

Quest for the best, here in the Northwest

Plans are moving along for this August's North American 7-Day Competition. The map for our part in the extravaganza, the **Pacific Northwest Orienteering Festival and World Cup** meet, has been field-checked and is being drafted at this very moment, thanks to good coordination by Fred Veler. The Finish Crew, headed by Jean Davis, worked out some of the rough spots at the Washington State Interscholastic Championships at St. Edward State Park in February. Sandy and Robert Miller are working hard on the PNWOF entry form, which will appear in next month's "Bearing 315." And Bruce McAlister and Kent Verbeck have arranged a lodging package at Central Washington University in Ellensburg.

This could be the opportunity of a lifetime. World-class orienteers running virtually in our backyard! Don't let the chance pass you by. Enter the Quest for the Best, here in the Northwest.

Entry deadline for APOC extended!

The deadline to receive reduced rates for the APOC Festival has been extended to **June 1**. If you want to enter PNWOF only, you will receive an entry in the next issue of "Bearing 315" (yes, we said that last issue, but this time we really mean it). To receive an entry form for the entire 7 days of competition, send a stamped, self-addressed 8½ x 11 envelope to:

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

Club Meeting March 12

Our next club meeting will be on Monday, March 12 at 7:00 p.m. at the University Branch Library (50th and Roosevelt) in Seattle. It will feature another installment of "Orienteering Tips for Beginners," and probably some other interesting discussions. Come find out for yourself

Pot-O-Luck '90

Rick and Eileen Breseman will kick off this year's Pot-O-Luck series with a potluck at their home on Thursday, April 19 at 6:30 p.m. Bring your favorite dish to 9528 Densmore Ave. N. and get to know other club members.

Do you know where you are?

That's what the University of Washington Psychology Department wants to know. More specifically, they want to know what makes orienteers more spacially aware than the rest of the population. In an effort to get some answers, a team of psychologists, headed by Susan Infield, has been conducting tests on orienteers and comparing the results to those of the general population. So far, orienteers have proven to be significantly better than the general population at knowing where they are in relation to their surroundings.

Future plans include testing orienteers at the Hamilton Corrals meet near Kamloops in May, and testing U.S. Team members at the Olympic Training Center in Colorado Springs.

Site for 1991 Washington State Summer Games chosen

Last month, officials of the Washington State Games Foundation announced that the 1991 Summer Games will be hosted by the cities of Bellevue, Kirkland, and Redmond. At the first Summer Games in Spokane last year, orienteering was very successful. Next year can be even more successful, so start thinking now about where to hold the orienteering competition.

Governor Proclaims April Orienteering Month

Governor Booth Gardner signed a document officially proclaiming April "Orienteering Month" in the state of Washington. As you can see from the schedule on page 7, April is chock full of orienteering events. Try to fit one into your schedule, or attend them all!

Meet Results

PT. DEFIANCE PARK - November 26, 1989

Nisqually Orienteers

Washington State Relay Championships

Mixed (Short, Medium, Long legs)

1. Samm's Finest	95:33
J. Pelcher - S	31:59
B. Hall - L	37:34
J. Carton - M	26:00

2. River Rats	97:10
M. Moffett - L	29:52
R. Tharp - M	24:54
C. Benoit - S	42:24

COC Trail Mix

M. Schuh - M	DSQ
P. Albright - L	18:36
P. Zurcher - L	41:46
	22:19

Masters (Medium legs)

1. Revenge of the Nerds	63:48
C. Moore	34:27
K. Peters	35:17
B. Reddick	22:54

2. Cascade's Best	77:52
D. Sprugel	26:09
K. Sprugel	26:19
A. Dull	25:24

Winner's Circle

R. Stevens	DSQ
K. Olson	34:27
M. MacDonald	35:17
	21:36

Wilson Boys

T. Willis	DSQ
B. Sullivan	34:38
T. Pham	19:08
	18:58

Wilson Girls

L. Nordlund	DSQ
J. Payton	25:38
E. Boomer	45:50
	27:46

Open (Long legs)

1. Tallented Threesome	85:04
D. Tallent	34:38
M. MacDonald	25:31
B. MacDonald	24:55

2. Blue Ribbon Team	98:30
M. Tharp	51:17
J. Hansen	25:25
J. Coker	21:48

3. The Go Get 'Ems	107:52
B. Wales	44:29
T. Benoit	38:15
D. Newell	25:08

Enger's Entourage

A. Skog	DSQ
D. Enger	25:52
A. Skog	27:56
	23:18

MARYMOOR PARK - January 13

Sammamish Orienteering Club

Meet Director: David Tallent

Course Design: David Tallent

Course Setters: David Tallent, Debbie Newell

Registration: Kathy Trost, Pat Albright

Starts: David Tallent, David Petty

Finish: Debbie Newell, Mike Tharp, Mike Schuh

Marker Pickup: David Tallent, Debbie Newell

Weather: Wet, cold & raining

No. of starts: 114 (164 people)

No. of actual Participants: 138

Course 1 (1.4K, 6 controls)

Michael Odum	10:30
Scott Labberton	12:21
Corky Colson/Mark Crouthamel	13:10
Chris Ahn/Chad Marshall	14:18
Steve Baker/Howie Price	14:24
Frank Bannon/Brian Wade	14:40
Richard Botts/Sheridan Hopper	16:00
Issaquah HS Team/Rachel Tharp	16:57
Kenny Schlaudraff/Mark Thomason	19:40
Clark/Gadd/Fisher/Schlaudraff	20:37
Mike Stillman, Josh & Ben	23:03
Jennifer Vincent, Bryon, Sam, Justin	30:05
Bill Yost & Family	35:32
Keith Molamphy	57:49
Keith Johnson	No Time
T Olson	No Time
Van Reilly	No Time
Graig Smith	No Time

Course 2 (2.4K, 9 controls)

Michael Odum	35:14
Richard Botts/Sheridan Hopper	52:25
Kathy Miner	59:25
Kevin & Mark Crouthamel	64:46
Corky Colson	65:34
Barbara & Douglas Woods	77:40
Margie Bone/Sue Purington	80:15
David Petty	Not Timed

Course 3 (4.1K, 14 controls)

Rob Knudsen	29:57
Chris Olmsted	33:30
Bob & Suzie Lynch	56:40
K. Hilder/M. Johnson/S. Martin	59:17
Chris Ahn/Chad Marshall	60:34
C Sandberg & S Prescott	82:58
Scott Labberton	86:10

WIOL

S. Baker/H. Price	Mariner	31:57
Jeff White	Stadium	32:43
Eric Bone	Garfield	34:21
Hazel & Regala	Stadium	36:33
Bridges & Caldwell	Bremerton	37:25
Henriette Understrup	Stadium	38:01
Bard Zajac	Issaquah	39:03
Matthew McKinnon	Issaquah	41:03
Andy Craig	Bremerton	44:36
Brett Johnson	N. Kitsap	44:52
Kelly Romano	Bremerton	45:01
Eugene Hall	Bremerton	47:55
Van Reilly	Timberline	48:17
Kurt Gazin	Issaquah	48:21
David Catlow	Bremerton	48:48
Joseph Ho	Wilson	49:15
Valerie Moffett	Stadium	50:03
D. Stern/A. Nye	Stadium	51:06
Bryant/Champ/Robinson	Bremerton	51:33

Bob Chilcote	Issaquah	53:12
Chris Weinmann	Issaquah	54:18
J. Gomez/C. Stevens	Bremerton	56:03
Ellen Boomer	Wilson	61:22
R Fojtik & R Whittle	Bremerton	65:22
Nate Backlund	Wilson	69:36
Keith Johnson	N. Kitsap	69:58
Tim Bair & Mark Glass	N. Kitsap	71:10
Elizabeth Navarrete	Wilson	71:27
Jesse Dravis	Yelm	71:35
Greg Taylor	Yelm	73:35
Tobin Nelson	Stadium	81:01
Schroder/Wheeler		86:24
Kristopher Brannon	Wilson	87:03
Bailey/Coughlin	Bremerton	97:30
Danielle Wolfrom	Gig Harbor	DNF
Dija Wingard	Gig Harbor	DNF
Jennie Palches		No Time
Matt Gubens	Garfield	No Time
Noam Gundie	Garfield	No Time

Course 4 (4.5K, 12 controls)

Joel Wingard	53:10
Clark/Gadd/Fisher/Schlaudraff	85:05
Frank Bannon & Brian Wade	87:40
Jeff Fisher	No Time

WIOL

Nathan Tharp	Timberline	26:26
Mike McManamna	Bremerton	29:52
Keith Bittner	Bremerton	31:31
Bill MacDonald, Jr	Mariner	33:31
Rachel Tharp	Timberline	34:31
Bryce Jensen	Bremerton	35:36
Thanh "Tang" Pham	Wilson	36:23
Lee Lopez	Bremerton	40:33
Becker	Bremerton	53:05
Scott Winder	Gig Harbor	62:45
Schlaudraff/Thomason		84:18
Lisa Nordlund	Wilson	84:36

Course 5 (4.5K, 12 controls)

David Enger	28:21
Glenn Gordon	29:11
Rick Breseman	29:40
Sean Olmsted	30:56
Ken Peters	33:36
Ben Hall	35:17
Jacob Carton	35:23
Steve Miner	36:05
Hannah North	36:15
Brian Hart	37:22
Ken Lew	39:40
Sidney Whaley	39:46
Rob Knudsen	42:47
Paul & Steve Herber	43:25
Bob Reddick (Memory)	43:30
Ardis Dull	44:50
John Sincok	47:56
Brad Miner	51:14
Eric Edeen	52:16
Skog & B Linder	53:52
Greig Rolfe	58:24
Jim Sissel	61:27
Klein & D Soper	94:27
Bill MacDonald Sr	No Time
David Tallent	24:05 *

*Marker pickup. Also course designer and setter.

SEWARD PARK - January 20

Meet Director: Pat Albright
Course Setter: Pat Albright
Registration: David Soper, John Soper
Start: Bruce McAlister
Finish: Paul Bullard, Vince
Marker Pickup: Pat Albright, Ardis Dull

Course 1 (1.4k, 6 controls)

Chad Marshall/Chris Ahn	8:53
Barry Reiss	13:05
Gong Guozin	19:21
Bryon/Sam/Justin/Jennifer	22:12
David Flowers	24:20
Graeme Laughlin	26:16
Lani Alfiche	29:13
Anna Coles/Lavelle	30:51
Judy Leshner	35:31
Craig Rose	35:58
Yost family	37:24
Laureen Lund	42:58

Course 2 (1.8k, 6 controls)

Judy Sobeloff	24:01
Lavelle	53:36

Course 3 (2.6k, 7 controls)

Harvey Friedman	33:22
Roger Sharp	34:09
Jim Gallant	34:37
Deb Gallant	36:57
Bruce McAlister	44:26
Denise Klein	47:55
Matt Newman	48:51
John Soper	51:46
M. Odom	61:05
Margie Bone	65:27
Ruth McCormick	65:37
Else Mans	66:10
B. Sherman	67:08
Glenn & Kathryn Womble	72:20
Gong Guoxin	74:13
Glenn Gordon & kids	77:58
Kathy Miner	85:21
Janet Whaley	No Time
Kathy Trost	DNF
Kathy Smith	DNF
George & Nancy Lilly	DNF
Judy Leshner	DNF

Course 4, WIOL (2.3k, 7 controls)

Bard Zajac	Issaquah	14:10
Eric Bone	Garfield	14:51
Seung Kang	Wilson	19:31
Chad Marshall/Chris Ahn	Mariner	21:40
Valerie Moffett	Stadium	24:09
Lisa Nordlund	Wilson	24:10
Bob Chilcote	Issaquah	25:19
Ellen Boomer	Wilson	25:57
Henriette Understrup	Stadium	26:06
Danielle Wolfrom	Gig Harbor	27:03
Joseph Ho	Wilson	27:48
Wingard/O'Halloran	Gig Harbor	28:04
Stan Godyn	Washington	29:47
Matt McKinnon	Issaquah	29:56
Kristopher Brannon	Wilson	33:17
Ed Ranger	Yelm	34:08
Tony Willis	Wilson	37:53
Chris Wiennmann	Issaquah	38:27
Kurt Gazin	Issaquah	40:26
Andrea Jansen	Wilson	41:43
Lisa Navarrete	Wilson	43:01
Rod Kissel	Wilson	44:01
Jason Roberts	Washington	48:15
Nate Backlund		55:04
Vi Nguyen	Wilson	58:46
Dustin Flowers		63:04

Course 5 (3.8k, 11 controls)

Chris Olmsted	32:35
Arne Lund	33:34
Dave Tallent	34:43
Debbie Newell	35:03
Fred Veler	37:10
Rob Knudsen	38:46
Jacob Carton	40:08
Doug Sprugel	44:00
Dave Lilly	44:07
Bob Becker	44:49
Sandy Kish Miller	45:02
Knut Olson	46:20
Sid Whaley	47:10
Carl Moore	48:33
Mac MacDonald	48:35
Greig Rolfe	49:20
Ben Hall	51:27
Dick Eitel	53:59
Brad Miner	55:31
Steve Miner	56:02
Joel Wingard	57:02
Don Denbo	63:10
Barry Reiss	66:58
Melissa Moffett	69:03
Scott Labberton	72:26
Sean Olmsted	DSQ
Rick Breseman	DNF

WIOL

Nathan Tharp	Timberline	26:39
Mike McManamna	Bremerton	35:35
Lee Lopez	Bremerton	36:37
Bard Zajac	Issaquah	49:34
Rachel Tharp	Timberline	68:19

SPANAWAY PARK - January 27

Nisqually Orienteers

Course 1 (3.0k)

Don Atkinson	28:18
David Soper	38:43
Denise Klein	43:03
Ian Kennedy	51:43

WIOL

Stan Godyn	Washington	25:56
Bard Zajac	Issaquah	26:45
Kelly Nah	Wilson	27:14
Seling Kang	Wilson	28:25
Joseph Ho	Wilson	28:38
Van Reiley	Timberline	31:15
Ellen Boomer	Wilson	31:58
Lisa Nordlund	Wilson	32:36
Mary McKinnon	Issaquah	34:28
Ed Ranger	Yelm	35:34
Kris Brand	Wilson	36:01
Henriette Understrup	Stadium	36:30
Terry Bryant	Bremerton	37:08
Robert Whittle	Bremerton	40:02
Nate Backlund	Wilson	41:54
Valerie Moffett	Stadium	41:56
Andy Craig	Bremerton	41:57
Tony Willis	Wilson	42:55
Rod Kissel	Washington	42:56
Patty/Diane	Bellarmine	48:40
Lani Alfiche	Wilson	49:35
Bob Chilcote	Issaquah	51:15
Tobin/Tor	Stadium	53:06
Kurt Gazin	Issaquah	53:15
Culin Brooks	Bremerton	53:23
Ben/Heide	Wilson	53:24
Ed Robinson	Bremerton	55:04
Johann		61:06

Course 2 (3.9k)

Melissa Moffett	33:58
Jim Sissel	40:40

Ken Lew	47:00
Harvey Friedman	47:12

WIOL

Nathan Tharp	Timberline	20:10
Lee Lopez	Bremerton	24:39
Bill MacDonald	Mariner	25:58
Mike McManamna	Bremerton	26:54
Dat Nguyen	Timberline	27:21
Eric Bone	Garfield	29:03
Rachel Tharp	Timberline	35:07
Chris Ahn	Mariner	42:40
Steve Bayer	Mariner	47:00

Course 3 (5.4k)

Arne Skog	32:42
Dave Tallent	33:00
Bard Zajac	33:10
Debbie Newell	35:55
Mac MacDonald	37:58
Dave Lilly	37:58
Carl Moore	38:15
Rick Donaldson	39:40
Reid Briston	45:40
Matt McKinnon	47:17
S. Minser	50:26
Ardis Dull	51:06
Don Denbo	51:06
Bob Chilcote	54:40
Brad Miner	55:04

TROLLHAUGEN SKI-O - February 4

Meet Director: Debbie Newell
Course Setter: Mike Schuh
Registration: Debbie Newell, Dave Tallent
Timing: Debbie Newell, Dave Tallent
Marker Pickup: Don Atkinson, Dave Tallent

Course 1 (2k, 7 controls)

Bob & Pat Reddick	74:50
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Course 2 (5.0k, 11 controls)

Debbie Newell	65:45
Dave Tallent*	70:28
Cathy Smith	82:06
Greig Rolfe	84:35
Doug Sprugel	89:36
John Sincok	92:20
Dot Atkinson	97:30
Bob & Suzy Lynch	100:40
Matt Newman	121:59
Judy Sobeloff/Fred Gittes	150:59
Bob Sunderland	DNF

*picked up markers

LAKE SAMMAMISH ST. PARK - February 10

Sammamish Orienteering Club

Meet Director: Kathy Trost
Courses: Mac MacDonald
Registration: Jennifer Vincent
WIOL Registration: Pat Albright
Start: George & Nancy Lilly
Finish: Ben Hall
Marker Pickup: Mac MacDonald, Dave Lilly
Instruction: Dave Tallent
Refreshments: Kathy Trost

Course 1 (1.5k, 6 controls)

Niklas Christensen	9:00
Julie Heiser	14:30
Dirk Hansen	15:39
Sam Reid	19:55
Bruce Robertson	20:50

Chris Bolles	21:40
M. Franklin/H. Franklin/G. Peltzer	22:11
Michael Burgess	22:55
Paul Carmichael	23:00
Neil Theobald	27:13
Jim Horn	27:14
Larry Short	32:10
Margaret Marshall	36:00

Course 2 (2.7k, 8 controls)

Art Rausch	27:15
Dave Petty	27:52
Trish Olson	30:27
Paul Carmichael	36:55
Dirk Hansen	41:50
Margie Bone	44:32
Joanna Lemly	44:47
Sam Reid	48:18
A. Klein/G. Guenther/R. Barlow	50:09
Angie Shilley	54:27
E. Maynard/A. & g. Derksema	64:56
Kathy Miner	70:25
Hal Franklin/Gary Peltzer	77:53
Dona Werd	80:40
Jim Horn	83:54
Bruce Robertson	85:19
Barbara Klube/Myra Pagel	85:55
Patti/Sue	No Time
Marty Derksema/John Barrett	DNF

WIOL

Rachel Heiser	Issaquah	16:45
Bard Zajac	Issaquah	17:04
B. Johnson/K. Foss	N. Kitsap	20:35
Kurt Gazin	Issaquah	20:47
Nate Backlund	Wilson	23:56
Chad Marshal	Mariner	26:27
Rod Kissel	Washington	26:39
Bob Chilcote	Issaquah	26:47
Greg Taylor	Yelm	27:21
Lisa Nordlund	Wilso	27:35
Stan Godyn	Washington	27:47
Tim Bair/Mike Glass	N. Kitsap	28:57
Nicholas Bone	Garfield	29:26
Tobin Nelson	Stadium	30:20
Ellen Boomer	Wilson	31:25
J. Glass/S. Prescott	N. Kitsap	32:02
M. Johnson/S. Martin	N. Kitsap	32:25
Valerie Moffett	Stadium	32:40
Andrea Jansen	Wilson	33:50
Tony Willis	Wilson	35:10
Chris Ahn	Mariner	37:47
Mike Hahn	Washington	38:55
Kristopher Brannon	Wilson	46:43
Lani Alfiche	Wilson	57:00

Course 3 (4.4k, 10 controls)

Chris Olmsted	41:04
Art Rausch	42:50
Sean Olmsted	44:31
Bob Becker	53:05
Knut Olson	54:30
Ken Lew	58:04
Roger Sharp	59:30
John Sincock	59:50
T. Travis	66:11
Dave & Willie Enger	91:37
Denise Klein	95:12
Tim Miner	95:55
Paul Herber	96:55
Steve Herber	116:44
Jim Sisco/Alex Phillips	DNF
David Soper	DNF

WIOL

Mike McManamna	Bremerton	36:12
Nathan Tharp	Timberline	36:39
Kurt Gazin	Issaquah	36:58

Bill MacDonald	Mariner	37:35
Bob Chilcote	Issaquah	40:38
Eric Bone	Garfield	41:06
Rachel Tharp	Timberline	48:22
Bryce Jensen	Bremerton	49:30

Course 4 (6.6k, 13 controls)

Dave Tallent	40:53
Fred Veler	57:41
Arne Lund	60:34
Debbie Newell	65:07
D. Taylor	68:51
Sidney Whaley	80:51
S. Miner	81:06
Ardis Dull	93:19
Don Denbo	100:20
Ian Kennedy	116:00
Greig Rolfe	DNF

Note: a marker on Course 4 was misplaced. Those who ran late were informed of the error before beginning the course.

ST. EDWARD STATE PARK - February 24 Washington Interscholastic Orienteering League Championships

Meet Director: Mike Schuh

Courses: Mike Schuh

Registration: Denise Klein, David Soper, Don Atkinson

Start: Mike Schuh

WIOL Start: Gary McCausland, Scott Coble

Finish: Jean Davis, Mark Howlett, Jim Sisco, David Tallent

Beginner Instruction: Eileen Breseman

Marker Pickup: David Tallent, Ardis Dull, Mike Schuh

WIOL Team Results

1. Bremerton High School
2. Wilson (Tacoma) High School
3. Issaquah High School

Course 1 (1.3k, 7 controls)

Jason Little	9:07
Roger Dean	17:27
Michael Reid	23:59
Patrick Reid	24:00
Quinn Rose	30:30

Course 2 (2.6k, 8 controls)

J. Little	45:25
Bill Yost	46:33
Katie Sprugel	50:10
Marty King	51:06
Grieg Rolfe	51:43
Margie Bone	70:14
Gong Guoxin	76:53
Roger Dean	80:12
Larry Sasser	84:47
Norm & Gerri King	122:10
Kathy Miner/Brian King	137:40
Ruth Farber/Else Mans/Ruth McCormick	DNF
Glenn Gordon & kids	DNF

WIOL

Tor Gilge	Stad.	60:56 (30)*
Jenny Glass	N. Kitsap	62:35
Caldwell Bridges		65:05
Ben Gardner	Wilson	65:51
Elizabeth Navarette	Wilson	116:06
Lani Alfiche	Wilson	122:51
Chris Stevens	Brem.	140:51 (40)*
Simon Dearbone	Garfield	DNF
Rick Fojtik	Bremerton	DNF

Course 3 (2.7k, 8 controls)

Danny Veler	Washington	45:24
Foss/Johnson		50:38
Glass/Bair	N. Kitsap	52:09
Henriette Understrup	Stadium	52:44
Ed Robinson	Bremerton	53:02
Nate Backlund	Wilson	55:13
Nick Bone	Garfield	56:05
Chris Weinmann	Issaquah	58:18
Seung Kang	Gig Harbor	60:32
Matt McKinnon	Issaquah	61:39
Johnson/Martin/Hibler	N. Kitsap	62:28
Mike Hahn	Washington	64:18
Joseph Ho	Wilson	69:10
Ellen Boomer	Wilson	69:17
Andy Craig	Bremerton	69:30
Stan Godyn	Washington	70:24
Tim Regala	Stadium	70:37
Jesse David	Yelm	71:16
Kris Brannon	Wilson	73:48
Tony Willis	Wilson	73:58
Van Reilley	Timberline	75:47
Lisa Nordlund	Wilson	77:17
Valerie Moffett	Stadium	78:23
Kelly Romano	Bremerton	79:26
Ed Ranger	Yelm	84:31
Greg Taylor	Yelm	85:54 (40)*
David Catlow	Bremerton	90:06
Cullen Brooks	Brem.	91:53 (30)*
Eugene Hall	Bremerton	101:07
Kelly Nah	Wilson	102:00
Tobin Nelson	Stadium	112:10
Shannon Prescott	N. Kitsap	143:23
Rachel Heiser	Issaquah	DNF

Course 4 (2.6k, 11 controls)

Dave Tallent (picked up markers)	32:28
Ben Hall	32:35
Dave Enger	33:30
Mac MacDonald	36:44
Rob Knudsen	39:53
Fred Veler	40:49
Ken Peters	41:00
Rick Breseman	43:32
Chris Olmsted	43:37
S. Miner	45:55
Debbie Newell	46:27
Reid Bristow	48:50
Sid Whaley	50:35
Doug Sprugel	57:38
Knut Olson	58:41
Don Denbo	58:57
Buck Wales	67:40
Tim Miner	69:28
Steve Herber	70:06
Travis	71:54
T. Bryant	73:22
Brad Miner	76:07
Ian Kennedy	83:22
Odom	95:05
David Soper	DNF
Judy Sobeloff	DNF
Matt Newman	DNF
Cathy Smith	DNF

WIOL

Nathan Tharp	Timberline	32:06
Bill MacDonald	Mariner	33:06
Bryce Jensen	Bremerton	40:34
Johan Hansson	Puyallup	40:41
Tang Pham	Wilson	45:34
Mike McManamna	Bremerton	47:05
Lee Lopez	Bremerton	50:51
Jeff White	Stadium	51:51
Eric Bone	Garfield	53:19
Bob Chilcote	Issaquah	59:09
Rachel Tharp	Timb.	59:17 (10)*
Bard Zajac	Issaquah	65:03

Keith Bittner Bremerton 68:17
Kurt Gazin Bremerton 68:38
Dat Nguyen Timberline 69:40

* (WIOL ONLY) time includes penalty added for controls not visited or incorrect punches (10 minutes for each error).

N.A.D. PARK - March 3 (rescheduled from February 17)

Sean Olmsted's Orienteering Club

Meet Director: Sean Olmsted

Registration: Carl Moore

Start: Mike Schuh

Finish: Mike Tharp

Course 1 (1.1k, 9 controls)

Jim Rothgeb 22:16
Jack Ridge 27:11
Matt Kasa 28:00
Elizabeth Oliver 31:37
Jack H. Ridge 33:47
Rob Woutat 35:31
Joni Williams 38:46
Alicia Allen/Becca Everett 39:50

Course 2 (1.6k, 13 controls)

Lopez/McManamna 21:12
Kathy Miner 33:05
Jack Ridge III 42:45
David Jenkins 66:36

Matt Kasa

WIOL

Brad Fabritius
Lisa Nordlund
Foss/Johnson
Nate Backlund
Dyronne Luarca
Johann Gomez
Ed Robinson
Jason Caldwell
Cullen Brooks
Prescott/Apgar
Martin/Johnson
Ellen Boomer
Stan Godyn
William Perez
Bair/Cleaver
Robert Whittle
Anderson/Stevens
R. Luarca/Hall

Course 3 (1.8k, 12 controls)

David Soper 46:35
Denise Klein 55:00
Joni Williams 55:49
Kathy Trost 62:30

Course 4 (2.4k, 15 controls)

Debbie Newell 28:42
Rick Breseman 32:10
Mark Howlett 34:35
Dave Lilly 35:25

DNF

Timberline 19:46
Wilson 22:26
N. Kitsap 22:37
Wilson 23:49
Bremerton 23:58
Bremerton 26:00
Bremerton 26:52
Bremerton 28:07
Bremerton 28:54
N. Kitsap 29:09
N. Kitsap 33:07
Wilson 33:29
Washington 34:04
39:56
N. Kitsap 40:49
Brem. 52:15 (10)*
Bremerton 57:22
Brem. 80:17 (10)*

Fred Veler 35:34
Chris Olmsted 37:16
Dave Tallent 39:16
Glenn Gordon 40:19
Eileen Breseman 41:25
Carl Moore 42:58
Don Denbo 43:30
Ardis Dull 52:11
Brad Miner 54:20
Forrest Stieber/Larry Thomas 54:47
Doug Sprugel 54:50
Sid Whaley 56:37
Steve Miner 63:48
Staley Gould 66:09
Buck Wales 69:19
Odom 77:50
Ken Lew 77:53
Tim Miner 87:59

WIOL

Nathan Tharp Timberline 21:30
Bryce Jensen Bremerton 32:24
Lee Lopez Bremerton 40:19
Mike McManamna Bremerton 43:00
Rachel Tharp Timberline 44:00
Henriette Understrup Stadium 48:40
T-Dat Nguyen Timberline 49:09
Valerie Moffett Stadium 54:37
Tang Pham Wilson 57:01

* (WIOL ONLY) time includes penalty added for controls not visited or incorrect punches (10 minutes for each error).

Newcastle Island "A" meet

This year's Newcastle Island Meet is an "A" meet sanctioned by the Canadian Orienteering Federation. It is also the third race of this year's Island Series (other Series races: Thetis Lake, March 10/11; Maple Mountain, April 21/22; and Mount Douglas, October 13/14).

The meet will also be the Canadian half of this year's PIG WAR! The American meet will be two weeks later, June 9/10, on Orcas Island.

The two-day meet will feature 8 courses each day set to COF standards by Jim Traynor.

Those who attended last year's Newcastle Meet will remember Jim's interesting and challenging courses.

This promises to be the big meet of the B.C. spring orienteering season - just what you need to test yourself before the Asia-Pacific Championships.

For more information, call Kris Battistuzzi at (604) 743-9678.

Return to Riverside!
(or visit for the first time)

the Inland Empire Cup

or visit for the first time

entry form in this issue

enter today

NORTH AMERICAN 7-DAY COMPETITION

Date/Time	Event	Class	Club	Map	Information
Sat-Sun AUG 4-5	Canadian Orienteering Championships Kamloops, B.C.	A	SOCK	color 1:15,000	Charlie Fox (604) 533-3352
Mon, AUG 6	APOC/Canadian Relay Championships Kamloops, B.C.	A	SOCK	color 1:15,000	
Wed, AUG 8	Asia-Pacific Orienteering Championships Kamloops, B.C.	A	SOCK	color 1:15,000	
Sat, AUG 11	North American Orienteering Championships & World Cup event, Innisfail, Alberta	A		color 1:15,000	Adrian Zissos (403) 274-6259
Sun, AUG 12	North American Orienteering Championships Innisfail, Alberta	A		color 1:15,000	
Tue-Wed AUG 14-15	ROGAINE, Innisfail, Alberta				Kitty Jones (403) 282-5235
Wed, AUG 15	Orienteering Skills Clinic conducted by the Norwegian National Orienteering Team				Pat Albright (206) 285-8674
Thu, AUG 16	Riverside State Park, Spokane	B	EWOC	color 1:15,000	John Beck (509) 536-0650
Sat, AUG 18	Pacific Northwest O' Festival & World Cup event Cle Elum, Washington	A	WSOA	color 1:15,000	Harvey Friedman (206) 784-2774
Sun, AUG 19	Pacific Northwest O' Festival Cle Elum, Washington	A	WSOA	color 1:15,000	Harvey Friedman (206) 784-2774

Schedule

Date/Time	Location	Type	Club	Map	Information
MARCH					
Sat-Sun MAR 10-11	« Thetis Lake Park, Victoria, B.C. Meet 1 of the Island Series (4 meets total)	B	VO	color 1:10,000	Steve Chatwin (604) 592-3559
Sun, MAR 11 10 - noon	Island Crest Park, Mercer Island	C	SAMM	color 1:10,000	Dave Tallent (206) 392-3061
Mon, MAR 12 7:00 p.m.	Club Meeting, University Branch Library 50th & Roosevelt, Seattle		COC		Mike Schuh (206) 783-3960
Sat, MAR 17 10 - noon	Lake Tradition, Issaquah I-90, High Point exit	C	COC	color 1:15,000	Mike Schuh (206) 783-3960
Sun, MAR 25 1-3 p.m.	+ Manito Park, Spokane	C	EWOC	b/w 1:5,000	John Beck (509) 536-0650

APRIL IS ORIENTEERING MONTH!

Sun, APR 1 10 - noon	+ Ft. Steilacoom, Tacoma	C	NISQ	color 1:10,000	Fred Veler (206) 572-4498
Sun, APR 1 10 - noon	Marymoor Park, Redmond north end of Lake Sammamish	C	SAMM	color 1:10,000	Dave Tallent (206) 392-3061
Sat, APR 7 10 - noon	Lincoln Park, West Seattle Fauntleroy Way	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sat, APR 7 10 - noon	Lincoln Park, Spokane	C	EWOC	b/w 1:5,000	John Beck
Sat, APR 7 10 - noon	+ Reed Park, Ellensburg	C	EOC	b/w	Dale Width (509) 925-5873
Sun, APR 8 10 - noon	Pt. Defiance Park, Tacoma	C	NISQ	color 1:10,000	Fred Veler (206) 572-4498
Sat, APR 14 10 - noon	Lynndale Park, Lynnwood	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
Thu, APR 19 6:30 p.m.	+ Pot-O-Luck, Rick & Eileen Breseman's home 9528 Densmore N., Seattle	S	COC		Eileen or Rick (206) 522-1098
Sat-Sun APR 21-22	« Maple Mountain, Duncan, B.C. Meet 2 of the Island Series (4 meets total)	B	CVO	color 1:10,000	
Sat-Sun APR 28-29	INLAND EMPIRE CUP Riverside State Park, Spokane (see entry form in this issue)	B	WSOA	color 1:15,000	Debbie Newell (206) 488-7471

MAY

Sat-Sun MAY 5-6	Hamilton Corrals Kamloops, B.C.	A	GVOC	color 1:15,000	Ron Green (604) 224-6132
Wed, MAY 9 5:30 p.m.	Luther Burbank Park, Mercer Island	C	SAMM	color 1:5,000	Dave Tallent (206) 392-3061
Sat, MAY 19 10 - noon	Woodland Park, Seattle N.E. 50th St.	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sat-Sun MAY 19-20	ROGAINE (Rugged Outdoor Group Activity Involving Navigation and Endurance), Kamloops, B.C.		SOCK	color 1:50,000	Murray Foubister (604) 374-6497
Sat-Sun MAY 26-27	« Newcastle Island, Nanaimo, B.C., Meet 3 of the Island Series ◇ Meet 1 of Pig Wars II	A	VO	color 1:10,000	Kris Battistuzzi (604) 743-9678

JUNE

Wed, JUN 6 5:30 p.m.	Lake Sammamish State Park, Issaquah south end of Lake Sammamish	C	SAMM	color 1:10,000	Dave Tallent (206) 392-3061
Sat-Sun JUN 9-10	◇ Washington State Orienteering Championships Moran State Park, Orcas Island, Meet 2 of Pig Wars II	B	COC	color 1:15,000	Mike Schuh (206) 783-3960
Sat, JUN 16 10 - noon	Riverside State Park, Spokane	C	EWOC	color 1:15,000	John Beck (509) 536-4498
Sat-Sun JUN 23-24	Lost Lake/Brandywine Whistler, B.C.	B	GVOC	color 1:15,000	George Pugh (604) 261-1075

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)

Changes from last issue:

- « Vancouver Island series meet
- ◇ Pig Wars meet
- + meet added

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. CVO - Cowichan Valley Orienteers; SOCK - Sage Orienteering Club of Kamloops; VO - VictOrienteers

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

Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 17 February 1990. Words of both thanks and welcome go to the following new or renewing club members: Don Atkinson family, Betty Berreth, Elliot Biggerstaff, Margie Bone family, Boy Scout Troop 304, Breseman family, Paul Bullard, Don Cannon, Anna Coles, Ardis Dull, Len Englund, Brian Hart, Li-Chuan Huang, John Huth, Kent Jameson, Norm & Gerri King, Ken Lew, Bob & Suzy Lynch, Jim McNamara, Carl Moore, Debbie Newell, Michael Odom family, Sherrill Pattee, Craig Rose family, Mike Schuh, Roger Sharp, Robert Sunderland.

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. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late.

Now on to the fun stuff...Rick & Eileen Breseman's first child, Ryan, was born in January. Pat Albright and Peter Zurcher (Rocky Mountain O' Club) plan to marry in July and Pat will be moving to Colorado temporarily. 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 since I have such a bad memory.

COC OFFICERS AND COORDINATORS

President	Mike Schuh	(206) 783-3960
Vice President		
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		
Publicity Coordinator	Pat Albright	(206) 285-8674
Equipment Coordinator	Don Atkinson	
Volunteer Coordinator		

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

	b/w map	color map
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.

Issue	Publication Date	Submittal Deadline
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
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ADDRESS CORRECTION REQUESTED
