



Bearing 315

 the newsletter of the Cascade Orienteering Club 

IMPROVE YOUR SKILLS: COMPASS

by Matti Loppinen

Although the use of the compass has decreased while the maps have improved, I don't know any top orienteer who doesn't use a compass. However, as long as we use only parks as orienteering terrain, we might not use a compass at all during an event.

Internationally, the compass is a necessity in orienteering events. If the terrain is flat and poor in details, you use the compass. And if the terrain is very rich in details, the compass may simplify orienteering a lot. And finally, in night orienteering, a guy without a compass is like an airplane in fog without radar.

Nowadays, there are many types of compass available. For beginners, as well as advanced orienteers, a regular compass is a safe investment. A tiny thumb compass is recommended for very skillful map readers. Always start with a regular compass, which allows you to understand navigating more easily.

I have noticed that many of you haven't adjusted the compass rope to fit your hand and wrist. Make a knot or cut the rope so that your fingers can easily catch the compass when it's loose (after you punch, for example). Learn to set your compass when you walk or run. Learn also to automatically hold your compass horizontally while you walk or run, so you can check the direction with

one glance, and concentrate on running, map-reading, and observing the terrain. You can practice these skills the next time you go jogging - just take an old map and compass with you.



Fig. 1 *Adjust the compass rope to fit your hand and wrist.*

A really good way to learn to navigate is to have a "white map" with only a course, scale, and magnetic north lines on it. First, a short course is set in fairly open terrain with a normal map. Then this course is copied on blank paper with magnetic north lines. This white map is then used as an orienteering map. The participants have to find the way to the markers just by navigating and estimating the distance (or by counting the steps). We may try it this spring at a meet. Most people are really surprised at how well they can do with just a white map by simply navigating. Why make orienteering too difficult?


Finally, something not everyone may use: sometimes it is not clever to navigate straight. Instead, first navigate to an obvious checkpoint, and then find the marker by reading the map. 



Fig. 2 *Instead of going straight, first navigate to the trail, and then follow it to the marker.*



Fig. 3 *By navigating straight, there's a good chance you will miss the marker. Play it safe, and navigate first to the middle of the trail.*

WSOA Logo Still Wanted!

As mentioned in the last issue of "Bearing 315," the Washington State Orienteering Association is soliciting designs for a logo. Submit your designs at the Kittitas Valley O' Festival at Cle Elum Ridge on May 23rd.

DISCOVERY PARK MEET MOVED TO HAMLIN PARK

The May 9th event at Hamlin Park (moved from Discovery Park) will feature a relay event instead of the usual advanced courses. There will still be a novice course, as always. Two things make a relay course different from a normal orienteering course: the mass start, and the fact that it is a team effort.

The course planned will be for two members per team, with each member going around twice (that is, member A, member B, member A, member B). The courses will be quick and a touch easy. The idea of a relay is to build excitement and these courses will be designed with that in mind.

Because all teams start at the same time, it is VERY important that everyone be at the meet site on time. We plan to start the relay at 10:45am - PLEASE be there to register as soon after 10:00am as you can!!

There will not be any fancy team categories - just show up with a team-mate or come and find one at the meet. It will be possible to try the novice course first and then the relay, but you must have your team squared away by 10:30am (please have some empathy for the meet staff!).

Questions? Call Mike Schuh at 783-3960.

CALIFORNIA, HERE WE COME

You may have noticed entry forms in this issue of your newsletter. On June 20 and 21, the Bay Area Orienteering Club will host the U.S. Long-O and Relay Championships. The following week, the San Diego Orienteering Club will host the U.S. Orienteering Federation Convention, followed by the Western U.S. Championships "A" meet on June 27 and 28. Several orienteers from the Puget Sound area plan to attend one or both of these meets, so join them for a trip to California.

The following classes were accidentally left off the Western U.S. Championships entry form:

Red Course - M21B
Green Course - M35B, M40B,
M45B, M-Open
Orange Course - M-Open
Yellow Course - M-Open

RELAY, ANYONE?

In an effort to make orienteering a household word, COC will be organizing teams for various road races and triathlons during the spring and summer. You don't have to be a super jock: some events have legs of only 2 or 3 miles; you just have to be interested in being part of a team.

Last year, we entered three teams in the Emerald City Marathon relay, and this year we had a team

in the Great Falls to Gasworks relay on April 26th. The team consisted of John Huth, Debbie Newell, Mike Schuh, Jan Vrana, and Brenda Wiard, and finished 10th in the coed division with a time of 5:49:04. Future plans include entering teams in the Moses Lake Triathlon May 24, the Lake Padden Bellingham relay June 6, the Sound to Narrows race June 13, the Capital City Marathon July 26, and the Paddle Pedal Puff Triathlon July 4.

If you're interested in being on a team, give me a call at 488-7471.

Debbie Newell

MEMBERSHIPS

Words of both thanks and welcome go to the following new or renewing club members: Bonnie Ashleman, Betty Berreth family, Nick Aldrich & Boy Scout Troop 342, Nolan Foss & Boy Scout Troop 123, James Siscel & Boy Scout Troop 358 (Norman King, Assistant Scoutmaster), Rick Breseman & Eileen Williams, Kent Callahan & Jane Simonsen, Don Cannon, Scott Coble, Sture & Pam Carlsson, Mike Dahl, Katie Davies, Shari del Moral, Don Denbo, Scott Elich, Nancy Engel, Len Englund, William & Marilyn Ford, John Huth, Kent Jameson, Craig Kjorsvik, Scott Kjorsvik, Mary Ann Kozlovsky, Steve Layman, Amy Loomis & Charles Loomis & Liv Halvorsen, Barbara Maly, Bruce McAlister, Gary McCausland, Bill

McKenzie, Jim McNamara, Robert & Sandy Miller, Carl Moore, Harry & Lesley Morgan, Mark Moulton family, Debbie Newell & Arnold Kay, Dorothy Newell, Ralph Olson, Bo Powell, Hans Saxer, Judy Shannon, Roger Sharp, Meir Sheffer family, Peter Smith, Will & JoAnne Sperry, Ross Stevens, Einar Storakers, Jan Vrana, Marina Tolmacheva & Max Waugh, Dan Waugh, and Ken Wiljanen.

CASCADE CHATTER

by *Harvey Friedman*

Not all of you might realize it, but one of the benefits of membership in the U.S. Orienteering Federation (USOF) is to be ranked nationally based on your results in Class "A" meets. That is also one of the reasons why Class "A" meets cost more - they must meet the standard that is expected nationally for map, courses, organization, etc. Anyway, we just received the preliminary list of rankings, and I'll try to list all the local folks whose names I recognize. In M21A we have **Ron Pontius** 11, **Dave Enger** 31, **Mike Schuh** 33, and **Wayne Patterson** 42. M40A has **Mike Tharp** 22. M21B has **Bob Forbes** 6, **Arnold Kay** 41, and **Rick Breseman** 47. In F21A there are **Debbie Newell**, **Mary Forbes**, and **Eileen Williams** clustered at 15, 16, and 17. In M60A **Knut Olson** is ranked 4. In M55A **Will Sperry** ranked 11. In M40B **Harvey Friedman** ranked 9. In M35B we have **Dale Width** 4, **Doug**

Sprugel 6, **Dave Tallent** 8, and **Robert Miller** 10. In M18A **Nathan Tharp** was 2. In F40A **Anne York** was 7. In F21B **Sandy Miller** ranked 5. In F35B is **Joanne Sperry**, a very close 2nd. In F-Open **Katie Sprugel** is 3. In F14A **Rachel Tharp** ranked 2. Three members of Cascade went to enough Class "A" meets (four days' worth) to be ranked, but weren't because they are not members of U.S.O.F. It is still not too late for **Ardis Dull**, **Jim McNamara**, and **Roger Sharp** to be given an official ranking for 1986.... Long-time Cascade member **Einar Storakers** moved up north a ways and took over the Conway Tavern. Anyone on the road near Mt. Vernon should stop in and try one of his half-pound hamburgers.... **Debbie Newell** and **Arnold Kay** have a new golden retriever pup, **Boomer**. She is not old enough to be as good an orienteer as either Arnold or Debbie yet.... **John Huth** completed the Emerald City Marathon April 12. Now maybe he'll have more time for orienteering again before he heads back to Nevada. **Matti Lopponen** ran the Bridge to Bay 8k held in conjunction with the marathon, and **Judy Shannon** worked at the finish line.... Just one man's opinion, but I thought that the food at the last pot-o-luck at **Judy Cohen's** was the best we've had since the pot-o-luck at **Bruce McAlister's** two years ago. The enchanted broccoli forest with mushroom boulders and orienteering markers strategically placed tasted as good as it looked. Judy's hummous and baba ganouj were excellent, as well.

There was also quiche, scones, salads, etc., all delicious. There were only a dozen of us there to enjoy the feast. Too bad for the rest of you; you have to wait until next time.... Don't forget the **Kittitas Valley O' Festival** at Cle Elum Ridge on May 23. Anyone who goes to Ellensburg O Club meets knows that not only do they offer good orienteering courses, but also wonderful cookies and other refreshments when you finish (usually even if you Do Not Finish, you still may partake). Let's try to have 50 COCers attend.... The weekend of May 16-17 is the **Sage Stomp** up in Kamloops, B.C. It's worth going to, even though it is a 6-hour drive.... Speaking of Canadian meets, which I clearly was, I want to remind everyone who doesn't go down to **San Diego** June 27-28 (see related article) that the Greater Vancouver O Club will host a two-day **Whistler weekend**. Saturday, June 27 will be on the Brandywine Falls map, one of the most intricate maps around, and Sunday, June 28 will be on the Lost Lake map near the Whistler ski center. Everyone who went to the Sage Stomp and enjoyed themselves should go to the O' Extravaganza (as they call it) for more great orienteering. Alas, about a dozen of us have already committed to the Class "A" meet in San Diego that weekend so will miss it.... I'll still act as carpool coordinator until another volunteer comes along. Let me know if you need or can offer a ride to any of the scheduled meets. Not everyone can drive to every meet.... Cascade's gain is Houston's loss.

New member **J'o Brown** had been active in HOC and now has pitched right in helping out at meets, with the audit, and is on the publicity committee. A fine example for all.... It's old news by now, but since this column wasn't being written when things were current, I must report that **Dave & Valerie Enger** and **Harry & Lesley Morgan** had baby boys last summer. Some would say that that is the hard way to increase club membership.... Speaking of which, we now have club brochures again to hand out to prospective orienteering hopefuls. Grab a handful, give 'em to your friends and acquaintances and drag them to a meet.... Funny thing about this column. People don't give me stuff to put in the newsletter, but quite a few tell me not to write something that I think might be of interest to all and sundry.



Anyone interested in the Finnish 5-day Orienteering Meet, call Matti at 883-4814.

Notes from the March and April Executive Board Meetings

At the March meeting, the Board set the event registration fee for the novice course at \$1.00. This applies to all novice courses at local club meets (Cascade OC events only) and for both color and black-and-white maps. We hope this will encourage more new people to try an orienteering course.

The Board also set a policy regarding the loan of Club equipment. If you wish to set a course or hold an O' event for your friends or co-workers, you may borrow club equipment (make arrangements directly with Arnold Kay, equipment coordinator).

A go-ahead was given by the board to produce a map of Fort Casey on Whidbey Island. We plan to complete the fieldwork by early June so that the map will be printed in time for the August 1st meet.

At the April meeting, the board approved a budget for the year. Among other things, it calls for spending as much as \$4,200 on mapping, contingent upon meet income and map sponsorship.

Of greater long term importance, the board made the following decisions on major events for the next four years:

1988 (fall) - "B" meet at Marckworth Forest (east of Duvall)
1989 (summer) - "A" meet at Moran

State Park (Orcas Island)
1990 (summer) - meet planned in cooperation with Orienteering Association of British Columbia

Because the staff at Discovery Park will not allow us to hold a "running" event in the park, the board moved the May 9th event to Hamlin Park north of Seattle. The board decided to pursue the use of Discovery Park for orienteering (the club has held events in the park since 1980). Lastly, the board agreed to support the idea of club members running in local races, with the goal of getting the club's name out into the public eye. To this end, several club members ran on a team in the "Great Falls to Gasworks Connection" on April 26th. Plans are being made to run in other relays this summer (see related article).

The next Executive Board meeting will be May 5th at Debbie Newell's home; the June meeting will be June 2nd at Mike Schuh's apartment. All club members are welcome and are encouraged to attend - come see how your club is run and be a part of it!

PRESIDENTIAL RAMBLINGS

by Mike Schuh

Hello again. As reported elsewhere, the last two months have been busy ones for the club's Executive Board. Besides agreeing on a budget for the year and making some changes in meet fees, we have set a course for

ourselves for the next few years. This includes some major events, including hosting the 1989 Western U.S. Orienteering Championships. The next few months promise to be even busier as we start work on these projects.

At the March general club meeting the club elected Robin Harvard as Secretary and Len Englund as Vice President. Len, one of the club's founders, is working on a ten-year anniversary celebration - yes, the club is ten years old! This event is currently planned for the fall and might include both orienteering and a banquet. Your help in making the celebration a memorable one would be most welcome - call either Len or Judy Cohen, our Social Director.

After the Executive Board meeting on April 7th, I appointed Matti Lopponen as the club's Training Coordinator. His duties include preparing training activities for the club. The first of these will be the May general club meeting, where he and I will talk about training tips and ideas on improving navigational skills. For those of you who can find your way around a course reasonably well, but would like to be a bit more "efficient," this is the meeting for you!

The July meeting will feature a report from this year's convention and Western U.S. Orienteering Championships, both of which take place in San Diego in June. Many volunteers from the Pacific Northwest will travel to California for at least some of the events (a few

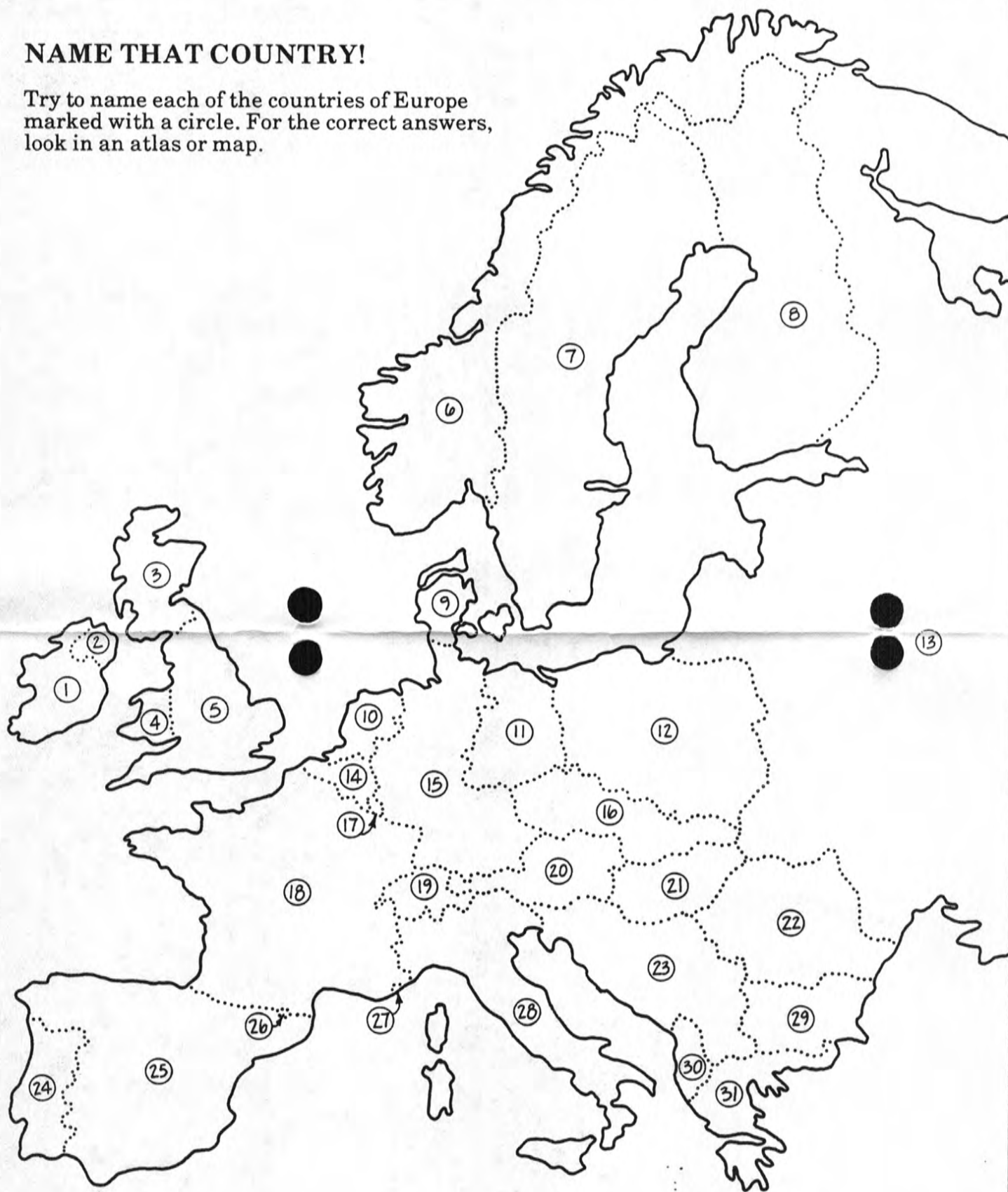
of us will stay for the full week). To make it easier for you to register, we have included the entry forms for the events, courtesy of the hosts, the Bay Area and San Diego Orienteering Clubs. If you have any questions about the events, feel free to call me or any of the other officers.

Another feature at the July meeting will be a report by club member Eileen Williams on her stay in Japan. I will also present some of the club's long-range plans, including a report on our bid to host the Western U.S. O'Champs.

As always, your help and involvement in the club are welcomed and appreciated. If you do not feel that you have the experience or knowledge for a given task, do not be shy: we gladly teach folks how to share the work load! If working at an event does not interest you, we have plenty of "behind the scenes" work to do - running an active organization as diverse as ours takes a lot of administrative effort. Betty Berreth, our Volunteer Coordinator, has been calling club members finding out who is available and interested in working on various tasks. If she has not yet called you, give her a call instead and let her know what you'd like to do (and call her before someone else takes the job before you do!). See you in the forest!

NAME THAT COUNTRY!

Try to name each of the countries of Europe marked with a circle. For the correct answers, look in an atlas or map.



MEET RESULTS

KELSEY CREEK PARK -

March 8

Sammamish Orienteering Club

Meet Director: Dave Enger
Course Setter: Dave Lilly
Registration: Valerie Enger
Start Timing: Ann Amundsen
Finish Timing: George Lilly
Weather: overcast, warm

Course 1 (1.3k, 6 controls)

Tom Mellor	10:25
Ed Edlin	15:24
Jim, Karen, Jeni Sisco	18:47
Mike Dahl	20:26
George Lilly	21:46
Li Huang/Lee Li	22:24
Sylvia Scott/Joshua Curtis/ Wade Garrett	25:26
Gary & Gloria Anderson	38:02
Mollie Fitzsimons	54:00

Course 2 (2.0k, 11 controls)

Knut Olson	35:52
Ed Edlin	39:17
Don Cannon	42:30
Li Huang/Lee Li	52:15
Shelly Kelber/Judy Cohen	53:36
Dave Cook/Jesse Cook	54:00
Scott/Garrett/Curtis	55:00
Mike Dahl	80:12
George Lilly	87:00
Eric Jacobson/Kevin Hill	136:00
Ryan & Judy Hill	138:00
Mollie Fitzsimons	DNF

Course 3 (2.6k, 12 controls)

Carl Zapffe	32:13
Scott Elich	37:30
Don Cannon	39:16
Ralph Olson	39:57
Mike Wilson	43:30
Don Atkinson	43:52
Kurt Blakstad	54:21
Pat Albright	60:51
Robin Harvard	66:54
Ann Amundsen/Tom	67:32
Gary & Gloria Anderson	98:39

Course 4 (freestyle, 23 controls)

Mike Schuh	27:50
Peter Thompson	36:45
Jan Bjorup	36:55
Dave Tallent	40:19
Robert Miller	41:30
Rick Breseman	42:07
Arne Skog	46:11
Dave Dummeyer	47:12
Bill McKenzie/Tom McAvoy	48:02
Sandy Kish Miller	48:08
Ross Stevens	50:11
Bob Rein	54:15
Doug Sprugel	59:03
Katie Sprugel	59:55
Phillip Freeman	65:30
Bob & Pat Reddick	109:42
Jo Brown/Serene	139:30

LAKE TRADITION - March 14

Meet Directors: Katie/Doug Sprugel
Course Designers: Matti Lopponen, Katie Sprugel
Start Timing: Bonnie Ashleman, Don Atkinson
Finish Timing: Matti Lopponen
Beginner Instruction: Rick Breseman
Marker Pickup: Matti Lopponen, Don Atkinson, Doug Sprugel

Excellent attendance on a partly drippy Saturday. Matti's interesting longer courses made good use of the well-mapped fine topography near the trails and pointed out what a great orienteering site Lake Tradition would be if the whole area were mapped with the same detail.

-Doug Sprugel

Course 1 (1.7 km, 5 controls)

Bob Reddick	18:30
Judy Shannon	19:11
Kevin and Brian Hart	41:48
East Renton C. S. B	46:55
Pat Reddick	56:32
Hilary Lang	65:30
Jamie Short/Carrie Schoppach	69:59

Course 2 (2.6k, 6 controls)

Larry Sasser	35:17
Judy Shannon	39:02
Cathy Smith	46:46
Mike Wilson	52:44

Craig Kjorsvik	56:44
Don Goodnow	56:47
G. W. Nickel	59:52
Nancy Oakes	63:41
Shelley Kelber	72:41
Philip & Nancy Freeman	74:05
JoAnne Sperry	78:31
Michelle Nickel	104:23
Dave Cook	105:44
Hilary Lang	DNF
Valerie Enger	DNF

Course 3 (4.2k, 9 controls)

Dale Width	50:54
Debbie Newell	55:10
Arnold Kay/Boomer	61:26
Kurt Blakstad	65:01
Knut Olson	66:24
Matt Newman	73:15
Will Sperry	75:01
Bob Rein/Dan Mageau	79:26
Scott Kjorsvik	80:52
Keith Horn	84:58
Don Atkinson	88:18
Bill MacDonald Jr.	91:00
Katie Sprugel	91:00
Amy Loomis	95:07
Harvey Friedman	97:24
Joe Barsugli	105:35
Jo Brown	138:05
Laurie Kohli	139:20
Ann Lewis & Co.	186:26
W. R. Wright	DQ
Bonnie Ashleman	DNF
Ken Knapp	DNF
Bill McDonald Sr.	DNF
Arne Skog	DNF
Rachel Tharp	DNF

Course 4 (5.8 k, 11 controls)

Dave Enger	62:50
Dave Lilly	65:41
Dan Waugh	67:32
Mike Schuh	69:35
Meir Sheffer	74:58
Dave Tallent	78:01
Rick Breseman	79:37
Gary McCausland	82:07
Sid Whaley	83:31
Bill McKenzie	85:07
Tom McAvoy	88:44
Mike Tharp	89:38
Scott Elich	91:02
Jeff Coker	98:00
Ross Stevens	101:52
Dave Dummeyer	108:31

Carl Moore	113:53
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REED PARK - March 21 *Ellensburg Orienteering Club*

Width Wins in Windy Walkaway While Oakes Organizes Only One

Sunny and breezy weather kept entrants on the move at EOC's first meet of 1987. The Reed Park venue proved to be deceptively easy, and several entrants found themselves disqualified and chagrined. The usual homemade cookies supplied the necessary solace, however, and all went home happy, if not victorious.

-Will Sperry

Novice (1.1k, 18 controls)

Nancy Oakes and family	23:03
M. Twiss and helper	25:26
Dave Read and family	28:12
Ralph Nilson and family	28:56
N. Johnson and family	32:55
J. Gustafson and family	37:15

Intermediate (1.5k, 14 controls)

Dale Width	13:28
Ralph Nilson	15:43
A. deArmas	47:44
Nancy Oakes	DNF
(lost concentration on 9th control)	
Ed Dunning	DSQ
(missed a control)	
Dave Read	DSQ
(missed another control)	

PIONEER & ISLAND CREST PARKS - April 8

Samamish Orienteering Club

Meet Director: Dave Enger
Course Setter: Dave Tallent
Registration: Shelly Kelber
Start Timing: Knut Olson
Finish Timing: Steve Herber
Weather: sunny, warm

Course 1 (1.1k, 7 controls)

Siscel family	32:45
Ann Truax/Ann Brown	35:35
David Ireland	40:00
Danny House/Eric Mayard	41:20
Waugh group	41:30

Louie Farris/Ryan Hill	46:05
Mike Liebrock	47:10
Paul Herber/ Brent Clarkson	48:07
April Carlsson	56:20
Mike Dahl	57:15
Ford family	72:00
Abbie Jacobson/ Pat Reddick	81:50

Course 2 (2.3k, 8 controls)

Rene & Larry Sasser	32:14
Paul Sisco	35:35
Steve & Paul Herber/ Brent Clarkson	40:07
Bill MacDonald	44:00
Mike Liebrock	45:00
Dale Gilbertson	62:00
Norman King	72:45
Nancy & George Lilly	73:40
Hill family	74:33
Sheehan family	84:37

Course 3 (3.4k, 11 controls)

Knut Olson/Mike Dahl	49:15
Bob Reddick	60:23
Ardis Dull	69:55
Pam Carlsson	72:31
Harvey Friedman	72:59
Phillip Freeman	74:47
Kurt Blakstad	81:07
Pat Albright	89:32
Mac MacDonald	91:03
Shelly Kelber/Jesse Cook	98:05
Judy Cohen	98:35
Anne York	142:15

Course 4 (4.9k, 17 controls)

Matti Loppinen	56:00
Sture Carlsson	63:58
Rick Breseman	71:05
Dave Lilly	73:25
Kent Verbeck	87:38
Eric Edeen	88:05
Scott Elich	88:28
Glenn Gordon	90:00
Doug Sprugel	90:24
Ross Stevens	90:54
Debbie Newell/Boomer	96:54
Dave Dummeyer	111:05
Bill McKenzie	111:05
Bob Rein	116:49

WOODLAND PARK - April 11

Meet Director: Harvey Friedman
 Course Setting: Sandy Kish Miller
 Registration: Barbara Maly, Bruce McAlister
 Timing: Marina Tolmacheva, Anne York,
 Ann Amundsen, Mike Schuh, Barb Maly
 Instruction: Mike Schuh
 Weather: 50 degrees

Those who attended enjoyed themselves on one of the fine courses provided by Sandy. The map memory course was standard: participants ran without a map, and could come back to look at the master map as many times as needed. The photomemory course was a club first. Pictures of the control markers in place were lined up with a blank map to refer to. This was not a course for newcomers to the park. Speaking of newcomers, half of the meet staff had not helped out before. Thanks. Special thanks to Nolan Foss and his boy scouts for helping carry equipment. One last comment: the results in the Sunday paper were incorrect. Deadlines may lead to inaccuracies.

- Harvey Friedman

Course 1 (1.1k, 7 controls)

Brenda & Mark Wiard	10:56
Larry Sasser	11:35
Josh Seek/Eric Carbary	14:11
Steve Herber	14:46
David Dick	17:10
Nolan Foss	19:19
Bryan Wheeler	20:33
Bryce Seek	20:49
Shane Kok/Matt Esterly	20:52
Jessie Cook/Levana Cohen	22:55
Eric Sketchley	24:24
Hakam Ericsson	25:07
Kate Davies	27:05
Gene Reddick	28:05
Keith Zackrone	50:07

Course 2 (2k, 10 controls)

Ulrike Thrane	10:45
Winni Jorgensen	13:55
Brenda & Mark Wiard	13:59
Bill McKenzie	14:19
Ann Amundsen	15:47
Bill McDonald	16:20
Steve Herber	16:29
Larry Sasser	18:03
Matt Esterly	20:41

Susan Fisher	23:54
Katherine Schubert-Knapp	24:14
Keith Zackrone/Tim F.	26:28
Marina Tolmacheva	27:36
Shari del Moral	28:16
Shelley Kelber	30:01
Judy Cohen	31:36
Pat Albright	32:27
Josh Seek/Eric Carbury	35:20
Bryan Wheeler/Dave Dick	35:39
Erik Sketchley	52:37

Course 3 (map memory)

Brenda & Mark Wiard	19:18
Bill McDonald	22:01
Phil Freeman	23:04
Jan Bjorup	23:23
Don Atkinson	29:16
Phil & Michelle Everett	29:24
Bill McKenzie	30:24
Ken Knapp	34:55
Sture Carlsson	43:03
Anne York	47:46
Erik Sketchley	DNF

Course 4 (photo memory)

Dave Dummeyer	31:28
Doug Sprugel	31:40
Debbie Newell	33:05
Dave Lilly	39:12
Dave Tallent	51:48
Bob Reddick	75:09
Matti Loppinen	DNF

NOTES FROM DOWN SOUTH

Ft. Steilacoom Meet Rescheduled

*by Gary McCausland
Nisqually Orienteers*

The Ft. Steilacoom event that was scheduled for Saturday, May 23 will be moved to Sunday, May 24. The organizers (Carl Moore, Mike Gallegher, Sid Whalley, and Jeff Coker) want to go over to the Kittitas Valley Orienteering Festival on the 23rd. It should be noted that the Ft. Steilacoom meet

is designed for beginning orienteers that have little or no experience and can get more individual attention than is usually offered at local O meets. This will be a follow-up event for those that attend the talk at Base Camp Supply held on Tuesday, May 19 at 7:30 p.m. Base Camp is an outdoor supplier that has shown interest and been supportive of O. If you want to help promote the sport, come on down to 38th and Orchard, just west of the Tacoma Mall, and talk to some new enthusiasts.

While doing some training on Cle Elum Ridge this weekend, I had the opportunity to run over some of the courses for the KVOF with Dale Width. He is planning to set four courses (2, 4, 6, and 9 kilometers) with the longer two courses being technically difficult. If you are getting tired of running to the same points, this should be a pleasant change - some new parts of the map will be used. I had a good time just running around, and it should be good training for some of the meets in Canada and the U.S. Go on over and support Ellensburg O Club. After the meet, there will be a regional meeting at some establishment to discuss such earth-shaking topics as a logo design, rules, long-range plans, etc. These are open to anyone that is interested in regional O and your input is greatly appreciated. Plus it is a good time to B.S.

SCHEDULE OF EVENTS

Date/Time	Location	Type	Club	Map	Information
MAY 2	Newport Hills, Hazelwood Elem.	C	SOC	b/w	Dave Enger
10-12 noon	116th Ave. SE at SE 69th Pl., Bellevue			1:15,000	(206) 822-6254
MAY 3	UBC Research Forest, Haney, B.C.	C	GVOC		Charlie Fox
	Score Event				(604) 533-3352
MAY 5	* COC Board Meeting, 6216 N.E. 154th St.,				Debbie Newell
7:00 p.m.	Bothell				(206) 488-7471
MAY 9	* Hamlin Park, Novice & Relay, 15th	C	COC	color	Mike Schuh
10:45 relay	Ave. N.E. & N.E. 165th, Seattle			1:5000	(206) 783-3960
MAY 10	Wonderwood Park, Lacey	C	NO	b/w	Gary McCausland
10-12 noon	beginners ONLY flowers to mothers			1:2500	(206) 352-5542
MAY 13	* COC General Meeting, Green Lake		COC		Mike Schuh
7-8:45 p.m.	Library, 7364 E. Green Lk. Dr. N.				(206) 783-3960
MAY 16-17	Sage Stomp, McQueen Lake,	A	KOC	color	Murray Foubister
	Kamloops, B.C.				(604) 374-6497
MAY 17	Ballard Comm. Center - Kids O'	C	COC	color	Mike Schuh
12:30-2 pm	2644 NW 60th, Seattle			1:2000	(206) 783-3960
MAY 23	Cle Elum Ridge	C	EOC	color	Dale Width
11 - 1	I-90 Exit 85			1:15,000	(509) 925-5873
MAY 24	* Fort Steilacoom, Tacoma	C	NO	color	Gary McCausland
10-12 noon	Steilacoom Blvd & 87th Ave SW			1:10,000	(206) 352-5542
MAY 30	* Bus-O CANCELLED due to construction downtown				
JUN 2	* COC Board Meeting, 1706 N.W. 57th				Mike Schuh
7:00 p.m.	#3, Seattle				(206) 783-3960
JUN 3	Priest Point Park, Olympia	C	NO	b/w	Gary McCausland
6:30 p.m.	I-5, Plum St. exit			1:7500	(206) 352-5542
JUN 6	Fort Steilacoom	C	NO	color	Gary McCausland
10-11 a.m.	Steilacoom Blvd & 87th Ave SW			1:10,000	(206) 352-5542
JUN 13	Trollhaugen, Snoqualmie Pass,	C	COC	color	Mike Schuh
10-12 noon	I-90 Exit 62			1:15,000	(206) 783-3960
JUN 20-21	U.S. Long-O & Relay Champs,	A	BAOC	color	Joe Scarborough
	1 hour SW of Palo Alto, CA			1:15,000	(415) 530-3059
JUN 27-28	Western U.S. Championships	A	SDOC	color	Bill Gookin
	Mt. Laguna, CA			1:15,000	(619) 578-9456
JUN 27-28	* Whistler-Brandywine O	B	GVOC	color	George Pugh
	Extravaganza, B.C.			1:10,000	(604) 261-1075
JUL 1	Robinswood Park, Bellevue	C	SOC	color	Dave Enger
5:30-7 p.m.	148th Ave. S.E. at S.E. 26th St.			1:3000	(206) 822-6254
JUL 8	COC General Meeting, Fremont Library		COC		Mike Schuh
7:00 p.m.	731 N. 35th, Seattle				(206) 783-3960
JUL 11	Lincoln Park, West Seattle	C	COC	color	Mike Schuh
10-12 noon	Fauntleroy Way S.W.			1:5000	(206) 783-3960
JUL 18	Bridle Trails Park, Bellevue	C	SOC	color	Dave Enger
10-12 noon	Cherry Crest Elem. School, N.E.			1:10,000	(206) 822-6254
	32nd St. at 124th Ave. N.E.				
JUL 26	Ballard Bike-O, Seattle	C	COC	b/w	Mike Schuh
10-12 noon				1:15,000	(206) 783-3960
JUL 29	Luther Burbank Park, Mercer Is.	C	SOC	color	Dave Enger
5:30-7 p.m.	I-90 exit 7, turn north			1:5000	(206) 822-6254
AUG 1	Fort Casey, Whidbey Island	C	COC	b/w	Mike Schuh
10-12 noon					(206) 783-3960

Date/Time	Location	Type	Club	Map	Information
AUG 15-16	Canadian Championships, Alberta	A	AOA	color	
AUG 19 5:30-7 p.m.	Robinswood Park, Bellevue 148th Ave. S.E. at S.E. 26th St.	C	SOC	color 1:3000	Dave Enger (206) 822-6254
AUG 23	Foster Island Canoe-O, Seattle	C	COC	b/w	Mike Schuh
9-11 a.m.	U.W. Waterfront Activities Center			1:5000	(206) 783-3960

Event Key: A - major event on good quality color map, 5 courses minimum
 B - major local event, 3-4 courses minimum
 C - local club event, 3-4 courses
 * - revision from last newsletter

Club Key: COC - Cascade Orienteering Club
 EOC - Ellensburg Orienteering Club
 NO - Nisqually Orienteers
 SOC - Sammamish Orienteering Club

COC BOARD OF DIRECTORS

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Vice President	Len Englund	(206) 746-3822
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"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are encouraged to submit orienteering-related material for publication. Send items for publication to the address below by the scheduled deadline. Material received after the deadline is not guaranteed to appear in the next newsletter issue.

<u>Issue</u>	<u>Publication Date</u>	<u>Submittal Deadline</u>
JAN-FEB	December 31	December 10
MAR-APR	February 28	February 10
MAY-JUN	April 30	April 10
JUL-AUG	June 30	June 10
SEP-OCT	August 31	August 10
NOV-DEC	October 31	October 10

Mail material to: Cascade Orienteering Club
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Address Correction Requested