

# Bearing 315

The Newsletter of the Cascade Orienteering Club

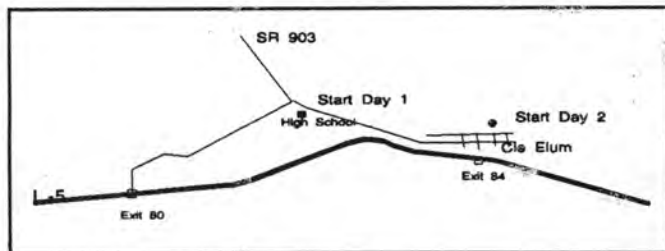
May - June, 1991



## KITTITAS VALLEY O-FESTIVAL MAY 11-12

If you're looking for "A" meet class competition, then the Kittitas Valley O Festival is just for you. The Ellensburg O Club and Cascade O Club will present a class "B" meet May 11 and 12 on the Ros-Elum map. Will Sperry is the meet director. Saturday course designer is Dale Width; Rick Breseman is course designer for Sunday. Ros-Elum is a 5-color, 1:15,000 scale, 5m countour interval, IOF standard map which has been used only once, for World Cup Day 1 of PNWOF last summer. There will be a complement of six courses each day. There will be no formal age/sex categories, but the next issue of Bearing 315 will list results by M/F, Jr, and Open. There is no pre-registration; all registration will be at the site. Those on courses 1-4 will be able to mark their courses before starting. Those on courses 5 and 6 will mark courses on the clock.

Please note the changes in start times: Saturday starts will be from 12 noon to 2:00 pm; Sunday starts from 9:00 to 11:00. Registration will be open a suitable period before scheduled starts. Saturday starts will be across from the high school (the registration site for PNWOF); Sunday starts will be from Montgomery Street in Cle Elum (Day 1, PNWOF starts for courses 1-4, and World Cup finish). To reach the high school coming from the west side, take I-5 Exit 80 (Salmon La Sac, Roslyn). After about 3 miles there is a stop intersection with SR 903. Turn right. The high school is several hundred yards on your right. Alternatively, go to Cle Elum, follow the Roslyn signs to SR 903, and go north on SR 903 about 1.5 miles. The high school is on your left. Sunday registration is at the end of Montgomery Street in downtown Cle Elum. Park where convenient. Route to start will be marked by O signs.



Ros-Elum Ridge, Site Map

### Volunteer Park

#### Saturday May 4

May's first COC event will be this Saturday at Volunteer Park. This meet will be our first in the park in several years. The advanced course will feature something a little different. The starting map will show you only four of the twenty controls; you must visit these four to discover the map positions of the remaining sixteen, thus offering a little workout for your route-planning skills.

### Magnuson Park

#### Wednesday Evening, May 22

The first evening meet of the summer, at Magnuson Park, entrance at 65th and Sand Point Way. With a picnic afterwards

### "I'D RATHER BE ORIENTEERING"

By Jessica Rykken

Imagine being paid to orienteer. No, not in a Silva-sponsored Troll Bowl (Live on ESPN), but rather, something along the lines of "Career-O." Go on, stretch your credibility a little further. Imagine a Monday through Friday, 8 until 5, Urban-Score-Orienteering-Extravaganza, in which you're earning a commission for every control punched. A paradisaical scenario conjured up in heaven? A fiendish nightmare dragged up from the depths of hell? Nope, just another week in the life of a city bicycle courier.

*continued on next page*

### EQUIPMENT WORK PARTY

We have a lot of equipment that needs repair; Spend an afternoon getting everything back in shape

Saturday, May 4 Following Volunteer Park Meet  
2 pm - ??

At Don Atkinson's (foot of Arrowhead Drive, first road west north of St Edwards)

Refreshments, Snacks

### *'I'd Rather be Orienteering' - continued*

You've seen them whizzing down, grinding up, and careening crazily along the streets of Seattle. No doubt they have, after several near-encounters, instilled a fear of nubby tires and lycra in you and your loved ones. But don't be fooled into thinking that these masters of the Sidewalk Slalom (Rush Hour Roulette? Pot Hole Polka?) are merely out pedalling furiously, fearlessly, futilely against some phantom Time Clock. In fact, they are skilled players in a physically and mentally demanding Game. Always a challenge, often a thrill, this Game (which is, indeed, also a vocation, for these are professional players who earn dollars for their prowess) is one that lends itself to the very vigor, skills and dogged mentality of the recreational orienteer.

Perhaps I'd best dispense with the third-person narrative, and confess that I am a Bucky. "Bucky's" was for years the one and only courier service here in Seattle. But it seems that the business is growing commensurate with the city's development. These days, for every new Espresso vendor on the street corner, and multi-story blot on the skyline, there's a nascent messenger company too. And consequently, the streets of Seattle are truly getting to be a dangerous place to stroll.

As to the actual workings of the Game: to begin, there are some twenty couriers on the Bucky team. And one harried dispatcher, who spends all day in her subterranean windowless cage, serving out jobs to us via the airwaves. The analogy of a course-setter, putting out controls, comes readily to mind. Each courier, then, has a radio strapped to his/her chest, through which communication is established with the Bucky Base. Typically, I'm working on 4 to 7 "jobs" at any one time. The pick-up and delivery addresses are scribbled down on a clipboard manifest in courier shorthand (i.e., "CC-P6" or "999-WC" translate to "Columbia Center to the Plaza 600" or "999 Third Avenue to the Westlake Center," respectively). Woe betide the careless courier who confuses the alphabet soup of E,N,S,W,NE,SW,NW... street suffixes on a given address. Substituting an "N" for an "S" can land you at the Space Needle rather than the Kingdome. At the end of the day, the manifest bears an uncanny resemblance to an elaborate script for a Fischer-Kasparov duel.

The real O-skills come into play in the routing of the pick-ups and deliveries. Hills, one-way streets, side-walks thick with dawdling pedestrians, must all be taken into consideration. Whether to use the stairs or ride the elevator; to fight the madding crowds on the pavement, or detour to a parallel street that's running the desired direction; the courier is constantly making split-second route choices for maximum speed and efficiency.

Some buildings present a unique navigational challenge unto themselves. For instance, when I have a delivery to make at the Columbia Center, the following thoughts ticker through my mind: Should I cycle the steep grade up to the 5th Avenue entrance, or enter down below from 4th Avenue, from where I will have to ride three crowded escalators up to the elevator banks? Which elevator bank do I need? (There are about six or seven of them, each catering to different floors. If the floor is above the 36th, a separate elevator must be taken just to reach the "Sky Lobby" at floor 40, where you are presented with four more choices of banks.) Should I squeeze into this elevator along with the eight other people who are all probably

stopping on floors below mine, or should I wait for an empty one? Does this office have a separate mail room for deliveries, and if so is it on another floor from what is written on the address label? And so on...

Receptionists and mail rooms serve as control flags in this sport, and a signature makes a handy hole-punch. My record, to date, is 46 deliveries in a day—a modest number in comparison to some of my more zealous coworkers. Pay, at Bucky's, is straight commission on each piece delivered. So, a warning, now, before you all throw in your corporate towels, and fling your respectable salaried jobs to the winds; consider that it takes a "good" day to earn enough dollars for a single seat at the opera. Then again, you can certainly strike the health club dues out of your budget, and replace all the Lean Cuisines in the freezer with Ding Dongs and Ho Hos. It's a girl's dream.

All in all, it makes for a long and sometimes exhilarating/often tedious work week. But when the weekend finally does arrive, I peel off the lycra and with it, shed all connection to that paper-shuffling Rat Race. Pity the executives who carry their bulging briefcases home on Friday afternoons. Ha, not I! For two glorious days I'm free to do as I please. Rest at last? Steam in a bubble bath and nibble on chocolates? Heck no, time to trade in the Gore-Tex for Trim-tex, the Seattle Fast-Map for an O-map, the helmet for... a thumb compass (?) and head off to the jungles for some recreational-O... just for fun.

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## NEXT GENERAL MEETING

Thursday May 16

The next general meeting will be 7:30 pm, Thursday, May 16 at the University Branch Library (50th and Roosevelt). Rick Hood will have a full report on his questionnaire. There will be copies of the questionnaire and of his report, and time for questions and comments. There will also be a "see-how-they-ran" report from the Intercollegiate Meet in Michigan.

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## June Potluck, OCAD Run and Meeting

Thursday June 20

Thursday, June 20 there will be a potluck dinner at Bruce McAlister's. There will also be a short course in part of Big Finn Hill Park on a color map produced by a CAD program (this is the same area - but not the same course or same map - as last year). We will try to focus discussion on plans for WSOA. Bruce lives close to St Edwards Park at 14014 81st Pl NE. Take Juanita Drive south at Kenmore to NE 141st, go east to 80th NE, turn right onto 80th, then take the first left to the second cul-de-sac. Phone is 821-6862 if you get lost. Course registration 5:30-7.

## OOPS ! !

We goofed. Last issue, we missed in not listing Jim Siscel as Course Designer for Woodland Park. Jim designed both the regular courses and the special Boy Scout course. We promise it will never happen again



# WHAT IS CASCADE THINKING

## COC QUESTIONNAIRE INTERIM RESULTS

By Rick Hood

First and foremost, thanks to the 39 members that turned in completed questionnaires. This is a bit more than 1 in 4 members, which is a good response for a detailed mailed questionnaire. While we still hope to hear from more members, we wanted to let you know what you've told us so far. Second, I'm going to go light on numbers in this mini-report, but if you want a more meaty report, come to the next general meeting or give me a call at 367-2606.

### -Who we heard from:

- Most members that have been around for awhile [49% with over 4 years experience and 41% with 1 to 4 years experience].
- Most consider O one of their top 4 outdoor activities [18% didn't while 31% consider it their top activity].
- Members are varied in participation in local meets [23% attend less than 4 meets per year while 18% attend more than 12].
- Additionally, many [61%] drive at least once a year to a meet at least 1 hour away. [For Canadian meets it's 38%].
- Most help with meets [28% didn't].
- Most take a low key competitive approach [53%] or recreational [26%] while a few are either mostly competitive [16%] or competitive [5%].
- And in general members said they are going to maintain or increase their involvement in the club over the next two years.
- Fun [38%], exercise and outdoor, mental/physical, and family activity were cited as the main reason members O. Bickering/cliquishness [10%], weather, and map problems were the major negative points mentioned.

### -What COC members want/advise:

Regarding club events and undertakings, members suggest changing the current approach for the following:

#### -Increase offering or effort-

- 1) Promotional and media coverage [78% vs. 3%; with 19% neutral]
- 2) Develop means of bringing new members into positions of involvement [68% vs. 3%]
- 3) New member packet and support [61% vs. 3%]
- 4) Training events [59% vs. 9%]
- 5) Map new areas [53% vs. 6%]
- 6) Update current maps [38% vs. 0%]
- 7) To a lesser extent: family O and special O activities

#### -Decrease offering or effort-

- 1) Super "A" events (e.g. US Championships, Convention) [45% vs. 9%].

2) To a lesser extent: "A" events.

### -The club's focus for the next few years should be:

Local "C" meets [1st], mapping, promotional, youth programs, training, and new members.

### -Members caution the club regarding:

Super "A" meets [1st], "A" meets and dues issues.

### -How members suggest we deal with the regional O clubs:

Most members stated a preference for communicating/coordinating our activities with other clubs. However, many feel COC should consolidate "B" and "A" meet ventures [42% vs. 3% do it by ourselves] and publicity and media activities [39% vs. 6%].

### -COC thoughts about members' responsibility:

Most members said the club shouldn't tie dues or fees to participation or support. However there was an even split [50% vs. 50%] on whether members should help at some event each year. 39% vs. 13%, [with 47% neutral] felt members should (or should be encouraged to) attend some meets each year.

61% offered suggestions regarding obtaining adequate help for meets. Of them, many [37%] suggest a sign-up system at the previous meet or some form of compensation [20%].

Moreover, 91% said they would be willing to fill out a resource sheet to give the club a better idea of what they were willing to volunteer for or would like more exposure to.

### -Comments of Members:

Most members wrote comments (thanks). The comments have been incorporated into the full report. Most comments centered upon three points:

1) **involvement/promotion:** do more for newcomers; more family, senior, and special group promotion and offerings, trim course for schools and young O'ers, inspire folks to bring friends, have after-meet social, more general publicity and corporate tie-ins.

2) **maps/meets:** train more mappers, use all available maps, trim course for anytime orienteering, maps updated more frequently; and new maps on larger lands vs. city parks.

3) **attitude towards support/growth:** growth is both good and needed but club should retain it's easy-going, low-key approach where there is room for both the competitive and recreational O'er; foster an atmosphere where involvement from members is encouraged but not mandated and where members efforts and contributions are meaningful, reasonable, and timely; figure out relationship with other clubs for good of sport and members, with personality aspects put aside as much as possible.

The full report (mostly easy to read pie charts with comments) will be available at the next club meeting. It seems appropriate to hold off on comments until then. If there is room/interest we'll have a follow-up article in the next issue. (Please note, the COC board will be given the original questionnaire and a complete consolidated list of all your handwritten comments). Again, thanks for your responses.

## TENALQUOT CLINIC

by Debbie Newell

On February 9, sixteen Puget Sound area orienteers gathered at Tenalquot Prairie near Olympia to discover the secrets of orienteering from O' guru Peter Zurcher. Peter, former Swiss national team member who now lives in Colorado, shared his training techniques in an all-day clinic.

**READING ON THE RUN:** We began the day with an exercise designed to hone our concentration skills and warm up our muscles: a short cross-country run. Sounds simple enough, but we had to read a map (of an area in Colorado) and answer questions about it at the same time. Some questions asked us to determine which of two control locations was at the higher elevation, while other questions asked us to choose the best route between two controls.

**FOLLOWING A COMPASS BEARING.** After a short break, we began an exercise in precision compass work. A course with 3 control locations was marked on our maps. Several more controls had been placed in the woods on a direct compass bearing between the marked controls. Our task was to mark the locations of any of these extra controls we encountered. How accurate we were at following a compass bearing would, of course, determine how many controls we saw.

**FOLLOWING A LINE:** After another short break, we practiced our map-reading skills. The idea was to follow as closely as possible a course that was marked on our maps. Halfway through the course the markings on our map ended, and we followed streamers in the woods. After a short distance, the streamers ended, and we resumed following a course marked on our map. Markers had been set out all along this course, and we marked on our map the ones we passed. This was the most enjoyable and useful exercise of the day.

**FOLLOWING A PARTNER:** After a long lunch break, we began the final two exercises of the clinic. In the first exercise, teams of two alternated navigating a course. My teammate, Mark Howlett, had controls 1, 3, and 5 marked on his map, while I had controls 2, 4, and 6 marked on mine. Mark navigated to the first control while I followed without looking at my map. After reaching the first control, I had to figure out where we were and then navigate to the second control while Mark put his map away and followed. When we got to the second control, Mark had to figure out where we were, and then navigate to the third control, and so on until we returned to the start. This exercise is an excellent way to practice your relocating skills.

**RUNNING A RELAY:** The final exercise, a relay, was designed to allow us to integrate all the skills we had practiced throughout the day into a flawless competitive performance. Although I don't think anyone quite managed to achieve this lofty goal, it was an enjoyable way to end the clinic. Overall, the clinic was a valuable training experience, and we should try to hold one every year.

Thanks to Peter Zurcher for the many hours he spent designing the exercises and setting out the markers, and for traveling all the way to Seattle just for this clinic. Also thanks to Pat Albright Zurcher and Gary McCausland for their help. And thanks to the clinic participants: Eric Bone, Nicholas Bone, Margie Bone, Ardis Dull, Peter Golde, Ben Hall, Rick Hood, Mark Howlett, Wanda Howlett, Ken Lew, Bruce McAlister, Robert Miller, Sandy Kish Miller, Carl Moore, Linda Moore, Debbie Newell, Art Rausel, and Dave Tallent; and Rick Hood and Ken Moore, who signed up, but couldn't make it.

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## Membership Report

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 16 April 1991. Words of both thanks and welcome go to the following new or renewing club members: Jean Amick, Rich Anter, Boy Scout Troop 398, Eileen & Rick Breseman, Laurence Britten, Dana Dick, Dave & Valerie Enger family, John Green & Carol Tilley, Ken Lew, Jim McNamara, Geof Miller & Terri Burciaga, Robert & Sandi

y Miller, Wayne Tomasello, Kenneth Wiljanen, Bruce Yocum family. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; also, membership cards are only available in person at a club function such as regular meet, meeting, pot-O-luck, but not at any ski-O meets, nor night-O meets, nor canoe-O meets (unless you are lucky), nor training events, nor workshops. If you want to get your handsome membership card, contact the membership coordinator, me (Harvey), at a Cascade sponsored meet or at one of the above-mentioned happenings. I do not have blank membership cards with me when I attend other clubs' functions. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost).

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## Books on O

by Harvey Friedman

With many new folks recently joining Cascade O. C., it is time to once again list books readily available at bookstores.

1) Be expert with Map and Compass by Born Kjellstrom, 1976, Charles Scribner's Sons ISBN 0-684-14270-8 — excellent for beginners, written at level for Boy Scouts

2) The Penguin Book of Orienteering by Roger Smith, 1982, Penguin Books — for adult beginners, contains British O history

3) Orienteering for Sport and Pleasure by Bengtsson and Atkinson, 1977, the Stephen Greene Press ISBN 0-8289-0270-4 — available at many branches of Seattle Library, more detail on how to improve your skills than 1) & 2)

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### Books - continued

4) Orienteering by John Disley 1978 Stackpole Books ISBN 0-8117-2023-3 — similar level as 3), similar British style as 2)

5) Cross-country Navigation by Phillips, Phillips, & Foley 1989 — written by Australian rogainers, it may still be available locally.

### T-SHIRTS - ANYONE ?

Harvey is trying to put together a T-shirt order. These would be colored shirts with the Cascade logo (the mountain one) silk-screened on them. Probably about \$10. See Harvey (784-2774) if you are interested.

### Correction to "For the Record"

by Harvey Friedman

Dave Linthicum, the USOF 'trivia keeper' who currently lives in Maryland, disagreed with my count and it turned out that we were both wrong. Corrected paragraph is below :

The final figures show that, including World Cup competitors, 778 individuals started in IOF classes at PNWOF. 817 registered and 764 participated on Saturday and 738 registered and 644 participated on Sunday (though several of a Swiss tour group picked up their maps but didn't run because they did not want to be late for their flight home). Reporting by gender, we had 434 PNWOF + 63 World Cup males and 237 PNWOF + 44 World Cup females for totals of 497 males and 281 females or a grand total of 778 different people participating in IOF classes. We also had at least 84 different people in the Direct Classes for a grand total of at least 862 for PNWOF90.

### WSOA TO DISCUSS CHANGES

WSOA (Washington State Orienteering Association), has been considering possible restructuring. At their last meeting, WSOA voted to ask the member clubs to consider club positions on several proposals which will be considered at the next WSOA Board Meeting. These include:

- Amending bylaws to remove any individual club liability for actions or obligations of the WSOA Board.
- Amending bylaws to provide equal representation on the Board to each member club.
- Change proxy provisions to eliminate standing proxies.
- Divide existing WSOA maps among existing clubs.
- Reduce operating cash reserves of WSOA by dividing surplus funds among member clubs.

These proposals are intended to emphasize WSOA as a forum for cooperation and exchange between member clubs, and to deemphasize WSOA as a superclub, where it is financially independent of the member clubs, but any financial liability stays with the member clubs. It would also change the situation where one club could have a majority of board members. The WSOA Board will meet on July 10 to consider the proposals. If you feel strongly, please let your WSOA representatives know how you feel. They will be shortly discussed at the May 16th General Meeting, and at the June 20 potluck meeting.

### OTHER MEETS FAR AND NEAR

#### NEWCASTLE ISLAND - May 25/26

Lots of salal, but good orienteering. This is Memorial Day weekend, so reservations are in order for motels. Camping available at the park on the island. Carpool to avoid the high ferry fares (\$40+rt, car & driver). Check with hot-line for pre-registration info.

#### SAGE STOMP VI - May 18/19

McQueen map Saturday, starts at noon, Dewdrop map Sunday, starts at 10. \$15 Can. 2 day fee; \$5 late fee after Monday, May 13. BBQ \$7. Flyers at Volunteer Park Meet or call Rick Hood. Send to: Sage Orienteering Club, c/o 2646 Valleyview Dr., Kamloops, BC, V2C 4E5.

#### BATTLEGROUND - May 25

This is a CROC meet at Battleground State Park, about 10 miles east of the freeway between Woodland and Vancouver, 20 miles north of Portland. Starts from noon to 2pm.

#### RIVERSIDE PARK - Spokane - June 1

This is one of the best maps in the state in a beautiful park, on the west side near Spokane Falls Community College. From the west, take Garden Springs exit to the old highway, then Government Way at the bottom of the hill. The park road on the west side of the river is now closed. Registration is 10 a.m. to noon.

#### KNUT OLSON 2nd AT HOUSTON

Northwest orienteers Knut Olson, Peter Golde and Bruce McAlister of Cascade and Arne Skog of Sammamish made the long journey to Bastrop State Park near Austin for the Texas Championships on March 9 & 10. The terrain at Bastrop consisted of light pine woods with a complex series of reentrants. The weather was cool and sunny, and the host Houston Orienteers were examples of southern hospitality. Knut, running on a good knee for a change, finished second in M55A.

#### WHILE DEBBIE NEWELL IS FIRST IN F21A BACK AT THE INTERCOLLEGIATES

The 1982 Intercollegiate and two-day "A" meet were held April 27/28 at Yankee Springs Recreation Area, about 20 miles south of Grand Rapids, Michigan. There will be a full report with pictures next issue, but Debbie had an outstanding two days to finish first in the women.

#### BOARD BRIEFS

The Board met in March at Ardis Dull's. We have about \$1300 in checking and about \$250 in savings (map fund). As previously agreed, 10% of meet proceeds since October are to be transferred to the map fund. It was agreed that WSOA's repayment of our \$500 loan will be placed in the map fund. Mike Schuh is fieldchecking several maps. The Board met at Denise Klein/David Soper's in April. Mike Schuh and Katie Sprugel reported on fieldchecking expeditions, and there was discussion of possible mapping sites. Next meetings, Tuesday, May 7 at Sprugels, and Tuesday, June 4 at Peter Golde's. Board meetings are always open to all members.

# MEET RESULTS

## LAKE TRADITION

March 3

Meet Director: Debbie Newell

Courses: Glenn Gordon

Registration: Don Atkinson

Start: Katie Sprugel

Finish: Mike Schuh

It was a wild and stormy day, with torrential rains at times, but those who braved the elements were rewarded by a series of excellent and challenging courses. Special credit to Ardis, Harvey and Ken who stayed on Course 3 to the finish.

### Course 1 (6 controls)

Paul Meyers	39:55
John & Brianna Cash	83:39
Bruce Yocum	94:33

### Course 2 (3.8k, 7 controls)

Nicholas Bone/Noam Gundle	48:47
Margie Bone	56:38
Dan Klein	85:00
Denise Klein	85:03
Dave Petty	92:39
Arne & Dane Lund	113:11
David Soper	125:21
Roger Sharp	DNF

### Course 3 (5.7k, 11 controls)

Dan Waugh	75:06
Eric Bone	121:38
Kathy Trost/Dave Lilly	121:57
Jessica Rykken	124:15
Steve Lang	131:09
Ardis Dull	155:38
Ken Lew	164:55
Harvey Friedman	167:44
Brad Miner	DNF
Tim Miner	DNF
Debbie Newell	DNF

### Course 4 (8.7k, 16 controls)

Split (approx. 4k)	Final
Dave Enger	44:13 107:37
Mark Howlett	38:38 114:00
Ben Hall	44:43 120:45
Dave Tallent	61:12 122:51

## FARREL-MCWHIRTER PARK

March 23

Meet Director: Dave Petty

Courses: Harvey Friedman, Peter Golde

Registration: Ardis Dull

Start/Finish: Peter Golde

The course was pretty soggy, but the weather held. Was surprising how many had trouble with the control off the parking lot.

### Course 1 (1k, 6 controls)

Bill Lindsay /William Yost	17:00
Kynion	19:25
Kathy Wright	21:03

### Course 2 (1.5k, 8 controls)

Lovell	34:04
Kathy Wright	35:33
Kynion	35:58
Anita Stokes	36:52
Burce Yocum	47:48
James Hopper	DSDSQ

### Course 3 (2k, 11 controls)

Bruce McAlister	44:33
Dana Dick	45:36
Becky Kosowski	46:42
Norm & Gerri King	62:27
Jean & Betsy Amick	68:52
Stan Brown	69:59
Harris family	78:02

### Course 4 (3k, 14 controls)

Debbie Newell	21:42
Ben Hall	25:06
David Keyes	26:50
Dave Tallent	27:14
Eric Bone	27:50
Dale Width	29:51
Alison Keyes	31:22
Jim Siscel	32:13
Ardis Dull	32:43
Eric Frieden	35:05
Kevin Finney	37:37
Bill McKenzie	40:48
Brad Miner	41:22
Sandy Kish Miller	46:33
Nicholas Bone	47:17
Anne York	56:34
Ken Lew	58:27
Margie Bone	60:09
Bob Williamson	63:19
Enger family	92:52

## LYNNDALE PARK

April 7

Meet Director: Rick Hood

Courses: Eric Bone, Nicholas Bone

Registration: Rick Hood

Start: Bruce McAlister

Finish: Carl McNabb

Marker Pickup: Peter Golde, Jean Davis, Rick Hood, Bruce McAlister

It was a warm and sunny morning in Miami. Unfortunately, at Lynndale it was gray and cold. The prediction was for terrible weather, but the hail didn't start until 2:00 pm, and 23+ hearty orienteers had a pretty good day. This was Eric's first try at designing courses, and a successful one. Although there has been a lot of revision at Lynndale, the map is still pretty adequate, and the trim course there is in good shape.

### Course 1 (1k, 8 controls)

Karen Siscel	50:03
Rich Anter	62:43

### Course 2 (1.8k, 8 controls)

Dave Petty	34:39
Carl McNabb	43:59
Steve & Tristram Lang	44:03
Ross Hunt	71:17
Haines family	DNF

### Course 2+ (1.8k, 5 controls)

One control on Course 2 was picked up before the following people had finished. Sorry for the error.

Barbara Knox  
Bruce Yokum family

### Course 3 (4k, 13 controls)

Ben Hall	29:50
Debbie Newell	31:43
Mark Howlett	32:00
David Keyes	44:52
Sandy Kish Miller	45:28
Tom Hollowell	46:11
Ardis Dull	47:35
Brad Miner	48:38
Ken Lew	51:57
Harvey Friedman	58:34
Jim Siscel	60:33
Jean Davis	67:32
Margie Bone	80:16



# Schedule

Date/Time	Location	Type	Club	Map	Information
<b>MAY</b>					
Sat, MAY 4 10 - noon	Volunteer Park 15th Avenue E at E. Galer	C	COC	b/w	1:3,000 (206) 783 3866
Sat, MAY 4	Royal Roads Vancouver Island	B	OABC	color	Carl Coger 1:15,000 (604)380-6562
MAY 11/12 12-2 Sat; 9-11 Sun	Ros-Elum Ridge, Cle Elum Exit 80 or 84 on I-5, see directions p 1	B	COC/EOC	color	Will Sperry 1:15,000 (509)925-4716
Sat, MAY 11 10 - noon	Manito Park, Spokane	C	EWOC	color	John Beck 1:10,000 (509)536-0650
Thurs MAY 16	Bimonthly meeting 7:30 pm, University Branch Library, 50th and Roosevelt, Seattle				
MAY 18/19	Sage Stomp / Edith Hill Kamloops	A	SOK	color	Frances Vyse 1:15,000 (604)372-8607
Wed, MAY 22 5:50-7 pm	Magnuson Park, Sand Point Park Entrance is at NE 65th St on Sand Point Way NE	C	COC	b/w	Bruce McAlister 1:5,000 (206)821-6862
MAY 25/26	Vancouver Island 2-Day, Newcastle Island Newcastle Island is small island in Nanaimo Harbor; Ferry from Nanaimo to Island	B	CVO	color	Peter Smith 1:15,000 (604)748-3235
Sat, MAY 25 noon - 2	Battleground State Park Battleground exit on I-5 (9or14) SR 502 thru Battleground on Grace and 229th to 249th	C	CROC	b/w	T Landschild (503)696-9486
Wed, MAY 29 5:30-7 pm	Luther Burbank Park Park is on 84th Ave. SE, off N Mercer Way (north of freeway)	C	SAMM	color	Dave Enger 1:5,000 (206)822-6254

## JUNE

Sat, JUNE 1	Riverside Park, Spokane Use Seven Mile Road; Parkway on west side of river is closed	C	EWOC	color	John Beck 1:15,000 (509)536-0650
JUNE 8/9	Ruckle Park, Saltspring Island (in Gulf Islands, north of San Juans) Take ferry from Swartz Bay or Tsawwassen (car reservations recommended)	C	VO	color	Jack Carson 1:15,000 (604)592-6964
Wed, JUNE 12 5:30 - 7 pm	Union Bay Canoe O Meet at U Washington Canoe Rental	S	COC	color	Mike Schuh 1:10,000(206)783-3866
Thurs JUNE 20 5:30 - ?	Potluc Picnic, Fun Run Bruce McAlister's, 14014 81st Pl NE, Bothell	S	COC	color	Bruce McAlister 1:5,000 (206)821-6862
JUNE 22/23 10 - noon	Whistler, Brandywine Park About 80 miles north of Vancouver B.C.	B	GVOC	color	Ron Green 1:15,000 (604)224-6132
JUNE 25/30	USOF Convention, West Chester, PA Includes 1991 US Relay Championships and One Day Individual Event	A	DVOA	color	Caroline Ringo 1:15000 (609)429-2677

## JULY

Wed, JULY 10 5:30-7 pm	Kelsey Creek Park, Bellevue Exit 12 from I-405 to SE 8th, cross Lake Hills Connector Road to SE 7th	C	SAMM	color	Dave Enger 1:3,000 (206)822-6254
Sat, JULY 13 10 - noon	Drunken Charlie Lake, Duvall Either Cherry Valley Rd/Kelly Rd at Duvall or Kelly Rd/Stoessel Rd at Stillwater	C	COC	color	Bruce McAlister 1:15,000 (206)821-6862

### Club Key

COC - Cascade Orienteering Club	CROC - Columbia River Orienteering Club	EOC - Ellensburg Orienteering Club
SAMM - Sammamish Orienteering Club	NISQ - Nisqually Orienteers	WSOA - Wash State Orienteering Assoc
EWOC - East Wash Orienteering Club	GVOC - Greater Vancouver O Club	VO - Victoria Orienteers
DVOA - Delaware Valley O Assn	SOK - Sage Orienteers Kamloops	CVO - Cowichan Valley Orienteers

### COMING "A" MEETS AND SPECIAL EVENTS

June 22/23	US Team Trials, Colorado Springs	August 25/26	Tumac Mountain 6-hr Rogaine
August 3/4	Colorado 2 day A Meet, Lake George, Colorado.	August 31/Sep 2	Rogaine, Colorado Springs
August 17	Washington State Games, Kirkland	September 7/8	Moran State Park 2-day, "B" meet
October 12/13	US Championships, Camp Lakewood YMCA, Potosi, Missouri		
November 23/24	Western States Championships, Sunol Regional Park, Fremont, CA		

For the latest meet information, call the ORIENTEERING HOT LINE at 783-3866

# COC OFFICERS AND COORDINATORS

Bruce McAlister	President (206) 821-6862
Peter Golde	Vice President (206) 883-3732
Ardis Dull	Secretary (206) 364-4062
Katie Sprugel	Treasurer (206) 365-8742
Mike Schuh	Executive Board (206) 783-3960
Bruce McAlister	WSOA Representative (206) 821-6862
Denise Klein	Volunteer Coordinators (206) 322-7797
Dan Soper	Mapping Coordinator (206) 488-7471
Debbie Newell	Membership Coordinator (206) 784-2774
Harvey Friedman	Newsletter Editor (206)
Dan Klein	Training Coordinator (206) 778-7202
Jim Sissel	Hot Line Coordinator (206) 634-2279
Margie Bone	Publicity Coordinator
Vacant	Equipment Coordinator (206) 488 0270
Don Atkinson	

## COC "C" MEET FEES

	b/w map	color map
Orienteering club members	\$2.50	\$3.00
Non club members	3.50	4.00
Novice (first time orienteering)	1.00	1.00
Families (regular fee for first 2 family members, \$1.00/person thereafter)		

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

## Cascade Orienteering Club

### Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Other family members \_\_\_\_\_

Club activities \_\_\_\_\_

Other interests \_\_\_\_\_

Membership Category	Yearly Fee
<input type="checkbox"/> Family	\$ 15.00
<input type="checkbox"/> Individual	10.00
<input type="checkbox"/> Associate (under 18)	5.00
<input type="checkbox"/> Newsletter Subscription only	6.00

Mail this form, along with your payment to:

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



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

*Has your membership expired?*

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

ADDRESS CORRECTION REQUESTED