

Bearing 315

The Newsletter of the Cascade Orienteering Club
Including
The HANDRAIL of the Sammamish Orienteering Club



March - April 1992

FIRST NEWCOMERS MEET WOODLAND PARK, SAT, APRIL 18

By Rick Hood

No doubt, you got hooked on "O" at your first meet; the sport is indeed addictive. Ok, here's the question, how welcome did everyone really make you feel your first time out? At registration, map copying, the start; how about with instruction and after your course? We'd like to think the answer was, "very welcome".

Regardless, here is *your chance* to make the new folks feel welcome April 18th at Woodland Park; we need you. Whether it is just going the extra mile (ok, km) and looking for a person kind of standing off to one side and asking him or her how they are doing, or if they liked the course. Of course, if you want to do more, we're all grateful.

At the meet, we'll offer small group clinics. We expect some runners and hikers, in addition to the general public, as the word about Orienteering is getting out around Puget Sound. So, we'd like to have large meet staff that are willing to share their love and knowledge of the sport with first timers. If you'd like to help call Rick at 367-2606.

The meet itself will feature courses skewed towards beginners, but will include a longer course with easier technical legs for runners. Join us; enjoy a course; and help someone feel welcome at their first meet.

VETERANS CUP IV - TASMANIA

By Don Atkinson

I couldn't resist combining a trip to Tasmania to visit my brother and participate in the VWC/Tasmania Forestry Commission Classic held in early January 92. The event was held near St. Helens, a town of about 1500 population in a former tin mining area. The main activities now are fishing and catering to summer visitors. Since there were 1700 entrants, and another 400 or so spouses and children, it wasn't possible for everyone to get accommodation in town. Many orienteers came as part of package tours. Some tour groups were in hotels up to 60 miles (and a winding mountain pass) away. Most of those who came independently pitched tents on the football field at the high school, or (as I did) slept in the classrooms at the school, which was left open so campers could use the facilities. We paid about US\$5 per day for using the school. It worked out fine for me. We had the choice of cooking in the

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ERIC BONE, RACHELL THARP WIOL CHAMPIONS

Garfield Team First

by Mike Schuh and Rick Hood

The Washington Interscholastic Orienteering League's season ending championship is always fun and exciting and this year's was no different. Good weather, an enthusiastic meet staff, and good courses gave 52 WIOL participants the opportunity to compete under near ideal conditions. The concurrent general public event attracted approximately 70 individuals, including at least three WIOL "alumni". At the awards ceremony, WIOL founder Dan Waugh spoke briefly about the early days of the league and then presented the first place team trophy to the Garfield HS team and on to details.

Garfield's Eric Bone, running in men's elite, looked more than solid going into the 1992 WIOL Championships. He had won each of the six regular season meets. Yet David Thatcher of North Kitsap, who finished second for the regular season, Wilson's Bobby Bonds, and Bill McDonald from Mariner, weren't about to let Eric just walk off with the Championship. But Eric held true to form; finishing first by some 18 minutes over McDonald, 23 minutes better than brother Nick Bone, 27 minutes faster than Bond and 29 minutes better than Thatcher. With Eric following in the footsteps of previous champions like Nathan Tharp and Jeff Coker and entering UW in the fall, next year's men elite competition should be wide open.

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THE BRIDLE TRAILS RELAY RUMBLE

By Ben Hall

Last Sunday SAMM hosted a relay event at Bridle Trails State Park. Each of the three legs began with a 2.5 K loop, which wound up back at the start area with a "spectator control", followed by a smaller 1 K loop that finished at the map exchange area. Thus, participants could be viewed at the three-quarter mark of their courses, and again as they finished. The teams, and their order of finish, appear in the results section of this newsletter.

Eleven teams formed, and at the start of the race the first-leg runners were let loose en masse. Eric Bone of "Bruce's Bridle Trails Blazers" reached the spectator control first, leaving many seasoned veterans fumbling in his wake. Bone,

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Bridle Trails Relay - Continued from page 1

in fact, opened up a gaping 7 minute lead over nearest competitor Fred Veler, and in so doing showed why he has enjoyed a tremendous orienteering season running for Garfield High School; he deserves congratulations for this and for his recent performances in general. I also admire Eric for choosing to run through the worst Western Washington vegetation in nothing but shorts and a tank top. This is as much fun as jogging through piles of rusty concertina wire in slippers and a speedo, then hosing off with lemon juice. Bone has an angle: while I waste valuable training time sewing up the holes in my O' suit each weekend, he simply lets his lacerations heal during the week. This kid is tough.

The nails were halfway in the coffin for the remaining teams by the time Eric passed off to Peter Bonek, a member of the Austrian national team who is attending the University of British Columbia this year. Fred Veler gamely held his "Sammoconisks" within range, but it wasn't until a full twelve minutes had elapsed from Eric's finish that the other teams trickled in. Dave Tallent, paranoid at mispunching for the second relay event in a row, lost ten minutes by sequentially verifying each of his control card imprints under infrared light. Mac Macdonald, sporting a new pair of prescription glasses that his optometrist tinted to enhance the contrast of anything orange, lost twelve minutes trying to locate the punch on a traffic cone on 116th Ave. And so it went. Order after the first leg: Bruce's BBB's; 7 minutes back, Veler's Sammoconisks; 12 minutes back, Brian Cox of Orienteers Forestrius (congratulations on that well-run leg), Triple Threat, and the Misspunches; 15 minutes back, the Winners (great to see Dave Petty out and doing so well) and the Mudslingers; 18 out, Max's reMarkable Marauders; 30 out, the Performers; and the Muckrakers rounded out the field.

Peter Bonek arrived first at the spectator control during the second leg, opening up what seemed to be an obscene lead for Bruce's BBBs. Rick Breseman pulled Triple Threat from fourth to second, Debbie Newell leapt the Mudslingers from seventh to third, and Dave Lilly literally vaulted the Misspunches up one place from fifth; at the spectator control he cranked off a nifty pommel-horse scissors move over the infield fence, then sailed, Nureyev-esque, through a narrow gate to cut off Debbie as she took the conservative route choice towards the back loop. There, however, she made Dave pay for his display. Bill Mac, Jr. began the Marauders' assault forward, from eighth into fifth, with a steady run.

First of the third leg runners, Eric Frieden dove into the Bridle Trails woods with a Norwegian lead over the field. Within statistical range were Knut Olsen, Claudia Kunzell, Dave Enger, and Mark Howlett, a group that collectively possessed the orienteering experience of Bjorn Kjellstrom (or am I selling Knut short?). Hell will freeze over before Enger spazzes out in Bridle Trails, and unfortunately for Eric, it never got below 45 degrees. Despite Frieden's gutsy performance, Enger emerged at the spectator control first, and looked strong heading into the back loop. However, it was 30 seconds later that we discovered the true identity of the "Flash", and what the heck Flash has been doing with himself since his TV show was cancelled. Howlett must've changed into his tights at control

three, because all I saw at the spectator control was a red blur with yellow lightning bolts sticking out the ears, legs spinning like fan blades and kicking up a rooster tail of mud, punch and leave two smouldering ruts of footprints toward Enger's still-warm trail. It was a two-man affair at this point. Although Flash indeed passed Enger somewhere out on the back loop, Dave was saved by a final control in more direct line with the finish, and wound up eking out a 20 second victory. Enger and Flash both produced sizzling times: Enger had moved the Misspunches from 4th to 1st; Flash, likewise, moved the Marauders from 5th to 2nd. Claudia preserved 3rd place for the Mudslingers, while Eric, dazed, bloody, but dignified, salvaged 4th. Nate Tharp uncorked a solid run to move the Sammoconisks into 5th. Orienteers Forestrius, Triple Threat, the Winners, the Performers, and the Muckrakers filled out the race.

USMC UW was the victim of poor coaching, evidently by Dave Tallent: two of the three runners mispunched. This obscured a fast time by their anchor Jeff Coker. I also was impressed by the consistency of Orienteers Forestrius: Brian Cox, Melvin Rader, and Nick Bone; and with the results of the members of the Winners, Performers, and Muckrakers. Congratulations, all!

Special thanks to Kathy Trost and Dave Lilly for meet administration; to Rick Hood for running the map exchange smoothly; to Dave Tallent, for helping me pull the timing together just before it went down the tubes; to Kathy Trost, Fred Veler, and Dave Enger, for map copying; and to Mark Howlett, Claudia Kunzell, Peter Bonek, and Dave Enger, for picking up the controls in the face of worsening weather. Let's do it again soon.

COMING MEETS

The schedule on the next to last page contains a listing of all meets from now to the end of May. The following are some of the more exciting:

Farrel McWhirter- Sunday, March 8. Cascade has established a trim course at this Redmond park, and the meet will use some of the trim controls. So, if you don't like your meet results, come back and run the course again.

Bay Area "A" Meet - April 11/12 at Las Trampas Regional Park, about 30 miles east of San Francisco. Bruce McAlister has entry forms if you need them.

Lake Sammamish State Park - Saturday April 11. Little climbing, yet there is a variety of terrain. Please note that the parking lots will be being repaved, so consider riding your bike; otherwise be alert for signs directing you to parking (may be a distance from registration)

Foremost in the series of tremendous list of two-day meets coming up at the end of April and May is a two day B meet on **May 30/31 at Riverside Park** in Spokane. Additional two day meets within driving distance are the Sage Stomp May 16/17 in Kamloops, and Newcastle Island (Nanaimo) on May 23/24.

For the distant travellers there are the Intercollegiates April 26/27 and the West Point Invitational May 2/3 both in New York State.

WIOL CHAMPIONSHIPS Continued from page 1

Meanwhile, Rachel Tharp, from Timberline, was the only entrant in the women's elite. But don't think she just was lucky; Tharp bested 16 other women throughout the season's six meets by a point total of almost two-to-one. And, "she'll be back".

Lead by Eric, brother Nick, Tomas Clark and Noam Gundle, Garfield High School, for the first time ever, capture the Team Trophy over defending champs Bremerton and the massive Wilson contingent. Again, with Eric gone, next year will make for some great excitement.

As for the general public, Dave Enger and Mark Howlett turn in some good times, but not good enough to best Peter Bonek, current on the Austrian National Team. On the women's side, Claudia Kunzel, also a member of the Austrian Team, forced Debbie Newell, a former member of the U.S. National Team, to a second place and Cathy Achmann to a third. Well, Debbie and Cathy are probably getting set for this summer's big meet at Cle Elum (did I mention Claudia is going home for the summer.)

More impressive, than even Peter and Claudia's performances though is the number of folks who came out for their first try at orienteering—we had over 27 people try course one. The word is really getting around about orienteering. We hope you got a chance to trade some "O"-tales with our new friends; if not how about at the next meet. And to those that will see their names listed in the results for the first time, we say, "welcome and hope you can join us again soon."

Thanks to the following members of the meet staff: Margie Bone and Ken Lew, WIOL registration; Rick Breseman and Tom Slocum; course design and setting: Mike Fritz and Vivien Birtwistle; Mike Fritz: course test running and setting; Dave Enger: course test running; Jeff Coker: direction signs, timing and announcing; Peter Golde: pre-marking maps, finish line set up, and finish line staff; Rick Hood: signs to start, preparation of survey, greeter; Robert and Sandy Miller: general public registration; Steve Miner: WIOL "R" course vetting; Debbie Newell: public course 6 vetting, map drafting, and finish line timing; Dave Roestdal: finish line set up and course 1 starting; Neil Smith: finish line set up and finish line staff; Dave Tallent: WIOL results and team standings; Nathan Tharp: WIOL "E" course vetting and start crew; Peggy Tharp and George and Nancy Lilly: refreshments; Kathy Trost and Dave Lilly: start crew; and special thanks to Jim McCaa, who helped set out directional signs, set up the finish line area, and stayed to complete the cleanup at the end of the day. Seattle Explorer Search and Rescue provided us with communications and standby first aid. And super special thanks to Michel Tharp for his many suggestions and advice during the planning for the championships, and for his hard work at the meet itself. Thank you everyone!

COC will mail out a membership roster with the next issue. This should make it easier for you to locate orienteering friends. If you do not want your address, phone number or name listed, please contact Harvey Friedman at the club PO box before April 15.

WORLD TRAVELLERS

In addition to Dan Atkinson's travels to the Worlds Veteran Cup in Tasmania and Australia, highlighted on page 1, Ann York was also south of the equator.

Anne York, who works at the National Marine Mammal Laboratory, just returned from 3 weeks in January on Isla de Lobos off Punta del Este, Uruguay where she conducted joint research with Uruguayan scientists on South American fur seals. The work involved using census methods that she had taught them when she was a United Nations Environmental Program instructor down there in 1987; additionally, researchers had to equip some of the seals with time-depth recorders to determine how long the animals could hold their and how deep they could go. Although the work was often arduous, the 90+ F temperatures and sunshine made it an enjoyable contrast to the rain we had here in Seattle. What wasn't so enjoyable was when extra people (not researchers) came out to the island without bringing any food. The rations were shared with all until gone, and then everyone had to partake of whatever subsistence harvest could be caught - even seagull! It WAS a way to lose weight....

Future travellers from the region include Bruce McAlister, Peter Golde, and Carl McNabb who are rumored to be trying to escape the pleasures of finalizing convention plans, and are headed to Spain, and Scandinavia this April. Rumor also has it that Bruce is moving up to red - no not opienteering, but in wine selection. He will be bringing back some nice wines. Also set for distant lands are Eileen, Rick, Ryan and Kelsey Breseman, who will first head to New Zealand, return briefly, then are off for an extended stay in Europe. While there they may run into Ben Hall, who will be leaving in May to try to visit every 5-day and 6-day in Europe this summer.

Relays Beyond Orienteering

Spring is about to spring, and it's time to start thinking about relays. Local orienteers have participated in several non-orienteering relays over the past few years. So, drag out those bikes, kayaks, canoes, and skis and pick one of the following event:

April 12 Ridge to River: Wenatchee, 3-mile cross country ski, downhill ski, 4.5-mile run, 19-mile bike, 4-mile canoe/kayak, .5-mile portage

April 19 Great Falls to Gasworks Seattle area running, various distances

May 24 Sea to Skt: Bellingham, 4-mile cross country ski, downhill ski, 8-mile run, 36-mile road bike, 18-mile canoe/kayak, 8-mile mountain bike, 5-mile sea kayak

June 6 Lake Padden Relay: Bellingham running, 4x2.6 miles

June 7 Gap to Gap: Yakima, 1.8-mile field run, 9-mile mountain bike, 10-mile canoe/kayak, 21-mile road bike, 10k road run. (Team Newell is already entered).

If you are interested in any or all of these events, call Debbie Newell at 488-7471, sign up at a meet, or call 522-BIKE.

CASCADE CHATTER

Compiled by Harvey Friedma

As usual, we'll start with positive roster changes as of 26 February 1992. Words of both thanks and welcome go to the following new or renewing club members: Paul Bullard, Boy Scout Troop 398, Gerry Croteau & Sarah Bayle, Dick Diesner family, S. Donald, Rick Donaldson, Ardis Dull, Dave & Valerie Enger, Debra Feinman, Rick Fowler family, Steve Frederickson family, Ulrich Ganz, Rick & Linda Hood, Ken Knapp family, Laurie Kohli, Bill Landefeld, Michael Mahoney, Sandy & Robert Miller, Dorothy Neville & Franz Amador, John Nitardy, Knut Olson family, Rachel Plesko, Rick Robishaw, Mike Schuh, Roger Sharp, James Sisco, Neil R. Smith, Chuck Ward family, Dan Waugh family. 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 (or lost).

Cascade Mapping Secrets Revealed

This year promises to be prolific in the mapping department. We have already produced an updated version of Lake Tradition and plan the following projects as well:

New or Name	Location	Scale	Update/ Est. New Print
Hamlin Park	Seattle	1:7500	update June
UW Campus	Seattle	1:5000	update June
St. Edward Park	Kirkland	1:10,000	update Nov
Washington Park	Anacortes	1:10,000	new Nov

If you are interested in field-checking or drafting any of these maps, call Debbie Newell at 488-7471.

Cascade Board Meetings

All Cascade members are welcome at all Cascade Board meetings. Meetings are held monthly. All meetings start at 7:30, and end promptly at 9:30.

The March meeting will be held Wednesday, March 4 at Peter Golde's (883-3732). The April meeting will be held Wednesday April 1 at Debbie Newell's (488-7471).

CLINICS AND CLASSES

Orienteering at the Experimental College

Mike Schuh will once again offer a four session orienteering course, directed towards beginners, to be held at Discovery Park starting mid-April. For details, call the University Experimental College (543-4375). This is an excellent way for beginners to get a better feel for the sport of orienteering.

And for the Intermediate to Advanced Orienteer:

CLINIC - MAY2

Peter Bonek and Claudia Kunzel, current members of the Austrian national orienteering team, will hold a training clinic on May 2. Current plans are to hold the clinic at Drunken Charlie Lake northeast of Duvall. The emphasis of the clinic will be on intermediate to advanced training techniques. Look for further details at a local meet, or call Debbie Newell at 488-7471.

Spreading the Word

By Rick Hood

The "O" word is being heard more around town. In the March issue of *Northwest Runner*, there is a five page interview with Mark Howlett and Mac McDonald explaining the flavor and nature of the sport in a manner that, we hope, will appeal to cross-country runners. Similarly, in the March issue of *The Mountaineer*, there is a nice two page feature written by Virginia Felton and Bill Maxwell, of the Mountaineers, who have come to some of our meets in the past. The March issue of Washington Trail Association's *Signpost* also has a 4 page article about our sport. The latter two pieces are mostly directed towards hiker and backcountry travelers, so Rogaining and the Map Hiking alternative were discussed as well. Lastly, in January, there was a nice article about the school league (WIOL) in the sports section of the Seattle Times, that featured insights and comments from Mike Tharp and Eric Bone (who turned out to be the WIOL Champion this year; please see the WIOL Championship article elsewhere in this issue of *Bearing 315*.) And we have other irons in the fire with Group Health of Washington and *Sports Washington*. So the word is indeed getting out about "O".

As for the thanks, Jim Whiting of *Northwest Runner*, Virginia and Bill from *The Mountaineers*, Helen Welborn and Dan Nelson of *Signpost*, and Jody Brannon of *The Seattle Times* really "found a way" to help us spread the word. Moreover, believe we've cultivated a mutually beneficial rapport with their organizations that will give us an opportunity to share our sport with other outdoor enthusiasts.

The Handrail

The Newsletter of the Sammamish Orienteering Club



ABOUT OUR NEW LOGO

Our new Sammamish logo comes as a by-product of a request by the World Cup '93 committee for O' clubs to contribute to a portion of a quilt that will be presented as an award. Nancy Lilly noticed the distinctive Salmon design amongst the artwork at her son Jim's studio, and decided that it was a good choice: it is representative of the region and its Native American history, and coincidentally the orange colors in the design match those in the master quilt's overall pattern. Jim screened the design onto a cotton square, and Nancy has taken care of the quilting and appliqueing. Jim and Dave made some T-shirts as well. I also hope those of you who participated in the Lake Tradition meet got a look at the glass-plate awards Dave hand-etched for the high school champions; they were great trophies. The Lilly family is long on artistic talent, and we are lucky to have them as a resource for these and other club contributions.

RAMBLIN'S FROM THE WILDMAN

We welcome into our fold Fred Veler, who recently became a SAMM member. Congratulations are also in order for Fred and his new wife Martha, who, by most accounts, also takes a shine to this "running in the woods" madness. Fred, with a cast of others, was instrumental in the success of the World Cup. Fred also helped SAMM last year by being the MYSTERY course setter. He celebrated his 50th birthday this month.

At rare times, about every two moons or so, SAMM club members reach critical mass. At the most recent get-together (there is no way that these gatherings can be referred to as meetings) the subject of Bigfoot was discussed. Apparently Dave (Tree'd by a Bear) Tallent had an opportunity talk with some folks about getting

help to navigate to known Bigfoot areas. These areas, by some strange reason, seem to be on COC Drunken Charlie Map. Not many SAMM members were surprised by this, having experienced the feeling of dread known to take place in Bigfoot areas. I hope to muscle in on Dave, and help out with the expedition.

Forest Park to go COLOR... The SAMM movers and shakers, hired Nisqually member and past WIOL stand-out, Nate Tharp to field check Forest Park in Everett. Nate has also been working on Big Finn Hill Park, and working with COC's Mike Schuh, making sure that the sections of the map adjoining the St. Edwards map will match up creating new and interesting twists for course setters. The map went to print mid-January with three other maps. The first use worked out very well. Course setter Nate Tharp (assisted by Dave E.) and meet director Kathy Trost all did a great job.

Last but not least, I assume you notice some changes in the newsletter. Welcome our new co-editors?... Mr. Ben Hall and Kevin "Rocket Man" Finney. Please support them as it can be a thankless job at times. — Dave Lilly

NEW MEMBERS

In addition to snagging Fred Veler, SAMM welcomes the following new members who have recently joined our club: Diana and Roger Clay, Molly and Gordy Blume, David Waller, Israel Kloss, and P. Goldenmann. We have also recently collected some veteran orienteers who have relocated to the Seattle area from other parts of the country: 1991 M35 national champion John Rogers, and Beth Elliot, from New England; Steve McConnell, and Mari Friend, from the Bay Area in California; and from our own back yard, Rick Hood.

ONWARD TO ORANGE

The orange course means the intermediate level course at a major meet. Advancing from beginner to intermediate courses is a significant step, and requires real orienteering skills. This column, "Onward To Orange," is written to help you improve your orienteering ability if you are a new-comer.

The key to successful orienteering is CONSTANT MAP CONTACT. This means that you always know where you are on the map. Continuous contact isn't really hard to achieve, but requires more concentration than most beginners bring to the sport. The technique is easy: use a firmly held compass edge or thumbnail to creep along the map as a marker to show where you are. The challenge is holding down your speed and maintaining your focus to really do it,

all the time.

This means that physical conditioning will probably not be a factor early. Most folks can't read a map well enough initially to proceed at much faster than a brisk walk, so don't expect the fleet of feet to beat in the hiker. Emphasis on your technical skills and mental focus will help you improve much more than will physical training. Also, like golf or tennis it's easier to learn good technique early than break bad habits later. Engraining a bad habit like outrunning your brain will soon prove very frustrating. Believe me, I know.

Ask a top orienteer how to run a leg and the reply might be, "Find an attack point, and follow an easy handrail to it."

An attack point is an obvious feature close to the flag. It should be easy to find and unmistakable. Good attack points would be a trail-stream crossing, a hill-top, or a solitary cliff. Start each leg by choosing a "bomb-proof" attack point you know you can find confidently.

A handrail is a feature you can use to follow like a path, such as a stream, a definite gully (re-entrant), or a forest-meadow edge (vegetation boundary). On White beginner courses all the controls are right on the handrails. An easy hand-rail, like a fence, is always better than a more direct but subtle hand-rail like a ridgetop. The easy hand-rail makes you confident and reduces the chance of error, and error free orienteering is what wins.

Navigating from the attack point to the flag takes caution on an orange course. The flag will be near but rarely on an attack point, so some careful terrain reading and a compass bearing will be needed. A good orienteer moves at full speed along the handrail, and then drastically shifts gears at the attack point. It's important to slow down and switch priority from speedy to careful and precise. From the attack point, you need the time to know how far, in what direction, and just what you're looking for. Don't get stuck in one speed!

In summary, you'll improve fastest by staying on easy courses until you are in constant contact with your map

and terrain. Begin each leg by choosing an obvious attack point, and then select a hand-rail you can easily follow to it. Slow down to enter the circle, walking in with a clear idea of distance and direction before you leave the attack point.

— Mac Macdonald

NEXT MEETING

The next club meeting is at Kathy Trost's house, on Thursday, March 12, at 7:00 p.m. As usual, all members are welcome and encouraged to participate. Call any club officer for details.

The Sammamish Orienteering Club is based in Seattle's Eastside. For more information, write:

Sammamish Orienteering Club
P.O. Box 3682
Bellevue, WA 98009

President:	Dave Tallent	392-3061
Vice		
President.	John Sincok	821-7581
Mapping		
Coordinator:	Dave Enger	822-6254
Treasurer:	Valerie Enger	822-6254
Training:	Mac MacDonald	745-6011
Membership:	Ben Hall	632-6166
Newsletter:	Ben Hall	632-6166
	Kevin Finney	486-2624

Membership Form

Family or organized group (scout troupe, class, etc) : \$15.00; Individual : \$10.00; Associate (< 19): \$5.00

Please Circle type of membership, fill in the following information, and send to the above address with a check made out to the Sammamish Orienteering Club:

Name: _____
Street Address: _____ City: _____ St: _____ Zip: _____
Home Telephone: _____ Work Telephone: _____ Occupation: _____
Orienteering Experience: _____
Special Interests: _____

Orienteering interests: (please circle) participation in events, improving skills, writing, teaching, coaching, publicity, event organization, course setting, fieldchecking, mapmaking, exploration of new areas.

school Home Ec. classroom or buying a package of catered meals served by a caterer who had hired a bunch of local high school students and set up facilities in a large tent.

The normal weather for the area is similar to our summer. However, south-east Australia was having an unseasonably cool and wet period for the week before the event. There were about 4 inches of rain in the three days prior to the event, and creeks were running near flood level. Fortunately, the Tasmanian Forestry Commission was a sponsor of the event, and managed the land used for the events. They were providing some logistics support (water tanker trucks, etc.,) and assisted in felling trees across creeks to create some temporary bridges. The Forestry Commission got involved with this partly as a public relations exercise. They had been managing the forests exclusively for timber harvesting and were taking a lot of heat for essentially clearcutting large areas of native Tasmanian timber to sell as wood chips and replanting with conifer plantations. They are moving rapidly to the multiple use philosophy and orienteering is one of the kinds of recreation that they favor. It also helps the tourist industry.

The practice event was held in an area that had been mined for alluvial tin and allowed to grow over with scrubby forest. It was crossed by deep (up to 12 feet) erosion gullies. I learned that when the map said unclimbable bank, they really meant it. The event was not timed. Event two was held on the Littlechild Creek map, mostly fast run open forest, with some areas of rocky ground, and the earlier mentioned creeks. I had a good run except that at the last creek crossing, I had forgotten about a new instruction that said that flagged creek crossings were not at the mapped location. This was due to the flooding. I started running for the last control in the wrong direction and lost a few minutes till I realized the error. Event three was held in terrain similar to that of the practice event. Some was in open eucalypt forest with frequent boulders and small cliffs. Flat areas in the valleys had features left over from the tin mining about the turn of the century. I had a generally trouble free run. After the event, there was a call for volunteers to help pack up after the event. I ended up picking up markers and got to

see the philosophy of the course setters, and how they handled the 200 entrants in the H45 class. They would set markers on 3 or 4 boulders within a few hundred meters of each other and thus have entrants running courses that were over similar terrain and distance but not identical. The nature of the terrain made this technique possible. It also made it necessary for runners to navigate precisely, as you couldn't just get to the approximate area of the marker and look at all the boulders till you found a marker as just about every boulder had a marker behind it and the labels were horizontal plastic letters so you had to be on top of the marker to see the letters. After this event, they announced that runners were not to talk to each other under threat of disqualification. Someone was disqualified later on for this reason. The next event was held near Coles Bay, about 60 miles south of St. Helens. The forest was open, but the ground between the trees was more rocky making for slower running. The base rock here was a kind of granite that weathered to piles of rounded boulders. There were a few broken bones and a lot of sprained ankles. The weather was still cloudy and cool with some drizzle.

The next day was a day off and the day after that was the VWC final for which I didn't qualify, so I made a side trip to visit the convict settlement ruins at Port Arthur with my brother. I had been dragged there as boy with my parents, but in those days I wasn't interested in history as that was taught in school and I didn't want to waste my vacation on school stuff. Tasmania was originally settled as a convict settlement since Britain was on a law and order binge and had filled up all available jail cells. The convicts were assigned to work on farms and road building etc. for a few years and then freed. For those who committed new crimes, after being transported, a jail within the convict settlement was needed, and to act as a deterrent, it had to have severe conditions. The Port Arthur settlement, on an isolated peninsula on the southeast corner of the Island was the result. I found it fascinating the second time around. The system was abandoned in the late 1850's after gold was discovered in Australia and transportation ceased to be a punishment.

Meanwhile, back in St. Helens, the

sun finally came out in time for the VWC finals. Most places went to Scandinavians, although in the Women's 35 and 40 classes, Australians and New Zealanders won. Unfortunately, a glitch occurred in the Men's 55 class resulting in a protest and a "no race" declaration by the jury. The finals were run with the starters at one minute intervals and the fastest running last. There were supposed to be 5 extra maps, but when the last 2 starters came up to the line, there were no maps left! After about one hours delay, they produced the maps, but the two fastest qualifiers had lost the advantage of overtaking the slower competitors and thus being "led" to the markers. Neither of them placed. One of them, a Finn, protested. The fastest time was set by the 3rd fastest qualifier, from Britain. Other than this, the organization had been excellent. Last I heard, the organizers were negotiating with the Finn to refund his entry fee and some of his expenses to get him to withdraw the protest and allow an award to be made, but I don't know if anything resulted.

The next day was the final of the Forestry Commission 4 Day Classic. My course was mainly in fast run, relatively flat terrain with features provided by the eroded tin mining remains. I did well by my standards and made no major errors. My biggest error in the whole series was entering in the B division. I had assumed the bottom 40% of entrants would have been in B division. However, in M45, there were 190 in A division and 10 in B. In M21, they were about 50/50. Anyway, I finished 2nd in M45B. There were 10 U.S. entrants and 14 Canadians. One Canadian also got a B division place. All in all, it was an excellent event. The organizers battled problems with weather and logistics with a volunteer group of about 200 Tasmanian orienteers to draw on, and managed to turn on a World Class event with the M55 map problem as the only flaw. At the awards ceremony, Peo Bengtson donated \$US 7,500 to the organising entity from the profits from his package tour business.

Borrowed From Our Friends

Items Appearing in Local Orienteering Club's Newsletters from Around The US.

With almost 50 local orienteering clubs around the nation, with our favorite two being Cascade and Sammamish, there are a lot of quality club newsletters. This month we are cutting and pasting from their newsletters:

An editorial (in part) from the Bay Area Orienteering Club, in northern California.

A letter from a newcomer in the Hudson Valley Navigator, in New York State.

And a meet announcement that is slightly ahead of it's time from the same Hudson Valley Navigator.

Watch for more articles next issue, and let us know what you would like to see, and we would like to share any great orienteering cartoons.

Extra-terrestrial OrienteeringII: The Moon

DateLine: Sept. 2, 2090

The International Orienteering Federation announced today that the first annual extra-terrestrial orienteering championships will be held at the Luna VII settlement on the Moon, March 30 2091. Although the championship Blue Course of 56km length and 3Km vertical gain may sound prohibitive, remember that running in 16% of earth gravity will affect your perception of distance.

For those who have never run off the surface of the earth, this is an experience not to be missed. There will be courses for all levels of expertise and experience. The course planners advise all those who have been previously earthbound to try an easier course than usual, or to arrive a few days earlier to familiarize themselves with the art of lunar pace counting.

For those of you used to the standard 5 color map, this will be a special challenge. The standard colors have been remapped for use on lunar terrain. The initial map looked rather uninteresting due to the noticeable absence of trees, water and vegetation. In recent years, an abundance of roads, trails and buildings have appeared on the map, but farmers are not having success at growing anything more green than a few robust forms of mutant fungus. For this reason, color mapping will allow you to distinguish various forms of rocks, pebbles and dust.

A special set of markers has been devised for craters 10-30 meters in diameter and those greater than 30 meters. We expect that these new markers will soon be part of the international standards set.

Remember, your standard compass won't work on the moon. Lunar pole magnetometers will be available to rent at the registration site for a nominal charge. Radio frequency whistles are also available if you don't have your own. Of course, there will be water and air and Gookinade at the finish line, as well as several air replenishment controls...

Supported in part by the Luna VII chamber of Commerce and the Department of Extra-terrestrial Tourism, Lunar Division.

- Susan Eberlein [reprinted from Los Angeles Orienteering Newsletter Nov-Dev, 1990]

(This is a space for club members to express their views on matters pertaining to BAOC and on orienteering in general. - Ed.)

Are we Sierra Clubbers or Tamalpa Runners at heart? Well, there's some of both if you look around at the next event. But I believe the base of our support is and always will be the recreational orienteer. Those crazies (myself included) who love to tear around the woods at breakneck speed and worry about how much time they lose punching their control card, would be running on black-and-white maps with phantom controls without the support of the recreational orienteer. . .

...BAOC right now is one of the more dynamic orienteering clubs in the country. We have much to be proud of! Our membership is growing steadily. Each year we put on a more exciting schedule of events (watch for our first ROGAINE next year!) Bob Cooley has put together an aggressive but wonderful mapping program. Nancy Lindeman and her publicity monkeys are spreading the gospel to sports editors and outdoors shops everywhere. And on a competitive note, more BAOC members are becoming nationally ranked each year.

But there's trouble in the Garden of Eden. Recently I have had heart-to-heart talks with several club members. Club member #1 is seriously thinking of quitting the sport because it is no longer fun. Club member #2 feels discouraged because "none of the good orienteers is socially inclined". Club member #3 is tired of repeatedly making suggestions and repeatedly being ignored. Club member #4, after years in the sport, still feels intimidated by the club and some of its members.

More trouble in the Garden: At your next event, notice how many women, particularly single women, have come out. How many children and teenagers have we attracted? Now look around. How many Afro-Americans, Asian-Americans, well, you get the point. The only minority we are well represented with is Scandinavians.

So what can we do? Ellie Schermerhorn made an excellent proposal at the last Board of Directors meeting for more social events such as a barbecue after an event. Unfortunately, similar proposals have been made repeatedly through the years with no followup. Is it time for a Social Director? Is a gracious BAOCer eager to volunteer?

There is a fundamental something that we all, every one of us, can do. And it will even be fun! At every event you attend, make an effort to talk with a couple of people you do not yet know. Ask them how they did on their course. Tell them about the time you wandered completely off the map. Orienteers are universally enthusiastic when talking about their favorite sport, and believe me, enthusiasm is contagious.



Dear [editor]:

... First a gripe. I missed the 1st event this fall because my copy of the NAVIGATOR wasn't mailed until September 25th. Sept. 21st was a gorgeous day, too. I hope the club isn't one where the "in" people always know when and where events are going to happen so it isn't all that important that the "official" words get out in time...

'Nuf about that. I'm new to orienteering. I've been to 3 events so far. But I've read a couple of books and the publications I've gotten. I've never seen a sport that is so eager to attract new participants yet seems to have so little early-stage training (not in map-drawing, for instance, but in following a bearing over a L-O-N-G distance, pacing, etc.). I would love to see an article printed in the NAVIGATOR that explains the different kinds of races such as SCORE-O, SPRINT-O, ROGAINE, EGALITARIAN RELAY, etc. What are those things? So far, I've only been to regular meets. I didn't even know what the penalty was for a missed control until I got a DNF. The experienced folks probably can't remember when they didn't know, but sometimes the new ones don't. Also, with so many things pulling at us for our time these days, we might like to know what we're getting into before we drive a couple of hours to get there...

A suggestion for a "mini topic" I gather that there are a few places in the Greater Metro area where there are fixed courses set up that we can practice on any time. A list of these courses and where to send for a map would be a big help. Plus a little instruction maybe? - Margaret Lipscomb
No Margaret we are not elitists; just understaffed. We (the editorial staff) have just begun to get a good profile of what the 'average' HVO member looks like. We will be catering to that individual. Starting from this issue on, you can expect to see more articles dealing with training and orienteering topics useful to the beginner/intermediate results. -ed.

Newsletter Changes We're Not Getting Fatter, We're Just Getting Better

By Rick Hood

Strange words to hear from an Orienteer, maybe. We'll let you judge, and we do mean it!

Bearing 315, Cascade's newsletter, now includes Sammamish's *Handrail*. Now all the results from area meets will reach you. More importantly though, everyone will be getting the schedule and details about upcoming meets, as well as timely, helpful, and interesting news. (Ok, sometimes just two out of three, but we'll try.)

To make room all of this, we've gotten fatter; from 4 up to 15 pages when needed. Now, there is room for your letters and articles (we'd really like them too.) More so, we are adding some new features that we hope will appeal to you, like "The Best of O/NA" and "Borrowed from Our Friends".

The first will take some of the best from Orienteering North America, the national orienteering monthly magazine and share it with those of us here in Washington State that don't subscribe. (O/NA costs \$20 a year or it's included if you join USOF (the national orienteering organization for \$30). The magazine is well done and a good value. It should encourage you to join USOF and subscribe to O/NA.

And unless your an extreme OJ, (orienteering junkie), you don't belong

to "O" clubs around the country. So we though that we plan to take some of the more interesting and humorous pieces from their newsletter and share them with you.

We'd also like to keep you current regarding the other clubs in our state and in the future hope to have a column from the Ellensburg, Nisqually, and Eastern Washington "O" clubs. We'll be trying other things too, which we hope will include articles and letter from you. We'll make a special effort to make sure we have some articles of interest to all and others that are more tailored to novices, intermediates, and advanced orienteering.

All this for less cost too boot; we're in the process of getting a non-profit bulk rate permit; it'll take a day or two more for the newsletter to reach you, but we hope you'll think it more than worth it.

For now, Bruce McAlister is the heading up this expanded effort. Rick Hood is handling features and external matters, Debbie Newell (bless her) is doing all the results, and Ben Hall and Kevin Finney are taking care of the Sammamish pages and providing general help. We hope you will also think of yourself as on the crew and write that article for us. Mac MacDonald, has already volunteered (is that a really an option in orienteering) a series of training articles, and Mike Schuh will share with us what is really involved in making a map.

WIOL CHAMPIONSHIPS February 22

INDIVIDUAL SCORES

Name	School	Time	Team Pts
WIOL Course E: High School Elite Men			
Eric Bone	Garfield	50.04	48
Bill MacDonald	Mariner	68.54	47
Nicholas Bone	Garfield	73.30	46
Bobby Bonds	Wilson HS	77.12	44
David Thatcher	N Kitsap	79.09	43
Thuan Nguyen	Wilson	86.33	42

WIOL Course E: High School Elite Women			
Rachell Tharp	Timberline HS	76.29	45

WIOL Course R: High School Regular Men			
Tomas Clark	Garfield	28.33	41
Noam Gundle	Garfield	28.45	40
Christopher Morgan	Garfield	30.59	39
Fred Schmitt	N Kitsap	34.03	38
Samy Aboel-Nil	Wilson	36.23	37
Ted Smith	Bremerton	37.00	36
Tony Bertocchini	Wilson	38.03	35
Jon Topolski	Wilson	38.46	34
Henry Morgan	Jefferson	39.27	32
Tyler Frederickson	Jefferson	41.17	31
Mike Anderson	Bremerton	42.35	30
John Mohrmann	Bremerton	43.50	29
John Marth	Wilson	43.51	28
Lee Rohrer	Garfield	44.57	27
Christopher Weltzer	Wilson	45.46	26
Brian Cox	Garfield	47.52	24
Khang Nguyen	Wilson	50.18	23
Gary Williams	Wilson	51.54	21
Francisco Magana	Wilson	52.22	18
Jeffrey Zalewski	Wilson	56.24	17
Micah Krabill	Garfield	56.40	16
Craig Nicholson	Wilson	65.38	9
Ryan Taylor	Bremerton	68.19	8
Brian Wax	Wilson	70.39	7
Nathan Oraker	Bremerton	79.29	6
Bryan Champ	Bremerton	85.49	5
Steve Oraker	Bremerton	95.15	2

WIOL Course R: High School Regular Women			
Jennifer Moffett	Stadium	39.06	33
Jenny Payne	Wilson	46.50	25
Christine Matter	Wilson	50.26	22
Rebecca Egan	Wilson	52.06	20
Maiya Anderson	Bremerton	52.19	19
Mona Aboel-Nil	Wilson	56.56	15
Naomi Crowell	Wilson	59.07	14
Danette Sullivan	Wilson	59.28	13
Laura Glessner	Wilson	59.54	12
Nell Crawford	Garfield	60.44	11
Robin Griffin	Wilson	63.29	10
Lillyann Estvanik	Bremerton	85.50	4
Kirsten Williams	Wilson	87.06	3
Alison Curwen	Wilson	123.17	1

WIOL Course R: Elementary/Junior High School			
Eric Frisvold	Sherwood Forest	12.17	
Scott Roestel	Chief Kanim M	13.15	
Sarah Roestel	Chief Kanim M	15.28	
James Hopper	Green Lake Elem	20.52	

TEAM SCORES

Rank	School	Best 4 Scores	Team Total
1	Garfield	48,46,41,40	175
2	Wilson	44,42,37,35	158
3	Bremerton	36,30,29,19	114
4	North Kitsap	43,38	81
5	Jefferson	32,31	63
6	Mariner	47	47
7	Timberline	45	45
8	Stadium	33	33

MEET RESULTS

St Edward Park Bog Slog - December 29

Cascade Orienteering Club

Meet Director: Bruce McAlister
Course: Don Atkinson

Course 1 (6 controls)

K. Johansen	9:35
John Burch	9:51
Valerie Enger	11:10
Battuello	12:50
Tony & Philip Cantrick	15:22
Todd Foxford	16:57
Debbie Feinman	18:20
John Whaley	20:01
Jennifer Williams/Sue Miller	24:45
D. Sullivan/Treinen	29:40
Jeanne Jones	35:45
Sue Ostler	37:27
Nick Tallent	DNF
Kelly McDonald	DNF
Eric Ganz	DSQ

Course 2 (9 controls)

Ulrich Ganz	32:07
Roger Sharp	39:56
Susan St. John	40:28
John Whaley	40:36
Mike Tamada	42:55
Terry Bone	49:22
Battuello	52:30
Harvey Friedman	56:17
Ted Smith	61:35
John Burch	61:52
R. Taylor/Matt Cooley	68:44
Eric Stalker	77:06
Eric Heistand	77:06
Josh Olmsted	81:55
John Mohrmann	94:14
Brendan Evans	97:27
Eria Renshaw	101:25
Brian Moor	103:35
Lillyann Estvanik	105:33
P. Goldenman/Jeanne Jones	106:30
Sally & Anita	108:08
Hunt Holliday	117:50
Mel Rader	DNF
Jennifer Williams/Sue Miller	DNF
Bob Ostler	DNF
Johanson	DSQ (#9)
Debbie Feinman	DSQ (#9)
Bayle	DSQ (#4)
Eric Riggers	DSQ (#1)
Jennifer Moffett	DSQ (#9)

Course 3 (12 controls)

Ben Hall	40:50
Dave Enger	42:30
Jeff Coker	43:15
Arne Skog	43:49
Dave Tallent	52:57
Fred Veler	53:07
Debbie Newell	53:55
Eileen Breseman	58:55
Marek/Groff	60:52
Sid Whaley	62:21
Bill MacDonald	63:50
Steve McConnell	63:56
Rick Breseman	64:13
Eric & Ulrich Ganz	64:33
Eric Bone	65:34
David Waller	67:12
Knut Olson	70:50
Thurston Miller	72:05
Ardis Dull	73:15

Paul Bullard	74:32
Mac MacDonald/Kevin Finney	74:35
Sandy Kish Miller	76:56
Jerry Croteau	78:24
Peter Golde	86:37
Bob Williamson	90:31
Ken Lew	93:56
Doug Sprugel	96:10
Terradan Landchild	99:14
John Grooman	108:18
Rene Reder/Elleen Boomer	114:55
Shirley Donald	115:19
John Sincoc	116:10
Margie Bone	121:05
Valerie Moffett	123:35
Nicholas Bone	134:33
Tor Gilje	143:15
Scott Donald	DNF
Ralph Allen/lan	DNF
Marcy Jaffe	DNF

Seward Park - January 4

Cascade Orienteering Club

Meet Director: Peter Golde
Courses: Peter Golde, Rick Hood
Registration: Robert Miller, Sandy Kish Miller, Roger Sharp
WIOL Registration: Ardis Dull
Start: Rick Hood, Mike Tharp, Harvey Friedman
Finish: Susan St. John, Ian Caron, Mike Tharp
Marker Pickup: Peter Golde, Rick Hood, Ardis Dull

Public Meet:

Course 1 (1.8k, 7 controls)

Cabe Shepard	21:01
Jesse H & Jesse T	21:20
Pam + company	23:20
Dave Huntington + company	23:40
William Bowers	23:59
Michael Kenny	27:58
Tony & Philip Cantrick	32:00
David Abrams	32:27
Mark Bingham	33:15
Daniel Rapport/Ben Brod	37:55
Gloria Selim	38:24
Underhill	39:13
Allison & Sylvi Boomer	43:20
Becky Johnson	53:02
Omar Johnson	Time Unknown
Chris Griffin	Time Unknown
Scott Boyd	Time Unknown
Nathan Johnson	Time Unknown
Jamil Johnson	Time Unknown

Course 2 (2.4k, 9 controls)

Debbie Newell	21:30
Susan St. John	27:04
Bruce McAlister	38:38
Jennifer Williams	38:40
Kent Jameson	40:32
Ed Freedman	42:20
Paul Hood	43:08
Linda Hood	45:44
Jesse H	62:01
Debbie Feinman	62:20
Allen Dixon	63:10
Dick Diesner	82:20
Ben Brodsky	90:

Course 3 (2.9k, 11 controls)

Jim Sisco	DSQ
David Abrams	DSQ

Course 4 (2.8k, 11 controls)

Arne Skog	21:54
David Roestel	35:08
Beth Elliott	38:25
Wanda Howlett	42:13
Ellen Boomer	53:36
Kurt Oberloh + company	107:50

Course 5 (4k, 14 controls)

John Rogers	33:38
Ben Hall	36:20
Mark Howlett	42:41
Fred Veler	43:41
Rick Breseman	46:02
David Tallent	46:28
Kevin Finney	56:25
Marek Groff + company	59:34
Eileen Breseman	59:48
Sid Whaley	61:15
Sandy Kish Miller	65:49
Mark Sinclair	71:01
David Walker	71:02
Eric Frieden	73:12
Ken Lew	74:28
Linda Moore	76:10
Terry Bryant	80:02
Knut Olson	98:08
Terradan Landchild/Susi Miller	125:00

Pioneer Park - January 11

Sammamish Orienteering Club

Public Meet:

Course 1

Steve Frederickson	18:35
Evan Maybury + 9 Scouts	34:47
Follansbee & Billiel	42:37
Karen MacDonald	43:50
George & Nancy Lilly	53:59
Allison Boomer	54:02
Enger Family	61:58

Course 2

Susan St. John	37:51
Paul Hood + 1 Other	44:30
Mark Briggs	46:12
Valerie Enger	50:26
Dorothy Neville	66:20
Harrington	68:52
Jason Sargent, Mike & Ken	70:27
Sally & Eric Riggers	78:15
Pat Kennedy	81:30
Oberloh	85:47
King, Maloney + 3 Others	95:19
R Diesner	104:18
Obando	120:45
Jim McCas	DNF

Course 3

Brett Johnson	49:45
David Petty	50:26
Carl McNabb	61:57
David Roestel	64:50
E Boomer	79:44
Bruce McAlister	82:23
Joel Wingard	82:26
Michael Kenney	126:10
Knut Olson	139:58
Brent Knopp & Scott Bagel	195:08
Rob Taylor	DNF

Course 4

Dave Enger	57:21
Mark Howlett	61:05
Debbie Newell	64:26

Rick Breseman	68:42
David Tallent	72:01
Orville Rhine	80:47
Sid Whaley	88:06
Dave Lilly	93:08
Tyler Wingard	97:18
Ken Lew	101:57
Bob Williamson	103:48
Peter Golde	108:43
Gabe Wingard	110:36
Bob Reddick	116:19
Linda Moore	123:58
Eileen Breseman	DNF
Mac MacDonald	DNF

Pt. Defiance Park - January 18

Nisqually Orienteers

Course 1

Betsy Males	23:33
Chuck & Brendan Ward	24:30
Bob Storde	26:03
Omar Johnson	28:51
Ellen	31:00
Sarah Miner	44:41
David Miner	45:12
Valerie Enger & Children	50:37
Zshakira, Amy, Becky, Nathan	54:20
Stormy Brady	71:34
Rick Robishaw	DQ

Course 2

Brian Camus	18:44
Joseph Ho	30:16
Mike Howe	31:14
Jennifer Williams	33:44
Sam Draper, John Schorer	38:56
Brian & Val	38:58
Cogan & Neil Smith	42:47
GS Troop 249	42:49
Jan White, Cindy Trout & Te	43:21
Susan Miller	44:36
Dick & Roberta Diesner	49:25
Sarah Andrew	64:32
Sandi Brehm & Golderman	95:49

Course 3

Brett Johnson	58:14
David Roestel	73:01
Linda Moore	75:43
Nikki Casey	79:21
Harvey Friedman	86:45
Joel Aasved	87:35
Brian Camus	90:06
Chuck & Brendan Ward	91:47
M. Schneiderman	94:01

Course 4

Ben Hall	65:39
Mark Howlett	75:28
Dave Enger	81:16
David Tallent	85:36
Debbie Newell	88:06
Peter Golde	95:50
Brad Miner	97:21
Stuart Bradshaw	97:21
Sid Whaley	108:59
Brett Aniballi	114:16
Steve Senkovich	125:47
Don Atkinson	127:12
Kevin Douglas	141:32
Steve Avolio	168:59
Ken Lew	178:00

RAMBO IV Pt. Defiance Park - January 20

Nisqually Orienteers

Meet Director: Carl Moore

Course: Carl Moore

Course Setting: Carl Moore, Sid Whaley

Registration: Ken Peters

Marker Pickup: Ken Peters, Linda Moore

Scoring: Ellen Boomer

An annual tradition seems to be that a mysterious beast comes in overnight to eat one control. This year it happened to control 27. The results really get skewed according to how long each team spent trying to locate the missing control. 400-point teams were awarded 20 points for finding the yellow and blue ribbons above the small boulder. Fred Veler and Jerry Boren had their second straight perfect Rambo score. Eric Bone and Noam Gundie were the top high school team. Eric sliced his finger on a piece of glass and returned to the start for first aid. Sally Shaw was the top female. The Boomer girls and Rene Reder were the top all-girl team.

Team	Score
Arne Skog	400
Jeff Coker/Brian Robins	400
Ben Hall	400
Eric Bone/Noam Gundie	400
Fred Veler/Jerry Boren	400
Steve Miner	380
David Thatcher/Brett Johnson	370
Sally Shaw/Fred Schmitt	360
Brian Cox	320
Bill MacDonald/Howie Price	320
Francisco Magana/Matt Hall	300
Robert Rice/Patrick Cashman	280
Nick Bone/Carl Coryell-Martin/	
Byron Hawkins	280
Troy Allen/Mike Lensbeck/	
Greg Dinkelman	270
Ellen Boomer/Sara Boomer/	
Rene Reder	270
Linda Moore/Nikki Casey	270
Stuart Bradshaw	270
Ardis Dull/Margie Bone	270
Mac MacDonald	260
Bobby Bonds/Thuan Nguyen	260
Michael Schneiderman/Allie Thurston	260
Heather Nerstheimer	250
Bill Fortson/Kris Brannon	250
Bob Reddick	250
Knut Olson	240
Nat Crawford/Tomas Clark	240
Mark Briggs/Jim Stremick	220
Ken Peters	220
Mel Rader/Lee Rohrer	220
Joe Ho/Chris Weltzer	220
Samy Aboel-Nil/Khang Nguyen	210
Walter Dueck/Jeff Hauge/	
James Richards	210
Craig Nicholson/Jon-Michael Topolski	210
Michelle Teodoro/Matt Leh/	
Corrie Streich	200
Robin Griffin/Danette Sullivan	180
Music family	160
Steve Payne/Jenny Payne	160
Ian Southall/Nick Steier/Tommy Nolan	160
Charles McKenna	160
Peter Pearson/Lucas Mix	160
Tony Bertocchini/Becky Egan	130
Christine Matter/Beth Adams	110
Diana Ellsworth/Erin Zaspel	100
James Hopper	60
Yokum family	-90 (130-220)
Brian Wax/Matt Gering	-120 (120-240)

Ties were broken by the fastest time

Forest Park - February 1

Sammamish Orienteering Club

Meet Director: Kathy Trost

Course Design: Nathan Tharp

Course Setting: Nathan Tharp, Dave Enger

Registration: Alan Schuh, David Lilly

WIOL Registration: Ardis Dull

Start: Ben Hall, Valerie Enger

Finish: Kathy Trost, Mike Tharp

Marker Pickup: Nathan Tharp, Dave Enger

Refreshments: Kathy Trost

Public Meet:

Course 1 (1.2k, 8 controls)

John Breseman	32:10
Rick & Jeremy Brigman	35:32
Dennis Ray	40:29
Stephanie Stanelun	48:58
Steven McDonald & Family	51:11
Roberta Poulin & Linda Adam	56:27

Course 2 (2.6k, 11 controls)

Rick Robinson	56:49
Roberta Poulin & Linda Adam	94:30
Sally Vanderree	104:30
Norn King	112:57
Dick Diesner	DNF
Sue Miller	DNF

Course 3 (3.4k, 12 controls)

David Roestel	42:46
Michel Tharp	47:09
David Lilly	47:35
Ardis Dull	56:28
Don Atkinson	60:46
Kevin Finney	65:40
Heather Bailey Nerstheimer	67:19
Stan Spurgeon	76:44
E Bommer & J Much	91:10
Ganz	DNF

Course 4 (5k, 13 controls)

Arne Skog	50:10
David Enger	51:16
Eric Bone	56:50
Ben Hall	59:10
Debbie Newell	60:05
Mark Howlett	64:05
Mac MacDonald	64:06
Rick Breseman	65:48
David Tallent	70:21
Fred Veler	71:10
Brad Miner	75:01
Eileen Breseman	77:40
Terry Bryant	107:58
Ken Lew	112:13
Bob Reddick	121:52

Priest Point Park - February 15

Nisqually Orienteers

Public Meet:

Course 1 (6 controls)

Chuck Ward	14:20
Lori Ryan	14:40
Rick Guthrie	15:55
Sam/Andrew	16:27
Kenny/Justin	16:45
Avolio/Williams	23:01

Course 2 (8 controls)

Moore	26:29
Mark Guthrie	30:38
Steve Frederickson	35:05
Lori Ryan	37:47
Eric Frisvold	43:01
Bruce McAlister/James Hopper	48:13
Ken & Todd Schlaudraff	60:27
Avolio/Williams	68:39
Ken Rose	98:51
Casey Halverson	DNF

Course 3 (12 controls)

Jeff Coker	44:10
Rick Breseman	53:08
Mark Howlett	53:58
Debbie Newell	54:32
Steve Senkovich	60:20

Eileen Breseman	62:07
Steve Miner	69:25
Linda Moore	83:18
David Waller	91:32
Sid Whaley	91:36
Boomer/Rader	115:03

Lake Tradition - February 22

Washington Interscholastic Orienteering League Championships

Cascade Orienteering Club

Public Meet:

Course 1 (6 controls)

Alan D.	20:17
Joel Langeland	28:35
Bill Brooks/Chuck Stermetz	29:39
M. Bingham/Sions	31:33
Ryan Langeland	32:51
Wendy Saver	35:36
Vickie Langeland	36:00
Martha Anderson	36:50
Kathy Smith	38:26
Joan Wiedemeier	38:26
Diesner/Kelly	40:50
Janet Bingham	41:03
J. Echert	45:10
Phil & Barb Troyer	45:37
Kristee Bingham	46:15
Allison Boomer	49:22
Dryden family	52:21
Jorge Garcia/Horacio Rivera	52:36
Poulin/Marh	54:48
Chuck Stermetz/Bill Brooks	68:45
Watkins family	73:20
Sally Vanderzee	74:23
Polly Robbins	76:39
Steve Bates & family	125:30
Bo Peck/Bruce Tuesley	Map Hike

Course 2 (6 controls)

Scott Roestel	26:37
S: Frederickson	32:55
Stan Spurgeon	33:03
Robert Miller	40:03
Ulrich & Eric Ganz	42:41
Anne York	44:40
Mark Marshall	44:49
Reder/Boomer	45:30
Bob Williamson	46:59
Ulrich & Eric Ganz	52:40
Brendan Evans	52:49
Kyle & Chuck Ward	53:54
Brendan Ward	56:20
Jan Ward	62:54
J. Langeland	80:58
Sue Miller/ Sandy Nishimoto	81:31
Norm & Gerri King	84:10
R. Langeland	86:40
J. Echert & group	92:11
Musie	95:30
Jeanne Jones	101:36
B. McKenzie family	104:20
R. Poulin/Marh	DNF

Course 3 (9 controls)

Harvey Friedman	62:09
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Course 5 (11 controls)

Warren Tacey	78:32
Don Atkinson	81:06
Doug Sprugel	82:48
Stuart Bradshaw	86:05
Heather Nerstheimer	99:54
Kurt Susanke/Brett Anibaldi	103:44
Bob Becker	105:51
Phil Everett	148:49
Mark Marshall	151:00

Bruce McAlister	161:18
Michelle Everett	162:54
Ken Lew	202:44
Melissa Moffett	DNF
Scott Boyd/Tommy Soderquist	DNF

Course 6 (4.9k, 12 controls)

Peter Bonek	46:35
Dave Enger	53:27
Mark Howlett	56:21
Claudia Kunzel	63:59
Ben Hall	64:47
Fred Veler	70:12
Mac MacDonald	70:34
Debbie Newell	74:28
Cathy Aschmann	75:30
Sid Whaley	80:13
Tom Slocum	81:04
Eileen Breseman	81:36
Jim McCaa	84:00
Dan Waugh	88:19
Carl Moore	90:15
Knut Olson	97:38
D.M. Taylor	100:30
Ellen Boomer	131:41
Linda Moore	136:17

Bridle Trails Relay - February 23

Sammamish Orienteering Club

Meet Director: Kathy Trost

Registration: Kathy Trost

Courses: Ben Hall

Start (non-relay): John Sincok

Relay Timing: Ben Hall, Dave Tallent

Map Exchange: Rick Hood

Course Copying: Fred Veler, Dave Enger, Kathy Trost

Marker Pickup: Peter Bonek, Claudia Kunzel,

Dave Enger, Mark Howlett

Other Help: Dave Lilly

Each leg 3.7k, 10 controls. Times in bold type indicate the fastest time on that leg.

Team Name/Names	Time	Total
Miss Panches		
Dave Tallent	41:48	
Dave Lilly	39:32	
Dave Enger	28:20	109:40

Mac's Remarkable Marauders

Mac MacDonald	46:13	
Bill MacDonald	37:46	
Mark Howlett	26:10	110:09

Mudslingers

Eileen Breseman	44:14	
Debbie Newell	33:43	
Claudia Kunzel	39:04	117:01

B's Bridle Trail Blazers

Eric Bone	29:13	
Peter Bonek	23:55	
Eric Frieden	67:04	120:12

Sammoconalsks

Fred Veler	36:57	
Heather Nerstheimer	65:57	
Nathan Tharp	28:30	131:24

Orienteers Forestrius

Brian Cox	41:46	
Melvin Rader	45:46	
Nick Bone	46:36	134:08

Triple Threat

Cathy Aschmann	41:47	
Rick Breseman	36:06	
Knut Olson	61:01	138:54

The Winners

Dave Petty	44:14	
Brad Miner	57:26	
Peter Golde	52:38	154:18

Performers

Valerie Enger	58:07	
Jean Davis	64:05	
Bob Williamson	48:27	170:39

The Muckrakers

Bruce McAlister	79:26	
Margie Bone	63:54	
Ken Lew	55:08	198:28

USMC UW

Brian Robbins	MSP	
Robert Rice	MSP	
Jeff Coker	29:32	DSQ

1991 USOF Rankings

Following are the 1991 U.S. Orienteering Federation rankings for local orienteers. To be nationally ranked, USOF members who are U.S. citizens or permanent residents use their 4 best results from Class "A" meets in the U.S. (residents of the northeastern U.S., commonly referred to as the "O-Zone," use their best 6 days). Those outside the O-Zone may use a maximum of 2 days of Canadian "A" meets (credit only, no points).

Blue Course

M21A	Points	Award
13: John Rogers	84.3	Silver

Red Course

M19-20A	Points	Award
1. Nathan Tarp	98.2	Gold

F21A	Points	Award
4. Debbie Newell	84.1	Silver
17. Eileen Breseman	53.0	

M35A	Points	Award
8. Ben Hall	82.6	Silver
13. Arne Skog	76.8	Bronze
25. Rick Breseman	58.7	

M45A	Points	Award
7. Fred Veler	77.9	Silver
18. Mac MacDonald	62.8	Bronze

M21B	Points	Award
15. Peter Golde	57.8	

Green Course

M17-18A	Points	Award
4. Eric Bone	88.9	Silver

M45B	Points	Award
11. Harvey Friedman	29.1	

M60A	Points	Award
7. Bruce McAlister	37.0	

M65A	Points	Award
5. Knut Olson	46.4	Bronze

F45B	Points	Award
1. Anne York	32.0	

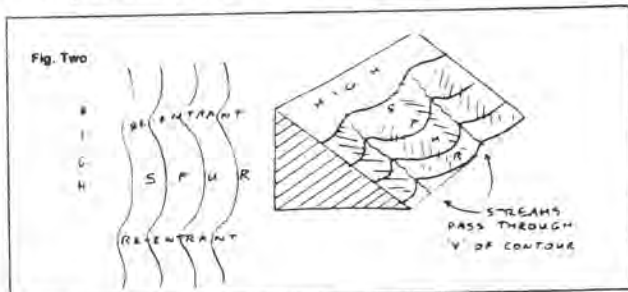
The Best of O/NA February 1992 - or Cut and Paste from O/NA:

Each month we will print excerpts from "how to improve" type articles for both beginning and intermediate/advanced orienteers, as well as other articles that we think you would enjoy. Don't hesitate to let us (Bruce, Rick, or Ben) know if we missed the boat.

Local Orienteer Makes the Cover of O/NA

The cover of the February issue features Mac McDonald at the Western States Championships; nice photo Mac! Ben Hall's photo also appears in the accompanying article. And Nick Bone's name appears among the 13 champions (M16A), yeah! Also in the February issue are Rick Hood's Vampire 'O' story and Peter Golde's article on the US Orienteering Federation Convention (to be held at the UW this July 15-19). Among the articles excerpted from this month's O/NA are:

"Beginner's Clinic, Divide and Contour" for newcomers, to get a grasp on using elevation or contour lines while orienteering. "The Environmental Impact of Orienteering" by Carl Fey, draws on field studies in England and Sweden. "Lidingo Kombiloppet, a cross-country race plus 'O' event"; and "Orienteering in the Soviet Union".



Divide and Contour

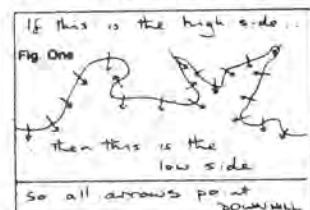
by Roger Wilkinson, CompassSport, Oct/Nov 1991

For many years I have been a geography teacher struggling to find the best methods of explaining contours. Some people never really understand this subject, others pick it up quickly—seem to have been born with an understanding of it.

In recent articles, Peter Palmer (director of school and youth O-programs and author of respected books and articles about youth O-development for over 15 years) describes contours as "joining places with the same height". I view contours as *dividing* rather than joining lines, i.e., dividing higher land from lower land. This immediately concentrates the mind on the spaces between the contours: essential if we are going to visualise the terrain. It also helps us to realise that every contour has a high side and a low side. This immediately relates to which direction

and so "low" outside, i.e., a knoll/hill, but can also be (very rare in practice on a large scale) "low" inside and thus "high" outside, i.e., a depression. 2) a V-shape which is either "high" inside the V, so "low" outside (a spur), or "low" inside and therefore "high" outside (valley/re-entrant). All other contour patterns derive from these.

Distinguishing spurs and valleys at a glance seems to me to be the fundamental contour-reading skill, something which can be practised even in "armchair mode". Take a map with lots of contours and not too much water. (see figure 3) Where there is a stream, there must be a valley/re-entrant, since streams don't flow on spurs (they'd fall off the sides). Once you have established this main valley in your mind, visualise the slopes making up its sides. These slopes will have re-entrants in them made by water running down to join the main stream, and the land remaining between the re-entrants will form the spur. As you follow the re-entrants up one of the valley sides they will often split into two or more, leaving a small spur between them (A). As you approach the top of the slope, spurs and re-entrants will probably fade out (B). As you cross the ridge top and start going down into the next valley, the same sort of pattern will appear again. But, as you are now going downhill, the contours will bend in the opposite directions to indicate the spurs and re-entrants (but still towards low and high ground respectively). On a map of this type it is a useful exercise to draw in where the streams would flow if every re-entrant was wet. Bear in mind that water only flows downhill.



is uphill and which downhill—crucial information to the orienteer. (figure 1)

Contours are level lines, never going uphill or downhill. In order to maintain this characteristic, they must bend. There are only two ways they can bend—towards the high side or the low side. As a contour crosses a slope (another important idea), it may meet a groove made by a stream (valley/re-entrant). To stay level, it bends towards the high land. The distance the contour re-enters (bends!) depends on the depth of the groove, but also on the steepness of the slope. In a shallow re-entrant on a gentle slope, the contour will have to go a long way "upstream" before the floor or the valley is low enough for it to cross. Between two such "grooves" the contour will bend towards lower land—a spur. A useful training exercise here is to try to "walk" a contour, i.e., not going up or down. This can be done almost anywhere, no map needed. (figure 2)

In my view, contour patterns can be reduced to two basic shapes: 1) a closed ring contour, which is normally "high" inside

The Environmental Impact of Orienteering

by Carl F. Fey

INTRODUCTION

I am sure all most every orienteer has at one time been confronted by someone claiming "I would never orienteer. I don't believe in destroying nature." I also guess that most of you responded, "Orienteering does not impact nature much." And, if you are like me you then thought to yourself, "I sure wish I could prove that" and "I hope Orienteering really does not impact nature much". Last spring I finally decided I would try to collect as much information as I could on the environmental impact of Orienteering. The following is a very brief description of my findings....

THE DOUGLAS STUDY OF NEW FOREST

The best study I found was, "Impact on Flora and Fauna of the November Classic in 1988, held in the New Forest, Hampshire, England" (Douglas, 1990). The November Classic in 1988 in Hampshire England had 1200 competitors and was held in an area of 11 km². The start period was four hours long (Orienteering races have interval starts). This study was carried out by E. A. Douglas, BSc (hons), an environmental scientist with no previous affiliation with Orienteering.

New Forest is predominantly woodland and fields that have been undisturbed by man for several hundred years. The soil is seasonally waterlogged, generally acidic, with impermeable layers or peaty in valley bottoms (Jarvis, 1984). Relief normally ranges between 10 and 55 meters. There are also some parking lots, camper sites, and grassy recreation areas (making up 1.55km² of the 11 km²)....

DOUGLAS STUDY CONCLUSIONS

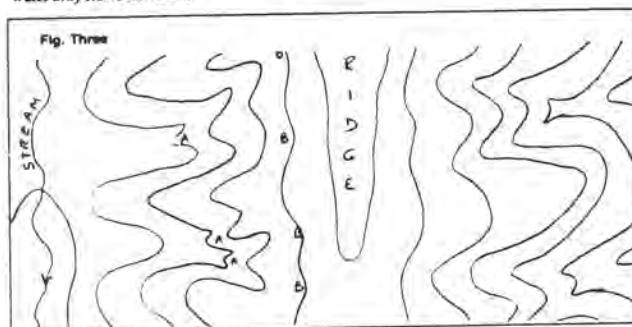
The 1988 November classic had 1200 competitors who ran about 9300km on 21 different courses in the 11 km² of forest. Competitors were in the woods for 5.5 hours.

What vegetation damage occurred was very localized and similar in intensity to that caused by deer. Most of the vegetation recovered fine from the race. After one year, only two sites had not fully recovered. The deer reacted similarly to a holiday weekend. Three weeks after the race all had returned to normal. The event was run very responsibly. Meet officials took steps on their own to protect nature.

CONCLUSION

The next logical question is what do the above findings mean for the US? Clearly most of our meets are quite small, with 25 to 100 competitors. Even our biggest "A-Meets" are normally only between 250 and 400 competitors. While I am now confident, based on my research, that the damage done by most of our meets is quite minimal due to their small size, I think there are some steps that we should take to try to minimize damage even further. Additionally, these steps will demonstrate to environmentalists that orienteers are very concerned about the environment and are taking steps to minimize our impact on it. I suggest the following guidelines be followed in the US:

1. Try to avoid setting courses for "A-Meets" so that desirable route choices go through swamps. Swamps are impacted much more severely than other land types, and further, they are not fun to run through either.
 2. Try to avoid using areas where lots of young animals are born and raised for "A-Meets" between May 1 and August 1. If an area with many young animals is to be used, provide animal protection areas that will be marked out-of-bounds to the competitors during the competition.
 3. Try to design all courses in a given area to flow in one direction to allow animals to run away from competitors and not feel trapped by runners coming from all directions.
 4. Allow at least three weeks between uses of the same area for a race.
 5. Mark sensitive vegetation areas out of bounds. Emphasize to competitors that they must always obey out-of-bounds markings.
- Unfortunately, the number of areas that orienteers are being denied access to is on the rise in the US. Hopefully, this article will not only be interesting to orienteers, but it will be useful in showing landowners that Orienteering is not harmful to the environment when a few simple guidelines are followed. Clearly Orienteering and environmentalism are not conflicting interests. We just have to make sure that the general public is aware of this. O



more "Best of O/NA" on page 14

LIDINGÖ KOMBILOPPET

a cross country race + O-event

by Mark Donovan

Mark Donovan, an Irish citizen, orienteered with the Hudson Valley O'ers for several years. Now he's living in Sweden. He read Per Stensby's article on "Orienteering" in the July 1991 OINA, about a combined cross country and O-race held on Lidingö [island] in Stockholm. Since he actually ran that race, he decided to give OINA a first-hand account. . . .

... This was a new idea from the Lidingö club and the glossy color photos on the first page explained the concept: a cross country race which would finish with Orienteering. Pictures and quotes of encouragement from Swedish champions also graced the front page, including former World O-champ Arja Hannus. Her quote: "Cool idea! Count me in..." Cool idea indeed. "Have to try this," was my immediate thought. The middle pages were loaded with information. Much was promised. Two classes were on offer: a 5km cross country race followed by 2.5km of Orienteering for the women; the men would get to run 7km first, followed by 3 km of Orienteering. A paragraph, together with an example of a map, explained what the Orienteering would be like—essentially street-O. For 90 Swedish kronor (about 15 dollars) the lucky entrant would get a chance to win prizes, enjoy a post-race party, receive a program, get to wear a race number (a novelty for the non-elites in Swedish-O) and much more. . . .

... And so to the men's race. During the warm-up you could tell runners from the orienteers: most of the latter group were in full attire, with compass in hand ready to do battle with the nastiest of woods. But, hadn't they read the program? The message was clear: no compass was required, and it would be essentially street-O. No matter. Everybody was now warming up in earnest, including the late entrants from the Orienteering stronghold, Södertälje, whose running tops were copiously adorned with sponsors' logos (so was my T-shirt, but its logo was for a sailing race!). We were called to our marks and—OFF!

Around the first bend and the Södertälje lads were almost out of sight. That morning's rain had left its mark: puddles—lots of them—SPLASH! An irate, mud-splattered Swede curses from behind me—the pace is unrelenting, the course undulating. At halfway, on yet another ascent, I get words of encouragement from a lone spectator, "Heja (come on), Mark!" "Never

saw him before," I thought—but then the program, #42 IRLAND—of course! The pace quickens, now under 4 min/km; we are now running the hilly segment of the Lidingöloppet—it is all too familiar. In sight of the finish (of the cross country part), the legs become wobbly, the mind blank. I slow down so that the brain can function again—a necessity for the O part.

As I struggle through the map pick-up chute, I get more roars of encouragement from my Swedish clubmates. A map is shoved into my hand—no rest—something I could do with. A quick drink—and I'm off to the left on the trail around the hill to #1. I beat a mob coming from the right into the control, some unsure what to do—Hah, novices! We all tear off down the hill towards the forked second control (so following was not a smart thing to do). Mike Eglinski (who was manning one of these) sees me flash past and notes my unofficial

Orienteering in [the land formerly called] The Soviet Union

by Irina Kuranova, who also supplied the photos

Irina Kuranova is a professor and O-teacher in Russia, employed by the Ministry of Education. Beside O, she teaches skiing, athletics, Orienteering, and children's health. After school, she works with children's clubs, their parents, too. She is a professional map-maker; she made her first map in 1972. From 1976, the Moscow Championships used her maps nine times, and during that time she was a course planner, also. In the last two years [since glasnost], she has made maps in France, Italy and two other countries. She has made them with base maps, and even starting with just a plain piece of paper. She is also available to help O-clubs with training, setting up clinics or planning for training programs.

[OINA received this article from Ms. Kuranova before the new Commonwealth of Independent States was agreed to.]

The Soviet Union is the biggest O-country in the world—it really is! Officially, the Soviet Union has only 40,000 orienteers, but more than 46,000 take part in O-events each year. The first modern O-competitions were held in the 1950's as a kind of recreational event. It was in the Baltic Republics, in Leningrad (now St. Petersburg), Moscow, and in the other Russian regions, especially in the big industrial centers. [The Baltics mark their own O-beginnings from the 1930's.]

Now almost every city has O-clubs. There are many clubs in Middle Russia, the Urals, southern Siberia, and in the far east

[of the country]. The terrain in Russia is quite different, old mountains there; the Urals have rocks, stones, cliffs etc; a young mountain region lies in the east; small moorlands and hills are in the north of Russia, and it's essentially flat in the middle of the country.

It is interesting that there are many children's clubs, and youngsters make up more than half of all Soviet orienteers. Of course, almost every university has an O-club, too. There are many student competitions, and twice each year there are national student championships. In the Soviet calendar there are more than 100 multi-day events. The summer season begins in March in Georgia, Ukraine and Moldavia, and finishes in November in those regions. In those same months, the finish and start of the winter season occur in the north Ural area (near Perm) and Karelia (near Finland). Scheduled into May, June and July are six to eight big multi-day events in the Baltics, Ukraine, Volga, Ural, and Siberia—but it isn't too crowded because the regions are so far apart. The government gives money mostly for children's and students' O. Sometimes enterprises give some money to trade union sport clubs. But mostly people make their O-programs with their own money. In the big cities, there are special [military] veterans' O-clubs. [People participate in veterans' O-clubs and local O-clubs at the same time.] These clubs do a great deal



to help with O-development.

Some words about Moscow-O: there are more than 1000 orienteers in the capital and nearly 500 in the small cities near Moscow. More than 500 children come to the special competitions for little kids. For that reason there is a special children's schedule. Every year 2-6 maps are produced in our country. The biggest multi-day is at Christmas-time: it consists of three multi-days for all ages, and one especially for children. Our winter season begins in November and ends in March. The terrain around Moscow is quite different, small sand hills, and moorland hills higher than 100 meters on the north, and some special forms near the river banks. The first color maps appeared in 1975 for an international competition between France and the Soviet Union. ☉

1992 USOF CONVENTION UPDATE

Seattle Beckons

Go West this July!

by Peter Golde

Tired of driving up and down the east coast to go to USOF Conventions? Are New England stone walls becoming old hat? Then pack your bags and fly west! Washington State and Cascade Orienteering Club invite you to attend the 1992 USOF Convention in Seattle this July 15-17.

After a USOF board meeting on Tuesday, the Convention officially begins on Wednesday, July 15. The Convention will be at the University of Washington, with housing available right on the campus. Of course, we'll have the traditional convention events: the early morning run, several fun O events, and the all-important General Meeting. And we'll have numerous seminars, committee meetings, and how-to sessions, so you can catch up on all the latest O developments and techniques from around the country.

As we planned out our schedule, we wanted to arrange some unique events that really reflected Orienteering in the Northwest. Among other topics, we hope to have sessions on starting a high-school Orienteering league (the Washington State league has nearly 200 students signed up to compete this year), and a report on the psychology of Orienteering from researchers at the University who have tested orienteers of all levels, including national teams from Scandinavia and Europe.

On Thursday we will be having a Canoe-O at the University's beautiful canoe center (canoes will be available for rent). The waters of Lake Washington are rich with fish, fowl, and flora, with some areas designated nature reserves. In terms of topography, small channels and islands make for enjoyable and interesting Orienteering, while the open water will test your canoeing skills (the course will be in the 4-5 km range). The event will be followed by a picnic lunch on the grass by the lake.

Later, you'll enjoy a true Northwest banquet at Ivar's Salmon House. Situated on the northern shore of Lake Union, Ivar's fea-

tures open alderwood fire cooking, in the Pacific Northwest Indian tradition. Naturally, salmon will be the entree (chicken will also be available). The restaurant itself is a living museum, in that it is constructed as a native long house. Inside, local Indian carvings and photos from this and last century cover the walls.

On Saturday and Sunday (July 18-19), Sammamish Orienteering will host the Western States Orienteering Championships, a two-day individual A meet. The meet will be held on the Ros-Elum Ridge map, which is in the Cascade mountains about 80 miles east of Seattle. The area was mapped in 1990 for the APOC/World Cup event, with field checking by Åre Kristiansen and Vidar Strand. The map is on a long ridge with many complex re-entrants, sometimes quite steep. The trail network is of moderate density, and the vegetation ranges from thick to wide open.

As you can see, the convention and A-meet will really keep you busy. So if you want to see the sights, you'd better come early. And there are lots of sights to see, too! If you like the outdoors, Washington offers it all: The San Juan islands are just a ferry ride away from Seattle, with parks, beaches, wildlife, hiking, and some of the prettiest views anywhere. The western coast has nearly untouched old-growth rain forest, and dramatic coastal beaches (but bring a wet-suit if you want to swim). The Cascade mountains offer yet another kind of scenery, with hiking trails along the side of Mt. Rainier (14,410 feet), or dramatic views of Mt. St. Helens (which used to be a lot taller than it is now). . . .

... There won't be any O-events in Washington on the weekend before, but Rocky Mountain O. C. will be hosting the 1992 Long-O championships in Colorado, perfect for a stopover on your flight to Seattle. If you're planning to drive out for your summer vacation, just one warning: Montana is a lot bigger than you think. ☉

SEE YOU IN JULY!

[Ed.note: ONIA ran an editorial in June 1990 suggesting the combining of a series of 5km to 10km footraces and simple O-events as way to promote WOC'93. We thought that the US might start in the fall of 1992 when foreign hot-shots came to North America for the two final World Cups, hoping we could get some of them to run.]

Upcoming Orienteering Meets

Call Orienteering Hotline at 783-3866 for latest information and details.

<i>Date/Time</i>	<i>Location and Comments (Puget Sound meets shaded)</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Contact</i>
MARCH					
Sun., Mar. 8 10am-12noon	Farrel McWhirter Park, Redmond. Avondale Rd N at end of 520. Right on Novelty Hill Rd, left on Redmond Rd.	C	COC	1:3500 color	Dave Petty 822-4223
Sun., Mar. 8 12noon-2pm	Whipple Creek Park Vancouver, WA	C	CROC		Glen Cafferty (503)281-5137
Sun., Mar. 15 10am-12noon	Luther Burbank Park, Mercer Island North on Island Crest Way Exit from I-90, right at N. Mercer Way	C	SAMM		Bob Reddick 487-0099
Mar. 21,22	Camp Thunderbird and Mt. Douglas Victoria, B.C.	B	VICT		Gar Fisher
APRIL					
April 4, 5	Two Day Individual USOF A Harriman St. Park, Bear Mt. NY	A	HVO	existing	(914)941-0896
Sun., Apr. 5 10am-12noon	UW Campus, Seattle Call hot-line for campus location	C	COC		Margie Bone 634-2279
Sun. Apr. 5	Lighthouse Park	C	GVOC		(604)988-0843
Sat., Apr. 11 10am-12noon	Lake Sammamish Park, Bellevue Take I-90 East, north on SR-900 near Issaquah	C	SAMM		Dave Tallent 392-3061
Sun., Apr. 12	Maple Mountain	B	CVO		(604)748-3088
Sun., Apr. 12 12noon-2pm	Lake Oswego, Oregon	C	CROC		Erroyl Hawley (503)-620-1108
April 11, 12	Two Day Individual USOF A Las Trampas, Danville, CA (30mi E of S.F.)	A	BAOC	new	(510)638-2394
Sat., April 18 10am-12noon	Woodland Park, Seattle. Newcomer's Meet. West of I-5 on NE 50th St.	C	COC		Rick Hood 367-2606
Sun. April 26 10am-12noon	Durr Road, Ellensburg	C	EOC		Will Sperry (509)925-4716
Sun., Apr. 26	Watershed Park Delta	C	GVOC		(604)255-1380
April 25, 26	1992 US Intercollegiate Champs Grafton Lakes S.P., Troy NY	A	EMPO	new	(518)877-8861
MAY					
May 2, 3	14th Annual West Point Invitational Bog Pond Meadow, West Point, NY	A	USMA	revised	Cpt. Koning (914)938-3509
Sun. May 3 10am-12noon	Lincoln Park, Seattle North of Fauntleroy Ferry Dock	C	COC		Peter Golde 883-3732
Sat, May 9 12noon-2pm	Powell Butte Gresham, Oregon	C	CROC		K. Neiman (503)292-1165
Mon. May 11	Newcastle Island School Champs	C	CVO		(604)746-5955
Wed. May 13 5:30-7:00pm	Island Crest Park, Bellevue South on Island Crest Way exit from I-90.	C	SAMM		Dave Enger 822-6254
May 16, 17	U.S. Relay Championships and One Day Individual Northfield Mt., MA	A	NEOC	existing	Peter Gagarin
May 16, 17	Sage Stomp Edith Lake, Kamloops, B.C.	A	SAGE	1:15000 color	Allan Vyse (604)372-8607
May 23,24	Newcastle Island Nanaimo, B.C.	B	CVO		(604)746-5955
May 30,31	Riverside State Park Spokane	B	EWOC	1:15000 color	John Beck (509)536-0650
FUTURE					
June 13, 14	Alberta Championships	A			(604)453-8577
Sun. July 12	Long-O Championships and A-meet, Colorado.	A	RMOC		
July 15-17	USOF Convention, University of Washington, including 3 public events	X/C	COC		
July 18, 19	Convention A-Meet & Western St. Champs, Ros-Elum Ridge, Cle Elum, WA	A	SAMM	1:15000	

CLUBS:

COC: Cascade Orienteering Club
EWOC: Eastern Wash. O. C.
CROC: Columbia River O. C.
GVOC: Greater Vancouver O. C.

SAMM: Sammamish O. C.
EOC: Ellensburg O. C.
UW: UW Orienteering Team
SAGE: Sage O. C. (Kamloops)

NISQ: Nisqually O. C.
WIOL: Wash. Interscholastic O' League
VICT: Victorienteers
CVO: Cowichan Valley Orienteers

MEET TYPES:

C: Regular local meet
B: Large local meet, more courses
A: National-level meet, must preregister
R: Rogaine

COC OFFICERS AND COORDINATORS

Peter Golde	President	(206) 883-3732
Dave Petty	Vice President	(206) 822-4223
Ardis Dull	Secretary	(206) 364-4062
Margie Bone	Treasurer	(206) 634-2279
Rick Hood	External Coordinator	(206) 367-2606
Denise Klein &	Volunteer Coordinators	
Dan Soper		(206) 322-7797
Debbie Newell	Mapping Coordinator	(206) 488-7471
Harvey Friedman	Membership Coordinator	(206) 784-2774
Jim Siscoel	Trim Course Coordinator	(206) 778-7202
Don Atkinson	Equipment Coordinator	(206) 488-0270
Mike Schuh	Executive Board	(206) 783-3960
Glen Gordon	Executive Board	(206) 868-2975
Bruce McAlister	Executive Board	(206) 821-6862

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.

Cascade Orienteering Club

Membership Application

Name _____

Address _____

Phone _____

Other family members _____

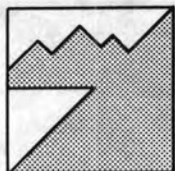
Club activities _____

Other interests _____

Membership Category	Yearly Fee
<input type="checkbox"/> Associate (under 18)	\$ 5.00
<input type="checkbox"/> Individual	10.00
<input type="checkbox"/> Family	15.00
<input type="checkbox"/> Local Business Sustaining	30.00
<input type="checkbox"/> Corporate Sustaining	90.00

Mail this form, along with your payment to:

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



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

Has your membership expired?

If the label is marked with yellow, the answer is yes

