

BEARING 315

Newsletter of Cascade Orienteering Club

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Jul/Aug 1984

BEARING 315 contains results, a schedule, an editor's column, and articles of interest contributed by members or selected from other sources; letters to the editor are most welcome and generally will be printed sooner or later, space permitting. Any correspondence to Cascade Orienteering Club or to this Newsletter should go to

P.O. Box 31375
Seattle, Wash. 98103

Other clubs wishing to receive BEARING 315 in exchange should send their newsletters directly to the above address.

State Championships

The 1984 Washington state championships will coincide with the last 2-days of Peo Bengtsson's tour 28-29 July 1984. Saturday meet at Cle Elum Ridge near Pine Hills Ranch road and Sunday meet at the new Lake Tradition map site somewhere near Issaquah high school. The champion in each class will be the Washington state resident with the fastest combined 2-day total. We hope to have enough Scandinavians, Canadians, Oregonians, etc. attend to make for good competition in each class, even where only 1 Washingtonian would be eligible for the title. Meet fees will be \$3.50 per day for this special event.

The touring Scandinavians will be here for 3 days of orienteering on 27-29 July; about 40 will be here staying at Seattle University so they can be close enough to downtown Seattle to play tourist in whatever free time they have.

Thanks

Special thanks go to Jean Davis for putting out the May/June issue of Bearing 315 while I was away in the United Kingdom. I feel she did an excellent job.

501 (c) 3

After more than a year of dealing with state and local agencies, I am pleased to announce that **Cascade Orienteering Club** is recognized by the IRS as a non-profit, tax-exempt organization under section 501(c)3 of the code. Come to the next meeting to find out what such status means.

Next Issue

All material to be published in the next issue must be received by 15 August. The earlier, the better.

Officers & Board Members

The officers and executive board members of the Cascade Orienteering Club are:

President	Mark Hartinger	242-3985
Vice President	Debbie Newell	488-7471
Secretary	Ardis Dull	364-4062
Treasurer	Chris Hawkins	524-0943
Newsletter Editor	Harvey Friedman	LA4-3437
Mapping	John Huth	522-1304
WIOL Coordinator	Dan Waugh	365-1810
Membership	Barbara Pedersen	365-8389
Equipment	Brad Payne	364-5298
Publicity		
Instruction		
Promotions		
Car Pools		

1984 U. S. O' Championships

Those interested in the 1984 U. S. O' Championships should know that this year they will be held 10-11 Nov. by St. Louis O' Club. Hawn State Park is supposed to be quite interesting. Contact Harvey or Mark for an application for them. This year we have received newsletters from New England, Kansas/Missouri, New York/New Jersey, and California so any one visiting those regions who might want to find their schedule, contact Harvey, the newsletter librarian and editor.

Club dues

Please check the date on the mailing label to see when your membership expires. Renew promptly if you want to continue receiving BEARING 315, the club newsletter, and seeing how your name might be misspelled in the results column. An application form is enclosed somewhere in this newsletter for your convenience and also an application for the U. S. Orienteering Federation. Anyone who wants to find out about meets in other parts of the country is encouraged to join. Also to retain our charter we need a minimum of 5 USOF members in the club. Words of both thanks and welcome go to the following new or renewing club members: Boy Scout Troop 352, Boy Scout Troop 367, Phillip Everett, Joan Gamble & Jim Golden, Tom Hardin, Ernest Harrington, Peter Haynes, Woody Howse & family, Lorna Hughes, Jeff Kelley - Clarke, Bruce McAlister & family, Janet Miller, Shari del Moral, Brian Phillips & Mary Royce, Miguel & Sandra Reabold, Erin Renshaw, Tom Ryan, Jessica Rykken, Jennifer Seffernick, Peter Smith, Tim Vargo, Janet Wall, Fred Werner & family.

RESULTS

Marckworth Forest 14 April 1984

The April 14th meet featured a new area for Cascade OC: Marckworth Experimental Forest, a little known, largely undeveloped second growth forest about 10 miles east of the town of Duvall. It is an area in which I used to go hiking and camping during my scouting days (a decade or 2 ago) that was re-discovered by Tony Paulson last spring. Originally planned as the site of our bid to host the U. S. O. Championships, it will now be used for a Class A meet next summer. (For more on the change of plans, see Mark's article elsewhere.) As an attempt to both interest club members in the area (and the idea of a national caliber event) and to learn a bit about speeds through the forest, an introductory meet was held.

I learned quite a few things as course setter at this event, foremost among them that I can still make an occasional mistake. True, they are very rare, but they still happen. My error was to continue the "short" course well beyond what was a good ending point. Instead of 3.8 km and 9 controls, I should have made it only 3.3 km and 7 controls. The long course was just about right, as the times of Ingemar and Sture indicate (I was aiming for 60-80 minutes, the length of a proper Blue course).

I also did not emphasize the scale: a change from 1:5000 (our club norm) to 1:15000 (the usual competition scale thruout the world) was the obstacle for many who started but didn't finish. Michelle Everett and Janet Miller, 2 of our hi school league orienteers - both pretty good -, didn't find their respective 2nd controls. Janet, for example, told me that she found a cliff right where she expected to find #2 "base of cliff", but couldn't find any marker. Reflecting on her comments later, I realized that about 1/3 the way from the 1st control to the 2nd there indeed was an unmapped cliff (remember that the map was a "quick & dirty" job so that a LOT of detail went unmapped). Debbie Newell, after finding the 1st control on the long course, wandered back and forth over an undulating bench, looking for her #2 "saddle". The forest might be runnable, but the visibility is somewhat limited, which meant that Debbie could not see the 120 foot hill that was the northern side of the much-sought-after saddle. She, too, spent much of her time searching and area 'bout 1/3 of the way to the next control. Sorry, ladies.

If one measure of a course setter is how many orienteers do (or do not) finish, then I must score very low, as 15 out of 28 starters did not finish. If I had shortened the short course, a few more of those groups might have completed it successfully. Interestingly enough, a family that had never orienteered before made it all the way around the short course. While I was more than a little bit apprehensive about their venturing off into the unknown, they seemed to enjoy the day and I hope that they come again. Of course, they might prefer a forest that allows times faster than 16 minutes per kilometer, but then not all the world can be a Silvermine of Swedish forest...

Some observations: 'most everyone, including those who didn't finish, said that they really liked the area, even if it was an hour drive from town. On the

other hand, John Crawford, whose previous northwest o' experience has been confined to Cle Elum Ridge (I think...), said that we should not consider the area for a U. S. champs because we'd get a lot of complaints about the debris and such on the forest floor. He is probably correct, but compared to St. Edward, Seward, or Carkeek Parks, Markworth is really easy running.

A final note: I had wondered how the forest would be for running during August, usually the hottest time of the year. Well, I found out as April 14th set a new high temperature record for that date 83 degrees!! A real nice day - I didn't even mind running the long course again to pick up all the markers!

- Mike Schuh

Meet director: Tony Paulson

Course setter: Mike Schuh

"Short" course

3.8 km, 9 controls, 400 ft climb

Long Course

4.4 km, 11 controls, 640 ft climb

Brad Payne	98:08	Ingemar Jansson	69:22
Ken Knapp	98:12	Sture Carlsson	78:44
Jim Vargis	116:10	Dave Enger	93:46
Sandy Kish Miller	124:33	Chris Hawkins	121:11
Debby Harrell	163:55	Robert Miller	150:15
Phil Everett	170:02	Roger Mertens	153:15
Andy & Anne Maugh	175:40		

DNF: Nancy Lewis, John&Barb Meiser,
Roger Mertens II, Janet Miller,
Roger Sharp, Valerie Tinsley, Shawn
Voss

DNF: John Crawford, Margaret Crawford,
Jean Davis, Michelle Everett, Jeff
Kelley-Clarke, Debbie Newell, Will Sperry
Dale Width

Foster Island Canoe-0 6 May 1984

Meet director: Debbie Newell

Course setter: Dan Waugh

Timer: Arnold Kay

Short Course

Bob Boyd	39	Fowlers	64
Ingemar/Katie	41	John Flynn	69
Tim Vargo	44	Arms, David & Juliet & Seelye	70

Fich, Faith & Michael	45	Bob Rein	71
St. John, Susan & Helen	45	Stephanie Webb	73
Tinsley & Enger	45	Waugh	79
Everetts	47	Hart, Kevin & family	81
Joe Kessner	50	Jean Noar & Tom Hardin	93
Brad Payne & Kelly Hawkins	50	Sandy Miller & Catherine Murray	98
Fred Werner & Derek Baylor	52	Jefferson	DNF
Steve Anderson (w/o boat) ??	58		
John Fountain	60	Longer Course	
Fred Frank	60		
Susan Webb	64	Fred Werner & Derek Baylor	58
		Peter Haynes (only course)	67
		Joe Kessner	104

Ellensburg Orienteering Club Meet Cle Elum Ridge 12 May 1984

Four courses were set for the second annual Kittitas Valley O' Festival. Weather was mostly sunny in the high 60's. The ground was soft, good running, and wildflowers were in full bloom. 21 courses were run by 38 participants, including a 4-H group of 1st-timers and several students from a CWU P.E. class. Participants from Canada, England, and Sweden helped the club set a record for international representation. Joanne Sperry ran the start; Sally Evans and Will Sperry were at finish; Addie Graaff registered; Sally and Addie provided refreshments; and Joanne, Will, and Kent Verbeck picked up markers. Dale Width was meet director.

- Dale Width

RED	12 controls	8.2k	YELLOW	3.5 k
Ingemar Jansson	COC	55:30	Alice Brown, Truman Woodruff, Lisa Reber	
Dave Enger	COC	71:44		CWU 39:50
Peter Haynes	COC	72:41	Neville & Debbie Richter	53:32
Chris Hawkins	COC	73:30	Sally Evans	EOC 74:55
Gary McCausland	NO	86:17	Jeff, Sarah, Matt Treder	91:44
Anne York	COC	152:15	Neal & Lee Ostheller & Jim Kereszturi	127:00

GREEN	8 controls	4.1k	WHITE	1.9k
Kent Verbeck	EOC	48:26	N & D Richter	21:00
Will Sperry	EOC	59:48	A. Brown & group	CWU 33:22
Harvey Friedman	COC	61:43	Von Graf & Meg Rothrock	CWU 36:30
Tina Campbell	OUBC	74:19	Charles Hawkins	50:09
Jim Elves	EOC	106:18	4-H Nature Nuts	wayfarers

SCHEDULE OF EVENTS

GENERAL INFORMATION: Unless otherwise noted, novice, intermediate and advanced courses are available at all club meets. Normal registration and start times are from 10:00 AM to NOON and entry fee is usually \$1.50 for members and \$2.50 for non-members. Regional and National (Class 'B' and Class 'A') events may have a higher entry fee depending upon sanctions and awards given to winners in various categories. Instruction for beginners is always available at all events. A limited number of compasses are available on a rental basis at registration.

- Sat, 30 June* *Ballard bike-O 10:00-11:00 registration 1:15000 b & w map
meet in Rainier Bank parking lot @ 2054 NW 56th, Seattle*
- Fri, 6 July* *pot-O-luck, 11215 NE 59th Place, Kirkland 6:30 PM 822-6254*
- Sat, 7 July* *Wonderwood Park, Lacey 10-12:00 1:2500 B & W
Gary McCausland (206) 352-5542*
- Introduction to Orienteering Clinic 6:30 PM
Tall Chief Resort, Fall City Dave Enger (206) 455-5320*
- Wed, 11 July* *Robinswood Park, Bellevue 6-7:30 PM 1:3000 color
148th Ave. SE & SE 24th st. Dave Enger (206) 455-5320*
- Sun, 15 July* *Hollyburn Mt., North Vancouver, B.C. 11:00 AM 1:15000 color
Mike Ackersfeldt (604) 926-1589*
- Sun, 22 July* *Steilacoom Historical-O 10 AM 1:10000 b & w Street-O w/
control sites from the 1800's Clayton Smith 474-5675*
- Mon, 23 July* *club meeting, Greenlake Library, 7:00 PM*
- Fri, 27 July* *UM campus, 6:00 PM meet at 17th N.E. and N.E. 45th St.
entrance, new 1:10000 color orienteering map, phone Dan at
365-1810 for more about this 1st of 3-days of Peo Bengtsson's
tour special \$3.50 entry fee for this day*
- Sat, 28 July* *Cle Elum Ridge, 11:00 meet at Pine Hills Ranch road, class
'B', 1st day of Washington State championships, 1:15000 color
special \$3.50 entry fee for this day, 365-1810*
- Sun, 29 July* *Lake Tradition, Issaquah 9:00 AM new 1:15000 color map,
meet near Issaquah High School, Class 'B', 2nd day of
Washington State championships, \$3.50 entry fee, 365-1810*

5-12 Aug California 5-Day; phone Bruce Wolfe for details 415-834-3027

Sun, 12 Aug bike-0, Kiwanis Park, Ellensburg 11:00 1:17200 bike map
phone Addie Graaff 968-3571

Sat, 18 Aug Evergreen 0-cup, Ft. Steilacoom County Park, Tacoma 10:00
1:10000 color Clayton Smith 474-5675 Class "B" meet

Sun, 19 Aug Evergreen Relays, Ft. Steilacoom County Park

Wed, 22 Aug Woodland Park, Seattle, N. 50th St. entrance, shelter 3
6:00-7:30 PM take advantage of the long da-lite; run a
course and then picnic

Sat, 25 Aug University Endowment Lands, Vancouver, B.C. 2-day "A" meet
Sun, 26 Aug new 1:15000 color map; Mark Fettes 244-4789

Sat, 8 Sept Mountain Marathon, Tumac Mountain
Sun, 9 Sept 488-7471

United States Orienteering Federation

P.O. BOX 1039
BALLWIN, MISSOURI 63011

APPLICATION FOR MEMBERSHIP - Date _____
Please check - New Mbr () Renewal ()
I hereby apply for membership in the U.S.O.F.
I understand that I am entitled to all benefits
of the organization, including membership in
the I.O.F. I am applying as follows:
A. As a member of a club chartered with USOF:
Club _____ Club Off sign _____
() Student \$6- * () Individual \$15-
() Family \$20- () Lifetime \$250-
*NOTE: Students must be under 21 years of age.

B. Member-at-large (not a club member):
() Student \$6- * () Individual \$20-
() Family \$25- () Lifetime \$250-

Name (print) _____ Sex _____
Address _____
Yr of birth _____ Home phone _____ Zip _____
(if family membership, please list other mbrs)
Name _____ Sex _____ Yr born _____

Membership expires one year from date of
receipt by USOF. For renewals, membership is
for one year from expiration date shown on the
front of the card. Make checks payable to
United States Orienteering Federation.

More Results

Lincoln Park

27 May 1984

Course Setter & Meet Director: John Huth

Registration: Michelle Everett

Timing: Phil Everett

Control Marker Retrievers: Mike "Rover" Schuh & John "Setter" Huth

Weather: Mother Nature was in a good mood and provided great weather for the meet, sunny and high in the low 70's but became upset at not having S/F along the waterfront.

Novice Course 1.525 km. 8 controls

Advanced course 4.42 km. 19 controls
(Novice + Intermed. combined)

Steve Womack & Sture Carlsson 25:22
Max & Dan Waugh 34:51
Jeff MacDuff 34:55
Jean Lagrou&Kathy&Ron Buchanan 38:38
Judy Hill 98:10

Sture Carlsson 31:42
Jessica Hirschfelder 53:48
Michelle Everett 56:37
Scott Elich 62:46
Phil Everett 67:45
Elizabeth Anderson 90:15
Michelle McClure 94:54
Steve McClure 97:53
Erin Renshaw 112:45
Wendy McClure 123:09

Intermediate Course 2.895 km. 11 ctls.

Kent Verbeck 39:32
Andy Padgett 42:13
Roger Sharp 49:28
Jessica Rykken 54:10
Jim McNamara 56:21
Kellie Hawkins 69:20
Mark Padgett 75:33
Jean Lagrou&Kathy&Ron Buchanan 81:30
Steve Hill 85:24
Kathy, Gail, & Tim Vargo 94:43

Blank Map course 2.895 km. 18 controls

Brad Payne 40:06

Farrell-McWhirter Park

9 June 1984

Meet director: Sandy Kish Miller

Course setters: Robert & Sandy Miller

Those who braved the rain helped us test out self-service registration and start/finish timing. At times it has been difficult to find persons willing to staff the meets. With self-service the staff can be reduced to 2: meet director and course setter. From the quick survey I took of some participants the self -

service worked fine on Saturday. I'd be interested in hearing other comments.

Robert devised a pacing course as a training exercise. The object was to determine the length of the course by using pacing. Anne, who paced the whole course averaged a difference of only 8 %. I would enjoy more training type courses in the future.

-Sandy

White course

Steven Womack	26:48
April Carlsson	wayfarer

Yellow

Harvey Friedman	62:43
Scott Elich	66:20
Jim McNamara	69:23
Roger Sharp	78:00
Ken Knapp	82:25
Melissa Bridge	84:00
Pamela Carlsson	DNF

Red - Pacing length 3076.5 m.

Anne York	76:17	2830	.92 average	paced all controls
Jessica Rykken	72:00	845 (798)	1.06 "	" 8 "
Sture Carlsson	34:08			did not pace

WHAT HAPPENED TO '86?

An early burst of enthusiasm seemed to indicate that COC would be hosting a large contingent of fellow orienteers in early 1986 - the U. S. Championships. But after spending an evening over more careful deliberation on this topic, the bid was canceled, and alternate plans were suggested. I felt that the major reasons this was done should be made clear to the membership, and will try to do so in the following paragraphs.

Debbie Newell, Chris Hawkins, John Huth, Ardis Dull, Mike Schuh, Dave Enger, Dan Waugh and myself (did I forget anyone?) attended the late April executive board meeting and, among other things, set about to resolve some of the preliminary issues regarding the bid. The area itself (Markworth Forest) received mixed criticism, but was felt to have challenging enough terrain for a championship. Logistics presented somewhat greater concern, as the problems of

buses and sanitation were brought up. Financially, these two problems alone extracted an enormous sum of our total commitment. Looking ahead to the tremendous effort that such an undertaking would entail, the guarantee of providing the personnel to staff the committees and organize and run the meet met with serious concerns. Not only would we need more people than are currently 'active' in helping out with club functions, but even more importantly, how burned out would these people become during the period before the meet and the long months afterwards?

It seems that one of the most important reasons for hosting the championships was to gain prestige and possible financial profit for Northwest O' clubs. Examining this question more carefully, it was generally felt that neither of these would actually be the outcome of hosting the meets. First of all, if the intent was to promote orienteering in the NW, would a national championship attract the right people; that is, how beneficial is it if those from New England or the Midwest come out here for what would probably be a one time trip. For the aforementioned 'burnout' periods, how well would orienteering fare with enthusiasm for other meets at what would likely be a low? It was felt that people already extremely busy with the champs would not feel like putting forth much effort for other meets. This would in all likelihood act more as a deterrent to orienteering locally than an advantage.

Another major consideration concerned the of experience club members had in organizing and running a meet of such large proportions and with such wide-reaching ramifications. There were only a handful of people who had even been to a championship meet much less put one on. Without this experience to draw from, could we even consider ourselves able to plan this event?

For the better part of an hour these and many other concerns were hashed out. Overall, a general feeling of concern presided over not only our ability to put on the meet, but more importantly our intentions for doing so. With the convention close at hand (at which time our bid, the only known bid, would be voted upon), it was decided that there would always be years during which the clubs of the Northwest could host the U. S. meet. Nothing was magic about '86. And in the meantime, it was recommended that we host an 'A' meet at Markworth Forest - in '85. A year a lot closer and more realistic in some people's minds.

An 'A' meet involves most of the same things that the championship would entail, but with an anticipated smaller turnout, would be more within reason. And, hopefully, will perform a much more needed function - attracting more participants to the sport!

- Mark Hartinger

Pot-O'-luck

The next Cascade O.C. potluck will be on Friday 6 July 1984 at 6:30 PM at 11215 NE 59th Place in Kirkland. For any orienteer getting too lost to find this attractive control, directions may be had by phoning 822-6254. This event also functions as a house-warming for gracious host and brand-new homeowner, Dave Enger. As usually occurs at these potlucks, the food should again be excellent and you can meet those folks who you probably only recognized covered with mud and/or sweat.

Cascade Chatter

Anyone wondering why Barb Pedersen hasn't been seen at meets in the last few months should be informed that she & Gary are the proud parents of Nils....The Carlssons have returned to Sweden for the summer and to compete in the Swedish 5-days on the coast of the Baltic Sea in late July. Be assured that Pam was accepted to U. W. so they will be back in September....Harald Knutsen, an elite orienteer from Namsos, Norway will be in the Seattle area from mid-July 'til early September. He will do much of the field-checking for the Marckworth Forest map. Contact Mike Schuh 789-3960 for more info....Only a handful of C.O.C. members have signed up for any part of the California 5-days in August. This is a great opportunity to meet orienteers from other parts of the U. S. and other parts of the world. Anyone want to go to the world champs in Australia in 1985? Meet the Aussies who come up for the California 5-day, an IOF sanctioned meet. Deadline is 30 June....Speaking of international meets, C.O.C. was reasonably well represented at the 1984 Jan Kjellstrom event in Snowdonia, northern Wales this Easter weekend. In addition to your faithful observer, Harvey Friedman, and Anne York, Stein Sandven from I.K. Gular of Bergen, Norway was there in his COC shirt, and Mark Donovan from 3ROC of Dublin, Ireland was there. The Cascade members did quite well except for me, but I finished both days on very difficult terrain using quite intricate maps....Dave Enger bought a house....Mark & Kathy Hartinger will buy one by the time this is in your hands....Peter Haynes, a Cambridge University orienteer, will be in Seattle for a couple of years on a post-doc appointment at the U. W....About 9 of us from the Seattle area went up to Vancouver Island, 26-27 May for the always fun Canadian meet. On the advanced course, Peter Haynes was 1st male and Debbie Newell was 1st female....Debbie Newell qualified for the Olympic trials in the archery competition, but had a sub-par time back in Ohio and finished much lower than she should have....If y'all liked these briefs, let me know and give me information to go into the next issue.

Scottish 6-day

Thru contacts I made at the JK, exchanges for junior orienteers are available with Scottish families during the event in summer of 1985. The competition is fairer for Americans than it is in Scandinavia. Anyone interested should let me know by 1 August 1984 so that I can forward the names to Maurice Collett who will make the arrangements over there.

-Harvey LA 4-3437

Cascade Orienteering Club

MEMBERSHIP APPLICATION

Check one: ☐ New Member ☐ Renewal

Name _____

Address _____

_____ Zip _____

Phone _____

☐ Family \$10.00 ☐ Individual \$7.00 ☐ Associate (under 18 years) \$4.00

If family membership, list other members;

Send application and check payable to the
Cascade Orienteering Club by mailing to
COC, PO Box 31375, Seattle, WA 98103

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