

Bob Reddick, of the Nisqually Orienteers, has been cranking out articles about his orienteering experiences for several months, and we finally have room for one in "Bearing 315."

Nettles In the Knees III

by Bob Reddick

The Novice Orienteer has been at it again, learning by experience the things not found in any orienteering manuals thus far encountered. This time it was Brandywine Falls Provincial Park in British Columbia - a beautiful forested park in a rocky mountain valley near Whistler, which is the classiest downhill ski resort in the northwest, in the opinion of my son and many downhill enthusiasts. Brandywine has many unusual features - a large number of small marshes and ponds, very rugged hillsides and rocky cliffs, powerline clear zones populated by house-sized boulders, the main railroad line through the western part of B.C., a cross-country ski trail system, and a picturesque waterfall. My wife Pat and I stayed in our camper at the nearby Cal-Chek campground; others camped right at Brandywine Falls Park during the hot, dry June weekend.

We helped set up the children's string course with George Pugh, the meet director. Pat and I were careful to help locate the string course away from a sharp dropoff near the footbridge, and were watching for root tripping hazards, but were amazed to find the course being run up a steep rocky hillside (more like a cliff) to the forest above. After setting this course, we felt that the coming regular courses would be easy in comparison. We were wrong! Previous experiences in B.C. should have prepared us for the toughness of the top-quality Canadian courses.

My first exposure to the electronic starting clock came at the start here. The home-made clock, used at many B.C. events, produces warning beeps and a start signal, as well as keeping the official time. Setting off from here, I chose a trail bend to launch off for Control #1, which I missed to the north by some 150 meters. I learned later that a trail bend is a poor attack point, since the mapper can rarely get shapes represented precisely on a 1:10,000 scale map. Relocating here to find my position took some time - involving finding a close-by marsh and checking its shape against the map's many marshes in the area. Also encountered here was the fact that the powerline clear zone on the map, which looked so runnable and fast, proved to be much slower going than the forest, since it was full of gigantic boulders which had to be scrambled over.

The course was laid out so that trail running was the long way around, but if you looked carefully, the ski trail cleared areas were fairly fast. Lots of tree branches trimmed off for skiing littered these pathways, which were only partly shown on the map as narrow yellow "rides" through the forest. It takes careful map-reading while running on a hot day to detect these important features enroute.

In trying to maneuver through the forest over numerous small hills and sharp dropoffs, and around several ponds, I found that using a thumb compass, I must constantly recheck my direction, or

I'll drift off to one side (usually to the right). There is also a tendency to pass obstructions like heavy brush and small marshes on the same side each time, causing this lateral drift (obviously, you should alternate). On legs of 500 to 1500 meters, this leads to errors of over 100 meters, totally out of sight and touch with the marker location, requiring a lengthy relocation. I need to practice breaking long legs into shorter ones, going from findable feature to findable feature enroute - like a series of attack points. Another way is to learn to use handrails that are not the obvious ones - like vegetation boundaries, water features, and contour changes. These are things that an advanced orienteer naturally spots and checks off mentally, but us novices are still just trying to go in generally the right direction without stumbling over the rocks and roots on the way!

This course had no water point (the Canadians must be camels) - but I took with me a Thermos of water - which proved priceless on this very hot day. I've since bought a bicycle water bottle with velcro fastener for a belt mount, which I fill with the modified Dr. Haas-Martina Navratilova drink formula of 1/10 orange juice, 9/10 water (keep very cold until on course), and a pinch of potassium salt (and maybe a dash of that nasty, deadly sodium kind!) [YES, this is the secret formula - do not reveal it to anyone!] I've tried straight orange juice and Gatorade - both proved much too sweet, and

gave a sticky aftertaste. They're good after the event. Having water along has been helpful in restoring clear thinking and refreshing the body during these 60 to 120 minute courses, when water should be taken (at least by me) every 15 minutes, and the threat of not finding (or finding dry) the water point (if any) is eliminated. Less worry and dehydration means better concentration on precise orienteering.

I've also experienced the "press ahead regardless" syndrome on several occasions when the right move was to go back to the last place you knew just where you were, and try a different route. At Brandywine I saw a control with someone at it as I fought through the marshy brush at the narrow neck of a pond. Yelling out to him "Throw me the punch!" produced the reply "You look like you can swim!" Not up to wading across 5 meters of unknown-depth water, I reversed for once, and skirted around the pond.

Later discussing possible routes on this map with Ron Pontius, I learned that one option - going down into a valley and following along a boulder-strewn hillside on a long leg - would have

proven disastrous had I chosen it - a long boulder scramble that you couldn't fully predict from the map if you'd not seen the area before. I chose the safer, known, but navigationally difficult route up and down forested hillocks. Later I overshot a tiny pond; relocating to the nearby road allowed me to zero in on this tiny feature with a careful compass-bearing walk-in.

Pat heard from another female on her course that it was most efficiently run by just following a major trail, with short right-angle attacks to pick up each marker, then dog-legging back to the trail. Not what the course-setter had in mind, but very effective, and I've seen advanced orienteers use the same technique. We all know that the straight-line or most obvious route is not necessarily the fastest, and often is the most difficult navigationally. I'm very slowly learning to look for better, surer, and hopefully faster routes. In the meantime I'm learning that you must use your eyes a lot to detect on the ground the true nature of the terrain - which the mapmaker often did not or could not fully capture on paper! Marshes can be difficult or easy, unmapped game trails can appear, streams can be

hazards or highways, and green "fight" areas can be passed through quickly or can consume much of your energy and enthusiasm in a few yards of desperate struggle.

I learned the next day from Canadian expert Peter Smith (he did the same course in 65:48 vs. my 153:17) a very valuable trick. He said that if you suspect that there will be any water hazards on your course - streams, wet gullies, marshes, etc. - go immediately before the start and wade through one!! Once your feet get wet, you'll be mentally prepared for, and not subconsciously deterred by any water challenges in your way. Pat and I also learned here that those cross-ticks on the powerlines on the map are not arbitrarily placed, but show the exact location of the transmission towers or poles, which are highly visible reference points.

Be warned, dear reader, that this Novice Orienteer, now running courses with wet feet, flopping water bottle, and a head full of untried advanced orienteering techniques, may soon move up into the exhilarating world of Intermediate Orienteers, who, I understand, get even more "Nettles in the Knees!"

A Letter

Dear COC Members:

I feel sad to leave you after one year. Especially when it happened so very quickly. I was simply pulled into one major installation that takes place in Windsor, Quebec. As a single, I was an easy target for my company's management when they didn't want to hire any new person. At least I'm supposing to stay here a year.

So, here I am living among the Canucks, 70% of whom speak French. I'm sure we will meet in

some o-events. Should you need accommodations in Montreal, do not hesitate to give me a call.

Thank you for being good friends and keep on working intensively to make orienteering even more popular in the Northwest.

Best Wishes,

*Matti Löppönen
179 Alton Drive
Beaconsfield
Quebec, Canada H9W2Z4
tel (514) 630-6394*

November Club Meeting to Feature Elections

Our next club meeting will be held on November at the Greenwood Library (**not** Green Lake). You will be given a chance to help determine the destiny of orienteering in the Northwest by voting for club officers. At this time, Mike Schuh is running for President again, and Doug Sprugel, is seeking re-election as the club's Treasurer.

Cascade Chatter

by Harvey Friedman

As usual, I'll start off by trying to list those folks who joined up since last issue of "Bearing 315." Words of both thanks and welcome go to the following new or renewing club members: **Don Atkinson family, J'o Brown, Judy Cohen family, Bill McKenzie, Martin Mellish & Tanya Hernandez, John Nitardy family, Brent Turner & Elizabeth Hayman.**

If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew.

I have a confession to make with regard to my duties as Membership Coordinator. As all of you know who have them, membership cards have been distributed to about half the club members (those who I've seen at COC-hosted meets, meetings, potlucks, etc.) To my dismay, I realized that I did not keep track of who has a membership card and who hasn't. So any time I am at a Cascade function, I will have a membership list and some membership cards with me; if you do not yet have your membership card, just ask me for it. . . . Our 10th year bash went over even better than we expected. Thanks go to **Len Englund, Rick Hood, Debbie Newell, Judy Cohen, Mike Schuh,** and others for making this such an enjoyable and successful celebration. Excellent food catered by Twelve Baskets, a memorable booklet put together by Len, Rick, and Debbie, professional quality sound system provided by **Arnold Kay**, door prizes and raffle prizes contributed due to Rick Hood's yeoman-like efforts, entertainment led by Rick and Mike, and just the time to look at the "memories book" and socialize in a room with o' posters and o' markers decorating the walls will make this the standard of comparison for all parties to follow. Photos taken by various members might even be ready by the time you read this. . . . One of the interesting rumors picked up at the bash was that a couple of COC members are pregnant. We'll have to watch carefully for further, er, developments. . . . On 3-4 October, I attended the **New England Championships** held in western Connecticut, not far from Danbury. It was the most intricate terrain that I have orienteered at in the U.S. (think of Tenalquot without the clearings to relocate and with the depressions replaced by rocks and rock cliffs of varying sizes) and I have to admit that I went overtime and then took a

DNF on the first day. That evening I stayed in the home of USOF Board of Director member Sam Burd, Jr., who had four other visiting orienteers also crammed onto mattresses or hide-a-beds wherever possible. A half dozen of us went out to eat, to discuss our courses and o' in general, and I went to sleep hoping to redeem myself by having a good day in the woods on Sunday. I woke up several times in the night to the sound of howling winds, but just tried to fall asleep again. When we all got up that morning, it was 28 degrees, with a couple inches of snow on the ground, and still snowing. The Burds and one of their guests were to work at the starts, so had to be off early. About an hour later, I used the map short-cut they had left. The October 4 snow was so early in the year that the deciduous trees had not yet lost their leaves. The wet snow stuck to the leaves, producing way too much weight for the branches, and many fell into the road. In fact, I couldn't use the short-cut because a tree had fallen completely across the road. I turned the rental car around, hoped that another tree had not fallen to box me in, and made for the state and interstate highways. Fallen branches reduced 4-lane roads to single lane winding roads, with traffic alternating in each direction. I got to the meet site and there was about 5 inches of snow, with a temperature about 33 degrees. After waiting 2 hours for the temperature to rise and the snow to melt, the meet organizers were forced to cancel that day, and I had to wait until the next weekend to have a successful run. . . . The next weekend was the **U.S. Championships** in Glocester, Rhode Island on the Connecticut border. Besides Anne and me, **Debbie Newell, Arnold Kay, Knut Olson,** and **Dave Tallent** flew out of Sea-Tac, and we met fellow Cascade members **Don Denbo** (now working at Harvard), **Jessica Hirschfelder** (a student at MIT), and **Matti Löppönen** (now working in Montreal). I believe that we set a new attendance record for COC member participation at a U.S. Champs meet. Matti came in 3rd in M21A, Knut came in 2nd in M60A, Anne came in 2nd in F45B (having the fastest run on Day 2, where the rain kept the pollen down so that she was not affected by allergies), and the rest of us were just so-so. I finished in about 2 hours on Day 1 and overtime on Day 2, but I did finish both days, unlike the previous weekend. . . . An interesting sidelight of the weekend was that I would be staying at my mother's

house in Rhode Island the 10-11 weekend. **Lennart Levin**, Secretary General of the International Orienteering Federation, was flying in for that meet on his way to a meeting in Colorado Springs later, and I was surprised to hear that none of the locals had room for him; they were going to stick him in a motel in Foxboro. Naturally, I offered a spare mattress at my mother's place, and to our mutual pleasure he did spend Friday and Saturday nights there. As those of you who met him in Seattle at the get-together at Ivar's Salmon House well know, he is a diplomatic and charming person, whom one can't help but like. Anyway, we had good discussions of Goodwill Games and World Cup possibilities in 1990, and I agreed to let him look over our terrain, both already mapped, and to-be-mapped. In his journeys and discussions with Len Englund, Thomas Gloor, Dave Lilly, Mike Schuh, Anne, and me, he offered good suggestions for whatever we end up making of our Class A meet on July 28-29, 1990. Despite somewhat discouraging news from the Goodwill Games people, we must wait to hear from the Soviets before we give up the idea. If Anne and I can get to Tasmania in January for the Asia Pacific Orienteering Carnival, it would be most helpful if the Soviets are there and we can discuss their sending orienteers out for the 1990 APOC in B.C., and perhaps to participate in our "A" meet. . . . **Club elections** are coming up in November. We still need volunteers for the positions of Vice President and Secretary. These are administrative positions wherein you don't have to be an elite orienteer, but just well-organized, and not afraid to phone people when necessary. I don't want to hear people saying that there is an elite group running this club if I don't hear from any volunteers. There is plenty of work for everyone. This is your opportunity to make new friends and learn new skills if you are interested. Phone me at SUGAR PL. . . . **Marina Tolmacheva** has accepted an excellent position on the faculty of WSU in Pullman. . . . News which I greet with mixed emotions. **Anne York** was selected as a United Nations professor to teach a two-week course in Montevideo, Uruguay on estimating abundance of marine mammals. She will be gone for three weeks in late November and early December. . . . I just realized that most of what I wrote is about me. Come on, folks, give me something to write about you, or the editor may think this column is too boring.

Robinswood Park - August 19

Sammamish Orienteering Club

Meet Director: Dave Enger
 Course Setter: Dave Enger
 Registration: Shelly Kelber
 Start: Thomas Gloor
 Finish: Dave Enger
 Training: Mike Schuh
 Barbecue: Valerie Enger
 Marker Pickup: Dave Lilly, Dave Enger
 Weather: Sunny, warm

Course 1 (1.1km, 5 controls)

Stephanie English	11:25
Victor & Li Chuan Huang	17:42
Richard Hampton	18:29
Judy & Levana Cohen	21:14
Velma Hall	30:58

Course 2 (1.7km, 10 controls)

Jessica Hirschfelder	21:50
Knut Olson	22:05
Mike Liebrock	32:24
Leslie Uhlig	33:58
Sasser family	38:49
Erin Renshaw	43:30
Nancy & George Lilly	44:00
Shelly Kelber	44:58
John Kelly/Stacey Harris	47:44
Pat Reddick	64:30
Bruce Cervene/Dyanne Kruger	66:58
Holland family	67:58
Mike Dahl/Josh Dawson	DNF

Course 2 + 1 (2.8km, 15 controls)

Eileen Williams	26:47
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Course 3 (4.3km, 18 controls)

Mass start, with courses preprinted on the maps. Each person did 4 legs, in the order shown.

Thomas Gloor	ACBD	25:52
Lars Fjelstad	DBAC	26:31
Jeff Coker	CABD	27:34
Dave Lilly	BDAC	28:05
Richard Hampton	DBCA	28:25
Mike Schuh	DCBA	30:10
Dave Dummeyer	BADC	33:26
Dave Tallent	ABDC	33:31
Steve, Paul, Brett Herber	ADCB	44:32
Ardis Dull	DABC	46:57
Rick Hood	CBAD	47:08
Paul Fjelstad	CADB	47:24
Dan Dupertuis	ABCD	48:28
Bob Reddick	ACDB	48:54
J'o Brown	BCDA	64:38
Dennis Apland	CDAB	64:56

Ferry & Island O' - August 29

Nisqually Orienteers

Meet Director: Bob Reddick
 Registration: Pat Reddick/Ginger Andersen
 Finish: Jim Andersen
 Communications: Don DeWees
 Vetter: Nathan Tharp
 Adjudicator of Protests: Gary McCausland
 Map & Course: Bob & Pat Reddick
 Start: Mike & Nathan Tharp
 Weather: Hot & sunny

Several people palindromically called MOM, SIS, and BOB, plus many newcomers and the attend-every-meet hardcore orienteers (a total of 60) had a great time maneuvering around Steilacoom and Anderson Island on Puget Sound. After waffle cones and sarsaparilla at Bair Drug (est. 1895), and a ride on a little old 30-car ferry with Captain Kreamer tolerating in good humor endless questions about porpoises, we biked, ran, and walked around the island, visited a farmhouse museum and a chicken coop store, and were watched with curiosity by the islanders and several deer. Only one feature got bulldozed prior to our arrival, and no one seemed to mind the last 5-meter wade to the Finish. The judges noted with interest that only Dave Lilly carried his bike to the finish control.

A special award for route selection goes to Thomas Gloor from Switzerland, who took the clever (but legally suspect) shortcut from control 21 to control 27 by wading 900 meters off shore of the private beaches - carrying his bike! He also reportedly swam the shortcut route across Lake Florence, but only after he finished!

For those who vigorously protested the "clevis," and had great difficulty reading the one to three palindromes they had so clearly written out on their control cards, imagine the problems that our Swiss friend faced, such as trying to figure out what a "scarecrow" is! All protests were disallowed after thorough review and control visits by our infallible Adjudicator.

Since many control sheets were not turned in, bumper stickers and orienteering label awards were mailed out to the known top scorers listed below, and all other participants are shown alphabetically. Does anyone want to try this again next year?

Bob Reddick

Course 1 (9km, 11 controls)

	score	puzzle
Biker		
Rachel Tharp	74	no
Runners		
David Hoffman	100	yes
Steve Layman	84	yes
Robert & Sandy Miller	77	yes

Map Hikers

Virginia/Tom/Tom Neal	87	*
Gary Johnson	87	yes
Schaeberle family	87	yes
Tracy & Linda Adolphson		
Ginger Andersen		
Judy Cohen/Dorsey Lonnholm		
Robert Craig	77	yes
DeWees family	83	*
Keith Guest		
Karen Hertzog		
Neil Murray		
Angie & Richie Power	80	no
Barbara Powers	77	yes
Carma Seabloom/		
Marie Struchen	84	yes
Dianne Seabloom/Ginny Struchen		
Peter & Pat Swan	80	no

Course 2 (14-30 km, 28 controls)

Bikers

Dave Enger	245	*
Eileen & Rick Breseman	218	no
Dave Lilly	212	?
Thomas Gloor		
James Austin	140	no
Roy Bennett	116	no
Bruce Cervene/Dyanne Kruger		
Mary Forbes		
Bill & Pam Greenwood	92	no
Rick Neidhardt	205	yes
Debbie Newell	142	yes
Terry Streeton	135	no
Mike Tharp	207	yes
Chris Webb	135	no

Map Hiker

J'o Brown

* eventually, with a few hints

Palindrome Solutions

ABLE WAS IERE I SAW ELBA
 A MAN A PLAN A CANAL PANAMA
 MADAM IN EDEN I AM ADAM

Bridle Trails Park - September 13

Sammamish Orienteering Club

Meet Director: Dave Enger
 Course Setter: Dave Lilly
 Registration: Stephanie English
 Start: Mike Liebrock
 Finish: Dave Dummeyer
 Refreshments: Valerie Enger, Nancy Lilly, Katie Sprugel
 Weather: drizzle, warm

Course 1 (1.7k, 5 controls)

Stephanie English	24:13
Betty Dummeyer	29:55
Mike Dahl	DNF

Course 2 (2.9k, 6 controls)

Doug Newman	28:25
Nancy Oakes	37:27
Betty Newman	43:59
Tania Hernandez	49:30
Pat Reddick/Rita Bjork	76:10
Tony Saulewicz	DNF

Course 3 (4.2k, 8 controls)

Eileen Breseman	54:55
Jim Kraft	60:27
Ralph Olson	61:01
Bryan Kraft	64:42
Don Atkinson	65:00
Larry Sasser	65:28
Katie Sprugel	68:05
Jean Davis	68:21
Scott Kraft	72:20
Bob Reddick/Nancy Bjork	76:10
Martin Mellish	78:02
Doug Newman	78:28
Rick Hood	87:26
John Lilly	88:15
Pat Albright	97:07
Tom and Mark	103:00
Bill Fritz	133:38

Course 4 (5.7k, 14 controls)

Mike Schuh	64:14
Dale Width	67:25
Scott Elich	69:00
Arne Skog	69:30
Debbie Newell	70:20
Thomas Gloor	72:15
Glenn Gordon	72:32
Dave Tallent	73:44
Dave Dummeyer	75:55
Robert Miller	89:00
Ross Stevens	92:00
Sandy Kish Miller	93:05
Mike Liebrock	97:40
Bill MacDonald	98:10
Knut Olson	98:58
Doug Sprugel	100:28
Billy MacDonald	111:25
Allan Griggs	115:20

Durr Road - September 26
Ellensburg Orienteering Club

Meet Director: Dale Width

Course Setters: Dale Width, Nancy Oakes

Meet Staff: Sally Evans, Addie Graaf, Will Sperry, Betty Wiberg

Perhaps the Army is becoming interested in orienteering again. Captain Jeff Duncan brought a dozen of his ROTC students to this meet. Most agreed on the superiority of the plastic orienteering compasses over the Army issue model. However, the Army compass can also be used to drive nails.

I think we were most surprised to see Michigan's Tom Hollowell at this meet. We had a fine visit and discovered that Michigan is not at all like Durr Road.

*Will Sperry*Course 1 (2.0k, 8 controls) - no entriesCourse 2 (3.5k, 11 controls)

Laura Skog	63:15
E. Powers group	67:17
J. Ryan group	86:49
Pat Reddick	91:15

Course 3 (5.2k, 8 controls)

Bob Reddick	56:30
Will Sperry	58:21
D. Maine group	89:50
D. Allen	113:06

Course 4 (7.4k, 12 controls)

Arne Skog	80:35
Kent Verbeck	83:49
Tom Hollowell	88:00
J. Slyfield	91:02
Dave Tallent	110:05
A. Moss group	120:20

U.S. Championships - October 10-11,
George Washington Management Area,
Rhode IslandGreen A Course: Day 1: 4.6k, 11 controls

Day 2: 4.8k, 9 controls

M60A - 7 competitors

2. Knut Olson	87:27	96:49	184:16
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F19-20B - 7 competitors

Jessica Hirschfelder	152:30	DNF
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Green B Course: Day 1: 4.5k, 9 controls

Day 2: 4.5k, 8 controls

M35B - 8 competitors

6. Dave Tallent	89:36	129:01	218:37
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F45B - 5 competitors

2. Anne York	92:58	59:09	152:07
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Red A Course: Day 1: 6.7k, 14 controls

Day 2: 6.2k, 11 controls

F21A - 17 competitors

11. Debbie Newell	133:56	108:33	242:29
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M35A - 16 competitors

14. Don Denbo	143:32	107:58	251:30
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Red B Course: Day 1: 6.1k, 11 controls

Day 2: 5.6k, 12 controls

M21B - 28 competitors

16. Arnold Kay	139:51	107:56	247:47
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Blue Course: Day 1: 8.5k, 14 controls

Day 2: 8.9k, 14 controls

M21A - 50 competitors

2. Lars Sjökvist	73:11	62:21	135:32
3. Matti Löppönen	69:26	72:46	142:16
34. Mark Donovan	122:20	129:23	251:43

Note: Lars Sjökvist was one of the field-checkers for our Cle Elum Ridge map. Mark Donovan lived in Seattle a few years ago.

Seward Park Anniversary Meet

- October 17

Meet Director: Eileen Breseman

Course Designers: Eileen Breseman, Jack Raidy, Mike Schuh

Meet Staff: Pat Albright, Rick Breseman, Judy Cohen, Scott Elich, Rick Hood, Jim McNamara, Jack Raidy, Mike Schuh

The advanced course (designed by Mike Schuh) used the original 1978 black-and-white map of Seward Park for the first half of the course and the new color map for the second half. Thanks to everyone who helped for making a successful and fun meet.

*Eileen Breseman*Course 1 (1.5k, 7 controls)

Al Brown	28:39
Jerry Hill	40:52
Lucia Enriquez/Joseph Shuster	42:23
Walt & Sunny Williams	48:26
Roger Siddall	54:56
Ann & Mark Crabtree	58:36

Course 2 (2.0k, 9 controls)

Lucia Enriquez/Joseph Shuster	51:53
Al Brown	55:06
Jeff & Nathan Hamm	63:00
Shelley Kelber/Jesse Cook	69:32
Tony Saulewicz	74:37
Judy & Levana Cohen	77:37
Tania Hernandez	84:54
Bell Family	86:18
Valerie & Diane Hamm	94:51

Course 3 (2.9k, 12 controls)

Roger Sharp	54:14
Jim McNamara	62:11
Katie Sprugel/Elaine Faustmon	88:42
J'o Brown	92:00
Harvey Friedman	110:20
Pat Reddick	189:20

Course 4 (3.6k, 11 controls)

Dave Enger	31:15
Mark Hartinger	53:00
Rick Breseman	56:09*
Dave Tallent	56:25
Bob Reddick	59:26
Kurt Blakstad	60:69
Doug Sprugel	63:08
Robert Miller	65:26
Martin Mellish	70:00
Steve Layman/Laura Morin	75:16
Dave Lilly	77:00
Sandy Kish Miller	79:34
Amy Loomis	96:03
Rick Hood	DNF

*picked up markers

Lake Tradition - October 18
Sammamish Orienteering Club

Meet Director: Dave Enger
 Course Designer: Dave Tallent
 Course Setters: Dave Tallent, Dave Lilly
 Registration: Valerie Enger
 Start: Knut Olson
 Finish: Steve Herber
 Refreshments: Valerie Enger
 Course Pickup: 3 Daves
 Weather: sunny, pleasant

Novice Course (1.2k, 5 controls)

Amy Loomis	17:25
Larry & Phyllis Gill	20:50
Robert Olsen	21:00
Joe Saba	21:00
Dave Haynes/Tony Dawson	21:30
Alex Robinson	23:00
Pat Betmer & friends	26:20
Mike Church/Jim Barnhart	30:40
Mark & Ann Crabtree	36:00
Rich Fairfield group	37:50
Harry Morgan family	38:20
John & Betty Reuter	41:00
Bill Barnes	58:52
Annetta Hagman	86:53

Long Advanced Novice (6.5k, 8 controls)

Ralph Olson	77:07
Mike Wilson	103:00
Rich Fairfield group	127:45
Ray Wainscott	156:40

Intermediate Course (3.3k, 8 controls)

Larry Sasser	56:18
Dave Haynes/Tony Dawson	62:36
Steve & Paul Herber	79:40
Amy Loomis	80:30
Michael Hofferber	81:50
Nancy Oakes + 3 kids	85:07
Mike Church/Jim Barnhart	
Tania Hernandez	97:00
Pat Betmer and friends	98:30
Joe Saba	101:00
Pat Reddick	109:40
Bill Nutt family	127:40
Peter Sandford	DNF
Alex Robinson + 2 kids	DNF

Advanced Course (5.0k, 10 controls)

Doug Sprugel	110:00
Scott Elich	111:48
Knut Olson	120:23
Harry Morgan	128:48
John Lilly	146:10
Robert Olsen	148:01
Billy MacDonald, Jr.	156:25
Mac MacDonald	156:25
Martin Mellish	158:01
Kurt Blakstad	169:00
Eileen Breseman	DNF
Don Atkinson	DNF

Long Advanced Course (7.2k, 13 controls)

Bob Reddick	311:00
Rick Breseman	DNF
Glenn Gordon	DNF
Dale Width	DNF

U.W. Campus - October 24

Meet Director: Don Atkinson
 Course Setters: Mike Schuh, Don Atkinson
 Registration: Ann Amundson
 Start: Ken & Katherine Knapp
 Finish: Ken Knapp, Molly Fitzsimmons
 Marker Retrieval: Marty Brown, Dave Tallent, Matt Newman
 Weather: morning drizzle, then cloudy

Course 1 (1.7k, 7 controls)

Clarence & Dan Dietrich	53:36
Paul Herber & B.Clarkson	DNF

Course 2 (2.0k, 7 controls)

Mark Roddy	13:51*
Joe Shuster	14:07
Cathy Smith	17:00*
Katherine Knapp	27:00
Mike Dahl	28:10
Li-Chuan Huang	33:38
Jerry Hill	34:32
Clarence & Dan Dietrich	38:54*
Troop 304 (Kevin & James)	55:19

Course 3 (2.4k, 9 controls)

Martin Brown	21:37*
Joe Saba	22:11*
Bob Reddick	22:19*
Ken Knapp	26:51
Bill MacDonald	25:25*
Steve Herber	27:24
Jim Siscel	29:19
John Lilly	29:50
Amy, Larry & Kate Sasser	33:25
Cohen/Kelber/Cook	46:50
Shuster/Enriquez	47:09
Dick Diesner	47:21
David Ireland family	51:42
Mike Dahl	51:29
Pat Reddick	58:45

Course 4 (3.1k, 12 controls)

Sandy Kish Miller	25:31
Martin Brown	26:31
Joe Barsugli	27:30
Doug Sprugel	28:11
Mark Roddy	29:34
Ross Stevens	29:51
Robert Miller (on bicycle)	30:00
Scott Elich	31:30
Joe Saba	31:31
Michael Liebrock	35:07
Bob Reddick	35:44
Cathy Smith	36:23
Joe Hudson	37:07

Dave Tallent	37:53
Ann Amundson/Tricia Long	39:31
Harvey Friedman	42:00
Kurt Blakstad	44:36
Matt Newman	45:24
L. Morin/S. Layman	49:41
Knut Olson	57:00
Dave & Willie Enger/Jim Hunt	73:15
J. Barnhart/M. Church	73:40
Bill MacDonald	74:25
A. Hagman	84:48

*second course run

High School League to Begin 5th Season

The Washington Interscholastic Orienteering League will begin its 5th season with a practice meet at Island Crest Park on Saturday, December 5. This year, the students will have one practice meet, and seven regular league meets, including the championship meet planned for February 21. Most of the students will be experiencing orienteering for the first time, so if you see any lost students out in the woods, give them some encouragement.

8th Annual "Bog Slog" at St. Edward Park December 27

The "Bog Slog" has become an orienteering holiday tradition in the northwest. The annual meet is held during the Christmas holidays to help you work off some of that holiday food. As usual, the fastest male and female on each course will receive a home-baked pie. This year the "Bog Slog" will be held on December 27th. We will have an awards ceremony at the home of Debbie Newell and Arnold Kay (6216 N.E. 154th St.) after the meet, where you can enjoy hot apple cider and other goodies.

Washington State Champs -

Trollhaugen, Sept. 19-20

Meet Directors: Katie & Doug Sprugel

Course Designer: Ron Pontius

Course Setters: Dave Enger, Doug Sprugel,

Scott Donald, Scott Coble

Course Vetter: Dave Enger

Course Printing: Eileen Breseman, Thomas Gloor

Registration: J'o Brown, Harvey Friedman, Amy Loomis, Sandy Kish Miller

Starts: Dale & Rachel Width, Will & JoAnne Sperry, Addy Graaf

Finish: Eileen Breseman, Kurt Blakstad,

Scott Coble, Scott Donald, Ardis Dull, Rick

Hood, Amy Loomis, Mac MacDonald, Bill

MacDonald, Jr., Bruce McAlister, Robert

Miller, Pat Reddick, Erin Renshaw

String Course: Bob Reddick, J'o Brown

Awards: Debbie Newell, Arnold Kay

Refreshments: Washington Interscholastic O' League

First Aid: Rick Hood

Control Pickup: Pat Albright, Don

Atkinson, Scott Coble, Scott Elich, Bob &

Pat Reddick

Course 1: Day 1: 2.1k, 9 controls Day 2: 2.1k, 9 controls

F Open

*Stephanie English	30:08	24:15	54:23
Elizabeth Hayman	39:35	DNS	
Karen Jones	DNS	149:34	

M Open

*Abel Zimmermann/	31:55	21:21	52:16
Jeff Stewart			
Bob Schmitt	34:26	DNS	
Brett Gorley	47:54	DNS	
Paul Diesner	93:19	DNS	

Family

Ervens	49:51	DNS	
Forsythe	89:34	DNS	
Lanzinger	DNS	36:04	
Width	DNS	48:17	

Course 2 Day 1: 3.3k, 8 controls Day 2: 3.1k, 12 controls

F Open

*Peggy Tharp	38:25	36:26	74:51
Pat Pugh	29:14	98:18	127:32
Elizabeth Hayman	DNS	45:26	

M13-14A

*Bill MacDonald, Jr.	34:51	28:06	62:57
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M15-16B

Scott Kraft	DNS	38:29	
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M Open

*Larry Jordan	33:54	24:19	58:13
Kyle Phillips	35:52	22:59	58:51

Brooks Martin	29:58	51:56	81:54
Raymond Wood	49:53	46:44	96:37
Tim Denison	37:16	DNS	
James Schopf	38:02	DNS	
Trevor Pugh	58:01	DNS	
Dick Diesner	68:33	DNS	
Abel Zimmermann/			
Jeff Stewart	DNS	21:17	
James Kraft	DNS	29:23	

Family

Ervens	53:29	DNS	
Lilly	93:33	DNS	

Course 3: Day 1: 3.4k, 8 controls Day 2: 3.4k, 8 controls

F15-16A

*Rachel Tharp	43:01	70:57	113:58
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F19-20B

*Erin Renshaw	89:07	112:54	202:01
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F35B

*Charlotte Green	120:49	114:48	235:37
Pat Reddick	114:08	140:36	254:44
J'o Brown	111:59	DNS	

F Open

*Valerie Enger	66:21	60:40	127:01
Amy Loomis	83:17	93:33	176:50
Ingrid Dagis	104:54	140:59	245:53
Tania Hernandez	137:42	118:32	256:14
Cathy Smith	111:01	DNS	

M50B

*Bruce McAlister	73:14	97:14	170:28
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M Open

*Kurt Blakstad	114:26	74:40	189:06
Joe Barsugli	66:11	DNS	
Bob Schmitt	80:00	DNS	

Family

Hurst	92:23	DNS	
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Course 4: Day 1: 5.0k, 11 controls Day 2: 4.7k, 9 controls

F21B

*Katie Sprugel	83:03	96:07	179:10
Sandy Kish Miller	87:06	100:30	187:36
Leslie Rodgers	90:53	130:34	221:27

F35A

Karen Lachance	103:34	82:50	186:24
*Ardis Dull	101:18	115:00	216:18
JoAnne Sperry	DNF	DNS	
J'o Brown	DNS	DNF	

M17-18A

*Ralph Olson	95:19	87:48	183:07
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M35B

*Dave Tallent	75:52	78:27	154:19
Doug Sprugel	90:26	67:07	157:33
Tim Denoit	147:12	75:16	222:28

M40B

*Don Atkinson	83:31	77:53	161:24
Scott Coble	101:04	85:04	186:08
Mac MacDonald	119:26	121:23	240:49
Harvey Friedman	114:32	134:42	249:14
Larry Saser	118:57	DNS	

M50A

*Will Sperry	89:17	88:21	177:38
Bob Reddick	87:59	93:39	181:38
Knut Olson	116:33	90:12	206:45
Carl Coger	120:00	DNS	

M Open

*Dave Dummeyer	78:09	65:14	143:23
Brent Turner	102:55	70:05	172:60
Roger Sharp	99:39	84:37	184:16
Craig Brooks	136:13	103:27	239:40
Allan Griggs	DNF	DNS	
Ken Wiljanen	DNS	108:19	

Course 5: Day 1: 7.0k, 13 controls Day 2: 6.2k, 11 controls

F21A

*Debbie Newell	106:06	92:28	198:34
Jane Brandreth	DNF	95:51	

M19-20A

*Nathan Tharp	85:38	73:20	158:58
Jesse Griffith	130:22	DNS	
Jeff Coker	DNS	79:07	

M21B

*Dave Lilly	96:56	71:15	168:11
Scott Elich	105:09	92:49	197:58
Arnold Kay	110:51	100:25	211:16
Rick Breseman	DNS	103:13	
Bob Forbes	DNS	104:50	
Ross Stevens	DNS	DQ	

M35A

*Gary McCausland	87:33	76:16	163:49
Fred Veler	98:40	71:51	170:31
George Pugh	95:40	86:31	182:11
John Rance	120:48	79:02	199:50
Brian Livsey	116:21	100:05	216:26
Martin Mellish	181:10	157:13	338:23

M40A

*Dan Waugh	81:29	93:54	175:23
Mike Tharp	97:16	82:07	179:23
Robert Miller	113:38	102:09	215:47
Scott Donald	126:55	103:43	230:38
Kent Verbeck	DNS	97:46	
Carl Moore	DNS	115:51	

Course 6: Day 1: 8.7k, 16 controls Day 2: 8.7k, 17 controls

M21A

Michael Burton	103:47	86:39	190:26
*Mike Schuh	94:02	105:45	199:47
Colin Preston	93:07	115:50	208:57
Thomas Gloor	92:22	DNF	

*Washington State Champion

Presidential Ramblings

Mike Schuh

Ten years old! Cascade OC celebrated its tenth birthday October 17th with a fun meet in Seward Park and a banquet at Sunset Hill Community Center. Both were most enjoyable, and were the results of many hard-working people. Eileen Breseman directed the meet and was assisted by Jack Raidy, Scott Elich, Jim McNamara, Pat Albright, and Rick Hood. Rick and Pat also contributed to the banquet, as did Len Englund, Judy Cohen (and friends), Arnold Kay, Debbie Newell, Knut Olson, Doug & Katie Sprugel, Kurt Blakstad, Dave Enger, Bruce McAlister, and a host of others. Thank you everyone! The whole affair was so much fun that we'll do it again - without waiting ten years.

Present at the banquet were all of the club's former presidents back to 1980. An unexpected guest was Gregg Ferry, the club's first president. He now lives in Corvallis, Oregon, where orienteering has come and gone in recent years.

We have promised a survey of the membership for some time now, but it still hasn't appeared. This is due to many factors, not the least of which is finding someone with the persistence to actually create it. Until such time as we get one put together and sent out, please feel free to share with me your thoughts and ideas on where our club should go and how we can best get there. Cascade OC depends on you, its members, for everything, including a reason to exist.

Our Annual Meeting will be held on November 9, at which time we will elect our officers for next year. We will also discuss our plans for the year, including non-orienteering social activities, as well as our meet schedule. Please help out by attending the meeting.

COC was honored to host Lennart Levin, Secretary General of the International Orienteering Federation, during his visit to the Pacific Northwest. While here, Lennart visited several of our interesting map areas, and a few proposed locations, and dined with representatives of Washington state clubs. We enjoyed meeting with him and hope that he found his visit an informative and pleasant one, and that he will return soon.

Evergreen O' Cup November 28-29

This is an annual event hosted by Nisqually Orienteers and held on one of the better maps we have. It is designed as a pleasurable family event, but still offers a full range of courses that will challenge all levels of orienteers. Because we hope to draw people from all around the area, the start times will be later on Saturday and earlier on Sunday.

Registration

There will be no advanced registration. Registration will begin at 11 a.m. on Saturday, at which time you will assign yourself an available start time from noon to 2 p.m. On Sunday, registration starts at 9 a.m., with the first start at 10 a.m. On both days you will mark your own map before you start.

Courses

Six different courses will be offered each day. Courses 1 and 2 will be for beginners, with Course 2 a little longer and slightly more difficult. Course 3 is an intermediate course designed for someone with good orienteering skills. Courses 4, 5, and 6 will be technically challenging, for experienced orienteers, with the main difference being course length. Results will be posted by course and, if there is an outcry for fairness, by gender and age class following USOF guidelines. There may even be some prizes for those who think they are hot stuff.

Clinic

Because of the success of last year's clinic sponsored by the Washington

Interscholastic O' League, there will be another clinic this year. Two levels will be offered: beginning and intermediate. The clinic will be taught by qualified instructors with a lot of experience.

Registration for the clinic will be at Yelm High School from 9 - 9:30 on Saturday, November 28. Instruction will start at 9:30 and run until noon. A short map hike at the meet site will then follow, and then you can go out on one of the courses. Proceeds from the clinic will be used exclusively by the high school league, so your support is appreciated. To reach the school, take Exit 111 on I-5 and follow the signs on S.R. 510 to Yelm.

Cost	1 Day	2 Days
<u>Club Members</u> (any bona fide o' club)	\$4.00	\$6.00
<u>Non Members</u>	5.00	7.00
<u>WIOL Clinic</u>		
Under 21	5.00	7.00
21 and over	7.00	10.00

On Saturday evening following the event, we will meet at **The Pizza Place** on 6th S.E. and College in Lacey, to warm up a bit, get a bite to eat, and talk about the day's courses.

For more information about the event, call Gary McCausland (352-5542), and for information about the clinic and camping, call Mike Tharp (459-9231).



SCHEDULE OF EVENTS

Date/Time	Location	Type	Club	Map	Information
Tue, NOV 3 7:00 p.m.	Board Meeting, 6216 N.E. 154th St., Bothell		COC		Arnold Kay (206) 488-7471
Sat, NOV 7 6:00-7:30 p.m.	Woodland Park Night-O, Seattle N. 50th St. entrance	S	COC	color 1:5,000	Roger Sharp (206) 772-7737
Mon, NOV 9 7:00 p.m.	General Meeting & Club Elections Greenwood Library, 8016 Greenwood N.		COC		Mike Schuh (206) 783-3960
Sun, NOV 15 10-12 noon	Hazelwood Elem. School, Bellevue, 118th Ave. S.E. at S.E. 69th Way, (I-405 112th Ave. S.E. exit, follow o' signs)	C	SAMM	b/w 1:10,000	Dave Enger (206) 822-6254
Sat, NOV 21 10-12 noon	* Lincoln Park, West Seattle Fauntleroy Way	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sat/Sun NOV 28-29	* Evergreen O' Cup, Tenalquot Rainier Rd. S.E., south of Lacey	B	NISQ	color 1:15,000	Gary McCausland (206) 352-5542
Tue, DEC 1 7:00 p.m.	Board Meeting, 10559 41st Pl. N.E.		COC		Doug Sprugel (206) 365-8742
Sat, DEC 5 10-12 noon	Island Crest Park, Mercer Island Island Crest Way at S.E. 58th St.	W	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sat, DEC 12 10-12 noon	Lynndale Park, Lynnwood 72nd Ave. W. & 188th Pl. S.W.	W	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sun, DEC 20 11-1 p.m.	Ski-O, Trollhaugen I-90 Sno-Park lot just west of Exit 62	S	COC	color 1:15,000	Mike Schuh (206) 783-3960
Sun, DEC 27 10-12 noon	8th Annual Bog Slog, Kirkland St. Edward State Park, Juanita Dr.	C	COC	color 1:10,000	Arnold Kay (206) 488-7471
Sat, JAN 9 10-12 noon	Kelsey Creek	W	SAMM	color 1:3,000	Dave Enger (206) 822-67254
Sat, JAN 16 10-11 a.m.	location to be announced	W	NISQ		Gary McCausland (206) 352-5542
Sun, JAN 24 10-12 noon	Farrel-McWhirter Park, Redmond Redmond Rd. off Avondale Rd.	W	COC	color 1:3,500	Mike Schuh (206) 783-3960
Sun, JAN 31 11-1 p.m.	Cle Elum Ridge Ski-O I-90, Exit 85	S	COC	color 1:15,000	Mike Schuh (206) 783-3960
Sun, FEB 7 10-12 noon	Bridle Trails State Park, Kirkland	W	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sat, FEB 13 10-12 noon	U.W. Campus	W	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sun, FEB 21	WIOL Championships, location to be announced	W	NISQ		Gary McCausland (206) 352-5542

*** Revisions from last newsletter**

*Evergreen O' Cup, Tenalquot - by popular demand, has been changed to a two-day meet.
November 21 - Lincoln Park changed from Farrel-McWhirter Park.*

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
S - special event (bicycle, canoe, ski, night, etc.)
W - Washington Interscholastic Orienteering League event
(open to everyone)

Club Key:

COC - Cascade Orienteering Club
EOC - Ellensburg Orienteering Club
NISQ - Nisqually Orienteers
SAMM - Sammamish Orienteering Club

COC OFFICERS AND COORDINATORS

President	Mike Schuh	(206) 783-3960
Vice President		
Secretary	Robin Harvard	(206) 622-0918 (day)
Treasurer	Doug Sprugel	(206) 365-8742
Mapping Coordinator		
Membership Coordinator	Harvey Friedman	(206) 784-2774
Newsletter Editor	Debbie Newell	(206) 488-7471
Training Coordinator		
Publicity Coordinator	Knut Olson	(206) 483-1415
Equipment Coordinator	Arnold Kay	(206) 488-7471
Volunteer Coordinator	Betty Berreth	(206) 546-2128
Social Director	Judy Cohen	(206) 789-5641

Address Correction Requested

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

COC MEMBERSHIP FEES

Single	\$7.00/year
Family	\$10.00/year
Associate (under 18)	\$4.00/year
Newsletter Only	\$5.00/year

COC "C" MEET FEES

	<u>b/w map</u>	<u>color map</u>
Orienteering Club Members	\$2.00	\$2.50
Non Club Members	3.00	3.50
Novice Course	1.00	1.00
Families (regular fee for first 2 members, \$1.00/person thereafter)		

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