes. To the Romans, naturally, it was Rome. In the devout Middle Ages, Jerusalem was center. Even when we began scientifically to chart the earth, Britain's Royal Society determined that the best place to site the Prime Meridian, the world's dead center, just happened to be near London.

Learned people since the Greeks of the fourth century B.C. knew that the earth was a sphere, but it seems we commoners kept forgetting. The church reinforced the misunderstanding.

The world was flat, just like a map. The world had edges, too—all the better to fall off.

Some early maps showed the earth to be resting on the backs of giant elephants. And the feeling that the world had to be on solid ground persisted to modern times. Once, after the American philosopher William James had just given an evening lecture, a woman approached him to set the record straight. The earth, she told him, rested on the back of a giant turtle. When James asked her what the turtle stood on, she replied, "A bigger turtle, of course." When James began to ask the logical next question, the woman shouted, "It's no use, Mr. James! It's turtles, all the way down!"

Maps are our oldest literature, older than books. I'll bet a map was the first thing we humans ever wrote to communicate with each other. Perhaps one million years ago, on a fair June evening in the Great Rift Valley of East Africa, we earlier humans stopped to rest during our long and wandering evolution. With a stick in the mud of a lake bed, we drew some lines to represent the lake, a river, a thick forest of mystery, and some good hunting grounds beyond the forest. We pointed at our map and said, "Here, lads. Our story starts here. We're here now. And we hope to be there tomorrow."

It made so much sense that we took it for magic. Here we had symbolized the world in a picture. There was something so real about this new thing called a map that it helped us believe we could get there. It not only reinforced our belief that good hunting existed beyond the mysterious forest, but it strongly suggested that the future existed; it was a place we could go to, and be there, tomorrow. This was welcome reassurance. Our map may have been dead wrong—and its errors may have proved to be fatal—but it certainly made sense as we studied it. We drew in more wildebeest to put off our hunger and we gazed at our invention. What a comforting thing this was. On maps, all paths lead somewhere.

That's the good thing about maps. Maps put the world in its place. Before maps, locations moved around. Islands floated and cities disappeared, only to show up centuries later like amnesiac cousins claiming their right to fight in the family quarrel. Of course, maps had blank spots, just like our knowledge, and we filled the blank spots with our imaginations. About early maps Jonathan Swift once wrote:

*"So geographers, in Afric maps,
With savage pictures fill their gaps,
And o'er unhabitable downs,
Place elephants for want of towns."*

Inaccurate maps sometimes helped in discovery. The great geographer Ptolemy (90-168 A.D.) underestimated the size of

continued —→

the earth by almost a third. He thought Europe and Asia stretched more than halfway around the globe, rather than the 36 percent that they actually cover. Ptolemy's figures held for 13 centuries, and they helped Columbus persuade Ferdinand and Isabella that he could easily sail west to reach the east.

Luckily for Columbus, America was in the way. After only 36 days of oceanic ignorance, he bumped into solid ground. His bad map had saved him. Without this surprise, Columbus might have sailed on until he ran out of provisions, or sank in a monstrous Atlantic that would truly have covered half the world.

Ferdinand Magellan got the long end of a short stick when he set out to circumnavigate the world in 1519. Europeans had not realized that what Columbus had landed on was a vast continent, unknown to them. They thought America was only an island and they still expected Asia to be lurking behind it. According to the way Magellan read his Ptolemy, only a narrow channel separated America from Japan.

Magellan's bad map put him in big trouble. He expected to cross the channel to Asia in a few weeks. Of course, this "channel" turned out to be the greatest ocean on earth. By luck, Magellan did not encounter a single storm in his 12,000-mile crossing. In error—and in gratitude—Magellan named these kindly waters the Pacific Ocean. (He was soon to be killed by natives in the Philippines.)

Meanwhile, back on land, maps allowed us to think in terms of territory—more territory than we needed. Now we drew maps to fit our appetites. Maps also gave us new ways to lie. We could just draw our boundary lines around this town, and that river, and voila! we've got ourselves an empire. Kings played maps like we play board games. The Pope divided the world with a line. Spain got everything west of the line. Portugal had to settle for the rest.

Maps facilitated borders and borders gave reasons for wars. But the more factual maps did not always please the rulers who commissioned them. In 1748, a more accurate map of

France made Louis XV exclaim that this new map had lost him more empire than his conquering wars had gained.

Even today, political maps reflect the world the way we want it to look. China's map of India does not agree with India's map of India; China's map is always helping itself to more of the Himalayas. Ecuador's maps show Ecuador to be twice the size of the territory it actually governs; the losses of a 1941 war with Peru may never be acknowledged. According to some maps of Guatemala, printed by Guatemala, the nation of Belize does not exist.

Maps may lie. Maps may conspire. But maps also suggest, seduce, and inspire. I can lose myself in a map.

I love the shapes and the contours of the earth. When I read a map, the Andes take my breath. The oceans sound my imagination. Across broad landscapes, I watch mad rivers as they rush on, in suicidal abandon to the sea.

Geography speaks. Mongolia tells me, "You can't get here from there." The ice caps prophesy a future of cold. The tropics say live for today, but as I watch they change their forests into farms, their farms into deserts, and their deserts into millions of unhappy endings.

On a map I can watch the continents break up and drift apart, as tragic and thoughtless as families. Scientifically, the geophysicists call this plate tectonics, but to me it is more. It is infinitely sad; it is the wandering away of worlds.

A map is a mine of imagination. On a map, Australia looks orphaned. Islands languish in chains. An Africa—old Africa—raises his shoulders, while Europe holds him down.

"Journey over all the universe in a map," Cervantes wrote, "without the expense and fatigue of traveling, without the suffering or inconveniences of heat, cold, hunger, and thirst."

And sometimes, I might add, without the limitations of reality.

Thanks to Robert Miller for submitting "Terra Incognita," which originally appeared in the July 1988 edition of Alaska Airlines Magazine.

Rate Increase

Because of increases in postage and map printing, it will cost us more to participate in our favorite sport. Although our rates are increasing, orienteering is still one of the least expensive sports in which to participate. We have only increased our meet fees once before, and we have had the same membership rates for over 10 years. The new rates are effective immediately and will be:

Meet Fees

	<u>b/w map</u>	<u>color</u>
Members	\$2.50	\$3.00
Non-members	3.50	4.00

Membership Dues

Individual	\$10.00
Family	15.00
Associate (under 18)	5.00
Newsletter only	6.00

Novice course fees will remain at \$1.00 per registration and family meet fees will still be the regular fee for the first two family members and \$1.00 for each additional family member.

Lynndale Park Permanent Courses Open

Three new permanent orienteering courses at Lynndale Park are now open for use. The three different skill level courses that are set up are: Beginner at 1k, Intermediate at 2k, and Advanced at 3.4k. You can set up other courses of differing lengths if you desire. The directions/map packets are available at the Lynnwood Recreation Center (18900 44th Ave. W.) for \$1.00. Lynndale Park is located at 189th Pl. and 72nd Ave. W. in Lynnwood. The courses were designed and built by Paul Siscel (Troop 304) as an Eagle Scout project. Go out to Lynndale Park, try out the courses, and improve your orienteering skills.

Jim Siscel

Local Yokels Attend National Meets

Good luck to the following Washington orienteers who are attending all or part of the 6-meet U.S. Orienteering Festival on the east coast: **Jeff Coker** (Nisqually), **Dave Enger** (Sammamish), **Carl Moore** (Nisqually), **Debbie Newell** (Cascade), **Knut Olson** (Cascade), **Katie Sprugel** (Cascade), **Dave Tal-lent** (Sammamish), and **Fred Veler** (Nisqually).

Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 22 October 1988. Words of both thanks and welcome go to the following new or renewing club members: Steve Avolio family, Jo Brown, Stanton Brown family, Jeff Coker, James Davis, Donald Denbo, Scott & Shirley Donald, HealthComm, Diane Gorenberg, Bo Lindstrom, Martin Mellish & Tania Hernandez, Knut Olson family, Sherrill Pattee, Terry Shumaker, Tom Slocum, Larry & Judy Swan, Fred & Dee Waples, David & Diana Wasson. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; also, membership cards are only available in person at a club function such as regular meet, meeting, pot-O-luck, but not at any ski-O meets, nor night-O meets, nor canoe-O meets (unless you are lucky), nor training events, nor workshops.

Now on to the fun stuff. We received a note from member in absentia Matti Löppönen. He has moved again, this time from Quebec to Atlanta. He can probably take the heat, but how he deals with the humidity there is another matter. Speaking of other matters, Matti also mentioned that he "got married (with a Finn)." She is not as great an orienteering enthusiast as he is, but is more involved with computers. Maybe he'll be able to move back here to Washington now; we all miss him....While we are on the subject of marriages, Jan Vrana threw a fantastic wedding reception party; Eva is a lucky lady....Ralph Olson, occasional orienteer and son of Knut, Cascade's first U. S. orienteering champion, joined the Navy. Perhaps he will be able to participate in far-away O' meets with the Navy taking care of his transportation....About a dozen folks from the state (Cascade, Sammamish, Nisqually clubs) are heading back east for the U.S. Championships and the North American Championships. Let it be noted for all of you club members who think that you are not competitive so you don't want to come to a big meet, that hardly any of the folks going have a realistic chance of taking first in their class. They go because O' is fun, people in O' are fun, they can use excellent maps, and don't have to worry about organizing things them-

First American ROGAINE To Be Held In Washington

Washington will be the site of the first U.S. ROGAINE next May 13 and 14. The sport of ROGAINE (Rugged Outdoor Group Activity Involving Navigation and Endurance) is similar to an orienteering score course, in which competitors visit, in any order, as many controls as possible within a specified time limit.

Unlike orienteering, ROGAINEing uses government-issued topographic maps at scales from 1:24,000 to 1:50,000. And there can be as many as 50 controls spread over an area of up to 200 square kilometers. To give you time to find all these markers, you are allowed a time limit of 24 hours (yes, *hours*). For those who don't fancy spending 24 hours navigating, the Washington ROGAINE will introduce a 12-hour version.

More information about the ROGAINE will be published in upcoming issues of "Bearing 315." If you just can't wait that long, or want to volunteer to help, call the organizer, Bob Reddick, at (206) 581-0009, or write to the address below:

ROGAINE '89 - USA
Washington State Orienteering Association
P.O. Box 111977
Tacoma, WA 98411-1977
USA

selves to make the meet run smoothly. So, when we put on big meets locally, either volunteer to help out in one way or another, or if you absolutely can't, then come to the meet and bring lots of friends to get them interested in our wonderful sport....The new map of Drunken Charlie Lake gives us all a great area for new meets that won't grow boring very quickly. For those of you who didn't come to the meet in September, the area is quite intricate and you can even say confusing. Because of the unevenness of the terrain and the downed wood in the forest, a pure runner has no advantages here at all; navigation and not losing contact with the map are essential for turning in reasonably good times. This is a great place for most people with some orienteering experience to improve; it is a bit too difficult to take people for their first meet unless they are already experienced in the woods. Let's hope that they don't log too much of it before our next meet there. Reports from members who have had to go back out there either to pick up markers or because they wanted to redo their route choices and see how, if any, they might improve are that the road building has pushed on past Drunken Charlie Lake to the northwest along an old trail. Another trail out there will be welcome for those who had lots of trouble relocating at the meet....Be sure to come to the next club meeting to vote for the officer of your choice; in fact, run for the office of your choice. Some of the newer club members can learn about the running of the club and about what is involved in arranging to put on a meet, or to make an O' map by serving as Secretary or Vice President. There are still experienced people to help but it would be nice to have some newer folks to help share the load. Phone me at 784-2774 if you need more information about what is available and what is needed. We always need more publicity and more promotions staff. The more who volunteer, the less work any individual has to do....If you want more news about people in the club, you'll have to write something for me to include. I want just the facts and I'll condense it to fit; or, if you prefer, give me something to be printed verbatim.

Help At Meets - Earn Neat Stuff

Who says a good deed is its own reward? Beginning in January, we will begin a "thank you" program for volunteers. Each time you design courses, act as meet director, work at a meet, or perform any of the zillions of other tasks that keep our club running smoothly, you will receive points. Once a year you will be able to trade in your points on selected orienteering items like patches, games, compasses, suits, and shoes.

The number of points you receive depends on the job you do. If you help with registration at a one-day local meet, for example, you will receive 50 points. Being Meet Director at that same meet will get you 150 points.

For more information, pick up a flyer at a Cascade meet soon.

EWOCs Start O' Club in Spokane

[We received the following letter from John Beck, newly-elected president of the Eastern Washington O' Club. We welcome the new Spokane club and hope to see some EWOCs on the west side of the mountains soon.]

Following the August 27 Manito Park meet in Spokane (reported in the last issue of "Bearing 315"), an orienteering club is being organized in the Spokane area. Despite the fact that one-third of the members attending the first meeting September 14 reside in Idaho, the group has chosen the name Eastern Washington Orienteering Club.

The club has elected John Beck president, Janey Reifle secretary, and Marshall Nelson treasurer. Ernie Hawks is in charge of membership, Tim Murphy training and publicity, and Craig Reifle newsletter.

The first issue of the newsletter was published in October, and a second meet at Manito Park was held on October 15.

For more information, write or call:

John Beck
S. 2305-2 Southeast Blvd.
Spokane, WA 99203
(509) 536-0650

Athletics, Sport, and Competitive Eating

Sport was originally a source of diversion and recreation; physical activity engaged in for pleasure. Our ancestors engaged in sport in the true sense of the word. In primitive tribes, games were developed to test athletic prowess and skill.

Proper nutrition was required for our ancestors' athletic competitions. The age of sports nutrition began when the ancient Greeks found that athletes who ate more nutritious meals performed better and were stronger and more fit in competition.

We can learn from the historic days of sport in which optimal training and nutrition were the tools of the athlete. Strong evidence now indicates that strength, muscle development, and endurance are best achieved when one trains appropriately and fuels his or her body correctly with optimal nutrition.

What is the optimal diet that can help the athlete capture the winning edge? The best recent evidence seems to indicate that diets relatively low in fat, high in complex carbohydrates, with balanced protein from vegetable and animal sources, and rich in vitamins and minerals (particularly antioxidants such as vitamin C, vitamin E, zinc, selenium, chromium, and manganese) are those that promote optimal conversion of food energy to muscular energy.

Dietary fats should constitute no more than 25 percent of total calories and be balanced in unsaturated vegetable oils, fish oil, and limited saturated fats. Protein should be rich in the essential amino acids, such as isoleucine, leucine, valine, lysine, threonine, phenylalanine, tryptophan, and the sulphur amino acid methionine. Daily protein intake should equal approximately one gram of protein for every 2.2 pounds of body weight, which for the average person would amount to between 70 and 100 grams of protein per day.

Some foods that are rich in protein – dairy products and wheat, for example – produce intolerance in certain individuals. For this reason, potential food allergy or intolerance should be evaluated in the athlete's diet to maximize a positive response to foods. Foods rich in antioxidant nutrients help to defend against oxygen-induced damage to exercising muscle. Whole grains, root vegetables grown in mineral-rich soil, fresh citrus fruits, and orange-red vegetables rich in beta carotene are important sources of antioxidant nutrients.

Evidence also suggests that heavy exercise may increase the need for certain of the B vitamins and vitamin C. The work of Dr. Daphne Roe at Cornell University indicates that women who exercise require higher amounts of vitamin B-2 than do sedentary women of the same age. Increased levels of vitamin C in athletes of both sexes can help extend endurance and promote cardiovascular efficiency. In animal studies, Dr. Lester Packer, a physiologist at the University of California at Berkeley, found that animals involved in endurance activities require more vitamin E than animals engaged in short duration

muscular events. Vitamin E works together with selenium and beta carotene to help protect cells against oxygen-induced damage. Another antioxidant that works in the same pathway in human physiology is coenzyme Q, which has been extensively studied in Japan as a therapeutic nutrient that seems to improve aerobic potential. An accessory nutrient that also seems to improve performance in endurance and strength events is dimethyl glycine, a member of the family of nutrients called lipotropic factors, which includes folic acid, vitamin B-12, and vitamin B-6.

Finally, now that many more young women are involved in heavy exercise programs, more and more of them are experiencing amenorrhea. Bone loss is an unfortunate side effect of amenorrhea in premenopausal women who exercise heavily. The bone loss occurs as a consequence of altered estrogen hormone metabolism in these women, but it is not a necessary response to exercise. Estrogen difficulties occur as a consequence of undernutrition in these exercising women, and when they increase their protein, calories, and calcium intake, their menstrual periods resume, and proper bone metabolism is restored.

Together, all this information indicates that the best way to power optimal physical performance and enjoy sport the way it should be enjoyed is to eat and train optimally. Relying upon pharmacological intervention into sport in an attempt to gain a few hundredths of a second in a contest of speed, a few pounds on the barbells, or a few fractions of an inch in the jump, does not pay dividends in the long term.

A current American Medical Association drug evaluation of steroid use in athletics reports that the evidence on the muscle-building ability of steroids is still "equivocal." Drs. Michael Kibble and Mary Ross, writing in the September 1987 issue of *Clinical Pharmacology*, conclude that steroids increase muscle mass and strength "only in persons who are already weight trained and who continue intensive training while maintaining high-protein, high-calorie diets." Use of steroids does not pay dividends for most people, and the long-term health hazards may far outweigh the benefits they offer. Once again, we should go back to the basics. Sports should be enjoyed, and optimal performance should be achieved through proper training and nutrition.

Jeffrey S. Bland is President of HealthComm, a health education company based in Gig Harbor which provides health professionals with the latest research and clinical strategies in nutrition and disease prevention. He is a nutritional biochemist and former professor of chemistry at the University of Puget Sound.

Meet Results

FOSTER ISLAND CANOE-O - August 28

Meet Director: Betty Berreth
Course Designer: Rick Breseman
Registration: Jason Petty
Starts: Dave Petty
Finish: Eileen Breseman, Betty Berreth
Control Pickup: Rick & Eileen Breseman

Course 1 (score-o, 40 minute time limit)

Friedman/Kish Miller	135
Schurle	120
Kurt Blakstad	95
Gro Jonsberg	95
Bill Enger	90
Jason & Dave Petty	60
Charles Loomis	0
Louis Boitano	0

Course 2 (score-o, 70 minute time limit)

Ulf Köster/Mike Schuh	360
Dave/John Lilly	340
Debbie Newell/Arnold Kay	310
Bob/Pat Reddick	290
Mac MacDonald (on foot)	290
Jeff Coker/Keith Wren	280
Dave Tallent (on foot)	275
Dave Enger	270
Pat Albright/Michael Klinger	240
Martin Mellish/Tania Hernandez	230
Joe Barsugli/Brian Diamond	210
Baby Yost	180
Alan Altman	170
Cathy Smith/Matt Newman	140
Steve/Paul Herber	135

WASHINGTON STATE CHAMPIONSHIPS - Sept. 24-25 Drunken Charlie Lake

After months of near-drought conditions, Mother Nature chose this weekend to release her cache of rain on us poor mortals. It rained virtually all day on both Saturday and Sunday, finally letting up a little in time for the awards ceremony..

Course Designers: Doug & Katie Sprugel
Control Setters: Mike Schuh, Arnold Kay, Tom Schuh, Raimo Pitkanen, Debbie Newell, Harvey Friedman, Amy Loomis, Robert Miller, Sandy Kish Miller
Registration: Eileen & Rick Breseman
Start: Pat Albright, Jo Brown, Harvey Friedman, Dave Lilly
Finish: Debbie Newell, Robert Miller, Sandy Kish Miller, Bruce McAlister, Scott Coble, Dave Petty, Tom Slocum
Control Pickup: Pat Albright, Arnold Kay, Dave Lilly, Debbie Newell, Mike Schuh
Search & Rescue: Explorer Search & Rescue (Doug Caley, Director of Operations)

Course 1 (Day 1: 1.4k, 5 controls; Day 2: 1.6k, 8 controls)

F12A	Day 1	Day 2	Total
Sarah Collings	68:53	66:50	135:43
Carman Benoit	29:00	DNS	
Rachel & Emily Width	67:19	DNS	

M12A	Day 1	Day 2	Total
Dylan Green	68:21	33:28	101:49
Michael Kerr	74:20	32:02	106:22
Travis Hock	81:46	32:58	114:44
Danny Kerr	72:04	48:56	121:00

F Open C	Day 1	Day 2	Total
Sherrill Wade	53:32	DNS	

M Open D	Day 1	Day 2	Total
Jim/Josh Stevenson	41:48	DNS	
Allan Karlsen	DNS	52:09	
Andrew Stevenson	63:57	DNS	
Dave Stenger	DNS	DNF	

Wayfarer	Day 1	Day 2	Total
Marta Green	69:49	39:06	108:55

Course 2 (Day 1: 3.6k, 9 controls; Day 2: 2.6k, 10 controls)

F15-16A	Day 1	Day 2	Total
Cindy Harmon	DNF	DNS	

F Open B	Day 1	Day 2	Total
Lucy Collings	129:02	64:40	193:42
Sherrill Pattee	134:51	DNS	
Karen MacDonald	DNF	DNS	
Nancy Lilly	DNF	DNS	
Pat Pugh	DNF	DNF	
Diane Gorenberg	DNF	DNS	

Course 3 (Day 1: 2.8k, 9 controls; Day 2: 3.1k, 11 controls)

F35B	Day 1	Day 2	Total
Joan Stirling	117:10	124:58	242:08
Sany Kerr	135:40	165:34	301:14
Amy Loomis	DNS	131:18	
Charlotte Green	DNF	DNS	
Nancy Lewis	DNF	DNS	
Pat Reddick	DNF	DNS	

M16-16A	Day 1	Day 2	Total
Bill MacDonald	DNF	DNF	

F Open A	Day 1	Day 2	Total
Susan Dixon	159:00	DNS	
Tania Hernandez	DNF	DNS	

M Open B	Day 1	Day 2	Total
*Jim McNamara	95:36	117:28	213:04
Stuart Bradshaw	81:57	DNS	

Steve Avolio	97:38	DNS	
Dave Petty	109:06	DNS	
Larry Wade	137:17	DNS	
Tom Slocum	DNS	126:49	

Course 4 (Day 1: 4.3k, 8 controls; Day 2: 3.7k, 11 controls)

F19-20A	Day 1	Day 2	Total
Rachel Tharp	DNF	DNS	

F21B	Day 1	Day 2	Total
Violet Van Hees	146:07	150:52	296:59
Leslie Rodgers	108:33	DNS	

F35A	Day 1	Day 2	Total
Shirley Donald	140:37	116:43	257:20
Anne York	168:48	DNF	
Ingrid Dagis	DNF	186:52	
Jean Davis	DNF	DNS	

M35B	Day 1	Day 2	Total
Tim Benoit	69:18	DNS	
Ken Hicks	158:59	DNS	
John Lilly	DNF	DNS	
Jim Kampe	DNF	DNS	

M40B	Day 1	Day 2	Total
Alan Phillip	83:52	82:20	166:12
John Collings	140:08	104:47	244:55
*Scott Coble	128:31	129:12	257:43
Dale Width	95:55	DNF	
Robert Miller	137:53	DNS	
Bob Kerr	DNF	DNF	

M50A	Day 1	Day 2	Total
*Knut Olson	108:54	158:49	267:49
Carl Moore	111:45	DNF	
Bob Reddick	162:51	DNF	
Ken Lew	DNF	DNS	

M Open A	Day 1	Day 2	Total
John Sincok	168:06	DNF	

Course 5 (Day 1: 5.7k, 12 controls; Day 2: 4.6k, 11 controls)

F21A	Day 1	Day 2	Total
Jennifer Fenton	150:48	129:55	280:43
Debbie Newell	142:10	DNS	

M21B	Day 1	Day 2	Total
Ted Stuart	94:06	92:04	186:10
*Bob Forbes	121:21	95:12	216:33
Scott Elich	140:05	133:44	273:49
Dave Lilly	162:12	126:02	288:14
Rick Breseman	DNF	DNS	
Craig Brooks	DNF	DNS	

M35A	Day 1	Day 2	Total
*Fred Veler	100:54	92:09	193:03
Ron Green	99:47	95:31	195:18
Steve Stirling	108:08	108:41	216:49

Dave Tallent	129:39	179:52	309:31
Gerry Grieve	184:56	158:34	343:30
Brian Livsey	105:32	DNS	
Gary McCausland	121:45	DNF	
Jim Kampe	DNF	DNS	
George Pugh	DSQ	113:03	
Martin Mellish	DSQ	DNS	
Kurt Blakstad	DNS	127:00	

M40A

*Mike Tharp	102:40	105:40	208:20
Mac MacDonald	DNF	195:02	
Ake Lemmark	DNS	115:45	

M45A

*Dan Waugh	132:03	91:17	223:20
Scott Donald	132:15	DNF	
Don Atkinson	DNF	178:02	

Course 6 (Day 1: 7.2k, 11 controls; Day 2: 6.1k, 12 controls)

M21A

Ross Burnett	82:53	84:51	167:44
*Dave Enger	117:47	116:39	234:26
Volker Bodegom	145:44	DNF	
Kip Sturderan	161:58	DNS	
Phillip Grant	DNF	128:39	
Jan Vrana	DNF	DNS	
Dave Dummeyer	DNF	DNS	
Nathan Tharp	DNF	DNS	
Arne Skog	DNS	143:09	
Jeff Lewis	DNS	DNF	
Raimo Pitkanen	DNS	90:40	

MANITO PARK - October 15 Eastern Washington O Club

Meet Director: John Beck
Course Design: Mike Schuh
Registration: Tim Murphy
Start: Ernie Hawks
Finish: Scott Coble
Marker Pickup: Marshall Nelson

The Eastern Washington O Club held the second meet at Manito Park in Spokane. Despite forecasts of rain, it was a sunny morning which attracted 19 orienteers, including Scott and Shirley Donald from Kootenay O Club, B.C., to compete on two courses designed by Mike Schuh (COC). Scott Coble, also a member of COC and on the faculty at Gonzaga University, had the best time on both courses. Thanks to all who helped.

John Beck

Course 1 (1.3k)

Scott Coble	7:22
Fred Waples	8:24
Mary Hearly, Chris & Michelle Little	12:11
Marshall Nelson	12:15
Dee Waples	13:56
Isaac & Bob Turner	15:10
Paul, Ann & Barb Stimers	16:44
Shirley Donald	17:35
Michele Cook/April Bresgal	21:05

Joy & Chris Turner	25:13
Course 2 (1.9k)	
Scott Coble	17:10
Scott Donald	22:24
Isaac & Bob Turner	22:38
Chris Little	22:46
Marshall Nelson	28:00
Chris Turner	31:35
Ernie Hawks	32:15
Shirley Donald	35:19
Paul, Ann & Barb Stimers	35:23
Michele Cook/April Bresgal	37:13
Fred & Dee Waples	38:09
Mary Herler/Michelle Little	42:21

LYNNDALE PARK NIGHT-O scheduled for October 15 was cancelled because the Lynwood Parks Department does not allow night use of their parks.

SEWARD PARK - October 23

Meet Director: Jim McNamara
Course Design: Pat Albright, Arnold Kay, Debbie Newell
Registration: Ken Knapp
Starts: Jed Dixon, Jim McNamara
Finish: Ardis Dull, Debbie Newell
Marker Pickup: Pat Albright, Jeff Coker, Jim McNamara

Course 1 (2k, 8 controls)

Marijean Rak	14:56
Thurston Miller	15:53
Bob Reddick	20:28
Kris Olsen/Knut Olson	21:13
Sherrill Pattee	21:53
Peter Dahl	22:20
Chuck Delpier	23:20
John Sincock	24:40
John Farrar	28:12
Wade Grass	28:33
George & Nancy Lilly	33:08
Cheryl Raleigh	39:46
Jay Overstreet	41:34

Katie Finn	untimed
Star Leonard	untimed
Jim Davis	untimed

Course 2 (3.4k, 9 controls)

Robert Olsen	44:07
Ardis Dull	44:44
Peter Dahl	47:01
Tania Hernandez	82:20
Pat & Fred Canada	93:54
Eric Chadwick	155:56
Jim Davis	untimed
Kathy Trost	DSQ

Course 3 (2.8k, 10 controls)

Ken Wiljanen	26:03
Don Atkinson	31:44
John Lilly	31:55
Terry Shumaker	34:21
Jed Dixon	39:57
Phil Everett	42:26
John Sincock	47:10
Michelle Everett	48:37
Bruce McAlister	50:01
Bill Maiden	54:15
Jim, Andrea & Karen Siscel	62:09
Layman/Morin/Grass	69:08
Scott Coble	DSQ

Course 4 (3.9k, 9 controls)

Jeff Coker	31:28
Dave Lilly	32:01
Arne Lund	36:44
Rick Breseman	36:48
Dave Tallent	37:20
Thomas DeBuys	39:25
Terry Shumaker	40:44
Martin Mellish	41:16
Bob Reddick	43:49
Scott Coble	48:39
Mac MacDonald	51:03
Deb Danner	61:35
Jim Gallant	61:35
Harvey Friedman	84:12
Kris Olsen/Knut Olson	97:43
Robert Olsen	DNF

"See How They Swam" and Officer Elections at Annual Meeting November 17

The 1988 Annual Meeting will feature the election of officers for 1989 and "See How They Swam," a review of the different routes people took at the Drunken Charlie Lake meet. The meeting will be held on **Thursday, November 17** at the University Branch Library (50th & Roosevelt) in Seattle at 7:00 p.m.

Drunken Charlie Lake

Orienteering
Club
P.O. Box 30375
Seattle, WA 98103
©1988

Base Map: Mike Ackert
Fieldwork: Raine Pitkanen
Cartography: Debbie Newell

Many thanks to Harald Knutsen
for preliminary fieldwork

State Championships

The accompanying map shows all the marker locations used for the State Championships at Drunken Charlie Lake. Although the weather for the championships was terrible, the area is actually very nice when it isn't raining.

Of the 93 people or groups who participated

84 participated on Day 1
55 participated on Day 2
46 participated both days

Saturday's rain made the footing bad in many places, and dangerous in some. It was also disconcerting to hear what sounded like very large bees buzzing on some courses. On further investigation, the "bees" proved to be a guy with a chain saw cutting down trees for a new logging road. Apparently the Department of Natural Resources (who were well aware that we would be there that weekend) neglected to tell the logging company that we would be using the woods. Fortunately, nobody was hurt, although one marker was knocked down.

Many thanks to Doug, Dave S., Dave W., Paul, Jeff, Ryan, Sarah, Jamie and Bob of the Explorer Search and Rescue for occupying the radio controls in those less than comfortable conditions and rounding up stray orienteers. We hope to see them participating at future meets.

Schedule

Date/Time	Location	Type	Club	Map	Information
Sun, NOV 13 10-12 noon	Lake Tradition, Issaquah I-90, Front St. exit	C	SAMM	color 1:15,000	Dave Enger (206) 822-6254
Thu, NOV 17 7:00 p.m.	* Annual Meeting - Election of Officers University Branch Library, 50th & Roosevelt, Seattle		COC		Mike Schuh (206) 783-3960
Sat, NOV 19 10-12 noon	* Manito Park, Spokane	C	EWOC	b/w 1:5,000	John Beck (509) 536-0650
Sun, NOV 20 noon- 1:30 p.m.	University of Washington Campus, WIOL practice N.E. 45th St. entrance	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sat-Sun NOV 26-27	Evergreen O' Cup, Tenalquot Rainier Rd. S.E., south of Lacey	C	NISQ	color 1:15,000	Gary McCausland (206) 352-5542
Sat, DEC 3 10-12 noon	Island Crest Park, Mercer Island I-90 exit 7, Island Crest Way at S.E. 58th St.	W	SAMM	color 1:7,500	Dave Enger (206) 822-6254
Sat, DEC 17 11 a.m. - 1 p.m.	Trollhaugen Ski-O I-90 exit 62	S	COC	color 1:15,000	Mike Schuh (206) 783-3960
Sun, DEC 18 10-11 a.m.	* Fort Steilacoom Park, Tacoma Steilacoom Blvd. & 87th Ave. S.W.	W	NISQ	color 1:10,000	Fred Veler (206) 572-4498
Sat, DEC 31 11 a.m. - 1 p.m.	New Year's Eve party and 9th Annual "Bog Slog" St. Edward State Park, Kirkland	C	COC	color 1:10,000	Mike Schuh (206) 783-3960
Sat, JAN 14 10 a.m. - noon	Woodland Park, Seattle N.E. 50th St. entrance	W	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sat, JAN 21 10-12 noon	Marymoor Park, Redmond Highway 520	W	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sun, JAN 22 11 a.m. - 1 p.m.	Ski-O, Cle Elum Ridge I-90, exit 85	S	COC	color 1:15,000	Mike Schuh (206) 783-3960
Sun, FEB 12 10 a.m. - noon	University of Washington, Seattle N.E. 45th St. entrance	W	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sat, FEB 18 10-11 a.m.	Pt. Defiance Park, Tacoma	W	NISQ	color 1:10,000	Gary McCausland (206) 352-5542
Sat, FEB 25 10-12 noon	Bridle Trails State Park, Kirkland High School Championships	W	SAMM	color 1:10,000	Dave Enger (206) 822-6254



Bog Slog & New Year's Eve Pot-O-Luck

St. Edward Pool and showers available Noon to 2 p.m. -
bring a towel (\$1.00 donation)

Pot-Luck Location - 6216 NE 154th St (1/2 mi N. of park)

Traditional homemade pie awards

Music - bring a favorite record, compact disc or cassette tape

Games - Pictionary, Trivial Pursuit, Computer Jeopardy!

For the latest meet information, call the ORIENTEERING HOTLINE at 783-3866

Event Key

- A - major event on good quality color map, 5 courses minimum
- B - major local event, 3-4 courses minimum
- C - local club event, 3 or 4 courses
- S - special event (bicycle, canoe, ski, night, etc.)
- W - Washington Interscholastic O League meet (everyone welcome)

Club Key

- COC - Cascade O Club; EOC - Ellensburg O Club; EWOC - Eastern Washington O Club; NISQ - Nisqually Orienteers;
- SAMM - Sammamish O Club; BSK - Blue Star Komplex;
- DVOA - Delaware Valley O Assoc.; QOC - Quantico O Club;

*Changes from last issue:

- November 17 - Annual Meeting added
- November 19 - Manito Park meet added
- December 18 - Ft. Steilacoom Park meet added

COC OFFICERS AND COORDINATORS

President	Mike Schuh	(206) 783-3960
Vice President		
Secretary		
Treasurer	Doug Sprugel	(206) 365-8742
Mapping Coordinator	Bruce McAlister	(206) 821-6862
Membership Coordinator	Harvey Friedman	(206) 784-2774
Newsletter Editor	Debbie Newell	(206) 488-7471
Training Coordinator	Pat Albright	(206) 265-6710
Publicity Coordinator	Tony Saulewicz	(206) 784-5398
Equipment Coordinator	Arnold Kay	(206) 488-7471
Volunteer Coordinator	Betty Berreth	(206) 546-2128

COC MEMBERSHIP DUES

Single	\$10.00/year
Family	15.00/year
Associate (under 18)	5.00/year
Newsletter Only	6.00/year

COC "C" MEET FEES

	<u>b/w map</u>	<u>color map</u>
Orienteering club members	\$2.50	\$3.00
Non club members	3.50	4.00
Novice course	1.00	1.00
Families (regular fee for first 2 family members, \$1.00/person thereafter)		

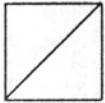
Special events, such as the State Championships and "A" meets, have higher fees.

"BEARING 315" PUBLICATION SCHEDULE

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

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

Mail material to:
Debbie Newell
6216 N.E. 154th St.
Bothell, WA 98011



Cascade Orienteering Club
P.O. Box 31375
Seattle, WA 98103
(206) 783-3866

Address Correction Requested
