

BEARING 315

Newsletter of Cascade Orienteering Club

Sep/Oct 1985

Officers wanted

REWARDING EXPERIENCE AVAILABLE

"I like working with people. I can schedule. I can manage money. I can record meeting proceedings and I like to write letters. I can put out better newsletters than that verbose bore who is the current editor. I'm great in public relations matters. I don't want to merely attend O meets, I want to help plan them and run the club." If any of the above fits you, then you too can be an officer for COC during 1986. Yes, it's that time of year again when the current board must try to find suitable replacement officers for next year. If you enjoy orienteering, give a few hours a week to ensure that Cascade continues in the future. At the 13 September club meeting, President Debbie Newell will appoint a nominating committee to find potential officers before 1 November so members will know who is willing to serve for next year. Eager candidates can contact Debbie now before the nominating committee contacts them. Those who absolutely will not be officers should come to the meeting and volunteer to be on the nominating committee because committee members can't run for office. The only officer positions are those of President, Vice-President, Secretary, and Treasurer. The other coordinators are all appointed by the president. The President also coordinates the affairs of the club and acts as spokesperson when necessary. The Vice President heads the meet scheduling committee, selects meet directors, course designers, etc. and serves as back-up President. The Secretary takes and distributes minutes, handles correspondence, and volunteers for whatever else might need doing. The Treasurer collects money, writes checks, and keeps up-to-date books and/or records. The monthly board meeting is concerned with club matters such as map-making and printing, meet scheduling, replacing and acquiring new equipment, and providing extra goodies for club members such as T-shirts, etc.

My nutshell descriptions were inadequate so be on the board and see for yourself what happens behind the scenes.

Pot-O'-lucks

The next pot-luck will also be a club meeting with a slide show of the summer orienteering in Europe. It will be on Friday 13 September 1985 at 6:30 at Debbie Newell's at 6216 N.E. 154th St., Bothell about a mile north of St. Edward Park. The phone number there is 488-7471 for those who get confused. Moving the club meeting out of the library means that we can continue past 8:55 and not have librarians insist that we leave; perhaps more of our meetings can be held in other places.

Officers & Board Members

The officers and executive board members of the Cascade Orienteering Club are:

President	Debbie Newell	488-7471
Vice President	John Huth	
Secretary	Valerie Enger	822-6254
Treasurer	Susan St. John	523-5643
Newsletter Editor	Harvey Friedman	784-2774
Mapping		
WIOL Coordinator	Mike Schuh	783-3960
Membership	Barbara Pedersen	365-8389
Equipment	Francis Smith	634-1104
Publicity	Roger Sharp	329-3675

BEARING 315 contains results, a schedule, articles of interest contributed by members or selected from other sources and lots of material written by the editor, Harvey Friedman; letters to the editor are most welcome. Any correspondence to Cascade Orienteering Club or to this Newsletter should go to

P.O. Box 31375
Seattle, Wash. 98103

Other clubs wishing to receive BEARING 315 in exchange should send their newsletters directly to the above address.

Next Issue

All material to be published in the next issue must be received by 15 October the earlier, the better.

Club dues

Please check the date on the mailing label to see when your membership expires. Renew promptly if you want to continue receiving BEARING 315, the club newsletter, and seeing how your name might be misspelled in the results column. An application form is enclosed somewhere in this newsletter for your convenience. Words of both thanks and welcome go to the following new or renewing club members: the Bob Rein family, Francis Smith, and Eileen Williams.

Schedule assumptions

Not all meets listed in the schedule of events are hosted by Cascade Orienteering Club but I do not indicate the hosting clubs except on occasion. I do this to encourage all readers of this newsletter to consider attending any meet listed. Most are within a 10 hour drive of Seattle and the more people who go, the better the time for all. Part of the fun of orienteering is carpooling to a somewhat distance meet where we can camp and enjoy ourselves as guests of the host club.

WIOU

Would you like to help make this year's Washington Interscholastic Orienteering League a success? I will be the league coordinator this year and I am looking for a few good club members to help get the students out to the league events. What I have in mind is someone who will act as a focal point for each school's club, someone that will help each school get organized. When I compare the schools from last year's league that had a large and enthusiastic turnout (Roosevelt of Seattle and Wilson of Tacoma) with those that did not, the key difference seems to be individuals associated with each group that took the lead in organizing car pools, training trips, and actively stirred up enthusiasm. Viewed with the long term benefits in mind, these are also the schools that have had an 'after season' involvement, something sorely lacking with most of the other school groups.

What would such a coordinator do? The most important task would be to keep track of their respective school's team members, reminding them of each event and assisting them in getting rides. This would imply that the coordinator know every one on the team. I think it would also be a very good idea for the coordinator to be available to the team at each event, especially afterwards to provide a bit of post-mortem analysis. If the coordinators were truly inspired, they could also coach their school's team, much as I did last year two of the members of the Roosevelt team. This might involve setting some courses and discussing with the students how they 'should' be run, or merely nagging them to maintain a good running training schedule.

Which school? That is up to you. Perhaps you'd like to help out your alma mater (assuming it's nearby...) but most of you will be more inclined to work with a school that is in your neighborhood. I would also envision that each school have associated with it two such coordinators, with one serving as a 'backup' or alternate to the other.

If you are interested in helping out, please give me a call.

-- Mike Schuh, 783-3960, 356-6241

O' Classes

This autumn there will be 3 classes for newcomers to orienteering to choose from. In order of contact hours, they are: Mike Schuh's course thru the U. of W. Experimental College, Eileen Williams' course thru Lynnwood Parks & Recreation, and the course given thru the North Seattle YMCA at Ballard High School by me, Harvey. For more info on where & when Mike will be teaching, phone him at 783-3960 or at work, 356-6241. Eileen will be teaching Saturdays 10-12 noon from 19 October thru 9 November in Lynnwood. Phone Lynnwood Parks at 771-4030 or Eileen at 522-1098. Oct 22, 26, 29 & 2 Nov are contact times for the YMCA course. I think that anyone can learn more about how to do better on a course by staying around after finishing and joining the "post-mortem" discussions which occur at most of our meets. These courses are for people who have never been to an O meet at all or for those who have been and have an inordinate amount of trouble on the white course.

RESULTS

3rd Annual Kittitas Valley Orienteering Festival 12 May 1985 Cle Elum

BEGINNER	1.8 k	65 m	ADVANCED	6.9 k	200 m
L. Wiberg		35.5	G. McCausland, NO		57.0
O'Neill/Harrington		48.0	M. Tharp, NO		67.0
Clark family		52.0	K. Verbeck, EOC		81.0
P. Youngman		57.0	S. Donald, KOC		81.0
Lundy family		61.0	R. Miller, COC		86.0
Kowalski family		65.5	D. Newell, COC		87.0
Lygre family		69.0	R. Vaughan, EOC		95.0
T. Duran/M. Ward		78.0	D. Denbo, COC		97.0
Kimberling Bunch		114.0	M. Forbes, NO		98.0
Grogan/Hoffman		some time	N. Tharp, NO		103.2
R. Sharp		no time	Ressler, Donovan&4th Estate		119.0
			H. Friedman, COC		141.0
INTERMEDIATE	2.9 k	85 m	Hodgson/Johnston, PHOC		150.0
H. Whitaker, WCOC		32.3	J. Davis, COC		156.0
O'Neill&Harrington		39.0	C. Moore, NO		187.0
W. Woodcock, EOC		39.0	Smith/Hisley/Thomas, COC		194.0
R. Sharp, COC		39.4	S. Donald, KOC		226.0
V. Tinsley, COC		45.0	R. Green, KOC		DNF
Smith/Johnston, PHOC		49.0	S. K. Miller, COC		DNF
D. M. Cox, WCOC		62.0	ELITE	11.1 k	495 m
Hoffman/Grogan, WCOC		63.0	P. Haynes, COC		86.0
J. Johnson, PHOC		73.0	C. Smith, NO		95.0
Carruthers/Zupan		74.0	D. Enger, COC		98.0
F. Smith, COC/NO/EOC		82.0	D. Width, EOC		128.0
L. Wiberg		90.0	W. Howse, PHOC		137.0
R. & L. Howse, PHOC		97.0	R. Breseman, COC		147.0
N. Lunstad		116.0	J. Hodgson, PHOC		201.0
B. Gardner, A.&L. Whitaker		121.0	Forsythe/Kimberling		287.0
P. Youngman		121.0	E. Howse, PHOC		DNF
T. Stevenson, EOC		DNF	E. Williams, COC		DNF
			K. Wiljanen, COC		DNF

Club Identifications are as follows:

COC -- Cascade O Club, NO -- Nisqually Orienteers, EOC -- Ellensburg O C,
PHOC -- Pine Hills O C, WCOC -- Windy City O C, KOC -- Kootenay O C

Woodland Park Team Relay and Picnic 5 July 1985 evening - cooling

Mass start, 3 courses(5, 7 & 9 controls), any order

Course design - Jan Vrana, Course setters - Jan Vrana & John Huth.

Registration - Robert and Sandy Miller, Timing & Results - Jan Vrana & John Huth.

Course takedown - so many volunteers I can't remember, sorry, Goodies - everybody

Due to problems on the short course it was determined that its time should not be considered in the team rankings. As it turns out the only difference was in the 1st 2 places so to make both teams happy we decided to declare co-winners. Since the tainted watermelon scare was at its peak, a trophy melon could not be awarded this year, try again next year! Team members are listed according to the course they were on: short course 1st, long course last.

1st Team 5	2 course total	3 course total
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Valerie Enger	11:23		
Brian Hazlehurst	15:36	29:47	41:10
Gary McCausland	14:11		

1st Team 1			
Hilary Forrest	12:56		
Ken Wiljanen	14:13	29:27	42:23
Dave Enger	15:14		

3rd Team 7			
Sandy Kish Miller	11:29		
Anne York	16:15	31:46	43:14
Chris Loftus	15:31		

4th Team 4			
Joanne Sperry	11:41		
Harvey Friedman	16:36	31:54	43:35
Debbie Newell	15:18		

5th Team 2			
Jean Davis	12:07		
Eileen Williams	25:02	37:53	50:00
Mike Schuh	12:51		

6th Team 3			
Liz Anderson	16:11		
Erin Renshaw	21:44	38:21	54:32
Robert Miller	16:37		

7th Team 5
Katie Sprugel 9:41

Will Sperry	24:05	53:53	63:34
Dale Width	29:48		

8th Team 8

Francis Smith	16:53
Jan Vrana	19:36
Knut Olsen	DNF

(reported by vice president in absentia John Huth from Nevada)

Ballard Bike-O Meet 20 July 1985 sunny & hot

score course -- 60 minutes, 22 controls

Course setter - John Huth, Registration - John Huth, Timing - Mike Schuh,

Course takedown - Rick Breseman, Deb Kaliski, John Huth, Observer - Robert Miller
- John Huth

	elapsed time	total pts	penalty pts	final pts
1. Tim Vargo	74:32	214	-15	199
2. Don Denbo	67:30	186	-8	178
3. Jessica Rykken	61:56	168	-2	166
4. Eileen Williams	70:21	172	-11	161
5. Karen Hertzog	93:02	194	-34	160
6. Sandy Kish Miller	62:53	156	-3	153
6. Kent Jameson	110:22	204	-51	153
8. Gary Johnson	74:03	142	-15	127
9. Fowler family	63:09	114	-4	110
10. Deb Kaliski	63:46	110	-4	106
11. James Hamaker	64:30	108	-5	103

Special Awards

Most total points -- Tim Vargo 214

Least penalty points -- Jessica Rykken 2

Most penalty points -- Kent Jameson 51

Self-timed course on borrowed bike -- Rick Breseman

Orienteering Day

Saturday 21 September 1985 is National Orienteering Day. Clubs all over the country have scheduled meets for this day to see how many people we can get to attend an orienteering meet nationwide. The Cascade meet is scheduled for the University of Washington campus using the intricate map field-checked by Ingemar Jansson & drafted by Debbie Newell. Now is the time to get all your friends, neighbors, and relatives to come out and give O a try. They might then want to try the state champs in October.

SCHEDULE OF EVENTS

GENERAL INFORMATION: Unless otherwise noted, novice, intermediate and advanced courses are available at all club meets. Normal registration and start times are from 10:00 AM to NOON and entry fee is usually \$2.50 for members and \$3.50 for non-members. Regional and National (Class 'B' and Class 'A') events may have a higher entry fee depending upon sanctions and awards given to winners in various categories. Instruction for beginners is always available at all events. A limited number of compasses are available on a rental basis at registration.

- Fri, 13 Sep CLUB MEETING, POT-LUCK, and SLIDE SHOW 6:30 pm 488-7471
6216 N.E. 154th St., Bothell, see Dalarna & Pitlochry scenes
- Sat, 14 Sep Ft. Steilacoom Co. Park, Tacoma, 1:10000 color map 10-11 AM,
Mary 584-6501
- Sun, 15 Sep Luther Burbank Park, Mercer Island 1:5000 color Dave Enger
822-6254 new area for D1 and new map. Beginner & intermediate
courses. Take Island Crest Way exit off I-90, go N then right
onto SE 26th St, turn left onto 84th Ave SE and continue into
the park near tennis courts.
- Sat, 21 Sep University of Washington campus, 1:5000 color Sandy 782-1437
enter on 17th Ave. NE and look for arrows to registration
- Sat/Sun, 21-22 Sep Scott Lake, Oregon noon 1:15000 b&w Jeff 503-245-4725 the area
is between Springfield & Bend
- Sun, 22 Sep Thetis Lake Park, Victoria, B.C. CANOE-O 1:00 pm whistles &
life jackets mandatory Dennis Fedoruk 604-592-5739
- Sat, 28 Sep Evergreen State College, Olympia 1:10000 b&w 10-11 am
Gary 352-5542
- Sat, 5 Oct Cle Elum Ridge 1:15000 color Debbie 488-7471
- Sun, 6 Oct Durr Road, Ellensburg 1:15000 b&w Dale 509-925-5873
The total times for people on both days determine the
Washington State champions in different age groups. Be there
at this Class B+ meet.
- Sat/Sun, 12-13 Oct Newcastle Island, Vancouver Island, Mary & Peter 604-748-3235
B.C. Championships. Harvey will have details later 784-2774

- Sat/Sun, 12-13 Oct Timberline South, Mt. Hood, Oregon near Timberline Lodge noon
1:15000 b&w Jeff 503-245-4725
- Sat, 19 Oct Marymoor County Park, Redmond 1:10000 b&w Dave 822-6254
- Sat/Sun, 26-27 Oct United States Championships, southern Michigan You must be
preregistered as at most Class A meets
- Sat, 26 Oct Royal Roads, Vancouver Island B.C. noon Hugh Smith 604-592-1602
- Sun, 3 Nov Chip Ross Park, north hills of Corvallis, Oregon b&w map noon
Jeff Lewis 503-245-4725

Northwest Champs

There has been some sentiment for having the Northwest championships this year since the Washington State championships and B.C. championships are only 1 week apart. To be declared a Northwest champion, an orienteer must be a resident of a Northwest state or province for at least 6 months and must have the lowest total time for the 4 days of competition in the proper age class. We hope this will induce more Canadians to come down to U.S. meets and more Americans to come up to B.C. meets.

More Results

BC Games

Rick Breseman, Ken Wiljanen, and I rode together to the BC Games held in Nanaimo, Canada on August 2-3. After an early morning ferry ride over to Vancouver Island, we hiked along the harbor over to a small passenger ferry which took us to Newcastle Island. This island is a great location for orienteering events with lots of wildlife and an excellent color map.

Being Americans, we competed unofficially, but still had a challenging run on the long course of the day. We received special invitation that evening to the concert performed for all the BC competitors (of many sports) in town, and a warm welcome by the bouncers at the door - even without official entry cards.

The next morning, after a restful night at the ol' campsite, Ken, Rick, and I formed the "Cascade Team" for the Relay O in Bowen Park. We each ran three legs of the course, trading off the one black and white map among ourselves. The whole race long we were neck and neck contending for 1st place, but ended a close, unofficial 2nd place by only 3 minutes.

Victorienteers will be holding the BC championships 12-13 October at Newcastle Island, and we heartily recommend this site as well as the friendly Canadians who we met.

- Eileen Williams

Meet Director: Roger Sharp; Course Design & Set: Tim Vargo; Registration: Betty Berreth; Timing: Jessica Hirschfelder & Jim McNamara; Course Pickup: Sandy M., Erin R., Petra, Jessica, Roger; (This meet team was willing and able to handle mobs of entrants! Thanks, team.) Special thanks to Paula for hauling equipment to the car.

- Roger Sharp

Advanced, 21 controls

	points	/	time
Eileen Williams/Rick Breseman	127		1:13:21
Shelly Williams/Steve Williams	119		1:17:28
Valerie Enger/Molly Malone/Dave Enger	119		1:19:58
Jennifer Seffernick/Debbie Newell	106		1:10:33
Michelle Everett/Phillip Everett	61		1:08:20

Short Course, 7 controls

Ardis Dull/Jerry Galt	0:40:56
Jean Davis/Harvey Friedman	0:59:15

Cascade Chatter

All 7 Cascade members who competed in the Swedish 5-day in Europe this July have returned safely. The 7 of us formed the largest representation from any U. S. club at the 5-day. So for the 1st time, we beat NEOC, New England O. Club, the biggest club in the country with over 600 members, at something. They only had 6 members. I thought that the orienteering this year was harder than it had been in 1983 in Smaland; more wooded, more rocky ground underfoot, and bigger and nastier mosquitos. Despite that, we all enjoyed ourselves and want to attend more international meets, though perhaps not with 25000 entrants again. After being tied for 2nd only 3 minutes behind the leader after the 1st 4 days, Sture Carlsson had a bad (for him) run and finished 6th overall in H45AK1. I would be ecstatic to do a 5+ km course in 43 minutes there. Debbie Newell finished 18th overall in D21C for another fine showing, but Arnold Kay, Anne York, Jennifer Seffernick, Jessica Hirschfelder, and Harvey Friedman all wound up in the lower half of our classes. At the club meeting on 13 September, you can see slides, photos, maps, etc. and ask those of us who are there other questions you might have about it....For those who have been in the club since 1980, we saw Goeran & Berith Larsson at the meet. He is still competitive coming in 10th in H35AL but Berith does easier courses since she spends more time taking care of the 2 children and the dog. Goeran was back here in Seattle on a business trip around 10-16 August and those lucky enough to be home when Robert or Sandy called got to renew acquaintances with him at the potluck on 13 August. Since our plane was several hours late in arriving, we only spent

about half hour with him. For those of you who weren't club members when the Larssons were here, they were responsible for our mapping local parks to try to interest people in orienteering. They also did the first color map of the club, Woodland Park....Also at the potluck was Ingemar Jansson. Although living in Oslo, he would prefer to move back to Seattle so anyone who needs a UNIX instructor or Pascal or C designer please write to him....Debbie, Arnold, Anne, & I all continued on the the Scottish 6-day in Pitlochry. This meet was set up so that the best 4 of your 6 days counted for awards. Prizes were awarded as a percentage of the total number of entrants in a class, so some classes only had the 1st place finisher winning a prize, while in H21A1, the 1st 16 finishers won awards. After finishing 1st the 1st 3 days, former Cascade member Stein Sandven of Bergen, Norway faded while fighting off the flu and finished 2nd overall in H21A1. Debbie had a strong finish to place 10th overall in D21B and be the only American to go up on stage for a prize. There were about 2 dozen North Americans all together at Tayside 85. The terrain at the Scottish 6-day was much steeper and more demanding than at the Swedish 5-day. Good orienteers with not especially fast foot speed feel the odds are more even in this type of terrain. In fact, on day 6, the climb to the start was 125 meters and we needed ropes and ladders to the scale the final 50 feet....At the same time as we were in Europe, other club members went to the Canadian C. Championships in Alberta. None of them has provided any article or result for the newsletter however....Pam Carlsson is undergoing back surgery while this is being written and should be back home around 15 September. Any cards from club members are sure to speed her recovery and get her out in the woods again soon. The address is 16020 SE 2nd St. Bellevue 98008....Club Vice President John Huth is on vacation at his house in Nevada (hope he sells it soon) until November. Any one willing to perform the duties of vp in the interim please let President Debbie Newell know. Anyone who wants to send John obscene mail or phone calls can reach him at P.O.Box 1334, McGill, NV 89318 or phone # 702-235-7811....Treasurer Susan St. John will be going on a bicycling trip to Europe this September to attend a former classmate's wedding. Let us hope you can find time for some orienteering while she is away. We all owe Susan our thanks for getting the new club T-shirts designed and printed. If you don't have one yet, come to a club function with your \$8.00 and get it. If you are impatient and want one right away, contact Francis Smith the club equipment coordinator....This year's WJOL coordinator Mike Schuh will be returning from the world orienteering championships held in Australia in 1985 around 15 September. He has offered to present another excellent slide show of the happenings down under so we'll probably have it for the November club meeting.

Improvement

The following is a condensation by SLOC President Bill Comfort of some orienteering technique tips given by Peter Gagarin while he was in St. Louis. It is taken from "Contour Line", publication of St. Louis Orienteering Club. Though it is primarily for competitive orienteers who try to run as much as possible, there are many good ideas to help recreational orienteers to improve their

orienteering skills as well.

1. On avoiding mistakes -- First, study a leg and understand how you might make a mistake. Then develop a method to avoid making that mistake. In other words, if you are running on a trail, one mistake might be that you will overrun a spot on the trail. How can you avoid that? Running down a hillside is another potential mistake area -- how to avoid going too far. What can you do to avoid that potential mistake?

2. In studying advanced routes, make a simplification of the route so that you are able to convert an orange leg into a yellow leg, or how to make a yellow leg into a white leg, or a red leg into a yellow leg, etc. Time lost on a longer route is much less than time lost on a mistake or when you are completely disoriented.

3. Pay attention to a specific feature -- note the characteristics of that feature. What gives it character? Note the size, the slope. Does it split at the top or at the bottom? Where are the boulders located on the feature or in relation to it? What makes this feature different from all other features around you?

4. Familiarize yourself with an area before the meet. Look around in those places that you are allowed to visit before the start. Draw a picture in your mind of the start area as you approach it.

5. Take a walk in the woods -- don't look at the map for a hundred meters. Look around -- what do you see and how should it look on the map -- think about it -- then look at the map. This teaches you to re-locate as well as to visualize how a map is drawn and your ability to convert it to what is around you.

6. Practice running and holding the map or compass as steady as possible. If the map or compass is jerking around, you can't read it. You can practice doing this by running and studying the pores in your hand. This will help you read on the run.

7. Look at your map often while you are running a leg. Maybe every 50 or 75 meters. Check off features, even when you know where you are going. Since you only have about 2 or 3 seconds to look at the map, you must thumb it; and it must be held steady.

8. Develop a method of training each of the individual skills that are needed in orienteering. Find a way to practice each one separately. Practice running in the woods. Practice running over all different kind of terrain. Practice map reading and making decisions under pressure -- with a time limit of 2 to 5 seconds. Practice using the compass from attack points for 50 to 150 meters. Practice looking around all the time from side to side and behind you -- you can even practice this when you are on a road run. Be as specific as you can about practicing the orienteering skill. Isolate it and do that skill until it becomes second nature.

CASCADE ORIENTEERING CLUB

Membership Application

Check one: New ☐ Renewal ☐

Name

Address

Zip

Phone

Family \$10.00

Individual \$7.00

Associate \$4.00 (under 18 years of age)

Newsletter only \$5.00

If family, list other members:

I want to help/learn about

course design

map field-checking

map-drafting

meet timing

meet registration

promotions

administration

???

Send application and check

payable to the Cascade

Orienteering Club & mail to

COC, POB 31375, Seattle 98103

C.O.C.

P.O. Box 31375

Seattle, Wash 98103

