

# Bearing 315

Bearing 315 - Newsletter of Cascade Orienteering Club - July/August 1986

## Orienteering event helps youngsters find way

Ballard News Tribune June 25, 1986



A Cascade Orienteering Club member shows Tony Halstead how to use the orienteering map of the Ballard Community Center at a recent class.

Cascade Orienteering Club will host the second in its series of introductory orienteering events Friday, June 27 from 6 to 8 p.m. at the Ballard Community Center.

There is a registration fee of 75 cents.

Orienteering, which originated in Scandinavia, is the sport of finding one's way with a map. The object of orienteering is to use the map to find "control points" which make up a course. Each point is clearly marked on the map.

Friday's event is aimed at children between 8 and 15-years-old. Instruction will be available from experienced members of the club.

The orienteering club also holds other events throughout the year for children and adults. Two more Ballard events are planned for July 25 and Aug. 22.

For more information, call Robert Miller at 782-1437. For additional information on this week's event, contact Mike Schuh at 783-3960.

### NEW MAP!

Come to a special Orienteering event--- Bike Orienteering on Vashon Island. Vashon, only a ferry ride away from Seattle, provides scenic country roads by which to navigate from point to point. Enjoy a leisurely ride with friends and family, or choose a longer, more challenging ride on a score orienteering. (you select how far or how many controls you wish to visit within a given time limit in score O.)

Suggestions for arriving at the start of the course:

- (1) Park your car at Lincoln Park, West Seattle.
- (2) Take a ride on the Fauntleroy-Vashon Ferry (just south of the park). It's a 20 minute crossing, schedule as follows:  
Lv. Fauntleroy 9:00, 9:45, 10:30, 11:15 etc.

The course will open at 10am and close at 2pm, Sunday August 10th.

Ferries back to Seattle leave Vashon at:  
12:15, 1:00, 1:45, 2:30, 3:15 etc.

Fresh baked goodies and juice will refresh finishers!

## USOF Convention

This year's convention and annual meeting of the United States Orienteering Federation was held in Cable, Wisconsin, near the Tele-mark ski area. Besides the annual elections to the national Board of Directors, the convention included committee meetings and informational workshops, plus various orienteering events and social activities.

The convention began Monday evening June 15 and ended with a two day class A meet on June 20th and 21st. Different this year was the scheduling of the A meet on Friday and Saturday, instead of the more usual Saturday and Sunday.

I arrived Wednesday afternoon, following an overnight flight from Seattle and then a four hour drive from the Minneapolis airport to Cable. The afternoon's activities included an open forum on the proposal to use Orienteering/North America as the federation's official publication and a workshop in physiology and orienteering. In the evening was a 'meet the candidates' session and a night orienteering event. Thanks in part to a practice night course (set by Debbie Newell at St. Edward State Park during the week before the convention), I did rather well, with a time of 44:39 to winner Peter Gagarin's 40:38. The night event is a traditional part of the annual convention and this year it was organized by members of the junior training camp, which was held concurrently with the convention.

Thursday morning was filled by a board of directors meeting and then a few committee meetings before lunch. After lunch came the annual meeting. The main items on the annual meeting's agenda were some bylaw changes, the O/NA question, and the elections. Most of the bylaw changes were wording changes to bring USOF into conformity with US Olympic Committee requirements. These passed without much discussion, but the remaining bylaw changes (dealing with insurance fees and club chartering procedures) were referred to the clubs for ratification. One change that came from the BOD and was first presented at the meeting (the others were available in advance) was to create a new membership category 'Junior' which would be for persons

18 years old or younger. These individuals would not get the federation's magazine nor have voting rights (they could become 'student' members if they wished to have these) but would not have to pay the \$2/day non-member surcharge at class A meets. Presumably 'Junior' members would be ranked and be eligible for national titles and the like. This bylaw change will also be referred to the member clubs.

The O/NA question, having been fully discussed the day before, was voted on without much discussion. While the actual ("legal") decision would be made by the BOD, it was generally agreed that the wishes of the general membership would be followed. The general membership wished to go with O/NA as the federations' publication, and that is what will happen. (If any of you have questions on this, please give me call. In this one instance, at least, I do have most, but not all, of the answers.)

The final major item was the election results. The USOF Board of Directors consists of 15 members, serving three year terms. These terms are staggered such that five members are elected each year. From the BOD membership, the BOD elects a president, three vice presidents (promotion, competition, administration), an executive director, and a recording secretary.

I was first elected to the BOD in 1982. Last year I just missed getting elected to a second three year term, but was named by the BOD to fill a vacant one year term, which meant standing for election again this year. While last year I placed sixth out of twelve candidates, this year I placed eighth out of nine. (The number of votes cast by a club is determined by the number of USOF members that it has. Cascade OC had 22 votes and, serving as the proxy for the other three Washington state clubs, I was casting a total of 37 votes. This compares with the half dozen or so representatives of NEOC, each of whom were casting 20 plus votes. The other large clubs in the Federation include Hudson Valley Orienteers, Delaware Valley OA, Quantico OC, and St. Louis OC. I don't have the exact numbers, but these five clubs effectively control the destiny of USOF, holding at least half

of the ca. 1300 votes.)

Without a doubt, the difference was the very strong stand that I took this past year on the relative importance of promotional activities as compared to competitive activities within the federation. I made it very clear that I felt that an overemphasis on our 'elite' orienteers would not serve us well, certainly not in growth of the sport and the federation, but not in our internationally competitiveness either. Like compound interest, the earlier we invest in promotion, the earlier we can reap the dividends of a larger, more vigorous orienteering movement. Sadly, it appears that those who cast the respective clubs' votes at the meeting were more interested in promoting competition. Or maybe they didn't like the way I combed my hair. Whatever - I'm am no longer a member of the USOF Board of Directors.

Thursday evening there was an ice cream social hosted by O/NA, which was quite enjoyable (Thanks, Larry and Sara Mae!), with various impromptu meetings going on.

Friday morning was the first day of the A meet, in which I did better than I did the last time I ran on the Telemark map (October, 1983), but was still more than half an hour behind the leaders. Perhaps the hectic schedule had finally caught up with me? In the afternoon was yet another BOD meeting, this one dealing with the upcoming A meet schedule. I sat in on it to find out the status of our meet in September (we were granted sanctioning, even though we were technically a year late in submitting our application) and to hear about some of next year's major meets. The 1987 convention will be held in San Diego in late June, preceded by the national Long-O' and Relay championships in the Bay Area the weekend before. It is my hope that ALL of the West Coast clubs will be represented in person at the convention and that those who are able to do so will have teams in the relay.

After I had heard all that I wanted to from the BOD meeting, I rented a sailboat and spent a most enjoyable hour sailing with a friend on one of the lakes in the area. Having sat through four years of BOD meetings, it was nice to be able to step away from one and go

sailing.

Saturday morning had the second day of the A meet and the accompanying awards ceremony. Also of interest was a children's O' course set up by Linda Kohn (Rochester OC and last year's World Championship team). It featured a line of wands (like those used in mountain climbing to mark routes) with a very simple map and very obvious controls. The control codes were pictures of things like flowers, birds, and ice cream cones. The kids loved it and so did I (I used it as a warm up for the A meet).

After the A meet on Saturday, I drove back to Minneapolis and then spent most of night at a contra dance, followed the next day by a Swedish 'midsummerdagna'. Not that these had anything to do with orienteering, but they were fun, too.

POT-Luck i.e. BRING FOOD!

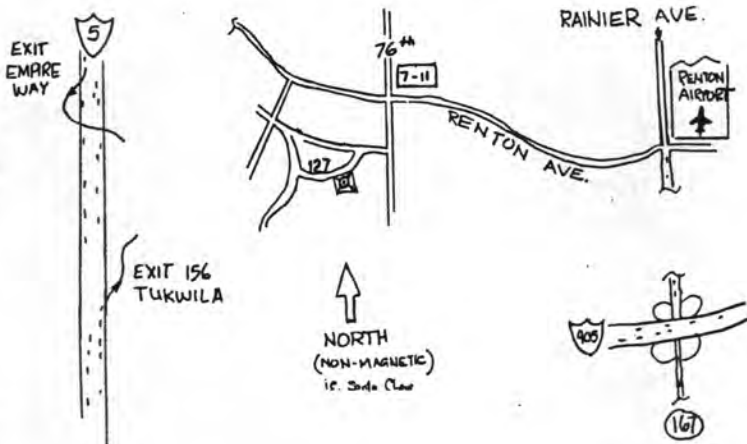
JULY 26 SAT

6:30 PM

LOCATION: **FABULOUS SKYWAY**  
@ ROGER SHARP'S NEW HOUSE  
7433 SO. 127 ST.

ALSO  
BRING  
10

CURIOUS SLIDES THAT REQUIRE SOME EXPLANATION





## 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. Words of both thanks and welcome go to the following new or renewing club members: Shari del Moral, DeForest Eveland, Allan Griggs, Barbara Klube, Knut Olson, Erin Renshaw, Tom & Gloria Schuh, Doug & Katie Sprugel, Dale Width.

For those who might have forgotten ( or never even known at all ), there is a permanent set of orienteering courses at Farrell-McWhirter Park in Redmond so people can train on their own any time at which the park is open. You may buy the map packet from the ranger at the park and start with the easy course and then the other two.

For those of you who don't subscribe to OUSA or Orienteering/North America yet still want to find out about O meets in other parts of the country, COC exchanges newsletters with clubs in New England, New York, New Jersey, Pennsylvania, Delaware, Alabama, Kansas, Missouri, Texas, Colorado, Oregon, California, and B. C., CANADA. Contact Harvey if you want current information from them or if you want to borrow a newsletter to read about what clubs in other parts of the country are doing.

MEMBERSHIP COORDINATOR = LODGING COORDINATOR??

WHY NOT?

Our big Trollhaugen ( just east of Snoqualmie Pass ) meet will be held on 20-21 September 1986. All who attended Nisqually's Tenalquot meet and those who didn't because of the snow should plan to participate. The terrain is not as finely detailed as at Tenalquot but is generally easier to run in, and you don't have to encounter any Welsh Fusiliers in the woods as were bivouacked there. All we need to make this our most successful meet ever is 250 registrations. So, if the 100 Cascade members, 20 from the other Washington state clubs, and 100 Canadians, and about 50 from RMOC(Colorado), Oregon, and California, turn out, we'll have a new record for attendance. Now you learn why I mentioned lodging above. Many orienteers prefer camping when at out-of-area meets, others prefer motels, and yet others enjoy the hospitality of friends that they have met at previous meets. Being able to stay with friends or tent in the backyard of some fellow orienteer could make the difference for some people of coming to a meet or not. So, if you have space in your backyard ( and kitchen & bathroom ), or if you have an extra bed and are willing to host a visiting orienteer, write to the club box or phone me at 784-2774. Anne & I, Mike Schuh, Gary McCausland, Eileen Williams, to name a few Cascade members, have all hosted and been hosted by orienteers from other countries and can all tell how much it adds to your enjoyment of an orienteering meet. Let's be more hospitable to all non-local orienteers as club policy. If Cascade starts this trend, maybe the other established clubs back East will follow also. Any way, see you at Trollhaugen.

- Harvey Friedman

## REQUESTING VOLUNTEER HELP

committment:	Approximately 6 hrs.
time parameters:	July 1 to July 31
work:	Publicity- Prepare and mail Orienteering schedules. (no research, all info is available). Some telephoning optional.
call:	Roger Sharp 772-7737 (eve.)

## WASHINGTON STATE ORIENTEERING CHAMPIONSHIPS

This year, the State Championships will be held September 20-21 at Trollhaugen in Snoqualmie Pass. They will be held in conjunction with an 'A' meet, which means that it is sanctioned by the U.S. Orienteering Federation. Cascade is in the process of producing a brand new 1:15,000 scale 5 color map of the area especially for this meet.

"Trollhaugen," which means "the troll hill" in Norwegian, is the name of a cross-country ski lodge which sits in the middle of the map. It belongs to the Sons of Norway, an organization for those of Norwegian descent, who have also contributed \$700 towards the production of the map.

The field checking for the new map was done by Cascade members Mike Schuh and Dave Enger, with additional field checking by Mark Fettes, a New Zealand citizen who was born in the U.S. of English parents, and currently lives in British Columbia. Mike and Dave have field-checked numerous local maps, and Mark has field-checked maps in England and Canada. Cartography is currently being done by Debbie Newell, a professional cartographer who has done many of Cascade's maps.

The courses for Trollhaugen will be designed by Sture Carlsson, a Cascade member originally from Sweden. Sture is an excellent orienteer, finishing 6th (of 300) in the H45A category at the 1985 Swedish Five Day orienteering event. His courses should prove to be both challenging and enjoyable.

A barbeque will be held Saturday night at Trollhaugen Lodge. The menu will be barbequed chicken, green salad, fruit salad, and punch. The food will be prepared by Joe Abad, a Seattle resident born in Hawaii.

The 1986 State Championships should be a spectacular event, and you won't want to miss it. Use the entry form which you will find in this newsletter, and send it in before September 9. If you have any questions about the meet, call the Meet Director (Debbie Newell, 488-7471) or any member of Cascade's Board of Directors.

### **Trollhaugen A-Meet Warmup, Saturday, September 6th from 10am to Noon**

Bridle Trails State Park, between Bellevue and Kirkland - just east of I-405. Take the NE 70th Street Exit off I-405 and follow the orange and white signs. This is the largest of the greater Seattle area park O-maps, and the meet will be a warmup for the Trollhaugen A-meet two weeks later. There will be 3 or 4 courses set, with a 5 to 6 km advanced course. Don't miss a chance to train on a new map in preparation for running on a new map.

KITTITAS VALLEY 'O' FESTIVAL  
CLE ELUM RIDGE  
18 MAY 1986

Kent Verbeck - Meet Director  
S. Evans, A. Graaff, B. Wiberg - Meet Staff

The Ellensburg 'O' Club ordered beautiful spring weather for the meet and Mother Nature delivered. The pastey-white westsiders, although quite confused, seemed to enjoy seeing their shadows. Meet director, and E.O.C. president Verbeck had passed the word that an elite course would be offered, and reports indicate that he also delivered. Kent planned five courses and decided to eschew the usual color-coding in favor of the Canadian inspired descriptive course designations shown below.

The Three Furies: Evans, Graaff and Wiberg handled the comings and goings; and, as usual, the cookies disappeared. Mike Schuh hides them in his beard.

For each course, I've taken the winning time and divided it by the sum of the course length plus ten times the climb.

Elite: 6.5 min./km.

Long Advanced: 8.6 min./km.

Short Advanced: 10.6 min./km.

Intermediate: 9.6 min./km.

Beginner: 8.9 min./km.

RESULTS

ELITE 10.9 km 405 m Climb 12 Controls

Dave Enger	COC	98:05
Mike Schuh	COC	109:30
Will Gale		191:24

LONG ADVANCED 6.6 km 315 m Climb 10 Controls

Steve Murphy		84:35
Doug Sprugel	COC	109:57
Rick Vaughan	EOC	132:35
Carl Moore	NO-COC	158:24
Woody Woodcock	<del>WCOO</del>	163:57
Anne York	COC	DNF

SHORT ADVANCED 5.5 km 195 m Climb 9 Controls

Roger Sharp	COC	75:12
Will Sperry	EOC	81:50
Harvey Friedman	COC	92:20
Ardis Dull	COC	105:50
Diana & John Ressler	EOC	126:25
Katie Sprugel	COC	127:55

INTERMEDIATE 3.8 km 135 m Climb 8 Controls

R. Allyson de Armas		50:16
Steve Layman		55:19
Tom Schuh	COC	79:02
Bruce McAlister	COC	99:05
Forsythe Family	EOC	151:30

BEGINNER 2.3 km 50 m Climb 7 Controls

Steve Layman		25:00
R. Allyson de Armas		29:43
Tom Schuh	COC	41:45
Valerie Enger	SOC-COC	43:20
Porter Family	CASCADIANS	97:45

## Lincoln Park, Saturday, June 7th

## Confessions of a fieldchecker

Meet Director - John Huth  
Course design - Robert Miller  
Set markers - Johan Anderson/John Huth  
Registration - Katie Sprugel  
Starts - Doug Sprugel  
Finish - Jim Siscel and Howard  
Post meet publicity - Dick Diesner  
Marker pluckers - Roger Sharp/Bill Luna  
Weather - Fair enough

### Beginner

Don Atkinson	30:33
Jan Wright and Sandy Miller	42:26
Seiko Eng	43:00
Dick Diesner	54:40

### Intermediate

Jan Vrana	21:18
Debbie Newell	26:07
Don Denbo	27:26
Mike Gallagher	33:54
Mark Moulton	34:32
Doug Sprugel	36:33
Steve Layman	37:54
Jim Siscel	39:54
Bill Luna and Roger Sharp	41:25
Ardis Dull	42:14
Michelle Everett	43:20
Don Bird	48:08
Troop 304C	49:18
Ralph Olson	49:24
Carl Zapffe	54:10
Knut Olson	54:40
Troop 304B	1:09:43
Mike Wilson	DNF
Troop 304A	DNF

### Advanced, Bizar-O

Meir Sheffer	48:12
Carl Moore	51:15
Rick Breseman	1:22:33
Harvey Friedman	1:53:40

As I write this for the July Cascade OC newsletter, the fieldwork for the Trollhaugen map is nearly complete. Dave Enger has finished his portion and I have about a quarter of a square kilometer to finish, which I will do this next weekend. With a week of fieldwork by Mark Fettes, who came to us by way of Ross Burnett and OABC, we will have a new 1:15,000 map covering about 15 square kilometers. By comparison, Cle Elum Ridge is about 14 square kilometers.

In terms of terrain, however, the two maps are quite different: Cle Elum is a rather uniform open pine forest with little point detail, Trollhaugen is a complicated quilt work of open forest, clearcut, marsh, clearing, and occasional thicket. The forest is a transition type, with a mix of pine and douglas fir with groves of western hemlock thrown in. Spruces and true firs are also present, along with vine maple and cottonwood. If you can ignore the impact of civilization, you can find lots of beauty in the area; certainly, at the slow pace associated with fieldchecking, I have found many quiet places in the forest.

Not to downplay the significance of human intrusion: there are seven high voltage power lines through the area, two railroad tracks and an interstate freeway, not to mention the clear cuts, the gravel pit, and the Bureau of Reclamation dam that forms Lake Keechulus and serves as the western boundary of the map. Despite this, it is still a 'wild' area: during the fieldchecking, we have seen deer, elk, a bear, a bobcat, and a fox, along with numerous smaller animals and a colorful variety of bird life.

I look forward to a lot of use of the area. With its easy access (just an hour east of Seattle on I-90) and varied terrain, I expect that we will be using the map for many years. Bring your friends to the meet this September and sample some top-notch Class A orienteering!

-Mike Schuh



BRIDLE TRAILS STATE PARK  
June 18, 1986  
Sammamish Orienteering Club

Course Setting - Dave Enger  
Registration & Timing - Bob Rein  
& Valerie Enger  
Weather - Thundershowers,  
hailstorm

Beginner, 1.2 km (6 controls)

Rich Mellitz 25:00

Short intermediate,  
1.7 k (5 controls)

Walt Hickey & Family 67:38

Intermediate, 3.1 km (7 controls)

Don Atkinson	57:39
Michelle Everett	62:15
Steve Layman	63:04
Jennifer Saffernick	64:40
Bill Toomey	65:14
Knute Olson	66:20
Phil Everett	69:20
Arne & Laura Skog	73:32
Troy Pearson & Scott Kjorsvic	80:29
Harvey Friedman	113:03

Advanced, 4.7 km (10 controls)

Gary McCausland	82:39
Glenn Gordon	97:35
Arnold Kay	101:38
David Lilly	114:17
Rick Breseman	119:24
Eric Edeen	DNF
Debbie Newell	DNF
Eileen Williams	DNF

MARYMOOR PARK  
May 14, 1986  
Sammamish Orienteering Club

Course Setting & Registration -  
Dave Enger  
Timing - Valerie Enger  
Weather - Sunny, cool

Course 1 (Novice), 2.0 km  
(6 controls)

April Womack	31:14
Robin Harvard	31:52
Steven Womack	34:14
Aleta Starr	41:00
Walt Fogle	DQ

Course 2 (intermediate), 3.5 km  
(8 controls)

Sture Carlson	25:41
Phil Everett	40:32
Tom Hamstra	41:27
Harvey Friedman	44:21
Pamela Carlson	45:32
Mike Wilson	49:23
Nancy Engel	56:47
Tim Vargo/Wendy Beaudry	60:19
Michelle Everett	64:38
Robin Harvard	82:01
Knute Olson	DNF

Course 3 (advanced), 6.0 km (17  
controls)

David Lilly	53:26
Mike Schuh	58:04
John Huth	69:51
Steve Murphy	73:52
Doug Sprugel	86:07
Ardis Dull	87:50
Ken Knapp	DNF



The Cascade Orienteering Club Presents  
**WASHINGTON STATE ORIENTEERING CHAMPIONSHIPS**  
 and "A" Meet  
 September 20-21, 1986



Trollhaugen 1986

**MEET SITE:** Snoqualmie Pass in the Cascade Mountains, approximately 60 miles east of Seattle. Meet headquarters is Trollhaugen Lodge, located in the center of the meet area.

**TERRAIN:** Predominantly open, runnable coniferous forest, elevation approximately 2500 feet.

**MAP:** Trollhaugen is a 1:15,000 scale five-color map with 5 meter contour interval. Base map: Mike Ackerfeldt; fieldwork: Mark Pettes, Mike Schuh and Dave Enger; cartography: Debbie Newell.

**MEET ADMINISTRATION:** Meet Director: Debbie Newell; Course Designer: Sture Carlsson; Vettors: Gary McCausland and Mike Schuh.

**CAMPING:** Crystal Springs (30 campsites) and Kachess (200 campsites) forest service campgrounds are within 5 miles of the meet site. They are primitive, with outhouses and no showers. Lake Easton State Park (100 campsites), 7 miles east, has restrooms and showers. Prices are \$4.00-\$6.00 for forest service campgrounds and \$6.00-\$8.00 for Lake Easton. Reservations are not accepted.

**LODGING:** Cle Blum (15 mi.): Bonita Motel, 906 E. 1st (509) 674-2380 Cedars Motel, 1001 E. 1st (509) 674-5535 Cle Blum Motel, 101 Oakes (509) 674-5571 Electra Motel, 800 E. 1st (509) 674-2320 Hus Motel, 521 E. 1st (509) 674-2551

Ellensburg (35 mi.): Branding Iron Motel, 506 S. Main (509) 925-3222 Harold's Motel, 601 N. Water (509) 925-4141 Holiday Inn, 1700 Canyon Rd. (509) 925-9801 I-90 Motel, 1390 Dollarway (509) 925-9844 Kerns Motel, 709 N. Main (509) 925-1818 Light House Motel, 607 W. Cascade Way (509) 925-9744 Nites Inn Motel, 1200 S. Ruby (509) 962-9600 Ponderosa Motel, 700 S. Main (509) 925-9388 Regalodge Motel, 6th & Water (509) 925-3116 Thunderbird Motel, W. 8th (509) 962-9856 Waits Motel, 205 W. 6th (509) 962-9801

**T-SHIRT:** A limited number of T-shirts will be available, so order with your entry to make sure you get one.

**REGISTRATION:** To avoid a late fee and reserve a T-shirt, registration must be post-marked by **September 2, 1986**. Registration deadline is **September 9**. No entries post-marked after this date will be accepted. To register, fill out the form below, sign the waiver on the back, and mail to:

Doug & Katie Sprugel  
 1915 N.E. 115th St.  
 Seattle, WA 98125

ENTRY FORM FOR TROLLHAUGEN 'A' MEET & WASHINGTON STATE O CHAMPIONSHIPS

Name/Contact Person \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_ Club \_\_\_\_\_

Name	Age on Dec. 31 1986	Sat Sun or Both	Course	Class	USOF Exp. Date	Reg. Fee	USOF/ COF Sur.	BBQ	T Shirt	Size	WA State Res.	Late Fee	Total
		Sa Su B								S M L XL	Y N		
		Sa Su B								S M L XL	Y N		
		Sa Su B								S M L XL	Y N		
		Sa Su B								S M L XL	Y N		

Please make checks payable to: Cascade Orienteering Club

Total Amount Enclosed

--

**SATURDAY NIGHT BARBECUE:** There will be a barbecue Saturday night at a cost of \$6.00 per person. The meal will consist of barbecued chicken, green salad, fruit salad, and punch. If you plan to attend, please reserve your space and pay with your meet entry.

**SCHEDULE:**

Friday: 3:00 p.m. - 9:00 p.m. Packet pick-up, Trollhaugen Lodge  
 Saturday: 10:00 - 11:00 a.m. Packet pick-up, Trollhaugen Lodge  
 12:00 noon First Start  
 6:00 p.m. Barbecue, Trollhaugen Lodge  
 Sunday: 8:00 a.m. First Start  
 1:00 p.m. Awards Ceremony

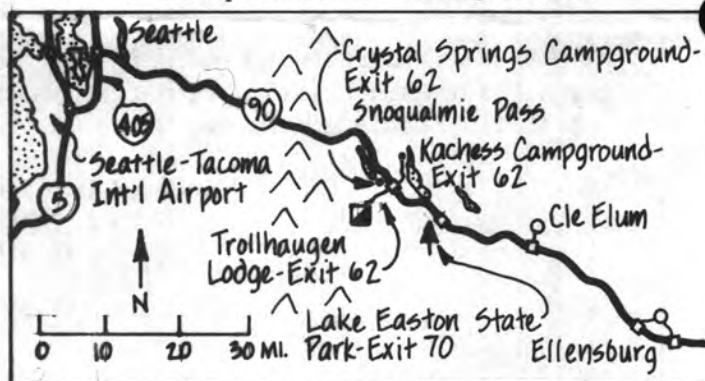
**COURSES AND CLASSES:** The following competitive courses and classes will be offered. Pre-registration is required for these courses. In addition, there will be a recreational course for day-of-race registration only.

Blue 7-12k advanced	Red 5-7k advanced	Green 4-5k advanced	Orange 4-5k intermediate	Yellow 3.5-4.5k adv. beg.	White 2-3k beginning
M21-A	F21-A M19-20A M-21-B M35-A M40-A M45-A	M17-18A F19-20A M35-B F21-B M40-B F35-A M45-B F40-A M50-A F45-A M55-A F50-A M60-A F55-A M Open	M15-16A F15-16A M17-18B F17-18A M19-20B F19-20B M50-B F35-B M Open F40-B F45-B F50-B F Open	F13-14A F15-16B M13-14A M15-16B M Open F Open	M-12A F-12A M Open F Open

**AWARDS:** Awards will be given to the top 3 finishers in each A and B category and to the top finisher in open categories based on total time for two days. There will also be awards in each class for the top finisher from Washington State.

**REGISTRATION FEES:** U.S. Funds, Canadians add 28%

\$5/day or \$9/2 days	Age 18 and under
\$8/day or \$15/2 days	Age 19 and older
\$2/person/day	USOF/COF non-member surcharge
\$6/person	Saturday night barbecue
\$5/person	Late Registration Fee
\$7	T-shirt
\$3/person	Wayfarer (pre-registration not required)



**WAIVER OF LIABILITY**

In consideration of the acceptance of this entry, intending to be legally bound, I do hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the United States Orienteering Federation, the Cascade Orienteering Club and its members, the Nisqually Orienteering Club and its members, the U.S. Government, the Sons of Norway, the Plum Creek Timber Co., Inc. and private land owners and lessees, their representatives, successors and assigns for any injuries or damages occurring during or resulting from this event. I further attest that I am physically fit, able and qualified to participate in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
 Signed \_\_\_\_\_ Date \_\_\_\_\_  
 Signed \_\_\_\_\_ Date \_\_\_\_\_  
 Signed \_\_\_\_\_ Date \_\_\_\_\_

If under 18 years of age, parent or guardian must also sign.

## Orienteering Schedule

### July 1986

19-20	Roosevelt National Forest, Nederland Western US Orienteering O-Champ's	Rocky Mt, Class-A "Colorado High-O"
25	Ballard Community Center, 6-8pm	Children's Meet
26	Hamlin Park, Seattle	Cascade
26	Pot luck at Roger Sharp's new house 6:30pm	Pot Luck

### August 1986

3	Mary's Peak, 3/4hr SW of Corvallis	Oregon
2-3	Filongley Park/Helliwell Park	Vancouver Island
6	Luther Burbank Park, Mercer Island 5:30-7pm	Sammamish Evening-O
9-10	Irish and Taylor Lakes, 2hrs SE of Eugene	Oregon
17	Foster Island, UW Campus, Seattle	Cascade Canoe-O
20	Tryon Creek State Park, Portland	Oregon Botanical-O
22	Ballard Community Center, 6-8pm	Children's Meet
23	Ft Steilacoom Park, Tacoma	Nisqually
23-24	Waldo Lake North, 1.5hrs SE of Eugene	Oregon
30-31	Thetis Lake/Royal Roads, BC O-Champ's	Victoria, BC

### September 1986

6	Bridal Trails Park, Bellevue	Sammamish
7	Timberline South, E of Portland	Oregon
13-14	North Shore Mountain Marathon	Vancouver, BC
20-21	Crystal Springs Campground, Snoqualmie Pass	Cascade Class-A
	Washington State O-Champ's and Pacific NW O-Champ's, meet 1 of 2	
27-28	Scott Lake, 1/4hr W of McKenzie Pass	Oregon

### October 1986

5	Marymoor Park, Redmond	Sammamish
11-12	Mt Laurie/Bow Valley	Alberta
	Western Canadian O-Champ's and Pacific NW O-Champ's, meet 2 of 2	
18-19	Briones Regional Park, North CA O-Champ's	Bay Area Class-A
25	Fort Stevens, 1/4hr SW of Astoria	Oregon
26	Stanley Park	Vancouver, BC
31	Magnuson Park "Halloween Ghost-O", Seattle	Cascade Night-O

### November 1986

1-2	Camp Stubblefield, US Individual O-Champ's	Houston Class-A
8-9	(Remembrance Day weekend meet)	Canada
15	Chip Ross Park, NW of Corvallis	Oregon
16	Robinswood Park, Bellevue	Sammamish
22	Fort Lewis, Tenalquot area, SE of Olympia	Nisqually
29	Seattle & King County	Cascade Bus-O

### December 1986

6	Kelsey Creek Park, Bellevue, WIOL Practice	Sammamish
7	(place to be decided), WIOL Practice	Nisqually
13	Woodland Park, Seattle, WIOL Practice	Cascade
28	St Edward State Park, 7th Annual "Bog Slog"	Cascade Pot-O-Luck

### Club

### Contact

### Phone

Cascade	Roger Sharp	h-206-772-7737
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Cascade Orienteering Club

Club Officers:

President  
Vice President  
Secretary  
Treasurer  
Publicity  
Membership  
Equipment

Robert Miller  
John Hutch  
Valerie Enger  
Eileen Williams  
Roger Sharp  
Harvey Friedman  
Debbie Newell

Membership Application

Check One: New ☐ Renewal ☐

Name

Address

City State Zip

Phone

Family \$10.00

Individual \$7.00

Associate \$4.00 (under 18 years of age)

Newsletter only \$5.00

If family membership, list other family members:

I want to learn more about:

Designing courses

Map field-checking

Map drafting

Control symbols

Meet registration

Training techniques

Start timing

Finish timing

Send application and check payable to Cascade Orienteering Club to:

COC, PO Box 31375, Seattle, WA 98103

Cascade Orienteering Club  
PO Box 31375  
Seattle, WA 98103



Address Correction Requested