

Tick Bites Can Cause Lyme Disease

reprinted from the May/June issue of "View," the magazine of Group Health Cooperative

Ah, wilderness... The return of warmer weather this time of year lures us out for hikes in the mountains, lazy picnics in the parks, camping at lakeside.

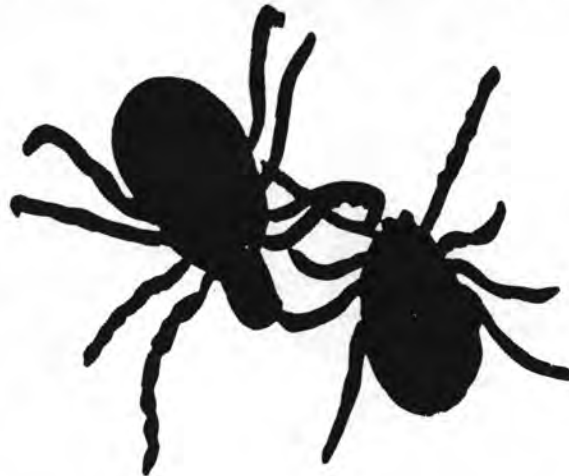
For folks in the Eastern Seaboard states and some parts of the Midwest, this season of outdoor activity brings with it a higher risk for a recently identified illness—Lyme disease—caused by bites from infected ticks.

In Washington state, however, Lyme disease is much less common. Indeed, only 11 cases were detected last year, and not all of those cases were definitely caused by exposure within the state.

But the disease has appeared in the area, and you should know what its symptoms are so that if they appear, you can seek treatment. Lyme disease is quite treatable with antibiotics, especially in its early stages.

Lyme disease is caused by a bacteria that can be carried by a freckle-sized tick that is often associated with wild deer populations. This tick is not the same as the common dog tick, so don't panic at every bite.

The disease, which can cause a puzzling variety of symptoms, has been dubbed "the great imitator." Symptoms can mimic the flu (headache, body aches, and fatigue), arthritis (painful joints), heart disease (dizziness, shortness of breath, irregular heartbeat), memory loss, depression,



and more. Most of the symptoms develop within weeks or months after the bite, but some may not appear for years.

With so many guises, it's understandable that medical detectives had a hard time pinning down the cause of the disease when it first appeared in 1975 in Lyme, Connecticut (hence its name). The outbreak is still much greater in the eastern states than anywhere else.

"The likelihood of acquiring Lyme disease is dramatically greater if you're traveling to a highly endemic area (outside the state) than locally," says Dr. Zachary Miller, infectious disease specialist at Group Health

Cooperative's Central Hospital.

But epidemiologists for the Seattle-King County Department of Public Health are concerned the problem is growing here.

If you see a tick on you, don't assume that it is carrying the disease. But you may want to carefully pull it off with tweezers, apply an antiseptic such as rubbing alcohol to the bite, and save the tick in a jar for identification if you later develop any symptoms.

A characteristic sign of Lyme disease is a pimple at the site of the bite that later expands to form a ring-shaped rash like a bull's eye. If you notice this—even if you had not felt a tick bite—seek medical attention and mention if you were outdoors in a tick-infested area.

In This Issue

- Washington State Championships entry form
- Western States Championships entry form
- British Columbia Championships entry form
- Meet Results
- Schedule of Events
- Confessions of A Course Designer or "What Happened At Drunken Charlie Lake?"
- Cascade Chatter

"See How They Slogged" at July Club Meeting

Last year, because of a torrential downpour, it was "See How They Swam" at Drunken Charlie Lake. This year, although the weather was fair, the courses were technically challenging and the terrain difficult. Come to the July Club Meeting at the University Branch Library (50th and Roosevelt) on Tuesday, July 25th and see how others did at Drunken Charlie Lake. We will also have a short report on the U.S.O.F. Convention in Colorado, and a short presentation on training tips for beginning orienteers. See you there.

Meet Results

LUTHER BURBANK PARK - June 21 Samnamish Orienteering Club

Course 1 (7 controls)

Mark Storey	6:51
Mike/Laura	7:59
Steve Robinson	12:26
Thawsh	12:29
Lorna MacDonald	17:02
Kathy Blanchard	40:40

Course 2 (8 controls)

Ben Hall	10:54
Mary Thawsh	13:38
Laura/Davey/Mike	14:10
Debra & Lorna MacDonald	20:42
Kathy Blanchard	26:20
Karen MacDonald	28:39
George & Nancy Lilly	32:05

Course 3 (11 controls)

Steve Robinson	18:36
Mark Storey	23:00
Ben Hall	27:21

Course 4 (19 controls)

Dave Enger	23:28
Dave Tallent	25:19
Rick Breseman	27:36
Debbie Newell	28:56
Robert Miller	29:38
Mac MacDonald	30:02
Eileen Breseman	31:20
Ross Stevens	32:12
Roger Stocker	32:59
Doug Sprugel	33:24
Mark Hartinger	33:47
Ardis Dull	35:20
Sandy Kish Miller	36:39
Jim Gallant	41:34
Katie Sprugel	44:20

Damin Gjording	21:40
George & Nancy Lilly	22:10
Leonardo	24:09
Joe Hoffman	26:10
Ed/Robin/Neal	28:06
Al Trickett	30:48
Lisa Pierce	33:24
Ricardo Ferado/Nicole Thomas	34:23

Course 2 (2.5k, 8 controls)

Ted & Don Martinell	25:06
Damin Gjordin	29:14
Tim & Lila Richard	30:30
MacDonalds	39:42
Mike/Marty/Laura/Laura	44:11
Judy McNeely/	
Cherie & Robin DeKeyser	44:50
Joe Hoffman	48:29
Mark Storey	50:10
David Soper	52:01
Andy Zab	95:11

Course 3 (4.1k, 14 controls)

Rick Donaldson	33:46
Thurston Miller	38:22
Paul Bullard	40:29
Roger Stocker	45:45
Kerstin Albinson	50:32
David Chell	52:23
Ian Kennedy	52:37
Pat Albright	54:53
Art Arpin	56:32
Michael Barrong	57:21
Giaever	60:34
John Sincok	63:44
Caroline Callendar	64:08
Les Baer	69:25
Anthony Armitage	78:52
Kathy Trost	84:21
Andreas Enderlein	112:30

Course 4 (freestyle, 18 controls)

Dave Lilly	31:51
Mark Howlett	33:24
Mac MacDonald	33:41
Dave Enger	34:39
Bill MacDonald	41:49
Arne Lund	43:25
Rick Breseman	48:02
Ardis Dull	49:34
Glenn Gordon	50:24
Dave Peterson	52:22
Chris Johnson	54:28
Ken Lew	63:42
Ben Hall	96:24

WOODLAND PARK - May 21

Meet Director: Betty Berreth

Course Design: Mike Schuh, Robert Miller

Registration: Linda Botich, Eileen Breseman

Start: Robert Olsen, Pat Reddick, Dave Petty

Finish: Robert Olsen, Pat Reddick, Dave Petty

Relay Timing: Mike, Eileen, Betty

Marker Pickup: Robert O., Thurston Miller, Roger Stocker

Course 1 (1.6k, 8 controls)

Arne Skog	9:00
William Longbaugh/Kerrie Schurr	14:00
Les & Lisa Baer	18:00
Bill Regester	21:00
Ruth McCormick & Company	27:00
Patti & Miriam	29:00
Haines & Mill	34:00
Dave & Sharon Kenney	36:46
Kim Felker/Nancy Kelly	81:58
Stephen Cockle	DNF

MARYMOOR PARK - May 10 Samnamish Orienteering Club

Meet Director: Dave Tallent

Courses: Arne Skog

Registration: Kathy Trost, Debbie Newell

Starts: Dave T., Linda Skog

Finish: Dave T.

Marker Pickup: Dave T.

Course 1 (1.3k, 7 controls)

Ted & Don Martinell	9:46
Michael Barrong	11:15
Judy McNeely/	
Cherie & Robin DeKeyser	11:40
Mike/Marty/Laura/Laura	11:48
Paul Gjording	14:21
Mark Storey	19:32
Patti	19:53
David Aoyama	20:32
Phil Stone	20:41
Andy Zab	21:16

WOODLAND PARK RELAYS

		8 controls 1240 meters		9 controls 1475 meters	
Jeff Coker	Keith Wren	7:04	7:16	9:40	11:07
Team Tacoma (NISQ)			14:20	24:00	35:07
Paul Bullard	Rick Breseman	7:46	6:41	14:27	13:13
COC			14:27	28:54	42:07
Valerie Enger	Dave Enger	13:21	6:23	15:00	7:56
SAMM			19:44	34:44	42:40
Dave Petty	Bob Reddick	10:50	8:55	12:59	11:58
SAMM/NISQ			19:45	32:44	44:42
Dave Peterson	Roger Stocker	12:19	9:16	18:27	11:44
Room 303 (COC)			21:35	40:02	51:46
Sandy Kish Miller	John Sincok	8:14	18:53	10:09	14:36
COC/SAMM			27:07	37:16	51:52
Bob Williamson	Ken Lew	7:14	19:54	12:38	15:56
COC			27:08	39:46	55:50
Laura Morin	Steve Layman	16:32	12:52	23:36	14:36
COC			29:24	53:00	67:36
Ed Holmes	Thurston Miller	8:36	10:13	13:44	10:20
Room 304 (COC)			18:49	32:33	42:53 DSQ
Dave Lilly	Dave Lilly	6:33	7:24	10:09	8:22
SAMM			13:57	24:06	32:28
Robert Olsen	Robert Olsen	8:26	8:02	?ca. 38 min.	
COC			16:28	total	

SAGE STOMP - May 20-21
Kamloops, B.C.

Washington State finishers

Course 4

Day 1: 5.5k, 10 controls

Day 2: 4.6k, 9 controls

D45

1. Pat Albright 95:14 115:30 210:44

Course 5

Day 1: 5.8k, 10 controls

Day 2: 5.3k, 9 controls

DOpenB

1. Ardis Dull 80:33 86:25 166:58

Course 6

Day 1: 7.0k, 12 controls

Day 2: 5.0k, 11 controls

H40

1. Fred Veler 71:29 56:32 128:01

Course 7

Day 1: 8.4k, 12 controls

Day 2: 8.0k, 12 controls

D21

1. Debbie Newell 116:51 84:36 201:27

H35

1. Dave Tallent 113:00 74:38 187:38

TROLLHAUGEN - June 3

Meet Director: Debbie Newell

Courses: Pat Albright

Registration: Debbie Newell

Start: Doug Sprugel, Katie Sprugel

Finish: Pat Reddick, Ardis Dull

Marker Pickup: Pat Albright, Tim Benoit, Mike Tharp

Course 1 (5 controls)

Lesley Morgan 88:37

Course 2 (6 controls)

S.M. Lewis/Michelle Flury 48:43

Carman Benoit 58:16

Barbara Sherman/R. McCormick 67:38

Course 3 (9 controls)

Ingrid Dagis 73:36

Melissa Klein/John Soper/

David Soper 98:21

The MacDonalds 103:24

S.M. Lewis/Michelle Flury 110:23

Dan Klein/Denise Klein 124:58

Course 4 (10 controls)

Dale Width 77:14

Kent Verbeck 92:15

Scott Donald 98:56

Doug Sprugel 106:00

Scott Elich 106:01

Ilze Rupners 118:42

Knut Olson 118:52
Jim McNamara 122:54
Ardis Dull 125:48
Bob Reddick 131:23
Ken Lew 138:34
Shirley Donald 146:58
John Sincock 147:58
Peter Golde DSO

Course 5 (13 controls)

Tim Benoit 112:03

Dave Lilly 117:02

Debbie Newell 160:07

Dave Tallent 179:12

Harry Morgan 196:23

PT. DEFIANCE PARK - June 11

Nisqually Orienteers

Course 1 (1.6k)

Lee Daneker 41:54

Mary/Laura 44:44

Bill Caster 48:50

Nat Becklund 48:53

Ellen/Andrea 50:33

Denise Klein 53:30

May/Linda 60:00

David Soper 67:19

Kris Brannon 72:41

Ryan/Heather DNF

Kathy Blanchard DNF

Course 2 (2.6k)

Junior Female

Rachel Tharp 32:42

Lisa Nordlund 102:46

Junior Male

Jeff Coker 26:26

Jason Smith 35:45

Tang Pham 38:50

Chris Johnson 39:05

Glen Morgan 39:30

Tony Willis 50:54

Keith Wren 55:53

Tru Ong Vo 61:00

Kris Brannon 61:48

Tri Vo 86:41

Master Female

*Ardis Dull 56:26

*Caroline Callender 63:34

Barbara Sherman 75:17

Course 3 (4.7k)

Open Female

*Mary Forbes 86:38

*Pat Albright 96:00

Jessica Hirschfelder 166:15

Eileen Breseman DNF

Katie Sprugel DNF

Master Male

*Dave Tallent 76:19

*Carl Moore 88:55

Mac MacDonald 91:00

Knut Olson 101:59
Lee Daneker 103:24
Don Atkinson 104:58
Doug Sprugel 105:11
Roger Sharp 105:52
Stanton Brown 160:19

Other

Nathan Tharp 58:12

Bill MacDonald 84:59

Schlaudraff family 100:17

Ben & Gary DNF

Course 4 (6.9k)

Dave Enger 82:11

*Mark Howlett 90:38

*Rick Breseman 91:31

Gary McCausland 93:38

Ross Stevens 97:13

Debbie Newell 100:57

Rick Donaldson 105:45

Dave Lilly 106:31

Orville Rhine 109:42

Ian Kennedy 125:13

Ken Lew 250:26

Chris Johnson DNF

DRUNKEN CHARLIE LAKE - June 17-18

Meet Director: Eileen Breseman

Courses: Anne York, Harvey Friedman (1½)

Course Vetter: Rick Donaldson

Registration: Sandy Miller, Ardis Dull

Start: Jim McNamara, Jo Brown, Katie Sprugel

Finish: Harvey Friedman, Eileen Breseman

Water Placement: Doug Sprugel

Marker Pickup: Mac MacDonald, Harvey, Katie,

Doug, Ardis, Rick D., Dave Tallent

Words of thanks to the staff who helped put on this meet and for the volunteers who stepped in to help on the event days. Special thanks to Anne York for the marathon job of course design for the 4 upper level courses both days.

Eileen Breseman

Course 1½

Kevin/Trevor Pugh 21:00 24:06 45:06

Tracie Yeats 55:21 56:58 112:19

Lee Lopez/

Bryce Jensen 32:30

Holbrook 38:22

Jo Brown/

Al Swackhammer DNF

Bill Tiglao 83:19

Course 3

Jim McNamara 200:43

Sherill Pattee DNF

Lee Lopez/

Bryce Jensen DNF

Glen Morgan DNF

Rachel Tharp DNF

Kathy Trost DNF

Debbie Newell 42:50

Harvey Friedman 175:38

Herber 178:00

Sherman/McCormick 229:57

Tracy Maher DNF

Course 4 (4.4k, 3.0k)

Doug Sprugel	121:35	81:22	202:57
Mac MacDonald	203:59	DNF	
Katie Sprugel	180:52		
Knut Olson	191:52		
Ardis Dull	203:10		
Ken Lew	216:06		
Lee Daneker	227:52		
Stuart Bradshaw	271:51		
John Sincok	277:57		
Bob Reddick	DNF		
Scott Coble	DNF		
Benjamin Hall	DNF		
Arne Lund	DNF		
Dave Petty	DNF		
Jeff Coker	76:10		
John Sincok	100:18		
Scott Elich	125:29		
Jim Gallant/David Chell	DNF		

Course 5 (5.1k, 5.4k)

Tony Byrne	DNF	DNF
Gerry Grieve	DNF	DQ
Mike Tharp	151:50	
Gary McCausland	156:00	
Nathan Tharp	DNF	
Jason Smith	DNF	
Jennifer Fenton	DNF	
Andy Hill	DNF	

Course 6 (6.6k, 5.4k)

Dave Enger	143:35	84:30	228:05
*Dave Lilly	175:29	98:25	273:54
Dave Tallent	257:22	110:43	368:05
Rick Breseman	246:37	DSQ	
George Pugh	DNF	90:50	
Tim Benoit	DNF	128:59	
*Mike Schuh	145:40		
Peter Zurcher	155:55		
Debbie Newell	197:32		
Mark McMillan	DNF		
Dan Waugh	DNF		

Fred Veler	DNF
Ross Stevens	DNF
Mark Hartinger	104:04
Peter Golde	192:37

**qualifies for Centennial Games*

Two Swedish Women In Search of Jobs

Two 19-year-old Swedish women, who are also elite orienteers, would like to spend 6 months in the U.S. this fall and are looking for jobs. In return, they offer to reveal Swedish orienteering secrets to local orienteers. If you have jobs for them, or know of someone who does, call Harvey Friedman at 784-2774.

Centennial Games Participants

The following individuals have either qualified for the Centennial Games or been chosen by committee to participate in the Games. Congratulations to all!

Junior Females

Ellen Boomer
Melissa Moffett
Kelly Nah
Lisa Nordlund
Natalie Payne
Shawn Perkins
Rachel Tharp
Danielle Wolfrom

Alternates

Susan Carver
Angie Emmett
Maika Manring

Junior Males

Keith Bittner
Matthew Chapman
Lee Lopez
Jason McDermott
Bill MacDonald

Mike McManamna
Tang Pham

Alternates

Glenn Morgan
Tony Willis
Sean Olmsted
Toby Barnes

Open Females

Eileen Breseman
Mary Forbes
Debbie Newell
Laura Skog
Katie Sprugel

Open Males

Rick Breseman
Jeff Coker
Rick Donaldson
Dave Enger

Mark Hartinger
Mark Howlett
Dave Lilly
Peter Kehoe
Michael Schuh
Ross Stevens
Nathan Tharp

Alternates

Arne Skog
Paul Bullard

Masters Females

Patricia Albright
Ardis Dull
Consuelo Larrabee
Amy Loomis
Sandy Kish Miller
Sherril Pattee
Anne York

Alternate
Jean Davis

Masters Males

Scott Coble
William MacDonald
Carl Moore
Knut Olson
Robert Reddick
Doug Sprugel
David Tallent
Fred Veler
Kent Verbeck
Dan Waugh
Dale Width

Alternates

Robert Miller
Ken Lew
Don Atkinson

Attend the 1989 Washington State Orienteering Championships

Riverside State Park, Spokane

August 12-13

New 1:15,000 scale IOF-standard map

Held in conjunction with the Washington Centennial Games

entry form included in this issue

Take the Pig War Challenge!

at

the British Columbia and Western States Orienteering Championships

September 2-3 and 9-10

see entry form in this issue for details

Setting Courses at Drunken Charlie Lake

by Anne York

The area near Drunken Charlie Lake (DCL) is complex and provides a test of every orienteer's navigational skills. After last September's event, I spent several hours in those woods and that practice has improved my technical orienteering skills. Unfortunately, many of you brave orienteers who slogged through the DCL area last September and who came back for more the weekend of June 17-18 may be muttering to yourselves and making resolutions never to run there again. I hope not. It is a challenge to run a course at DCL, but it is even more of a challenge to set good courses there. So, for the eventual benefit of all, this article will discuss some of the trials and tribulations of designing courses at DCL. In particular, I'll outline what problems I tried to present the orienteers on the various courses for Day 1 and why I changed the courses radically at the last minute for Day 2; I'll conclude with a few recommendations for future course designers. It is important to make the courses more fun and to decrease the number of DNF's. This article is intended as an Anatomy of a Course Design, although it sounded like some orienteers thought it was more like attempted murder.

When I told meet director Eileen Breseman that I would set courses 3-6 for a two-day meet, I knew it would be a lot of work, but I never really dreamed how much work it would be. Marckworth Forest is about 1.25 hours from our house, so by the time you've gone out there and back, without doing any field checking, you've already spent at least 2.5 hours. On the average, it took about 20-30 minutes to check each control location, with about 60-70 locations checked (many rejected), about 16 hours to set out the controls for both days, and several hours setting up starts and finishes and carrying water to the water control, I spent at least 80 hours, probably close to 100 total hours working one way or another on the courses. The vetter of the day 1 courses, Rick Donaldson, spent about 20 hours of his time, and Sandy Kish Miller and Katie Sprugel spent several hours hanging controls for the Day 2 courses. When you wish to flame the course designer, please remember we are a volunteer organization, and severe flames will discourage future contributions on the part of that person.

Before going out to Marckworth forest to do field work, I did a lot of armchair work first. I studied the map and analyzed the courses that Katie and Doug Sprugel designed for last year's Washington State Championships. A check of the meet results for those championships showed that there were a lot of DNF's, and there were many DNS's, especially on Day 2. I attributed much of this to the horrible weather we had. Since the only way I thought of solving the weather problem was through the power of prayer-- the mediocre to lousy weather we had for the recent meet attests to the fact that that was a waste of time and perhaps we should have hired others with a higher efficacy rate for that purpose.

My goals in designing the courses were to make them technically challenging and to run on areas of the map not so well-used during the last meet. There was a new road (it was being built even as we ran last September) with a large

clear-cut smack in the middle of the map. I noticed that the area in the north east corner of the map appeared very interesting and was not used previously and preliminary field checking indicated that the area was well-mapped--perhaps the most accurately mapped area on the map. So, one goal was to run the longer courses into that area; it would provide some interesting detailed orienteering. I chose the start to be at the end of an old logging road. I had originally intended to have the finish near the waterfall where Cherry Creek crosses the road on the western side of the map, but the logistic problems were too difficult for a small meet.

The attached map shows the locations of controls. Courses 4, 5, and 6 had many common controls. Course 3 was intended to be much less technical and physical, with obvious attack points and less complicated route choices than courses 4-6.

Course 6:	20-13-14-3-4-1-5-2-16-17-19-23-24-22
5:	13-14-3-4-7-6-2-16-25-22
4:	13-14-3-8-6-2-16-25-22
3:	21-13-14-15-16-11-18-19-23-22

Most of the climb on courses 4-6 is concentrated in the leg from 14 to 3-- a fairly difficult climb with some detailed orienteering at the end. Most runners chose the most direct route from 14 to 3, although the trail around on the north side of the map is actually passable, with animal trails connecting the end of the trail going up the hill with the flatter trail at the top of the ridge. However, I think that the direct route is probably faster. The various legs in the north east part of the map required some careful map reading. Control 16 was a water control. There were various routes down the ridge to the finish; all required very careful map-reading. Those who tried to go fast to make up for previous mistakes were penalized because it was very easy to overrun the control, which required (in most cases) climbing back up to the trail to find an attack point.

There were many complaints about the courses. They included the following:

1. That the areas around controls 13, 25, and 24 may be mis-mapped;
2. That the courses were all too long and too difficult.

Comment 1 relative to control 13 is probably true, and I'm sorry I didn't notice the problems there; some people had a lot of difficulty with that control. I haven't been back to the area since, and I don't know if there were serious problems with controls 24 and 25. These comments along with the high rate of DNF's on day 1 made me radically change the courses for Day 2-- unfortunately, not many people returned to take advantage of this (Dave Enger seems to be the only guy to celebrate father's day by orienteering), but those that did return for Day 2 seemed appreciative.

An example of how the courses were changed:

Drunken Charlie Lake

Marckworth Experimental Forest

scale 1:15,000 contour interval 5 meters



Base Map: Mike Ackersfeldt uses
Fieldwork: Raimo Pitkäranta Osm.
Cartography: Debbie Newell (June 1989)

Many thanks to Harald Kruttsen and Th for preliminary fieldwork.

Legend

- contour (5m), form line
- earth bank, earth wall
- gully, knoll
- depression, pit
- impassable cliff, passable rock face
- boulder, large boulder
- stony ground
- lake, pond
- crossable stream, narrow marsh, intermittent stream
- marsh: uncrossable, crossable
- indistinct marsh
- open land, rough open land
- slow run vegetation: poor, good visibility
- difficult run vegetation: poor, good visibility
- vegetation boundary: distinct, indistinct

Original Design Course 6: 51-54-55-68-69-57-59-75-74-71-61-63-67-56

Modified Design combined course 5-6: 51-54-55-68-69-71-61-63-67-56

By removing controls 57, 59, 75, and 74, the total distance was reduced by about 2 kilometers; in addition, a long leg from 69-71 contained over a kilometer of lost distance-- i.e., running with no orienteering challenge; nobody complained about that. The removal of those controls also removed some interesting technical orienteering from 59-75-74. The area near controls 63 and 67, and 54 and 55 provided challenging orienteering so all the difficulty was not removed.

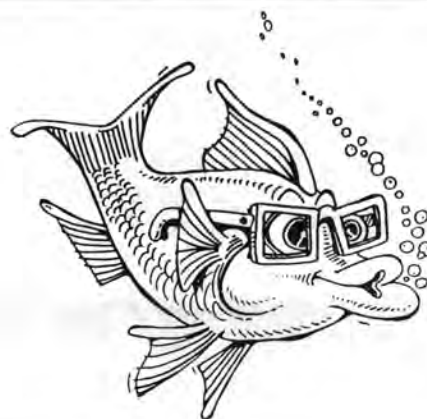
Table 1 compares course lengths and min/km times for the best time on courses 3-6. This is only a rough yardstick for comparison, since it does not take into account who ran. For example, Ross Burnett ran in the September meet, and won both days; Debbie Newell, who normally runs Course 5, ran Course 3 on Day 2 of the June meet. A more valid comparison would be an analysis of times on the same courses for the same individuals, but those data were not conveniently available. However, a glance at Table 1 shows that the running was slower per km for the June meet, except Debbie's time on the 2-kilometer course in June; Course 4 was shorter both days in June, but the running was slower. This might have been caused by the climb in the June courses or that the competitors in September were more skilled or more numerous. At any rate, all those times per km were very slow. There was also a high number of DNFs on Day 1. Although, the winning per km times on Day 2 were faster than on Day 1 during the June meet (probably as a result of shortening the courses), not as much gain was made as hoped for. I guess the moral of the story is make the courses very very short at DCL; if I were repeating this exercise of sado-masochistic folly, I would

make Course 3, 2 km long, Course 4, 3 km, Course 5, 4 km, and Course 6, 5 km-- i.e. Course i should be i-1 km. long (i=3-6). The ability gained from reading the contour detail on the DCL map can help us become better orienteers.

Let's not abandon DCL-- we'll be losing more of the area before we know it; there are 2 new timber sale areas on the Day 2 courses. Hopefully, we can make good advantage of the area before it disappears.

Table 1: Course lengths and best times (per km). DC September 1988 and June 1989 for Courses 3, 4, 5, and 6. Note that courses 5 and 6 were combined for Day 2 of the June meet.

	Sept 1988		June 1989	
	Day 1	Day 2	Day 1	Day 2
	dist. min/k	dist. min/k	dist. min/k	dist. min/k
Course 3	2.8 29:17	3.1 37:54	4.0 50:00	2.0 21:21
Course 4	4.3 19:30	3.7 22:25	4.4 27:37	3.0 25:36
Course 5	5.7 16:31	4.6 20:01	5.1 29:45	***
Course 6	7.2 11:31	6.1 13:55	6.6 21:26	5.4 15:39



Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 24 June 1989. Words of both thanks and welcome go to the following new or renewing club members: **Mia Barbera, Mark Hartinger, Norm & Gerri King, Ruth McCormick family, Bill McKenzie, Dave Petty, David Soper & Denise Klein, Gillian Telchert, Joan Ward, and Sharon Wilson.**

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. If you want to get your handsome membership card, contact the membership coordinator, me (Harvey), at a Cascade sponsored meet or at one of the above-mentioned happenings. I do

not have blank membership cards with me when I attend other clubs' functions.

Now on to the fun stuff. **Rick Breseman** graduated in June from the Executive MBA program at the U. of W. The executive MBA program differs from the regular MBA program in that students in the executive MBA program are working full-time jobs as well as studying for their degree. So, Rick worked full-time, studied for his degree, and still found time to come out to O' meets. Congratulations, Rick, quite an accomplishment!....For those of you who know her, **Catacomb**, the 17-year-old blue-point Siamese cat living with Anne & Harvey, has successfully recovered from the surgery needed to repair the spiral fracture of her lower hind leg. The steel rod and wires used to help the bones set seem to have improved her jumping ability to what it was several years ago. She still refuses to go orienteering though....Former Cascade O. C.

president (in 1984), **Mark Hartinger**, has renewed his membership after taking a few years off to concentrate on mountain climbing. From the results of the first few meets he's competed in, it appears he is fit enough to move right back into the top rank of orienteers in the area....**Pat Albright's** new job took her back to the N.Y./Conn. area for a week or so. As of this column, she's not back yet; hope she had a chance to train on some of the O' maps back there....New member **Ruth McCormick** has an interesting anecdote about how she joined the club. When she asked how to join at the Woodland Park meet in May, she was told to talk to the membership coordinator who happened to be me, Harvey. Recognizing me immediately, she commented that she already had spoken with me in a plane over Sydney, Australia. Sure enough, on the way to the 1988 Asia Pacific Orienteering Carnival meets in Tasmania, we talked with a woman from the

Seattle area who was going to teach in Australia for a year. I guess we were convincing about our love for orienteering, because Ruth showed up and enjoyed herself at the meets. Spread the word about the great sport of navigation that we are involved in....Will we ever have sunny weather at **Drunken Charlie Lake** when we schedule a meet there? This fabulous area really helps develop navigation skills (also known as technical orienteering skills). Unlike most of our local parks, this intricate forest does require a compass to guide you and especially to help you relocate after you become confused in the deep dark forest. The absence of trails other than a few old railroad grades (that beginners have a hard time either finding or staying on) makes relocating a matter of reading the contour features that look prominent. The new logging road and

clearcut north of D.C. Lake itself do provide a way to find where you are, but travel across a clearcut area is no fun at all. I hope we can have some more good meets with many more intermediate and advanced orienteers turning out to take advantage of this wonderful forest experience before the next 2 timber sales occur and they start clearcutting more of this impressive forest....Wearing my other hat as **WORLD CUP 1990** meet director, I am putting together a job description list that I will approach people with soon now. The Orcas Island meet will be good practice for handling the administration of a bigger than usual meet, so everyone think of what makes it run smoothly and how to improve things that didn't run smoothly. I still desperately need a publicity director who can get news of our meet into the media; I guess what I sent in only found its

way into the circular file....It is probably time to re-institute a C.O.C. tradition that was in effect the first 5 years that I was a club member - the newsletter mailing get-together. After the newsletter is pasted up and ready to be copied, a group of about 6-11 folks gather round the copy machine. The freshly copied pages will be collated, folded, stapled, labeled, and stamped by a chattering crew that doesn't even notice that they are accomplishing useful work. It was always lots of fun. If anyone is interested in getting together to do the next newsletter, contact the editor, Debbie.....If you want more news about people in the club, you'll have to tell me something or preferably write or scribble me something that is for this column. Otherwise, either I won't write it or you'll just get more cat tales.

HELP!!!!

Your orienteering clubs need help. Our clubs rely on volunteer help, *your* help, to be successful.

Volunteering can be fun.

It is a great way to get to know other members of the club, even the hotshots! When running in a meet it's usually hi, run and bye. When you work at a meet, you still can run, plus learn names, and have time to compare notes or techniques. Meet folks from other countries. It's sometimes hard to walk up to a stranger and start talking, but not when you already know their name because you've just helped them register, or you know their name and their time on the course because you clocked their finish.

Volunteering can be great training.

Set a course. See what goes through the course setter's mind. Do some fieldchecking, a great way to really learn how the two dimensional map represents the three dimensional world. Do these things and your next meet performance will improve.

Volunteering can give valuable life/work experience.

Be a meet director: learn how to organize and supervise others. Be club president: gain leadership experience.

You get the drift. These things look great on resumes.

Volunteering can be short and sweet.

Look at the list. Most functions only take a couple of hours. Plus the more volunteers we get the more we'll get done overall and the more successful the club will be. There will still be functions that take a lot of effort and time, but with lots of volunteer help available, these functions need never be onerous.

Volunteers hear and are heard.

Want to know what's going on in the club, what direction it is heading, what are the goals? Volunteers decide all of these things. Come and be vocal with your ideas, your perceptions, your experiences, and your desires.

Be proactive; pick your poison. Call your club's volunteer coordinator. Tell them what you'd like to do. Don't worry if you've never done it before, someone will be happy to help you learn the ropes. All positions are staffed with volunteers just like you, and each one learned on the job.

Orienteering is an open sport. Open to newcomers. Open to different points of view (there's no one right way to run a course). Open to new ideas. Come share your ideas, spirit and yes, some sweat. Call one of the numbers below and **VOLUNTEER**.

Cascade - Betty Berreth (206)546-2128
Sammamish - Dave Enger (206)822-6254
Nisqually - Gary McCausland (206)352-5542
Ellensburg - Dale Width (509)925-5873
Eastern Washington - John Beck (509)536-0650
Western States 'O' Championships (Sept. 9-10, 1989)
Sandy Kish Miller (206)784-5939 day
Katie Sprugel (206)365-8742
World Cup Meet (August 19-19, 1990)
Elite Meet - Harvey Friedman (206)784-2774
"A" Meet - Bob Reddick (206)581-0009

Below are the major functions that need to be performed by a successful orienteering club. Also listed are time commitment estimates and a brief description of what needs to be done. Time estimates are for local meets. These times will vary according to the experience level of the person and by the location of the meet site.

LOCAL MEET FUNCTIONS

MEET DIRECTOR 8hrs

*supervises all meet functions, tabulates meet results & income.

COURSE DESIGNER 8hrs

*designs and vets control placements.

MARKER SETTER 2-4hrs/meet.

- *set control markers.

COURSE VETTER time varies with number of courses.

- *runs course before participants to ensure each control marker is placed properly, and the markers have the proper codes.

MARKER PICKUP 15min - 1hr

- *retrieves markers after meet.

NEWCOMER GREETER/INSTRUCTOR 1-2hrs

- *provide 'o' instruction for 1st time orienteers.

REGISTRATION CREW 1-3hrs

- *help participants with fees, choosing courses, and signing waiver form.

START CREW 2hrs

- *start meet participants.

FINISH CREW 2-4hrs

- *time participants as they finish, calculate elapsed time, check punches.

MAJOR MEET FUNCTIONS

For larger meets, such as "A" & "B" level meets, all of the above functions are needed, usually with greater time commitments. In addition, other functions are needed, such as:

REGISTRATION CREW CHIEF 25hrs

- *supervises creating meet registration form and registration package
- *tracks preregistration, and coordinates with start crew chief to set start times for preregistrants.
- *supervises premarking of maps.

START CREW CHIEF 6-8hrs prep + 4hrs/day.

- *supervises meet "start" process.

FINISH CREW CHIEF 8-12hrs prep + 8hrs needed/day.

- *supervises meet "finish" process.

BOARD AND COORDINATORS

PRESIDENT 8-16hrs /month.

- *leads club's general and board meetings.

VICE-PRESIDENT 8-16hrs /month.

- *fills in for president when necessary.
- *gets park permission or permit when necessary.
- *gets certificate of insurance for each meet.

SECRETARY 4-8hrs /month.

- *records minutes at club general and board meetings.

TREASURER 4-8hrs /month.

- *tracks club financial transactions and maintains club's financial records.

EQUIPMENT COORDINATOR 4-8hrs /month.

- *coordinates the storage and maintenance of club equipment.

VOLUNTEER COORDINATOR 4-8hrs /month.

- *coordinates effort to recruit persons to fill the functions on this list.

PUBLICITY COORDINATOR 4-8hrs needed/month.

Coordinates:

- *placing 'o' schedule in local newspapers and sports magazines
- *placing meet results in local newspapers and sports magazines
- *creating and updating 'o' brochure/flyer with schedule
- *place 'o' brochures/schedule flyers in local sports stores
- *generating interest in 'o' in local and national media.

MEMBERSHIP COORDINATOR 4-8hrs /month.

- *maintains club membership list
- *prints labels for club mailings
- *responds to requests for information.

NEWSLETTER COORDINATOR 20 hrs /newsletter.

- *coordinates/edits the publication of club newsletter.

MAPPING COORDINATOR 4-8hrs /month.

- *coordinates search for new mappable areas, fieldchecking of new areas, rechecking of old areas, and printing of maps.

ONGOING FUNCTIONS

TELEPHONE HOTLINE 2-4hrs /month.

- *updates outgoing message
- *retrieves and responds to incoming messages.

PUBLICITY COMMITTEE

Schedules Placers 1hr /month.

- *sends 'o' schedule to publications in your local area

Results Placers 1hr /month.

- *sends 'o' results to publications in your local area

Brochure Placers 1hr needed/month.

- *places 'o' brochures/flyers in local sports store.

FIELDCHECKING 20-40hrs /sq kilometer.

- *new maps
- *revising old maps.

DRAFTING 10-20hrs /sq kilometer.

- *new maps
- *revising old maps.

The president, vice-president, secretary, and treasurer are elected positions.

Anyone who wishes may volunteer to assist the officers and coordinators with the functions they perform.

Schedule

<i>Date/Time</i>	<i>Location</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Information</i>
Sat-Sun JUL 1-2	Colorado High-O (call the Hotline for an entry form) Garden of the Gods & White Ranch Park	A	RMOC	color 1:15,000	Bob Ellis (719) 687-3742
Wed, JUL 12 5:30-7:30 p.m.	Robinswood Park, Bellevue	C	SAMM	color 1:3,000	Dave Tallent (206) 392-3061
Sat, JUL 15 10-12 noon	Lincoln Park, Spokane	C	EWOC	b/w	John Beck (509) 536-0650
Sun, JUL 16 9-11 a.m.	Union Bay Canoe-O, Seattle U.W. Waterfront Activities Center	S	COC	color 1:10,000	Doug Sprugel (206) 365-8742
Sun, JUL 23	* Ferry & Island O'	S	NISQ	b/w	Bob Reddick (206) 581-0009
Tue, JUL 25 7:00 p.m.	* General Meeting, University Branch Library, Seattle 50th & Roosevelt (U.S.O.F. Convention report, "See How They Ran" at Drunken Charlie Lake, Orienteering Tips For Beginners, Course Setting For Beginners		COC		Doug Sprugel (206) 365-8742
Sat, JUL 29 10-12 noon	* Hamlin Park meet & potluck 15th Ave. N.E. & N.E. 165th St., Seattle	C	COC	b/w 1:7,500	Doug Sprugel (206) 365-8742
Wed, AUG 2 5:30-7:30 p.m.	Luther Burbank Park, Mercer Island	C	SAMM	color 1:5,000	Dave Tallent (206) 392-3061
Fri, AUG 11 6:00 p.m.	Manito Park relay, Spokane	C	EWOC	b/w 1:5,000	John Beck (509) 536-0650
Sat-Sun AUG 12-13	Washington State Championships & Centennial Games Riverside Park, Spokane	B	WSOA	color 1:15,000	Mike Tharp (206) 459-9231
Wed, AUG 23 5:30-7:30 p.m.	Lynn Dale Park, Lynnwood	C	COC	color 1:5,000	Doug Sprugel (206) 365-8742
Sat, AUG 26 10-12 noon	Bridle Trails State Park, Kirkland	C	SAMM	color 1:10,000	Dave Tallent (206) 392-3061
Sat-Sun SEP 2-3	British Columbia Championships, Vancouver Island Camp Thunderbird	A	VO	color 1:15,000	Al Philip (604) 598-2553
Sat-Sun SEP 9-10	Western States Championships, Orcas Island Moran State Park	A	COC	color 1:15,000	Katie Sprugel (206) 365-8742
Sat-Sun SEP 16-17	Manitoba Championships	A	MOA	color 1:15,000	
Sat-Sun SEP 23-24	Barrier Lake, Canmore, Alberta	A	AOA	color 1:15,000	(403) 270-7557
Sat-Sun SEP 30-OCT 1	University Endowment Lands, Vancouver, B.C.	B	GVOC	color 1:15,000	Brian Livsey (604) 733-4710
Sun, SEP 24 10-12 noon	Lake Sammamish State Park, Issaquah	C	SAMM	color 1:10,000	Dave Tallent (206) 392-3061
Sat-Sun OCT 7-8	U.S. Championships, San Francisco Annadel State Park	A	BAOC	color 1:15,000	Steve Ritchie (415) 652-7834
Sat-Sun OCT 7-8	Western Canadian Orienteering Championships Elk Island, Edmonton, Alberta	A	AOA	color 1:15,000	Eugene Ulmer (403) 270-7557
Sun, OCT 15 10-12 noon	University of Washington campus, Seattle	C	COC	color 1:5,000	Doug Sprugel (206) 365-8742

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.)
- Q - Centennial Games qualifier (everyone welcome)

Club Key

- COC - Cascade O Club; EOC - Ellensburg O Club; EWOC - Eastern Washington O Club; NISQ - Nisqually Orienteers;
- SAMM - Sammamish O Club; WSOA - Washington State O Assoc.
- BAOC - Bay Area O Club; CVO - Cowichan Valley Orienteers;
- FWOC - Foothills Wanderers; GVOC - Greater Vancouver O Club;
- SOCK - Sage O Club of Kamloops; VO - VictOrienteers

*Changes from last issue:

The Washington State Orienteering Association presents the

1989 Washington State Orienteering Championships

August 12-13, 1989

Riverside State Park, Spokane

Terrain - open, runnable forest

Map - 1:15,000 scale 5-color International Orienteering Federation-standard map. Field-checked by Al Smith and Ulf Köster.
Cartography by Gary McCausland.

Courses - six courses designed by Scott Donald of the Kootenay Orienteers (Rossland, B.C.) will be offered.

Start Times - starts will be from 10 a.m. to 12 noon on Saturday and on Sunday from 8:30 a.m. to 9:30 a.m. and from 11 a.m. to 12 noon.

Fees - please pay in U.S. funds.

	<u>One Day</u>	<u>Both Days</u>
Course 1	\$5.00	\$10.00
Junior (under 21)	5.00	10.00
Others	8.00	15.00

Registration - if your entry is received by **August 5**, you will get a pre-marked map and an assigned start time. If your entry is received after this date, you must mark your own course (yes, it will be included in your time) and start when space is available. Please send entries to:

Mike Tharp
6825 Kelly Beach Road S.E.
Olympia, WA 98504

Entry for 1989 Washington State Orienteering Championships

Name/Address/Phone No.	Age on Dec. 31 1989	Course	Class	Sat, Sun or Both	WA State	Reg. Fee
Please make checks payable to Washington State Orienteering Association						Total Enclosed

Notes, requests, doodles, etc. _____

Course 1 2-3 km beginner	Course 2 3.5-4.5 km adv. beginner	Course 3 4-5 km intermediate	Course 4 4-5 km advanced	Course 5 5-7 km advanced	Course 6 7-12 km advanced
F12 M12 Novice	F13-14 MOpenE F15-16 F17-18 F19-20 FOpenD	F35 M13-14 F40 M15-16 F45 M17-18 F50 M19-20 F60 MOpenD FOpenC	FOpenB M35 M40 M45 M50 M60 MOpenC	F21 MOpenB	M21

Centennial Games - this meet will be held in conjunction with the Washington Centennial Games. You will run the same courses as the official Centennial Games qualifiers.

Awards - awards will be presented to the top three finishers in each category. A special award will be presented to the top Washington state resident in each category. The awards ceremony will take place at 1:00 p.m. August 13.

Friday Night Relay - The Eastern Washington Orienteering Club is hosting a relay at Manito Park in Spokane on Friday, August 11. Registration is at 6:00 p.m., with a mass start at 7:00 p.m. For more information, call John Beck of EWOC at (509) 536-0650.

Warning

The participants in orienteering events should be aware that, as with any sport, participation in orienteering can be a dangerous activity involving many risks of injury. The dangers and risks of participation in this sport include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury and impairment to other aspects of the body, general health, and well being. The dangers and risks of participation in this sport, as with any sport, may result not only in serious injury, but in serious impairment of the participant's future ability to earn a living, to engage in other business, social recreational activities, and generally enjoy life.

Waiver of Liability

I hereby assume all risks associated with participation in the Riverside State Park orienteering event being held on August 12 and 13, 1989 in conjunction with the Washington State Centennial Games. I hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims arising from my participation in said event against the Washington State Orienteering Association, its affiliated clubs: Cascade Orienteering Club, Sammamish Orienteering Club, Nisqually Orienteering Club, Ellensburg Orienteering Club, and Eastern Washington Orienteering Club, as well as Riverside State Park, the Washington State Parks and Recreation Commission, the Washington State National Guard and its various units, the U.S. Air Force, and the Fairchild Air Force Survival Training School, the Washington State Games Foundation, the Washington Centennial Games and all foregoing subsidiaries, affiliates, assigns, representatives and successors and any and all other sponsors, persons and entities associated with this event. I attest and verify that I am physically fit, have sufficiently trained for the completion of the event, and have full knowledge of any risks involved in this event. I have read the above warning and certify my compliance with the terms of this waiver by my signature. If I am under 18 years of age, my parents or legal guardian must co-sign.

Signed _____ Date _____

Signed _____ Date _____

Signed _____ Date _____

Signed _____ Date _____



THE PIG WAR CHALLENGE

BRITISH COLUMBIA ORIENTEERING CHAMPIONSHIPS

September 2-3, 1989

YMCA Camp Thunderbird, near Victoria, Vancouver Island

WESTERN STATES ORIENTEERING CHAMPIONSHIPS

September 9-10, 1989

Moran State Park, Orcas Island, Washington

The VictOrienteers and Cascade Orienteering Club invite you to the PIG WAR CHALLENGE, two class "A" orienteering meets in the scenic islands of the Pacific Northwest (3 days of individual competition and 1 day relay).

The first annual Pig War Challenge will consist of the British Columbia Championships and the Western States Championships. The meet sites are in the region where the altercation locally known as the "Pig War" (a boundary dispute between the United States and Great Britain over ownership of the San Juan and Gulf Islands) took place. The Pig War Cup will be awarded to the United States or Canada on the basis of points accumulated in the 4 days of competition. Each participant earns one point for each day of competition. Extra points will be awarded for the top five finishers on each course. The country with the most points at the end of the four days of competition wins the cup.

THE BRITISH COLUMBIA ORIENTEERING CHAMPIONSHIPS (BC)

Day 1 (Sept. 2, 1989) - Individual championships, COF sanctioned "A" meet

Day 2 (Sept. 3, 1989) - Relay championships

Meet Director: Alan Philip (604) 381-3826

Registrar: Martin Hocking (604) 477-7624

Course Design: Mark McMillan

Course Controller: Rick Lidstone

Map: 1:10,000, IOF 5 color, 5 meter contour interval, Field checking by Alan Philip and Mark McMillan (1989)

Terrain: Woods, undergrowth, rugged with lots of point detail, cliffs and boulders for intricate orienteering

Awards/Eligibility: Awards will be presented to the top three finishers in each class. A separate award will be presented to the BC champion in each "A" class. To be eligible for the BC championship awards you must be a resident of British Columbia and a member of OABC.



THE WESTERN STATES ORIENTEERING CHAMPIONSHIPS (WS)

Day 1 and 2 (Sept. 9-10, 1989) - 2 day individual, total time event, USOF sanctioned "A" meet

Meet Directors: Sandy Kish Miller (206) 784-5939 and Katie Sprugel (206) 365-8742

Registrar: Debbie Newell (206) 488-7471

Course Design: Mike Schuh

Event Consultant: John Rogers

Course Consultant: John Campbell

Map: New 1:15000, IOF 5 color, 5 meter contour interval. Fieldwork by Raimo Pitkanen, fall 1988/spring 1989, cartography by Gary McCausland.

Terrain: Day 1- Open woods, minimal undergrowth, much point detail

Day 2- Typical Northwest forest with large trees, good visibility, slow run in places due to undergrowth of salal and sword fern

Awards/Eligibility: Awards will be presented to the top three finishers in each class. A separate award will be presented to the Western States Champion in each "A" class. To be eligible for the Western States awards you must be a resident of AK, AZ, CA, CO, HI, ID, NM, NV, MT, OR, UT, WA, or WY and a member of USOF.

SCHEDULE

Aug. 4	Postmark deadline for pre-registration	Sept. 8	Kayaking day trip (opt.), Orcas Island
Sept. 1	Arrive at Camp Thunderbird, Sooke, BC. Pick up packets and start times until 9 pm	Sept. 8	Arrive at Camp Orkila, Orcas Island, after 1 pm. Start times and packets available until 9 pm. Mixer 7-9 pm
Sept. 2	Day 1-BC Champs, first start 10 am, Salmon Barbeque, 6 pm	Sept. 9	Day 1-WS Champs, first start 11 am, allow 45-60 min to walk to start
Sept. 3	Day 2-BC Relay Champs, first start 10 am; Awards-2 pm		Social event Saturday evening
Sept. 6	Overnight kayaking excursion in the San Juan Islands (opt.)	Sept. 10	Day 2-WS Champs, first start 9 am, Awards- 1 pm

LODGING

Special packages have been arranged at YMCA camps near both meet sites. See entry form for details. If you do not wish to stay at the YMCA camps or if you want information about lodging and tourist activities between the meets, please contact the appropriate agency below. Opportunities for billets with local orienteers between the meets may be possible. Please inquire of the meet directors if interested.

- Black Ball Ferry (Victoria-Port Angeles) (206) 622-2222
- British Columbia Ferries: Vancouver (604) 685-1021, Seattle (206) 441-6865
- British Columbia Ministry of Tourism, Recreation and Culture. March and McLennan Building, 720 Olive Way, Seattle, WA 98101.
- Orcas Chamber of Commerce. P.O. Box 252, Eastsound, WA 98245. (206)376-2273.
- San Juan Chamber of Commerce. P.O. Box 98, Friday Harbor, WA 98250. (206)378-5240.
- Seattle-King County Convention & Visitor's Bureau. 1815 Seventh Ave., Seattle, WA 98101
- Washington State Department of Commerce and Economic Development, Tourism Development Division, 101 General Administration Bldg, AX-13, Olympia, WA 98504. (206)753-5600. For a copy of Destination Washington magazine, (800)544-1800.
- Washington State Ferries. Seattle (206) 464-6400, Victoria (604) 381-1551, in WA (800) 542-7052, rest of US (800) 252-4550, then press 2840.

TRAVEL INFORMATION

To help you with your travel arrangements if you are coming from out of the area, one of our sponsors, Mutual Travel of Seattle, is our official travel agency. They will help you arrange a convenient itinerary and find the lowest air fares possible. They will coordinate special travel arrangements as needed to get orienteers to and from Orcas Island and Seatac or Vancouver airports. Mutual Travel can be reached by phoning (800)426-8284 in the US. Call collect from Canada, Alaska, or Hawaii (206)464-4600. Our group name with them is Washington State Orienteering Association. A further discount of 5% may be available on your airfare if booked through Mutual Travel (some restrictions apply). You can choose to take this discount or have the money donated to WSOA to support this and future meets. Please ask agent for specific details.

BC Championships: Vancouver Island is accessible by ferry from Tsawwassen BC, Port Angeles WA, and Anacortes WA. Exact schedules are not yet available, telephone the appropriate ferry service (numbers above) in August. Rides may be possible with members of local clubs. Victoria is also accessible by air. Participants flying in from other parts of the country may find this the easiest way to get there. If you will not have a car on Vancouver Island, please contact Alan Philip. There will probably be some sort of shuttle service from Victoria to Camp Thunderbird. **Driving directions:** From Victoria, take Hwy. 14 west towards Sooke. Watch for O signs just before Sooke (about 18 miles from Victoria). **Start Times:** Both days, 10 am. Walk to start minimal.

Between the meets: The Pacific Northwest is a wonderful area for a vacation. The BC Ministry of Tourism and the Washington State Tourism Division will send you lots of information upon request. The meet directors will also be glad to help you with information. A unique opportunity exists on Orcas Island to go sea-kayaking for a day or an overnight trip. Come a day early and spend Friday paddling around the coast of Orcas (3-5 hrs, \$35) or make an overnight excursion to some of the San Juans only accessible by boat (Wed./Thurs. \$115, meals and equipment incl.). Contact the kayak outfitters directly to make reservations for these trips: For Wed./Thurs trip- Northwest Outdoor Center, 2100 Westlake Ave. N., Seattle, WA 98109, (206) 281-9694. For Fri. trips- Shearwater Outfitters, P.O. Box 787, Eastsound, WA 98245, (206) 376-4699.

Western States Championships: Orcas Island is accessible by ferry from Anacortes WA or Sidney BC (via San Juan Island). Contact the Washington State Ferries for schedule information later this summer (September schedule not yet available). One can also fly in to the Eastsound airport (1/2 mile from Camp Orkila). **Driving Directions:** From Interstate 5, take Hwy. 20 west to Anacortes, follow signs to the ferry landing. We strongly encourage you to leave your car in Anacortes, saving time and money. There will be no parking at the meet site for participants' cars. Buses from Camp Orkila will meet the Friday afternoon and evening ferries and transport you to the camp. Buses will also return you to the ferry landing on Sunday. If you choose to drive, you may park at Camp Orkila. If driving, follow the signs from the ferry landing to Eastsound. Turn left on Lover's Lane just before Eastsound and follow it to Mt. Baker Road. Turn left and go approximately 1/2 mile. The drive into Camp Orkila (to the left) will be marked with an O' sign. **Start Times:** The meet site is a 20 minute bus ride from Camp Orkila. **Day 1** first start- 11 am. The walk to the Day 1 start from the bus drop off point is long and strenuous (2.1 km, 300 m climb). An adult walking at a moderate pace will need about 45 min (perhaps a bit more if you stop to admire the views too long). The course design for day 1 reflects this pre-competition exertion (i.e., courses are a bit short and have minimal climb). Arrangements can be made to transport younger children to the start by vehicle, please advise us on the entry form if you wish this. **Day 2-** 9 am. Minimal walk to the start.

REGISTRATION INSTRUCTIONS

- Participants may register for both meets at once and pay for both meets in either US or Canadian funds. Fill out both sides of the entry form. Use the formulas at the bottom of the forms to convert to desired currency. **If paying in Canadian funds,** make check payable to VictoOrienteers. Mail check and entry to Martin Hocking, 1869 Elmhurst Place, Victoria, BC V8N 1P1. **If paying in US funds,** make check payable to Cascade Orienteering Club. Mail check and entry to Debbie Newell, 6216 NE 154th St., Bothell, WA 98011. **If you would like to pay in other currencies,** the simplest way is to allow us to charge your VISA card for the meet fees. Please put your name as it appears on the credit card, the card number, and the expiration date in the special requests area of the entry form. Please sign your name there as you would a credit card voucher.
 - You may register on the day of competition but you will not get pre-marked maps. There is a late fee for both meets.
- Beginner's instruction and wayfarers courses will be offered on each day. No pre-registration is required.

Courses and Classes: BC Meet Day 1 (Individual)

Course	Length (km)	Championship classes	Open Classes
1	1.5-2.5	H-12, D-12	Novice, Wayfarers
2	2.5-3.5	H13-14, D13-14	D&H Open, Wayfarers
3	3.5-4.5	H15-16, D15-16	D&H Open
4	4.5-5.5	D17, D45, D50	D&H Open
5	4.5-6	H55, D19, D40	D&H Open
6	5 to 7	H17, H45, H50, D35	D&H Open
7	6 to 9	H19, H35, H40, D21	H Open
8	9 to 14	H21	

BC Meet Day 2 (Relay)

Course	Championship Class	Open Classes
1	Mixed teams to age 14	Mixed, D & H
2	D15-20, D35	Mixed, D & H
3	H15-20, H35, D21	Mixed, D & H
4	H21	

Courses and Classes: Western States Days 1 & 2

Course	Length	Difficulty	Classes
White	2-3 km	Easy	M12A, F12A, M&F Open, Wayfarer
Yellow	3-4 km	Easy	M13-14A, F13-14A, M&F Open, Wayfarer
Orange	4-5 km	Medium	M15-16A, M17-18B, M19-20B, M50B, M Open
			F15-16A, F17-18A, F19-20B, F35B, F45B, F Open
Green	4-6 km	Hard	M17-18A, M50A, M55A, M60A, M35B, M40B, M45B, M Open
			F19-20A, F35A, F40A, F45A, F50A, F21B, F Open
Red	6-8 km	Hard	M19-20A, M35A, M40A, M45A, M21B, M Open, F21A
Blue	8-10 km	Hard	M21A

T-SHIRTS

Silver grey with the orca logo designed by Pat Albright (see front page). Long-sleeved, 50/50 poly/cotton. \$9 US.

Sizes: S, M, L, XL

ACCOMMODATIONS

YM/YWCA Camp Thunderbird, Sooke, Vancouver Island, BC.

Fees include Friday and Saturday night lodging; meals from ^{Friday dinner} through Sunday lunch. Vegetarians please advise of special needs. There will be a special Saturday evening salmon barbeque. This is available for \$10 CDN if you are not staying at the camp. Canoeing and swimming are available. Fees are per person.

Accommodation	Adult	Children Age 11-18	Age 3-11	Family Max.
Heated Cabins	\$65 CDN	\$40 CDN	\$35 CDN	\$170 CDN
Tent Shelters	\$40	\$40	\$40	-
Tents	\$30	\$30	\$30	-
Tent sites (no meals)	\$7			

YMCA Camp Orkila, Orcas Island, WA.

Fees include Friday and Saturday night lodging; meals (Friday evening snack through Sunday lunch); transportation to and from ferry and meet site; free use of camp facilities (row boats, swimming, basketball, volleyball, horse shoes, crafts for kids). Bring your own sleeping bags and towels. Prices are quoted for YMCA members/non-members. Saturday dinner available for \$6 US if you are not staying at the camp. Fees are per person.

Accommodation	Adult	Children (under 12)
Heated Cabins	\$50/52 US	\$30/32 US
Non-winterized cabins or tent sites	\$40/42	\$30/32

OTHER REGISTRATION INFORMATION

Child care will be available (exact arrangements not yet made). Please indicate preference for type of care (coop, hired sitter, split starts, other) along with names and ages of children):

Special requests:

WAIVER OF LIABILITY

In consideration of accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, do waive and release forever any and all rights and claims for damages I may have as a consequence of my involvement in these meets. In particular, but without restricting the generality of the foregoing, I hereby release for liability the following: Orienteering Association of British Columbia, Victorienteers, YM/YWCA of British Columbia, YM/YWCA Camp Thunderbird, United States Orienteering Federation, Cascade Orienteering Club, Washington State Department of Natural Resources, Moran State Park, Rosario Resort, and any others involved with organizing or promoting the event.

I acknowledge that Orienteering is a sport with inherent risks and in signing this application it is my intention to accept the risks and all the consequences thereof for myself alone. I have read this release in its entirety, I understand and agree to be bound by its terms. I verify that I am physically fit and qualified to participate in this event at the level I have indicated.

Signature/Date (and Parent/Guardian if under 18)

Start Times/Results:

Enclose a SASE for start times if you wish to have them mailed to you before the meet. Enclose a separate SASE if you wish a copy of the results mailed to you.

BRITISH COLUMBIA CHAMPIONSHIPS... WESTERN STATES CHAMPIONSHIPS ENTRY FORM

- INSTRUCTIONS:**
1. Fill out both sides of form
 2. Sign waiver
 3. Calculate fees for each person
 4. Convert fees to desired currency
 5. Mail to appropriate registrar before Aug. 4 to avoid late fees

CANADIAN CURRENCY:
 Make checks payable to:
 "VictOrienters"
 Mail to: Martin Hocking
 1869 Elmhurst Place
 Victoria, BC V8N 1P1

US CURRENCY:
 Make checks payable to:
 "Cascade Orienteering Club"
 Mail to: Debbie Newell
 6216 NE 154th St.
 Bothell, WA 98011

CONTACT NAME _____

ADDRESS _____

TELEPHONE _____

NAME	USOF/ COF#	AGE	STATE/ PROV. OF RES.	BC CHAMPIONSHIPS DAY 1 COURSE/CLASS	DAY 2* COURSE/CLASS	WS CHAMPIONSHIPS DAY 1 DAY 2 COURSE/CLASS	T-SHIRTS STATE SIZE	LODGING (Use descriptions from other side of form) BC MEET WS MEET
1.								
2.								
3.								

*List relay team members here (3/team): _____

If you wish, the meet organizers will assign you to a team. Please note that here. _____

FEEES (BC MEET, IN \$CDN)	1	2	3	TOTAL	FEEES (WS MEET, IN \$US)	1	2	3	TOTAL
Day 1: Adult \$10, Jr. \$6					Day 1: Adult \$8, Jr. \$6				
Day 2: Adult \$8, Jr. \$5					Day 2: Adult \$8, Jr. \$6				
Surcharge for non-COF/USOF members \$2/day					Surcharge for non-USOF/COF members \$2/day				
Discount if postmarked by Aug.4 \$2/person					Late fee. \$5/person if postmarked after Aug. 4				
Lodging Package					Lodging Package				
Sat. night banquet, \$10 (included if staying at camp)					Sat. night dinner, \$6 (included if staying at the camp)				
T-shirts (fees in US\$, use box at right)					T-shirts, \$9 each				
Total fees (\$CDN)					Total fees (\$US)				
If paying in Canadian currency, convert total fees (\$US) to \$CDN. Multiply \$US x 1.18 exchange rate to equal \$CDN. Enter in box at right.					If paying in US currency, convert total fees (\$CDN) to \$US. Multiply \$CDN x 0.85 exchange rate to equal \$US. Enter in box at right.				
TOTAL FEES SUBMITTED (in \$CDN)					TOTAL FEES SUBMITTED (in \$US)				

Come Orienteer in the Islands of the Pacific Northwest!

The Victorienteers and the Cascade Orienteering Club invite you to the PIG WAR CHALLENGE, two "A" level orienteering meets back to back.

Start on Vancouver Island in British Columbia. The B.C. Championships will be held September 2-3, 1989 at YMCA Camp Thunderbird, just west of Victoria.

Then take the ferry to the San Juan Islands for the Western States Championships on Orcas Island September 9-10, 1989 at Moran State Park.

Between meets:

■ Ramble through Victoria, a quintessentially British city, home of the Empress Hotel. Smell the flowers in Butchart Gardens. Tour the British Columbia Parliament Buildings.

■ Visit Vancouver's historic Gastown, Stanley Park, the Aquarium, and the Hudson Bay Company. Visit Vancouver's Chinatown, the second largest in North America.

■ Dawdle in the San Juans. Watch for killer whales, bald eagles, black tailed deer, puffins, and loons. Rent a bike and explore the country roads and island beaches. Hunt for oysters, clams, and mussels. Wednesday & Thursday, September 6th - 7th, bob in a kayak on an overnight trip to one of the hundreds of San Juan islands approachable only by boat. Or Friday, September 8th, kayak just for the day. These trips have been arranged especially for orienteers. First time kayakers are welcome.

■ Hike in the Cascades. Tour the Olympic Peninsula. Climb Mt. Rainier. Take a river rafting trip, no experience required.

■ See Seattle - home of the Pike Place Farmer's Market, Pioneer Square, and Space Needle. Take the kids to the award winning Woodland Park Zoo. Partake of an Indian Salmon Bake on Blake Island. Tour the Ste. Michele Winery. Tour Boeing's factory and Museum of Flight.

The possibilities are endless.

The British Columbia Championships:

Stay at scenic YMCA Camp Thunderbird. The camp, situated round a lake with wonderful views of the Olympic Mountains and the Straits of Juan De Fuca, is located on the BC Championship's map. Terrain is rugged with lots of detail, cliffs and boulders for intricate orienteering.

The cost of accommodations at Camp Thunderbird will range from \$7.00 per night, for a tent site, to \$65.00 for six meals and a two night stay in a heated cabin.

Day 1 - individual championships

Day 2 - relay championships

Contact: Martin Hocking
1869 Elmhurst Pl
Victoria, BC V8N 1P1
(604) 477-7624

The Western States Championships:

Day 1 - courses set on a plateau atop Mt. Constitution, the highest point in the San Juan Islands, with spectacular views of Mt. Baker, the Cascades and the Olympics. Terrain of open forests, rolling hills.

Day 2 - courses set around Mountain Lake. Go for a swim after a wonderful Indian summer day.

Two nights accommodations (September 8th & 9th) provided at YMCA Camp Orkila for about \$50. This fee includes transportation to and from the ferry and to and from the start; cabins, shelters, or tent sites; five meals, plus two snacks.

Contact: Katie Sprugel
10559 41st PL NE
Seattle, WA 98125
(206)365-8742

Both camps offer free use of the camp's facilities such as: row boats, basketball, swimming, volleyball, horse shoes and crafts for the kids. Bring your sleeping bags and towels.

"Pig War* Challenge"

*A Fracas Fired by Faulty Fieldchecking.

The Victorienteers and Cascade Orienteering Clubs invite all United States and British Commonwealth Orienteers to the PIG WAR CHALLENGE.

The first annual Pig War Challenge will consist of the British Columbia Championships (September 2-3) and the Western States Championships (September 9-10). The meet sites are areas in the vicinity where the Pig War occurred. At the time of the Pig War, Canada was a colony of Great Britain, and Great Britain and the U.S. were hotly contesting the ownership of the San Juan Islands. The Oregon Treaty of 1846 was supposed to settle the boundary dispute between Great Britain and the U.S. by setting the boundary westward along the 49th parallel to "the middle of the channel which separates the continent from Vancouver's Island." Anyone looking at a modern map of the area would see that the treaty phrase is ambiguous. There are at least two channels to which the treaty could be referring. Unfortunately, the writers of the treaty had only sketchy and inaccurate maps of the area.

Each side interpreted the treaty in a way that was favorable to them. In other words, both claimed the San Juan Islands and settled them.

"What has this to do with a Pig?"

A British pig uprooted an American garden and an American shot the pig. Threatening words were exchanged. Parties on both sides were spoiling for a fight, so both sent in troops. Luckily there were also cooler heads on both sides who defused the situation and set the question of the boundary to arbitration by a neutral third party, Emperor Wilhelm I. The 1871 Treaty of Washington settled the boundary. The only casualty of the war was the pig.

The Victorienteers and the Cascade Orienteering Clubs have set up the Pig War Challenge to commemorate the peaceful and cooperative settlement to this conflict. Join us in a friendly competition to encourage orienteering in this hemisphere. Points will be awarded for both the number of participants and to the top five finishers in each age and class category of the two Pig War Challenge events.

Members from both sides of the Challenge are encouraged to attend both meets for they will gain points for each day of attendance.

See you there.

COC OFFICERS AND COORDINATORS

President	Doug Sprugel	(206) 365-8742
Vice President	Linda Botich	(206) 241-9338
Secretary	Ardis Dull	(206) 364-4062
Treasurer	Katie 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) 285-8674
Publicity Coordinator	Tony Saulewicz	(206) 784-5398
Equipment Coordinator		
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 (first time orienteering)	1.00	1.00
Families (regular fee for first 2 family members, \$1.00/person thereafter)		

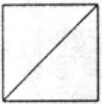
Special events, such as the State Championships and "A" meets, have higher fees.

"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.



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

Address Correction Requested
