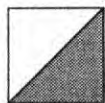


# Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

March/April 1999



## Upcoming Events

### Woodland Park Newcomers' Meet

Rick Hood (COC)

On Saturday, April tenth (10th), at Woodland Park in Seattle, Cascade OC will host a newcomers' event. On the same day in the Columbia River OC will host a similar event in the Vancouver/Portland area. We encourage other clubs to consider hosting a newcomers' event on the same day, such that we can leverage and coordinate publicity for a "Try O" type day.

While COC has hosted an event of this nature for past few years, we are not suggesting that other clubs adopt our approach, though they are welcome to, but rather simply tailor in some fashion an event that would be especially attractive to newcomers.

I will again be the meet director for COC's event, on Saturday the 10th, and would be most interested in sharing information with others that are interested in a regional "Discover O" type day.

### Producing a Local O' Meet — A How-To

Harvey Friedman (COC)

As a certificated Level I & 2 COF controller for the past ten years, I propose a course to instruct Cascade members on what is optimal for a local meet, including preparation, publicity, meet workers (number of, and specific duties for each), post meet cleanup, post meet results, publicity, etc.

I will put together information from the USOF club binder, the COF Level I controller's course, Debbie Newell's manual for local meet directors, and the over 15 years of experience I have had organizing O' events locally and participating locally, nationally, and internationally.

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For 5-10 people, Monday evening 15th March from 7-10 PM at my house is a fine time. If attendees want handouts rather than just to take notes, I'll expect to recover my copying costs. For non-Cascade members, I think \$50 is a fair price (or join the club, design all the courses for one meet, and be a meet director for another meet within a year of completing the course). If more than 10 total are interested, we must find a different, bigger class room. Phone me evenings between 6:30-9:30 at 206-784-2774 to sign up or for more information.

### COC Officers Elected

Rick Hood (Former COC President)

The elected board members, present for COC's first business meeting of the year, elected the following individuals:

Dave Tallent, President; Eric Bone, Vice President; Ardis Dull, Secretary; Katie Sprugel, Treasurer.

Congratulations Dave, Eric, Ardis, and Katie and thanks for agreeing to serve!!! We are especially please to have a president that actively sought the position. Dave brings a wealth of experience and energy to the position. We are also pleased to have Katie Sprugel return to the board and serve as treasurer. Their term will run until the first business meeting in 2000.

So when next you see these folks at a meet, please join me, as outgoing president, and Sandy Kish Miller, as outgoing treasure, in wishing them all the best this year.

### Earthworks Project

Rick Hood, COC Environmental Coordinator

On Saturday April 24th, there will be a coordinated effort to conduct trail and park projects around Puget Sound. I think this is a good fit and asked to participate at a park that we use for Orienteering. I suggested St. Ed, Hamlin, Carkeek, Lake Samm to the organizers. (There are usually about 40 parks involved. Jim Sisco, Don Denbo, and myself have participated in past years, for example.)

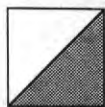
Anyway, there are two good ways for those in the Puget Sound area to participate. 1) let me know you are willing to spend the 24th of April helping and we will put together an O group; 2) just sign-up at any of the 40 plus park projects (I will provide a web link to in a few weeks) and when you actually sign in at the event, say you are from "xxx orienteering club" or "Washington State Orienteering Association."

### Trail Work at St. Edward State Park

Jim Sisco (COC)

COC will continue to work on trails in St. Edward State Park on Saturday, April 3rd. We will be assisting an Eagle Scout candidate from Troop 304 in Lynnwood on his Eagle project. The work

will be on the South Canyon trail. COC re-routed this trail several years ago out of the creek bottom to up on the hillside. The work will involve building a bulwark along the outside of the trail, recutting the inside of the trail, and leveling the trail. The work will start at 8:30am and continue until mid-afternoon. You are welcome to come and help as long as you want. Please contact Jim Siscel at 425-778-7202 if you are interested in helping.



## Training

*Eric Bone, COC Training Coordinator*

Sunday 28 March, 2-3:30 p.m. - Orienteering technique training at Hamlin Park. Training exercises and a novice course will be offered. For more information contact Eric Bone: 206-634-2279 or ebone@u.washington.edu

Sunday 4 April, 10-11 a.m. - Surplus WIOL Champs map blowout at Magnuson Park. High school courses (3F and 3M) and the novice course will be offered. The WIOL courses had only about 25% overlap with course 4, so come experience Magnuson park anew! Try race your buddy O': Start simultaneously with someone of similar ability running the other course 3 than you. For more information call Don Atkinson: 425-488-0270



## News and Notes

### New O Club

*Sergey Velichko (CTOC)*

New Orienteering Club appeared on the Northwest USA map.

City of Trees Orienteering Club (CTOC) Serving the Boise, Idaho. You can find more information at the club's Web page: <http://netnow.micron.net/~velichko/ctoc.htm>. We hope to see you all at the O meets this spring, summer, and fall.

### Trainee/Helper sought for Lick Creek A meet in July

*Donald Denbo*

This on-the-job experience will enable you to learn course design principles and

have the opportunity to help design a course. Participation will require a minimum of 3 or 4 trips to the Lick Creek map to field check the courses. Interested? Contact me at 206-366-0624 or [dwd@halcyon.com](mailto:dwd@halcyon.com).

### Sacajawea Orienteers 1998 Annual Report

*Frank Skorina, SACO President*

*Ivar Husa, SACO Vice President*

Sacajawea Orienteers, SACO, had a very good year. The club had an active orienteering outreach this year, primarily to school age kids. Several new maps were created and others were updated. We experimented with event formats, holding our first-ever bicycle event and first 'memory' event (no map in hand).

SACO proudly fielded their first team at the US Classic Championships, held in the summer near Cle Elum, WA. We proudly carried off our wounded as well. (Ivar DNF'd his event, with major blisters and Sonny came down with gastroenteritis). We'll do it again! (Which?)

SACO continues to attract good numbers of new people to their events, but 'regular member participation' is not so regular. In Ivar's view, we need encourage a community of orienteers here.

We held 11 meets:

Date	Location	#
1/31	Howard Amon	20
3/28-9	Sacajawea St Pk	38
4/11	Bennington Lk	26
4/26	Horn Rapids	17
5/10	Rooks Park	18
5/23	Wallula Junction	17
7/18	Rooks Park	12
9/20	Rooks Park	22
10/3	Sacajawea	22
10/18	Wallula Junction	15
11/1	Bennington Lake	22
11/14	Horn Rapids	16

Two of these meets, May 10 and Nov 14, we had courses for Mt. Bikes.

We held 4 seminars at Camp Wooten for 6th grades

4/23 Dayton, Touchet, Starbuck 102

5/7	North Franklin County	165
5/27	Prosser	121
10/8	Pomeroy, Dixie, Waitsburg, Prescott	93

We held two seminars at Whitman College

4/10	12 participants
10/13	11 participants

And we held three sessions at the YMCA

2/13	Family Fun Night	20
3/13	Outdoor Adventure Fair	40
6/19	Summer Youth Group	12

In 1998, Sacajawea Orienteers recorded 821 participant in their events.

Mapping also continued with changes to the Rooks Park/Bennington Lake map and the Wallula Junction map with a printing of Wallula East. Pioneer Park is ready for a printing in early 1999. We developed Camp Wooten (black and white) and started mapping Chamna near the mouth of the Yakima in Richland.

### SCONET NEWS

#### A-meets and USOF

*Olive Kearney, your SCONET booster*

#### Look At The Wonderful Feast Of A-Meets We Have In The West This Year

Club	Date	Location
LAOC	6/12+ A 2 day	Mt Pinos, -90 m N of LA
COC/ SAMM	7/21+ A 3 day	PNWO Festival, Cle Elum, WA
BSK/ RMOC	8/14+ A 5 day	Rocky Mtn Multi-Day, Laramie WY
NISQ/ EWOC	9/18+ A 2 day	Inland NW O-Cup, WA
BAOC	9/25+ A 2 day	U.S. Indiv Champs, Lake Tahoe
TSN	11/6+ R 24 hr	Arizona Rogaine (tentative)

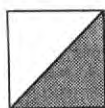
(more details are available on the SCONET website where these combined schedules are housed, do take a look, you may be tempted even farther away!)

For those who have not had a chance to go to an A-meet I would recommend trying to get to them all! You will be hooked on Orienteering for ever. I include the Arizona Rogaine is becoming a must for



many of us, always fun in some of those lovely remote mountain areas.

Beginners may wonder if they should participate. Never Doubt It! There are the usual White through Blue courses, with classes for all ages and Open classes. So if you are, say 30-something like me, but want to do an orange course, enter the Orange Open category.



## Presidents Column

by Dave Tallent, COC President

### Who is Dave Tallent?

I'm 47 years old, and am presently employed at the City of Bellevue as a Transportation Planner, where I analyze and create computer simulations. Prior to this, I taught mathematics at college.

I have many interests, including reading mathematics papers, writing them, and solving math problems. I also enjoy singing tenor in Choir of the Sound. I run, bike & swim and do karate regularly, and when not orienteering, I hike, backpack, snowshoe, climb and compete in an occasional road race and triathlon.

Over the past 14 years, I've orienteered almost 700 times, which includes almost 100 "A" meet days in the USA, Canada & Europe. I've competed in the last 13 US champs, many Western US, Canadian, Western Canadian Champs and one World Master's Championship. And I'm still not very good! I've attended 7 world cup events, and one Elite World champs. Locally, I've set courses about 30 times and been Meet Director too many times. I've been heavily involved in the High School program (WIOL) for the past 10 years, four as WIOL director. I have also been Sammamish OC president since 1988.

### Times are a Changing

As many of you know, two of the clubs in WA have ceased to exist: Ellensburg OC and Nisqually Orienteers. It wasn't that their respective members didn't care or like orienteering, it was partially because the principals did not successfully "duplicate" themselves, so when they finally stepped aside their organizations could continue without them. I'm not so sure our clubs position (Cascade or Sammamish) would fare any better. Club memberships in Washington State are

declining. This problem is not a localized one, but endemic throughout the US. Even ONA, our national magazine, will be closing down after July due to declining readership. Are we in the Northwest going to allow orienteering to go the way of the Dodo bird? I want orienteering to be around for our children to enjoy and hopefully theirs as well. I want orienteering to exist even when we have moved on to other activities.

### My Vision.

What is my vision for orienteering in the Greater Puget Sound Region and the issues I'd like to address as President?

- Increase our volunteer base
- Train meet staff, course setters & meet directors, through mentoring
- Provide quality meets
- Create annual fixture list of events with a seasonal focus: Winter O' Series; WIOL
- Support the High School program
- Provide a schedule (example: two meets per month in the GPS Region)
- Emphasize local program
- Reduce duplication of effort between the clubs and pursue common goals

### Create map groups

What can we do? We can all volunteer. Ask yourself how many times you have helped at a local meet during the past year. If every member offers to help two or three times a year, we can fully staff all our meets. This would go a long way to cut the workload of a few dedicated orienteers, prevent their "burnout," make our meets much better and give a better look to the general public. Without meet staff, there can be no meets, which ultimately means no club and no orienteering.

If you like to orienteer and want orienteering in the Greater Puget Sound, then get on the phone tonight and call me, leave a message at (425) 488-3691 or e-mail me at [dtallent@gtemail.net](mailto:dtallent@gtemail.net) and volunteer. Look at the current meet schedule and see what meet(s) you can work. Call the meet director. Don't wait to be asked. If you don't know how to do registrations, starts or finishes, attend Harvey Friedman's workshop, or learn on the job at a meet. If you are a regular meet worker, mentor someone at every meet, effectively "duplicating" yourself. If you are a course setter, mentor someone. If you are a meet director, mentor someone. Let's have fifty trained meet staff for 2000 and not the same twenty.

It is essential that we offer quality meets: This will require updating maps; designing appropriate courses for each ability level; visiting the area (map) when setting courses and using good standard course setting practices. (No bush whacking, swimming, or dangerous routes. No killer climbs, dog-legs or no brainer route choices etc.); hanging markers in the correct place; checking the codes; vetting the courses; having defined registration, start & finish areas; having trained meet staff and paying attention to newcomers. If we look good, people will return for more. If we look bad, participants will take their recreation dollars elsewhere!

We need a "program", a group of meets with a common focus, not just a hodge-podge of anything-goes events. This can be achieved by creating an annual fixture list, a schedule of events with a beginning and an end. Something like the public "Winter O' Series" created by Debbie Newell, or the WIOL program. How successful is this? This year there were 68 participants on course 4 for the "Winter O' Series" and between 60 & 80 high school students on course 3. That computes to between 100 & 200 participants at every meet and represents half the local clubs' annual income.

We need to support our High School program. It has been one of our greatest successes. The students may become our future orienteers and meet staff. If nothing else, the WIOL program introduces O to a larger section of the population, increases our visibility, takes our sport out of obscurity and puts us on the map.

We need to have regular meets, say one every 1<sup>st</sup> and 3<sup>rd</sup> week of each month, and not cut back just because of the lack of help. If we keep cutting back, our lack of program will speed our demise as we will not attract any new orienteers and the current membership will choose some other activity to pursue.

Our local program must be sustaining. The local program schedule must take precedence over any meets out of state. Only a few local orienteers go to Canada or California or to the US Champs. Since 80% of our local orienteers do not travel to far away places to orienteer, why should *their* program cease because of the few that do travel?

Putting all the above together, I suggest a combined Clubs' effort in creating an

annual fixture list which has an outreach element for attracting newcomers, at four locations in the Puget Sound Region, during Sept & Oct. The Winter O' Series of 7 meets and Winter O' Puget Sound Championships in tandem with the High School league would follow from Nov to Feb. From Mar to June a Spring O' Series of 7 meets, and finally in July and August, 3 or 4 "A" or "B" meet days in the Cle Elum region, supplemented with our local low key "barbecue & easy run" Wednesday evening meets. This is a meaningful program. It is my experience that people like programs. With a program, we look good. Without a program, we look ragged and unorganized.

Finally, we need to address the problem of duplication of effort. With a current membership of a little over 100 members in all the Puget Sound clubs, I feel it's unnecessary to have multiple presidents, vice presidents, secretaries, treasurers and coordinators doing similar work. We need to unite with a common vision.

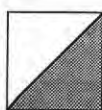
I would like to see one club with an emphasis on "map groups". For example, the "map groups" could be called N, S, E & W.

The West group would be essentially Seattle;  
the East group essentially Bothell, Kirkland, Bellevue etc.  
North could be Snohomish Co and South could be Pierce County.

The membership would align itself with the closest "map group" for the purpose of helping out at those meets, which in essence would be closer to where they live and make it much easier for them to volunteer. However, it would not mean that you could not help out or course set at any other meet you choose. The fixture list (schedule) would reflect these groupings with meets being rotated around the region. A meet could be hosted by the N followed by the E, S and W. With two meets a month, a rotation would be a two-month cycle.

This is my vision. It may not be yours. However, we all want orienteering to succeed in the Pacific Northwest. What we have been doing over the past 10 years has clearly not worked. We have been there. Let's not go back. Let's try something different. It might just work. It's your club; the board members work for you. Let's hear from you. Please E-

mail with your comments and suggestions.



## Meet Results

### Ft. Casey State Park October 3, 1998 Whidbey Island, WA

Cascade Orienteering Club

Many thanks to Bill Cusworth preparing the maps from my sketchy notes, and to Bill, Eric Bone, and Bob Reddick for doing the registration and timing. A special thanks to all the WIOL runners for being patient and cooperative. Given the number of maps and competitors we had, we could not have accommodated everyone without your cooperation.

Meet Director: Paul Mangus

#### Beginner Course

Matej and Anna Urban	Beg	30:50
Abra Thatcher	Beg	35:35
Lucy Pope	Beg	75:15

#### Loop A

Dana Peters, Sarah Harpole	A	39:33
Caleb Hull	A	55:50
Kristin Hull	A	57:17
Lisa Latham	A	62:40

#### Loop B

Josh, J.D., John, Jakob	B	27:23
Martin Kotecky	B	28:20
Annen Martin, Ian Lee	B	31:42
Darrell & Tyler Lee	B	32:11
Johnathon Dippold	B	32:30
Sarah & Jane Anderson	B	32:55
Jim Daggett	B	34:10
Lupe Chiguina	B	38:00
Todd Brown	B	40:40
Catlin Leebam, Mikale Mason-Si	B	45:18
Anna Kenoyer, Darlene Gomez, Alison Daniels, Sarah Moore, Trisha Molien	B	48:50
Nichole Green, Erik Newman, Matt Pavlich	B	54:45
Patricia Zamora	B	58:10
John Anderson	B	62:00
Katie Currie, Amy Hecox	B	62:20
Nancy Orr	B	67:00
Forgrave, Kristy, Becky???	B	111:43
Danielle Peters, Sarah Harpole	B	MSP
Ken Chien	B	MSP
Dean, Nieraszik, Marrole, Smith	B	
J. Martin	B	

#### Loop C

Trey Buttler	C	29:04
Johnathon Dippold	C	32:22
Annen Martin, Ian Lee	C	37:36
Joanna Lundberg	C	51:20
Amy Eklund	C	59:40

#### Loop D

Tony Latham	D	30:00
Darrell Lee	D	34:33
Nancy Orr	D	38:20
Bob Reddick	D	40:47
John Smith, Dean Nuranic, Brian Harpole	D	48:46
Anna Orr	D	MSP
Lawrence Griffith	D	

#### Two Loops

Donald Denbo	AB	63:18
Wendy Johncheck	AC	64:10
Harvey Friedman	CD	71:08
Dan Smart, Trina Molien	AB	75:22

#### Three Loops

Roman Kotecky	BCD	72:40
Ardis Dull	ACD	99:29
Michael Pope	ABC	102:10
Ken Lew	BCD	104:20
Marie Sorenson	ABC	159:20

#### Four Loops

Uli Steidl	ABCD	61:28
Jan Urban	ABCD	70:07
Eric Bone	ABCD	70:36
Tyler Fredrickson	ABCD	85:59
Don Atkinson	ABCD	93:52
Steve Fredrickson	ABCD	105:10
Brett Aniballi	ABCD	108:24
Larry Sorenson	ABCD	159:20
Larry Keller	ABCD	188:08

### Forest Park January 9, 1999 Everett, WA

Sammamish Orienteering Club

Meet Director: Dave Enger  
Course Design: Bob Reddick  
Course Setting: Bob Reddick, Paul Magnus  
Vetting: Paul Magnus, Howard Halter  
Registration: Dave Enger, Pat Reddick  
WIOL Registration: Don Denbo, Debbie Newell  
Start: Mac MacDonald, Dave Tallent, Dave Enger  
Finish: Jan Urban, Don Atkinson, Dave Tallent, Sandy Kish Miller, Fred Veler, Debbie Newell  
Marker Pickup: Bob Reddick

#### Course 1 (1.1k, 7 controls)

Alan Husby		18:01
Matej Urban	SAMM	20:45
Peter Barber		23:37
Randy Brasfield	COC	24:34
Malland/Clos/Corber/Knutson		29:33
Pope family		31:32
Jack Ellstrom		44:27
Veleda Nelson		48:46
Lynn Conway		map hike
Mark Strom		map hike
Jane Johnson/Jo Levin		map hike
Mike Weptuch		No time
Kelley Sarah		No time

#### Course 2 (1.5k, 9 controls)

Seth Stuebbe		24:53
Mike Deptuch		25:20
Nancy Orr		34:12



Alan Husby		35:23
Amort	COC	37:23
Mate/Kelly/Dad		38:47
Sherry/Galen		46:00
Josh Vetere		56:31
Trevor Hiblar		79:25
Spencer Taylor	map hike	
Craig Miller	map hike	
Kerry Taylor	map hike	
Jane Johnson	map hike	
Andy Mix	map hike	
Ryan Kristiansen	MSP (#1)	

**Course 4 (2.8k, 11 controls)**

Jan Urban	SAMM	23:46
Debbie Newell	COC	26:34
Anton Kravchuk		28:01
Mac MacDonald	SAMM	29:50
Fred Veler	SAMM	31:05
Bill Green	CHUKO	32:04
Kean Williams	COC	32:12
Howard Halter	SAMM	32:16
Dave Tallent	SAMM	32:46
Eileen Breseman	COC	33:07
Dave Enger	SAMM	33:50
Rick Breseman	COC	34:48
Don Atkinson	COC	36:53
Robert Miller	COC	37:38
Patrick Kelly	COC	38:57
Seth Stuebbe		40:28
Tyler Frederickson		41:50
Tara Matthews		43:05
Carl Moore	NISQ	44:30
Ken Lew	COC	46:27
Don Denbo	COC	46:54
Linda Moore	NISQ	47:04
Michael Pope		49:20
Frank Magana Sr	NISQ	52:36
Bob & Bobby Seidensticker	CHUKO	52:47
Ardis Dull	COC	62:42
Daniel Kirkpatrick		62:49
Richard Carlisle		96:55
Bob Forgrave	COC	101:09
Terry Bryant	MSP (#9)	

**Rambo****January 16, 1999****Tacoma, WA***Nisqually Orienteering*

Meet Director: Carl Moore  
 Finish Crew: Gary McCausland, Stuart Bradshaw, Sid Whaley, Mark Howlett, Dale Width  
 Fire and Refreshments: Ken Peters, Jan Whaley  
 Trophy: Sid Whaley  
 Marker Pickup: Ken Peters, Sve Stroosma, Carl Moore  
 Course: Carl Moore

Over 100 participants braved the tradition wet, blustery Rambo weather to bash through the thick woods of Point Defiance Park for Nisqually's 10th (?) Annual Rambo Score Event. Mark Howlett was crowned the Rambo King, locating all 40 controls and returning in

about two and a half hours. O-veterans Skog, Urban, Bone, Veler, Waugh and Miner were close to perfect. Special mention should go to the fine turnout from CROC, a hot-bed of score-O and rogaine. Also, Bill Green came down from CHUKO and punched them all, but suffered a severe late penalty. Dale Width was the EWOC rep.

Hats Off to the scout groups who compete well and learn as much about foul weather gear as orienteering.

A control at "S edge of marsh" was moved and partially hidden by wild animals or wind so that it was difficult to find. This affected the outcome for some, but, as they say, "That's Rambo!"

2800	Mark Howlett (perfect score)
2700	Jan Urban Arne Skog
2620	Eric Bone
2560	Fred Veler
2480	Dan Waugh
2400	Steve Miner
2380	Bill Green
2140	Debbie Newell Dave Tallent (top mixed)
2080	Keith Burdett (top HS)
2040	Paul Sisco Martin Wipp
2040	John Lee Dave Yee Michael Thomas
2020	Rafael Gutierrez Kristin Saxton John Bartholomew
2020	Dean and Derrick Neshem
2000	David and Stephen Coots Ken Schlaudraff (top scouts)
1980	Eileen Breseman Kean Williams
1960	Ken Peters Sven Stroosma
1920	Justin Wright
1920	Dan Smart Matt Ellingson
1880	Sid Whaley
1820	Les Stark
1800	Frank Magana Sr
1740	Neil and Lael Smith
1700	Michael Corey
1700	Jonas Karlsson
1680	Ardis Dull
1660	Knut Olson Dave Petty
1620	Erik Kinsey
1620	Ashley Matthews
1620	Tara Matthews
1540	Mike Bruns
1460	Jason Dilley
1460	Dan Diamond Shae Corey
1460	Michael Pope
1420	Zack and Robert Scott
1420	Roman Kotecky
1400	Brett Johnson
1320	Terry Bryant
1320	Ken and Todd Schlaudraff
1300	Jim Doggett Jonathon Dippold
1280	Margaret Allen John Crawford
1260	Michael McPherson
1240	Lisa Bruce Randy Bruce
1220	Ken Lew
1220	Jake Pratt
1200	Jacob and Joseph Cheesman Ken Rose

1140	Dale Width
1120	Jamie Whiteley Jason Bradley Joe Nathan
1100	Buddy King Joe Docker Chris Parsons Dusty Sibon
1040	Bob and Bobby Seidensticker
1020	Chris and George Faggella Many Young-child Eric Easton
840	Alice and James Howey
840	Bob and Pat Reddick
840	Joanna Lundberg Nancy Orr
740	Alex Larosa Meredith Crawford
600	Keinan Dawson Joel Fonoimoana Mark Rhoden
560	Matt Schmitt Matt Hoag Derek Shappard
560	Christy Long Jerry Hughes
460	Matthew Pavlich Katrina Irish

## Big Finn Hill

### January 23, 1999

### Bothel, WA

*Sammanish Orienteering Club*

Course Design: Bruce McAlister  
 Control Hanging: Bruce McAlister, Eric Bone  
 Registration: Bob Reddick  
 WIOL Registration: Don Denbo, Debbie Newell  
 Starts: Ardis Dull, Laurie Matthews, Carrie Olsen, Fred Veler, John Sincok, Lew Sincok, Mac MacDonald, Dave Tallent, Eric Bone  
 Finish: Don Atkinson, Jan Urban, Mark Howlett, Dave Tallent, Jenny Pearson  
 Marker Pickup: Ardis Dull, Dave Tallent

**Course 1 (0.8km, 8 controls)**

Steve/Dorien	7:41
Patra	8:08
Phil Giesy	9:41
Beth Wieman	9:59
Austin/Jake	11:16
Group 1	12:04
Adam Schmidt	12:50
Stefan & Daniel	15:56
Lucy Pope	22:12
Dana & Kelsey	31:30
Ron Niccoli	no time

**Course 2 (0.92 km, 7 controls)**

Loren Stamey/Chris	11:31
Group 4	13:46
Group 3	15:04
C. Frederickson/A Zeage	17:35
Group 2	17:46
Adam Schmidt	18:32
Phil Giesy	19:00
Matej Urban	SAMM 20:31
Jim Gallant	21:43
Group 1	21:55
Jennifer Keating	23:32
Kristy Forgrave	39:34
John Kearns	47:28
Beth Wieman	29:50

**Course 4 (2.6 km, 12 controls)**

Eric Bone	COC	23:16
Jan Urban	SAMM	23:48
Debbie Newell	COC	24:13
Dave Tallent	SAMM	26:46

Rick Breseman	COC	26:57
Dave Enger	SAMM	27:40
Eileen Breseman	COC	30:28
Anton Kravchuk		30:56
Mac MacDonald	SAMM	32:34
Don Atkinson	COC	32:50
Fred Veler	SAMM	38:29
Robert Miller	COC	39:23
Jake Reeder		41:20
Tyler Frederickson	COC	41:49
Carl Moore	NISQ	42:31
Don Denbo	COC	43:00
Roman Kotecky		45:04
Howard Halter	SAMM	45:12
Steve Frederickson	COC	45:31
Patrick Kelly		47:11
Dave Petty	COC	47:34
Linda Moore	NISQ	49:08
Ken Lew	COC	49:57
Kean Williams	COC	54:24
Michael Pope		54:48
Chris Strasser/Loren		58:07
Terry Bryant	NISQ	67:34
John Vraspir		68:38
Deptuch		68:41
Dave Reynolds		73:18
Nancy Orr		79:28
John Anderson	NISQ	90:33
Ron Niccoli		DNF
Frank Magana	NISQ	MSP (#8)

Marker #10 on Course 4 was not set until after several people had started. Some people lost several minutes looking for it before deciding to go on.

### Pioneer Park January 30, 1999 Walla Walla, WA

*Sacajawea Orienteers (SACO)*

Meet Director and Course Setter: Frank Skorina

Our free meet on this windy day at this 50 acre city park brought people all the way from Benton City. The mass start, the deterministic course times, and shelter from the wind precipitated community at the finish and made it very easy to find volunteers to pickup controls.

This meet was billed as a score-o although just about everyone found all 20 controls.

Bob Gruel	13:25
Sonny Elsasser	15:28
Brendon Higham (14 year old)	16:33
Michel Billaux	16:41
Kally Rapp & Sherrie Kamara	26:18
"Sarah, Emily, Katie Stone"	26:29
Cody & Ramona Kempf	28:59
Laurie Gruel	29:42
Liliane Billaux	29:44

Christine Lecoivre	30:19
Kaitlyn Kempf	31:04
Quentin Kempf	31:42
Seth and Peggy Higham	34:18
Steve and Maya Rapp	45:52
Carol and Caylyn Rolph	52:06
Erik Skorina & Holly Howard (15 controls)	33:14
Katherin & Adili Dyer & Anne	unknown

### Lynndale Park January 30, 1999 Lynnwood, WA

*Cascade Orienteering Club*

Meet Director: Kean Williams  
Courses: Rick Hood  
Registration: Bob Reddick, Sandy Kish Miller  
Start: Rick Hood, Dave Tallent  
Finish: Dave Tallent, Harvey Freidman, Ardis Dull, Dave Petty  
Marker Pickup: Peter Golde

#### Novice Course

Madeline & Molly Enger	no time
Becky Forgrave	COC no time

#### Relay

	Loop A (1.2 km)	Loop B (1.2 km)	Loop C (1.3 km)	Total
--	--------------------	--------------------	--------------------	-------

#### Team #9 (Husky O' and Running Club)

Bill Cusworth			5:43	5:43
Don Atkinson	10:49			16:32
Eric Bone		6:49		23:21

#### Team #15

Tara Matthews			12:06	12:06
Jason Dilley	11:27			23:33
Tara Matthews		9:46		33:19

#### Team #16

Will Enger			11:58	11:58
Dave Enger		9:23		21:21
Will Enger	12:01			33:22

#### Team #12

Martin Wipp		20:25		20:25
Jeremy Foote			18:40	39:05
Paul Siscel	9:46			48:51

#### Team #8 - Tree Hugging Hippies

Chris Parsons	24:21			24:21
Derrick Neshem		16:41		41:02
Dean Neshem			8:19	49:21

#### Team #7

Matthew Pavlich	13:26			13:26
Joe Docker			21:00	34:26
Buddy King		31:46		66:12

#### Motala (All 3 loops, 3.7 km)

Jan Urban	SAMM	22:31
Rick Breseman	COC	24:50
Debbie Newell	COC	27:14
Ken Lew	COC	37:35
John Vraspir		45:42
John Anderson		49:47
Mike Deptuch		63:46
Justin Hammack	SKHS	81:21
Robert Picardo	(leg 3 only)	

### Shoreview Park February 6, 1999 Shoreline, WA

*Sammamish Orienteering Club*

Meet Director: Dave Tallent

Courses: Debbie Newell (2, 3F, 3M), Kean Williams (1, 4)

Registration: Bob Reddick

WIOL Registration: Don Denbo, Sandy Kish Miller

Start: Debbie Newell, Randy Brasfield, Dan Waugh

Finish: Sandy Kish Miller, Jan Urban, Ardis Dull, Harvey Friedman, Martin

Kotecky, Don Atkinson

Vetting: Howard Halter (3F, 3M)

Refreshments: Bruce McAlister

Marker Pickup: Dave Tallent, Kean Williams, Debbie Newell

#### Course 1 (0.9 km, 8 controls)

Charlotte Green	COC	16:24
Howard Carlin		22:23
Owen Howey	COC	33:08
Kevin King/Matthew Goiney		43:06

#### Course 2 (1.5 km, 12 controls)

Ardis Dull	COC	24:50
Robert Picardo	COC	34:26
Bradshaw/Jascur	NISQ	41:49
Tony Amort	COC	51:26
Owen Howey		51:55
Charlotte Green	COC	63:29
Dana Dick		68:57
Jim Gallant		75:08
Jason Turner		81:10
Howard Carlin		91:47
Becky Forgrave	COC	103:11

#### Course 3F (2.4 km, 13 controls)

Harvey Friedman	COC	86:20
-----------------	-----	-------

#### Course 4 (4.7 km, 14 controls)

Jan Urban	SAMM	46:25
Dave Tallent	SAMM	48:52
Dave Enger	SAMM	57:18
Fred Veler	SAMM	65:30
Rick Breseman	COC	67:22
Peter Golde	COC	78:42
Don Atkinson	COC	83:28
Dan Waugh	COC	87:44
Roman Kotecky	SAMM	89:05
Dale Width	EOC	89:56
Michael McPherson		93:36
Linda Moore	NISQ	94:16
Tara Matthews		94:38
Patrick Kelly	COC	98:25
Don Denbo	COC	99:16
Carl Moore	NISQ	105:06
Frank Magana		139:39
Mike Deptuch	SAMM	162:14
Steve Frederickson	COC	DNF
Tim Little		DNF

## Magnuson Park February 20, 1999 Seattle, WA

Cascade Orienteering Club

Meet Director: Dave Tallent  
Courses: Don Atkinson  
Vetting: Anne York, Mark Howlett  
Registration: Bob Reddick, Harvey Friedman,  
Rick Hood  
WIOL Registration: Don Denbo  
Starts: Kean Williams, Randy Brasfield  
Finish: Jan Urban, Mark Howlett, Ardis Dull,  
Don Atkinson, Fred Veler,  
Howard Halter  
Marker Pickup: Don Atkinson, Jan Urban,  
Don Denbo, Debbie Newell  
Setup: Dave Petty, Dave Tallent  
Awards: Debbie Newell  
Refreshments: Bruce McAlister

### Course 1 (1.4 km, 8 controls)

Kwame Turner	14:12
Paige Orthmeyer	23:44
Karin Krumm	25:44
Emily Herr/Ron Herr	25:48
Sylvie Baldwin	27:31

Ellie Rogers	31:55
Owen Howey	COC 35:09
<b>Course 2 (2.2 km, 10 controls)</b>	
Christoph Krumm	22:52
Tony Amort	COC 27:26
M. Strom	29:32
Strom/Urban	29:39
Ron Herr	30:06
Catherine Hawks/Jeremy Hawks	37:31
Gallant	46:02
Owen Howey	COC 47:31
Paige Orthmeyer	57:52
Forgrave kids	COC 57:52
Loehr	58:58

### Course 4 (3.6 km, 15 controls)

Jan Urban	SAMM 22:28
Dave Tallent	SAMM 23:44
Dave Enger	SAMM 25:18
Robert Miller	COC 27:33
Kean Williams	COC 28:21
Peter Golde	COC 28:37

Roman Kotecky	SAMM 28:43
Bill Allemann	29:16
Fred Veler	SAMM 30:56
Howard Halter	SAMM 31:31
Patrick Kelly	COC 33:40
Tara Matthews	COC 34:00
Jake Reeder	35:49
Manuel Schmitt	36:06
Tyler Frederickson	COC 36:50
John Vraspir	37:37
Frank Magaña Sr	NISQ 39:06
Steve Frederickson	COC 39:07
Ardis Dull	COC 39:45
Dave Petty	COC 42:02
Michael Pope	SAMM 43:07
Mike Deptuch	SAMM 44:36
Ryan Kristiansen/Adam Englund	46:33
Terry Bryant	NISQ 46:47
Mark Strom	49:26
Barbara Vraspir	69:56
Luke Anderson	79:52
M. Scott	80:52

## 1998-1999 Winter O' Series Final Results

(best 4 of 7 results, a blank entry indicates did not run meet)

### Women

		Farrel	Kelsey	Steilacoom	Forest	Big Finn	Shoreview	Magnuson	Total
Debbie Newell	COC	100	100	100	100	100			400
Eileen Breseman	COC	100	95	95	95	95			385
Tara Matthews		95	87	92	92		95	100	382
Linda Moore	NISQ	92	90	90	90	92	100		374
Ardis Dull	COC		92	89	89			95	365
Barbara Vraspir								92	92
Nancy Orr						90			90
Barb Bryant			89						89
Marie Piper			88						88
<b>Men</b>									
Eric Bone	COC	100	100	100		100			400
Jan Urban	SAMM	89	95	95	100	95	100	100	395
Dave Tallent	SAMM				86	92	95	95	368
Rick Breseman	COC	92	92	90	84	90	89		364
Dave Enger	SAMM	90		89	85	89	92	92	363
Kean Williams	COC	86	87	88	88	73		89	352
Fred Veler	NISQ	82		81	90	85	90	85	350
Robert Miller	COC	88			82	84		90	344
Don Atkinson	COC		80	86	83	86	87		342
Howard Halter	SAMM	85	84		87	78		84	340
Roman Kotecky	SAMM	80	83			79	85	87	335
Patrick Kelly	COC		86		81	76	82	83	332
Tyler Frederickson	COC	84			79	82		80	325
Carl Moore	NISQ	79	82		78	81	80		322
Don Denbo	COC	76	78	80	76	80	81		319
Frank Magana Sr.	NISQ	75		84	74		79	78	316
Ken Lew	COC		81	79	77	74			311
Michael Pope	SAMM	77			75	72		75	299
Terry Bryant	NISQ	71	75			71		73	290
Peter Golde	COC		88				88	88	264
Steve Frederickson	COC	83				77		77	237
Anton Kravchuk					95	88			183

Mac MacDonald	SAMM	92	87	179		
John Lee	NEOC	85	82	167		
Jake Reeder			83	82	165	
David Yee	NEOC	76	85	161		
Manuel Schmitt		73		81	154	
Mike Deptuch	SAMM			78	74	152
Dave Petty	COC			75	76	151
John Vraspir				70	79	149
Dave Reynolds		74		68		142
Uli Steidl	HUSKY	95				95
Mike Miller	SAMM		92			92
Paul Hoopmann	COC	90				90
Bill Green			89			89
Kevin Welton	COC	89				89
Bob Seidensticher	COC	87				87
Dave Hull			87			87
Dan Waugh	COC			86		86
Bill Allemann					86	86
Dale Width	EOC			84		84
Brett Aniballi	COC		83			83
Michael McPherson				83		83
Mannschreck		81				81
Seth Stuebbe			80			80
Paul Sisco	COC	79				79
Stuart Bradshaw	NISQ	78				78
Loren Stamey		77				77
Heber Green		74				74
Daniel Kirkpatrick			73			73
Roger Rosenblatt	COC	73				73
Harvey Friedman	COC	72				72
Owen Howey		72				72
Richard Carlisle			72			72
Mark Strom				72		72
Bob Forgrave			71			71
Luke Anderson					71	71
Aaron Gaskill		70				70
Deptuch			69			69
Paul Richards	SAMM	69				69
Thom Bowman		68	0			68
John Anderson	NISQ			67		67
Dinh Bowman		66	0			66



## Where and what are these Orienteering Clubs?

The Orienteering clubs listed here are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue and Redmond) area, while Cascade (the largest club) operates in the greater Seattle area. Ellensburg is centered in that town, Sacajawea is based in the Tri-Cities area, and Chuckanut O.C. is based in Bellingham. Husky Orienteering is for University of Washington students, faculty, and staff. Cascade and Sammamish clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains; the other clubs hold events in their areas. Membership is open to everyone, and entitles you to event discounts, club voting rights, and includes a subscription to Bearing 315, published six times per year.

## What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for loan (with deposit) at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair of socks and shoes are nice. Bring a watch so you can keep track of the time.

## COC Officers and Coordinators:

Dave Tallent	President	206-488-3691
Eric Bone	Executive Board/ Vice-President/Training	206-634-2279
Katie Sprugal	Treasurer	206-365-8742
Ardis Dull	Secretary	206-364-4062
Rick Hood	Executive Board/ Environmental	425-640-8134
Peter Golde	Executive Board	425-452-9205
Debbie Newell	Executive Board	425-488-3691
Don Atkinson	Executive Board/Equipment	425-488-0270
Don Denbo	Newsletter	206-366-0624
Aaron Charlop	Memberships	206-935-8742
Eileen Breseman	Publicity and Promotion	425-483-6592
Vacant	Volunteer Coordinator	

## Sammamish Officers and Coordinators:

Dave Tallent	President	425-488-3691
John Sincok	Vice President	425-822-3621
Valerie Enger	Treasurer	425-822-6254
Dave Enger	Mapping Coordinator	425-822-6254
Jan Urban	Memberships	425-402-7225

Event fees are charged on a per-registration basis: two people running together with the same map and punch card pay a single fee. Additional maps are available; the charge varies depending on the map. Fees vary, but the following are typical fees for local ("C") events with color maps. "A" and "B" meets, state championships, rogaines, and other events will cost somewhat more.

## Orienteering Club Membership Application

- ☐ Cascade O.C. ☐ Sammamish O.C.  
☐ Ellensburg O.C. ☐ Sacajawea O.C.

Name \_\_\_\_\_

Address \_\_\_\_\_

Home phone \_\_\_\_\_ Work (opt.) \_\_\_\_\_

E-mail \_\_\_\_\_

Family Members \_\_\_\_\_

Optional Information: \_\_\_\_\_

Occupation \_\_\_\_\_

Orienteering Experience \_\_\_\_\_

Special Interests \_\_\_\_\_

### Orienteering Interests (circle):

Event Participation Improving Skills Writing Teaching

Event Organization Map Making Publicity Coaching

Course Setting Field Checking Exploration of new areas

- ☐ Family or Group \$15.00/year  
☐ Individual \$10.00/year  
☐ Associate (under 18) \$5.00/year  
☐ Newsletter only [COC only] \$6.00/year

Mail this form, along with payment, to one of:

**Cascade Orienteering** **Sammamish Orienteering**  
**P.O. Box 31375** **P.O. Box 3682**  
**Seattle, WA 98103** **Bellevue, WA 98009**  
**—OR—** **—OR—**

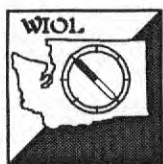
**Ellensburg Orienteering** **Sacajawea Orienteers**  
**c/o Kent Verbeck** **c/o Frank Skorina**  
**1361 Nelson Siding Rd.** **116 Stanton**  
**Cle Elum, WA 98922** **Walla Walla, WA 99362**

## Other Club Contacts:

Frank Skorina, Sacajawea Orienteers	509-522-2770
Kent Verbeck, Ellensburg O.C.	509-674-2755
John Beck, Eastern Washington O.C.	509-838-7078
Scott Drumm, Columbia River O.C.	503-261-1493
Eric Bone, Husky O.C.	206-634-2279
Ken & Joanne Klepsch, Chuckanut Orienteers	360-299-1010
Carl Moore, Nisqually O.C.	253-756-5739

Club members (any club)	\$4.00
Non-club members	\$5.00
Junior (under 18)	\$3.00
Families	map fee only after first two





# Pine Notes

The newsletter of the Washington Interscholastic Orienteering League

Vol. 18 No. 3

## Spring and Summer Orienteering Events

OK, the WIOL season is over, but you still want to orienteer. Well, you can! As you've probably noticed, this issue of Pine Notes is included as an insert in Bearing 315, the Cascade Orienteering Club's newsletter. As you will see when you look through Bearing 315, orienteering goes on even after WIOL is over. There are a lot of great meets coming up in the next few months in Washington and British Columbia.

### Transportation to Meets

If you would like to attend a meet but don't have transportation, there are a few things you can do.

1. Post an e-mail message to the local orienteering mail list. Here's how you do it:

Send an e-mail message addressed to [owest@onelist.com](mailto:owest@onelist.com) (a mail list of local orienteers). The message will be distributed to anyone who subscribes to this list (over a hundred

people, most living in the western US and Canada). Be sure to give your general location and what meet you want to attend and include a phone number or e-mail address.

2. Subscribe to the O-West mail list and watch for messages offering rides to meets. It's easy to subscribe and doesn't cost anything. Just go to the following web site: <http://www.onelist.com>

Go to the o-west mailing list (it's under sports, outdoor sports) and follow the directions to subscribe.

3. Call or e-mail Dave Tallent (WIOL Director). He may be able to find a ride. His phone number is 425-488-3691. His e-mail address is [dtallent@gtemail.net](mailto:dtallent@gtemail.net).

### Map Samples

Check out the map samples on the next page to see what the terrain is like at some of the upcoming meets.

## WIOL Championships - February 20, Magnuson Park

Meet Director: Dave Tallent

Courses: Don Atkinson

Vetting: Anne York, Mark Howlett

Registration: Bob Reddick, Harvey Friedman, Rick Hood

WIOL Registration: Don Denbo

Starts: Kean Williams, Randy Brasfield

Finish: Jan Urban, Mark Howlett, Ardis Dull,

Don Atkinson, Fred Veler, Howard Halter

Marker Pickup: Don Atkinson, Jan Urban, Don

Denbo, Debbie Newell

Setup: Dave Petty, Dave Tallent

Awards: Debbie Newell

Refreshments: Bruce McAlister

### Course 1 (1.4 km, 8 controls)

#### Male

Urban, Matej HKEL 13:13 100

### Course 2 (2.2 km, 10 controls)

#### Male

Kotecky\*, Martin REDJ 12:26 100

Neshem\*, Derrick BREJ 14:27 95

Enger, William LAKV 15:57 92

Parsons\*, Chris BREJ 18:14 90

Krumm\*, Niklas MMJH 19:14 89

Docker\*, Joseph BREJ 23:19 88

Sibon\*, Dusty BREJ 27:04 87

Vetere\*, Josh KILJ 32:47 86

Aho\*, Zach BREJ DSQ

### Course 3F (3.2 km, 14 controls)

Phillips, Melissa MPHS 26:18 100 89

Pearson, Jenny LKWH 27:55 95 85

Matthews, Ashley TOJH 29:37 92 81

Molien, Trina BREH 30:17 90 79

Whiteley, Jamie SKHS 31:27 89 76

Irish, Katrina BREH 34:48 88 74

Pham, Rosalyn BREH 41:40 87 69

Boyington\*, Kristen SKHS 41:47 86 68

Perkins\*, Latasha MPHS 50:42 85 65

Mottershead\*, Dawn SKHS 51:56 84 64

### Course 3M (3.2 km, 14 controls)

Burdette, Keith TOJH 21:02 100 100

Smart, Dan BREH 21:54 95 95

Robeson, Scott TOJH 22:18 92 92

Dilley, Jason TOJH 25:03 90 90

Lindner, Adam SKHS 26:37 89 88

Roberts, Nicholas EVRH 27:05 88 87

Ellingson, Matthew BREH 27:20 87 86

Latham\*, Tony BURH 28:50 85 83

Pang, Jusdan TOJH 28:50 86 84

Green, Heber BREH 29:08 84 82

Robeson\*, Jeff TOJH 29:42 83 80

Skaw\*, Christopher SKHS 30:17 82 78

Brown\*, Matthew TOJH 31:21 81 77

Neshem, Dean BREH 32:17 80 75

Doggett\*, Jim BURH 36:49 79 73

Murray, Joseph SKHS 37:15 78 72

Davis, Joshua SKHS 39:32 77 71

Hammack\*, Justin SKHS 40:00 76 70

Blake, Josh SKHS 43:52 75 67

Seigny\*, Marc SKHS 46:56 74 66

Borries, Gerald MPHS 57:45 73 63

Conley, Nate MPHS 97:13 72 62

Pavlich, Matthew BREH DNF

Cohee\*, Todd MPHS DNF

Foot\*, Jeremy MPHS DNF

Blacknall, Chris SKHS DNF

Wright, Justin TOJH DNF

### Teams

Thomas Jefferson High School 366

Bremerton High School 342

South Kitsap High School 314

Marysville-Pilchuck High School 279

Burlington-Edison High School 156

Everett High School 87

Lake Washington High School 85

### WIOL Staff

Director - Dave Tallent

Registrar/Results - Don Denbo

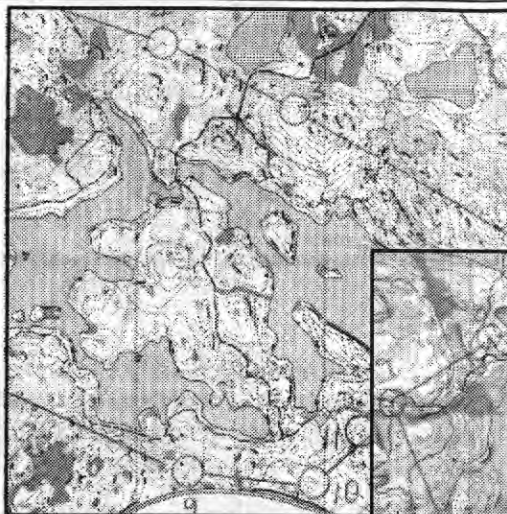
Newsletter Editor - Debbie Newell

Regular Finish Crew - Jan Urban,

Don Atkinson

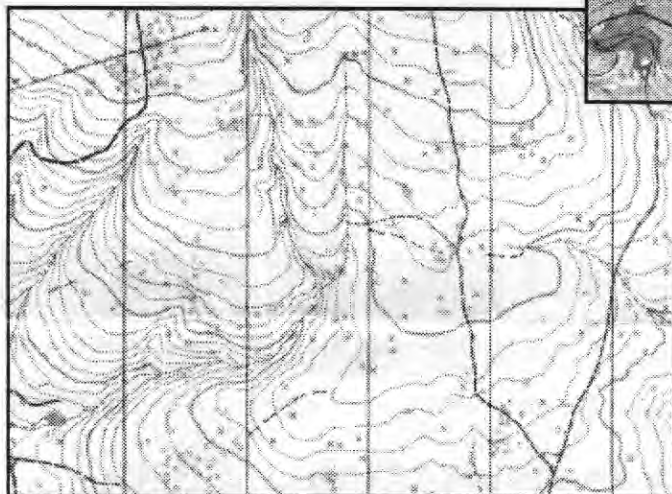
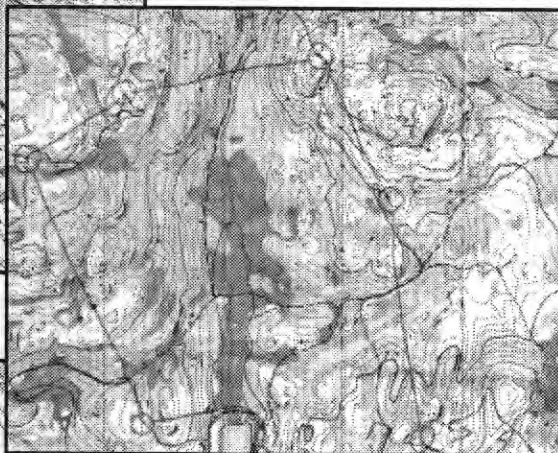
**Thetis Lake -  
Victoria,  
British  
Columbia**

March 20 - The Victorienteers will host the first day of their annual Spring O' event at this large park just outside Victoria. The first day's courses will be short.



**Camp Thunderbird - Vancouver Island, BC**

March 21 - The second day of the Victorienteers' 1999 Spring O' will feature a long, challenging course at this very physical area near Sooke, southwest of Victoria.

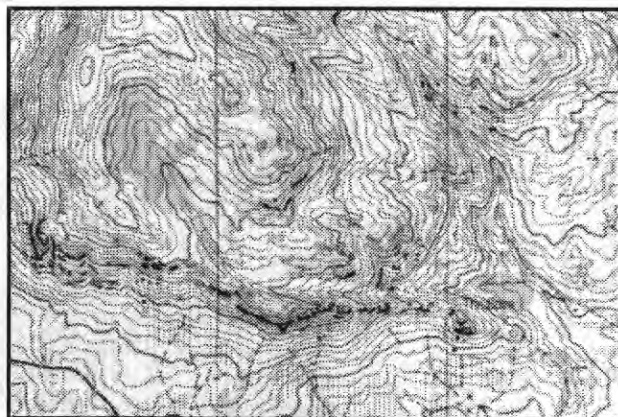
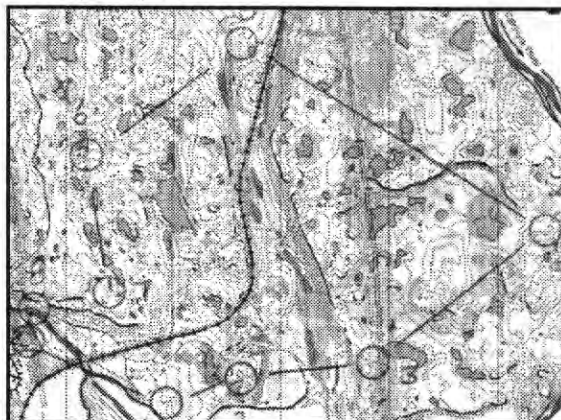


**Brooks State Park - Goldendale, WA**

June 12/13 - Another two-day event, Brooks is in south central Washington near Goldendale. The site of 1998's World Masters Games orienteering event, its beautiful open pine forests allow fast running.

**Brandywine Falls - Whistler, BC**

June 26/27 - Part of yet another two-day event, Brandywine Falls is just south of the world-renowned Whistler ski area and is characterized by very detailed terrain.



**Lick Creek - Cle Elum, WA**

July 23-25 - Part of the 3-day Pacific Northwest Orienteering Festival, Lick Creek was the site of last year's US Relay Championships. A fast, fun area.



## Upcoming Orienteering Events

Call the Hot Line at 206-783-3866 (or the website at

<http://www.eskimo.com/~halter/orienteering/pnw.html>) for latest information and details

Date/Time	Location and Comments	Type	Club	Map	Contact
<b>MARCH 1999</b>					
Sat, Mar 6 10:30 am mass start	Big St. Denny Goat, Bothell, WA. <b>Mass start at 10:30 am.</b> Check website, hotline, or Eric Bone for start location.	C	COC		Eric Bone 206-634-2279
Sun, Mar 21 1 pm - 3 pm	Bennington Lake, Walla Walla, WA. Off of Tausick Way in Walla Walla.	C	SACO	1:10000	Frank Skorina 509-522-2770
Sun, Mar 21 11 am - 1 pm	McIver State Park, Estacada, OR. Take I-205 to Clackamas. Take Exit for Hwy 224 to Estacada. Follow Hwy 224 to Carver, cross the Clackamas River and follow signs to McIver State Park.	C	CROC	1:10000	Mal Harding 503-638-8977
Sat, Mar 27 11 am - noon	Farragut State Park, Athol, ID. From Coeur D'Alene, ID, take Highway 95 north to Athol, ID. Go east on Highway 54 to the park entrance.	C	EWOC	1:10000	John Harbuck 208-263-9894
Sat, Mar 27, 3-5pm Sun, Mar 28, 1-3pm	Sacajawea State Park, Pasco, WA. (Same courses both days.) Take Sacajawea State Park Road off SR 12 near Pasco.	C	SACO	1:10000	Frank Skorina 509-522-2770
Sun, Mar 28 2 - 3:30 pm	Hamlin Park, Shoreline, WA. <b>Orienteering technique training.</b>	X	COC		Eric Bone 206-634-2279
<b>APRIL 1999</b>					
Sun, Apr 4 10 - 11 am	Magnuson Park, Seattle, WA. <b>Training.</b> Take 45th St. Exit from I-5 east to Sand Point Way, follow north to park.	X	COC	1:5000	Don Atkinson 425-4880270
Tue, Apr 6, 7 pm	Sammamish Orienteering Club meeting at Dave Enger's.	X	SAMM		
Sat, Apr 10 10 am - noon	Woodland Park, Seattle, WA. <b>Newcomers Meet.</b> Take NE 50th St. Exit from I-5 west. Turn left into park just before Aurora Way.	C	COC	1:5000	206-783-3866
Sat, Apr 10 10 am - noon	Howard Amon, Richland, WA. <b>Newcomers Meet.</b> Exit 5 from Interstate 182, north on Washington Way. 1 mile turn right on Lee Blvd.	C	SACO	1:5000	Frank Skorina 509-522-2770
Sat, Apr 10 11 am - 1 pm	Mt. Tabor, Portland, OR. <b>Newcomers Meet.</b> Mt. Tabor is the big hill between Division and Stark, just east of 60th Ave. Enter from the north on 66th off of Belmont.	C	CROC	1:5000	Scott Drumm 503-261-1493
Sun, Apr 11 1 pm - 3 pm	Pioneer Park, Walla Walla, WA. <b>Newcomers Meet.</b> Clinton St. South from Rt 12, at 2nd light turn left, 0.3 miles on right.	C	SACO	1:3000	Frank Skorina 509-522-2770
Sun, Apr 11 1 pm - 3 pm	Riverside State Park, Spokane, WA. Exit 281 off I-90, north on Division to Francis, then west on Francis to Nine Mile Road (SR 291). Continue northwest on Nine Mile Road. Turn west onto Seven Mile Road, and then turn left again immediately after crossing the Spokane River. Follow the parkway south to the parking area at the head of the Centennial Trail.	C	EWOC	1:15000	John Beck 509-838-7078
Sun, Apr 18 10 am - noon	Marymoor Park, Redmond, WA. Take SR 520 east. Take the Lake Sammamish Parkway Exit and travel south to the park entrance.	C	SAMM	1:10000	Dave Enger 425-822-6254
Sun, Apr 18 1 pm - 3 pm	Wallula Junction, Pasco, WA. East from Pasco on US 12 for about 15 miles to Wallula. Watch for O-club signs on US-12, which will direct you up a dirt road at Madame Dorian Park.	C	SACO		Frank Skorina 509-522-2770
<b>MAY 1999</b>					
Sat, May 1 10 am - noon	Rooks Park, Walla Walla, WA. Take Mill Creek Road off SR 12 east of Walla Walla.	C	SACO	1:10000	Frank Skorina 509-522-2770
Sun, May 2 11 am - 1 pm	Hoyt Arboretum, Portland, OR. Start/finish at picnic shelter next to Hoyt Arboretum Visitor Center, north of the Zoo.	C	CROC	1:7500	Deb Jones 503-579-3371
Sat, May 15 10 am - noon	Horn Rapids, Richland, WA. Mt. Bike option. Take Highway 240, 9 miles from the "Bypass" Highway, NW of Richland or take Highway 225, 10 miles N of Benton City.	C	SACO	1:15000	Frank Skorina 509-522-2770
Sun, May 16 10 am - noon	Ros*Elum, Roslyn, WA. Exit I-90 at Exit 80, then head north about 2 miles. Turn right towards Cle Elum on Highway 902. Watch for signs on left about 0.1 mile.	C	SAMM	1:15000	Dave Enger 425-822-6254
Sun, May 16 1 pm - 3 pm	Liberty Lake County Park, Spokane, WA. Take I-90 east from Spokane (or west from Coeur D'Alene) to Exit 296 (Liberty Lake). East on Mission to Molter, then turn right and take Molter to Valley Way. Turn left and follow Valley Way onto Lakeside Road and follow the signs to the county park entrance.	C	EWOC	1:10000	John Harbuck 208-263-9894

COC: Cascade Orienteering Club  
EWOC: Eastern Washington O.C.  
VO: Victoria Orienteers  
GVOC: Greater Vancouver

SAMM: Sammamish O.C.  
CHUCKO: Chuckanut  
CROC: Columbia River O.C.  
SACO: Sacajawea Orienteers

A: National Meet  
R: Rogaine  
B: Major Event  
SAGE: Sage Orienteering Club, Kamloops B.C.

C: Regular Local Meet  
X: Special Event



## United States Orienteering Federation

P.O. Box 1444

Forest Park, GA 30298

### MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

As a U.S. Citizen or U.S. Resident, I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the IOF. Please print.

Date \_\_\_\_\_ Yr. Born \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

If family membership, list other persons:

Name Year Born

Member of a chartered club? Club \_\_\_\_\_

☐ Individual \$25 member of a chartered club

☐ Individual \$30 at-large

☐ Family \$30 members of a chartered club

☐ Family \$35 at-large

☐ Student \$10 (21 & under)

☐ Junior \$5 (18 & under/no vote/no magazine)

☐ Individual Life \$450 ☐ Family Life \$540

For mailing O/NA overseas (except APO & FPO):

☐ \$5 extra surface ☐ \$25 extra airmail

## What is USOF?

Often in this newsletter, or in orienteering conversation, you will hear references to "yousoff," and you may have seen the magazine "Orienteering/North America." But why do they need so much money, you ask? We charge \$10/year for local dues, so why should it cost an extra \$25 to join an organization that doesn't seem to do much? The answer, of course, is that USOF does quite a bit.

The largest part of USOF dues goes for the O/NA subscription. This is not only a great source of information, it is well written and edited, and has many articles of general interest on health, exercise, and training. From time to time, we reprint articles from O/NA, and there are always copies available at major meets and club meetings. Most of the rest of USOF dues goes to pay for insurance. Although we, as individuals, might be willing to waive insurance, virtually all land owners, both public and private, require insurance as a precondition even to talking about using their land for orienteering. USOF members get a small rebate, about \$2 per national meet, to help balance out the insurance, but, basically, USOF subsidizes our meets. Without USOF, I doubt that either Cascade or Sammamish could afford the insurance to hold another meet.

So we encourage you not only to join your local club, but to join and support USOF. The magazine along is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501c(3) corporation. Which means that donations, including costs, are fully tax deductible. JOIN NOW!

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If your label is marked with highlighter,  
your membership has lapsed!

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