

Bearing 315

September - October 1992

Orienteering News for the Pacific Northwest

Bearing 315 Prepared by
Cascade Orienteering Club

Information for:

Cascade Orienteering Club

Nisqually Orienteers

Sammamish Orienteering Club

Ellensburg Orienteering Club

State Championships at Cle Elum Ridge Sept 19-20

The 1992 Washington State Orienteering Championships will be held at Cle Elum Ridge on Saturday/Sunday, September 19 and 20. Start times Saturday will be 11 am to 1 pm, starts on Sunday will be 9 am to 11 am. This is the map that was used for the second day of the APOC meet in August 1990. Event cost is \$6 for one day; \$10 for two days.

Registration and starts will be in the open meadow area off of Masterson Road. Since we will not be able to park in the field area, parking will be along the access road and along Masterson Road. Detailed information is given on the enclosed flyer. Please allow adequate time to reach the start area on time. To reach the event area, take Exit 84 on I-90 (the East Cle Elum exit). Go east on SR 10 to SR 970 (Teanaway Road). Masterson Road is about 2 miles on the left. Continue east on Masterson Road. Watch for O signs.

There is no pre-registration; maps and start times will be distributed at registration. Approximately 30 minutes will be allowed to mark maps and reach the start area.

Camping will be available at Camp Koinonia, about 4 miles west of Cle Elum at \$3.50/person/night. This is the camping area that was used during the USOF Convention and Western States Championship meet in July. Showers and a swimming area will be available. Please note: this is a church campground, and we are their guests. NO open fires and NO alcoholic beverages are allowed on the grounds. Please respect these rules.

Finally, there is still room to help, particularly with pickup. Call Bruce at 821-6862 or Dave at 822-4223 to volunteer.

Ten Simple Things You Can Do to Win the Nationals

by Mac MacDonald
Sammamish Handrail

1. Train more in the woods, reading the map. Don't train on roads to compete in the woods.
2. Increase your mileage now, by ten percent each week. Once a week run up hills at a strong pace for two to four minute intervals, four to six repetitions. Take more days off as you run faster and longer. Plan to start speed-work training right after the Washington State Championships.
3. Memorize the "Orienteering North America" articles of 5/87, 3-4/92, and 5/92 about French Creek, the site of the U.S. Champs. Go out to the Delaware Valley a day early to "fieldcheck" the training event map, French Creek West.
4. Get out your old maps and set "French Creek-like" courses on similar terrain. My guess is the critical legs will be several hundred meter sidehill legs through bland, featureless country. Contour "folds" and small point features (charcoal pits there, root-stocks here) may be the only help en-route. Get comfortable with how to attack these legs using local areas.
5. Get proficient at running sidehill to a point 200 meters away, up or down one contour, using contouring and pace-count. This may be an important skill at French Creek, and October 31 isn't the day to practice.
6. Get good and confident at jogging a compass bearing diagonally up or downhill for 200 meters. You should be accurate at a jog within at least 5%, i.e. a 20 meter front, to safely use this at French Creek.
7. Figure out what your mental set, your frame of mind is when you are orienteering really well. Work on techniques to get there before each meet and stay there until you finish. Remember, we perform well because we're confident and focused and energetic, not vice-versa.
8. Use the remaining local park meets for training, not for times. Work on weakness. It may be pace counting, ignoring other competitors, pausing at the attack point, planning the next route before punching - whatever you know will help you eliminate errors.
9. Use the Washington Champs 9/21 and the B.C Champs 10/11 as "dress rehearsals" for the Nationals. Have your "routines" in order - for physical and mental warmup, for equipment, for executing each leg. Get psyched up and nervous; run it as well as you can. See what you learn.
10. Ask Sammamish's Fred Veler, Dave Enger, or John Rogers what it takes to win. They've been there.

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Drunken Charlie Lake Rogaine; Thumbs Up

By Cascade OC's Rick Hood

Twenty-five adventuresome teams set out to conquer or enjoy the Drunken Charlie Lake Rogaine August 22nd. Some 8 individuals did a control or two as capper to Mike Schuh's field introduction to Rogaining. (I guess this is where I should mention that everyone returned, too.)

Here's a recap: Things went pretty much according to plan with a noon start for the 6 hour teams and from 12:30 to 2:30 on the half hour for the 3 hour teams. Everyone was back shortly after the six hour deadline of six pm (encouraged to do so by the meet director's eloquent words and severe point deductions), awards and hot dogs followed shortly, and we were gone before 7pm.

The course design was done by a team of five. We intentionally set more controls on the 1:15,000 orienteering map than we thought anyone could get, to truly encourage route options and promote a variety of approaches. Since the winning team bagged 17 out of 26 controls, and 1040 out of 1500 points, about 2/3 of the controls and points, I guess we were within the ball park. (In the planning stages we thought about extending the rogaine for two hours or so, but if you've ever been to Drunken Charlie before, you know that a six hour event is no piece of cake and we elected to go with the six banger.)

OK, how was the course and how did the best team do?

--On the three hour course Fred and Eric set the standard with 8 controls, 460 points, and no bee stings. Strategically sage Ken and Bruce also earned a first in the senior master class. And the Sweets took married honors.

--And in the 6-hours, Dan and Mark bagged 17 controls and 1040 to edge out Al and Peter by one control and just 20 points in the men's class. (Please see Dan Waugh's accompanying piece.) Sam and Steve took novice honors with 13 controls and 700 points; impressive with less than a month of orienteering experience. Debbie and Dave won a narrow victory of Carl and Linda in the mixed class. Congratulation to Lisa and Ellen in the women's class and Sandy, Margie, and Linda in the walking class.

I did receive many nice comments and some phone calls saying that teams really had a good time and they are looking forward to our next Rogaine. Moreover, these comments came from experienced teams and first timers alike, and from those on both the full and short course options, so I guess we did most things pretty well.

Since we had teams "file a flight plan" with us prior to leaving and have their punch cards showing where they actually were, I'm putting together a little display on route choice, frequency of controls visited, and other comments for the Washington State Championship at Cle Elum. Come over and take a look and add your comments directly.

Three general closing items before I offer my personal and heartfelt thanks to the staff -- If we hold the event at Drunken Charlie next year I believe it prudent to strongly consider: giving an award to the one who had the most "close encounters of the sting kind"; making control pickup a follow up event on a subsequent weekend,

where individual try to get as many controls as possible (you return with the control, you get the points), and leaving a few select markers out for an extended time that can be used for training purposes.

And now for the thank-you's. Course Designers: Rick Breseman, Doug Sprugel, Annie York, and Peter Golde. Registration and Information: Harvey Friedman. Newcomers: Mike Schuh. Grill Chief: Aaron Charlop. Meet Support: Annie York and Mark Howlett. Marker Pickup: Mark Howlett, Dan Waugh, Debbie Newell, Dave Lilly, Mac MacDonald, and Peter Golde (who participated in Rick's informal "marker lotto.") Participants: you!!!

Getting High at Drunken Charlie's: a Sober Analysis

by Dan Waugh

As heard on "Jeopardy":

"It keeps on going, and going,
and going."

"What is a rogainer?"

There were times out there on Saturday when a sensible person (who probably would not have been there to begin with) might have thought, "Surely this is enough to make even that dumb pink rabbit with the drum run down and stop." Drunken Charlie's place, after all, is known for its muck, for slopes that can be climbed only on all fours if at all, for that nice runnable (sic) forest that abounds in deadfall--in short, to mis-quote a line from old Ben Kenobe, for being the cesspool of the orienteer's galaxy. The sophisticated reader might at this point ask, "What were all those people doing in such a place, so the rumors have it, having fun?" (Emphasis added.)

With vast rogaining experience upon which to draw--this was our second--and biased by a successful outcome, I can venture a few fragments of an answer. I think many of us orienteer because we enjoy the challenge of trying to balance keeping our brains from turning to mush with maintaining the physical exertion the course demands. That is, we are trying to find the fine line between going too fast (not necessarily in the sense of foot speed, but also in the sense of rushing decision making) and slowing down to avoid mistakes. If we are orienteering at the right level (course length and difficulty), it should be challenging but not debilitating in the sense that we are pushed beyond our limits. Properly designed courses typically have relatively few controls, and target times which should allow participants to remain within the boundaries of their comfort levels.

With a rogaine, at least for me, it's different. Sure, the number of controls is finite, but the assumption is that probably no one will visit all of them, and the time, while limited, is long enough so that any reasonable effort to maintain speed for the duration may strain even an ultra-runner. Whether from optimism or foolishness, I tend to approach a score-O course

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Drunken Charlie's - continued

(which is the rogaine format) with the assumption that surely I will be able to visit all of the markers and still finish on time. Even as the last fifteen minutes to penalty time approach, visiting another three or four, albeit scattered over a square mile, should be possible. The consequence of this mindset on a rogaine is that the little demon whispers the refrain, "Keep on going, and going, and going"--push beyond the point of being comfortably tired. No swamp too deep, no slope too steep: I have promises to keep and miles to go before I am allowed to collapse in a muddy heap.

So my secret is out--I enjoyed the rogaine because I am a masochist. Drunken Charlie's place was fun precisely because the swamps are deep and the slopes steep. It provided interesting rogaing partly because we were using a standard 1:15000 map and had to pay serious attention to the kind of detail not found on USGS quads typically used for rogaines. Yet the fact that the area is so challenging physically meant the event would not be just another Long-O. Here was a chance to suffer, to torture the flesh and brain under the delusion that all the points could be accumulated in the allotted time. Imagine that high of having run, tripped, slogged and crawled for five hours, and the real challenge begins: we enter the last hour and determine that the obvious choice for maximum points involves descending some 14 steep contours, immediately ascending a nearly vertical 13 of them, back down again, some thousand meters on a steady run, four contours down and up, another 1500 meters or so run with the last half an ascent over 15 contours, and finally another 600 meters with some seven contours ascent to the finish. 5 hrs. 56 min. Still going.

For Mark this was the finish of his fourth marathon equivalent in successive weekends. If he weren't into that kind of thing, you probably would think I'm a sadist too, an old man who cons innocent 35-year-olds. For me, a 15-20 mile per week runner whose joints creak with advancing years, the event was my first and only "ultra" of sorts--this year. Now you don't have to approach your rogaine this way to enjoy it. But perhaps you are missing out on the satisfaction of putting your mind to it and (the flesh willing) discovering that the ads are true and it is possible to keep on going, and going, and going. Nothing outlasts the rogaier.

The Blue Lake Training Clinic

By Cascade OC's Rick Hood

Every year the Alberta Orienteering Association hosts a full four day training clinic at the Providence's Blue Lake Center, about an hour east of Jasper. A lot of us from Washington had heard great things about the clinic and had wanted to attend but never made it. This year, however, six of us piled into my car for the 12 hour drive. (I won't exactly tell you who was the slowest orienteering in our group but it wasn't Debbie Newell, Dave Tallent, Eric Bone, Mac or Billy MacDonald.) All of us had attended a training clinic or two: Mac and Dave made the trip east for Bill Shannon's Intensive Training Camp, and the rest of us attended single day camps by either Peter Bonek and Claudia Kunzel of the Austrian National Team or Peter Zurcher, former member of the Swiss National Team. So our we

had a good idea of what we might find at the Blue Lake Clinic. My personal thoughts follow, but I know it is safe to say (as we discussed this and 1001 other things on the drive home) that everyone thought the experience was both beneficial and enjoyable. Moreover, everyone would recommend the clinic and go again, to boot!

-- My Story of How I Won Two Awards at Blue Lake Training Camp --

We arrived Wednesday night ready for a nice snack, a hot shower, and a good bed; we got all three and a nice information packet to get us set for the next four days.

Warning; the food at Blue Lake is too good and too accessible. By the Saturday most of us had improved our self control, I no longer had dessert with breakfast.

After breakfast and a nice welcome from Eugene Ulmer, the clinic director, we went to our first seminar. We received a helpful overview from Derek Allison, the senior instructor. Derek talked about the benefit of realistic goal setting and post-performance evaluation for each exercise. He also reminded us that the focus of the clinic was on technical aspects and that we should take the course option that would keep us out in the field for about an hour, rather than run our normal distance; his advice was, if we reach the pre-planned cut-off point and were already out 40 minutes, take the cut off. That way we'd be able to assimilate the techniques and yet have the energy reap the benefits of future exercises.

Then it was off to the first clinic, which was an actual course on one of the three interlocking 1:15,000 maps. (Blue Lake is at the lower end of the middle map and the upper portion of the lower map.) The area is detailed and the maps are good, our first experience was indeed positive.

When we returned, there were our instructors. We met individually and evaluated our goals that they had help us develop. Then off to the showers and lunch.

The same pattern followed for the rest of the camp: meal, seminar, field session, small group review and recovery. The seventh session was a "B" level meet offering three courses. In between we covered key topics and applied the techniques with well thought out exercises that were an ideal blend of a manageable technique in a realistic orienteering setting. I particularly appreciated the field sessions where we were paired with another orienteer and when instructors shadowed us for both promoted objective evaluation.

My favorite exercise was won that promoted, relocation, memory, and map/feature awareness: go out in pair one the "leader" takes "follower" to an attack point. The follower is then given the map and asked to retrace the route and determine where you are, when this is done, the follower takes the maps and navigates to the control and then becomes the leader for the next control. The leader has lots of latitude regarding the attack point.

Every evening there was an orienteering social event as well. The Blue Lake Training Clinic is in the second decade and their experience and insight shows; the quality, depth, and appropriateness of the staff is apparent at every turn. Moreover, every exercise came off in a timely fashion and there was little, if any, dead time.

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A Convention and A-Meet to Remember

Cascade Orienteering Club hosted the United States Orienteering Federations annual convention this past July at the University of Washington, and Sammamish Orienteering Club hosted the convention A-Meet at Roslyn. The combination of the convention and A-Meet provided an unprecedented opportunity to attend an A-Meet and to meet fellow orienteers from around the United States. Included here are reports on both the Convention and the A-Meet.

A Convention to Remember

by Cascade OC's Rick Hood

Official report synopsis: *The 1992 United States Orienteering Federation Convention, hosted by Cascade OC at the University of Washington this past July 15-17th, was a huge success; insightful seminars, enjoyable events, and phenomenal comradeship.*

My memories (OK, ramblings): I had fun and it seemed like everyone else did too.

1. Even the UW's food service meals were a pleasant surprise. Not only could I identify what I had selected, it was tasty, plentiful, and varied too. And if the rest of the faculty is as sage and engrossing a lecturer as the Department of Psychology's Earl (Buz) Hunt, then it's not just the football team that should be ranked number one.

2. Never take a sunny sky and a beautiful campus for granted, especially one that has been mapped for orienteering on land and water. I didn't and had a blast; here's why.

-- Sharks were all over the place. Wednesday nights Poker-O encouraged card sharks from around the country to really visit the campus in 45 minutes. What happens when you have 20 controls scattered about the UW, each with a random playing card attached, and restrict everyone to just five punches? "Where did I see that third king; is a full house good enough to win; do I have time to stop for a latte at the Burke?" Wasn't it nice of us locals to "let" our guests win (ok, so we are setting them up for 1993, but let's keep it our secret.)

-- Speaking of sharks, it's a good thing for Glen Cafferty that there weren't any in Union Bay, for he and his partner thought a "swim" might be nice midway through the Canoe-O. (Hey, it turned out to be a great strategy; they took first in the wettest team category.)

Others took a more conventional approach to earning a ribbon, choosing to expeditiously reach any five of thirteen controls on the short course or any twelve on the long course. With over 20 canoes electing the long course option, top times were surprisingly close--almost half returned within a 10 minute cluster. (AOC's Dan Ellsworth and Bill Spencer, paddling a private performance canoe, and SAMM's Dave Lilly in his kayak preceded the pack, in UW rented canoes, to take special honors. And no, there was no special reward or time adjustment for picking blackberries along the way, but we certainly knew who you were.)

3. For food and fellowship though you couldn't beat the banquet at Ivar's Salmon House. (Buz Hunt and Susan Infield presence, whom many know from the University of Washington Orienteering Research Program, made the evening even more memorable.) Oh, did I mentioned that thanks to the merchandise donations of Seattle area companies like Cascade Design, Eddie Bauer, Ivar's Salmon House, JanSport, Microsoft, MSR, Mountain Systems, The Space Needle, Sundog, and Tragger, and your

donations, we raised over \$1000 for the 1993 World Orienteering Championships to be held in the US for the first time ever. (I personally didn't win anything, but I remember who did, so if I ever need to borrow a...)

4. As for the seminars, I wasn't able to attend as many as I would have liked, as I was on the convention meet crew--though I was spared some tough decisions of choosing among three good simultaneous offerings on more than one occasion. But the ones I did hear were great!!!

--Dr. Earl (call me Buz) Hunt as the keynote speaker presented his and Dr. Susan Infield's research on, "The ability to know where you are in big space." OK, sure Buz had the right subject for the right audience; nonetheless, it was one of the best talks I have ever heard. I hope the 'WOC 93 organizers are trying to entice him and Susan to give a similar talk next year; I would surely attend.

--On the high tech front, I enjoyed the Trimble Global Positioning System seminar. Like many of the convention seminars, there was more material than an hour format allowed, but my GPS appetite was whetted. I hope O/NA, the definitive source for orienteering news in the US, will keep us abreast of all the GPS orienteering field advancements.

--The annual general meeting was a nice way to hear about what's really going on and put faces and voices to the names I see every month in O/NA. Some of the highlights: Vivien Fritz joins Bruce McAlister on the USOF Board of Directors. Vivien is the new administrative vice president and Bruce is entering his second of a three year term as regional representative. (Arctic's Dan Ellsworth is the regional alternative.)

4. Lastly, the convention ended on a perfect note with O/NA's Ice Cream Social in a beautiful outdoor setting where the WOC '93 folks gave an informal presentation and displayed the four hand-made quilts the clubs from around the country (like COC and SAMM) have contributed quilt squares to. The endnote? Peter Golde awarded the ribbons for the Woodland Park, Poker-O, Canoe-O Meets and Fun Run.

OK, no doubt I left out your favorite convention activity or memories. What should you do? You should, of course write a short note to the newsletter editor (POB 31375, Seattle, WA 98103). Before I close, though, please allow me to mention those people that made the convention happen; we had a small staff and it took a good deal of effort: Bruce McAlister (director), Peter Golde, Ardis Dull, Mike Schuh, Debbie Newell, Doug Sprugel, Norm & Jerry King, Vivien Fritz, Don Atkinson, Kathy Trost, Rick & Linda Hood, Finn Arildsen, Margie & Eric & Nick Bone, and Dave Petty. A special thanks to David Rolph for hosting a early morning bird hike through the arboretum and Brian Booth for sharing his Pacific Crest Trail slide show with us.

The bottom line, it really was fun and I'm planning to go next year when the convention is held near the Lake Tahoe area in California. Want a ride?

Ros*Elum A-meet

by Cascade OC's Nick Bone

*The 1992 Western States Championships held at Ros*Elum Ridge this July 18th and 19th and hosted by Sammamish OC was a huge success. Over 200 orienteers came from around the country to run on Mac MacDonald and John Sincock's courses. Add to that the 18 string-O maps taken on Saturday and the 32 on Sunday and it is easy to see that everyone is a "Northern Exposure" fan. Now for Nick's perspective..(rh)*

My mom, my brother Eric, my friends Melvin and Byron, my dog Bernie and I all drove up to Cle Elum together. It had been everyone's first convention and the first A-meet for Byron. We arrived at Ros*Elum ridge Saturday morning early because my brother was helping with parking, and my mom was running the Green course.

I had plenty of time before my start, which was fortunate, because of the 20 minute, 125 meter climb necessary to get there. By the time I started, it was hotter than I ever thought it would get. I later learned that it reached 100 degrees in Cle Elum. Fortunately, there were many water controls: a total of over 100 gallons for all the courses. Partly because of the heat, partly because of a lack of concentration, I did very poorly the first day. I made over 30 minutes' worth of mistakes which, even for me, is pretty bad. I wasn't the only one who suffered. Many other people had less than perfect runs and the times were slower than expected. The Saturday night banquet was wonderful, and the following route discussion was fun, too. It was interesting to see where other people messed up and where I could have done better.

The second day was much nicer. The weather was mild and there were even a few raindrops. Although I still wasn't focussed, I did twice as well, or rather half as bad, making only 15 minutes' worth of mistakes, closer to my norm for large meets. Over all, I didn't do as well as I had hoped, but I still came out as Western States Champion for the 17-18 age class. My main competition, Bill McDonald, didn't run the second day, and my brother, Eric, was busy winning the 19-20 division. It was a fun meet, well run, and a nice map. My thanks to everyone who helped make it possible.

Blue Lake Clinic - continued

Although the staff did mention that we had some of the best weather in recent years, there were so many orienteers back for the second, third, and even fourth time. I would guess that the Blue Lake Clinic staff would make it a very productive experience under any circumstances.

What did I really take away from the clinic in addition to some nice memories and new friendships? In general, if you practice a skill in a logical and realistic fashion and set reasonable goals, improvement is almost a certainty. Specifically, I plan to take some good maps for both walks and run this year and pay particular attention to simplification while remaining in better contact with the map so errors are realized sooner and my recovery process is quicker.

Oh yes, about my two awards. Well, the second was for doing well in the canoe-o, which was just for fun Saturday night. The first... well, lets just say two awards were given for identifying orienteering maps from around the world and I won one.

COC Beginner's Clinic

Saturday, September 12

Cascade Orienteering Club's new training Coordinator is setting up two clinics - a beginner to intermediate clinic this September, and a more advanced clinic with Peter Bonek and Claudia Kunzel this spring.

The Fall Beginner's Clinic will be Saturday, September 12 at Woodland Park from 10 am to 1 pm. From 10 to noon there will be four practical sessions dealing with topics such as map reading and visualizing route choices, compass and distance aspects, and "taking a good map for a hike". From noon to 1 pm there will be actual courses to try and then a course evaluation over some snacks. Cost is \$5 for club members or \$6 for non-club members. All proceeds over cost will go to establish a Cascade OC beginner's library and training aids. Call Eric at 346-2279 for more information. Pre-registration is not necessary, but highly recommended.

Spring Clinic

The second clinic will be hosted by two members of the Austrian National Team, Peter Bonek and Claudia Kunzel, who are studying at the University of British Columbia. This will be a two day clinic for experienced intermediate to advanced orienteers. We had hoped to hold this clinic this fall, but Peter will be at the World Cup in October, and there just isn't time to complete the clinic between the World Cup and the US Championships, so it has been rescheduled for spring. Dates and information will appear in a later issue of Bearing 315

US Champs

The US Champs are part of a week-long orienteering extravaganza that will give you 6 days of A meets between October 31 and November 8 in the Pennsylvania - Virginia area. A number of NW orienteers plan to attend all or part. Debbie Newell and Bruce McAlister are coordinating travel.

Bearing 315

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Practical course setting tips-2

by Mike Schuh

Last issue I wrote about the general philosophy of course design. In this article I will attempt to cover some practical course setting hints.

Let's say you are designing the courses (four of them) for a local club event. In coordination with the Meet Director, you have selected a finish area and start location. Usually, the finish of most local events is located near the registration/refreshments/parking area; the start is often at the same place, but can be a short walk away. At large events, an attempt is often (but sadly, not always) made to stage the finish line in such a way as to create an atmosphere of excitement. At local events, this can sometimes be done, but should be a minor consideration.

Safety first!

Do any of the legs on your courses encourage the participants to take potentially dangerous routes? I remember one West coast Class A meet where the fastest route from one control to the next involved going down a very steep scree slope. The course designer defended his design by saying the participants didn't have to take that route, but this is a slightly arrogant attitude, even if strictly true. It is far better avoid dangerous areas of the map.

Do not design courses that encourage the participants to cross busy roads, pass near the target end of active rifle ranges, tempt shortcuts through prohibited areas, include a leg through a bull's pasture, or anything else that could lead to injury (I have seen examples of each of these!).

Another form of safety conscious design is the layout of the novice course. If it sticks to roads, trails, and easily travelled clearings, then it is probably quite safe. But what if it includes a few trail sections that are difficult for a novice to follow? If they get lost - unlikely at Woodland Park but a definite possibility at Drunken Charlie Lake - then poor course design becomes a safety issue.

Bookkeeping for course designers

When I am doing my initial course design, I give each potential control location a unique identification number (this is not the control code, nor the control number; more on these later). In addition to the ID number, each control has its description. For each course, I keep a list of which control locations (IDs) are a part of that course. After I am content with my design I assign the final control codes. This is done by first making a list of available control markers and their codes, and then, as each marker is assigned to a location in the forest, it is checked off the list (this might sound elementary, but if you don't have a system - this one or any the others in use - this can be a very inefficient process indeed). The last step in this phase is to prepare the description sheets for the participants, and to draw the master maps. These maps are either used by the participants to draw their own courses or, at a large event, used by the meet staff to prepare pre-marked maps for the participants. One more map is drawn - this has the location of each and every control

in the forest, the circle drawn just as it would be for the participant and labelled with the control code.

How should control codes be assigned?

The control code is the label on each control marker - hopefully this code is unique to each marker. (In Washington State, each club has assigned to it a range of numerical codes - 100 to 199 for COC, 200's for Ellensburg OC, 300's for the Nisqually Orienteers, 400's for Sammamish OC, 500's for Eastern Washington OC. Several clubs also have alphabetical codes that predate this numbering scheme and unfortunately include some duplication.) The control number is simply which control this is on a given course - the first control is number 1, etc. Some course designers like to assign the control codes such that the last digit of the code is the same as the last digit of the control number, or have any alphabetical codes go in alphabetical order, but this is personal preference and not required by any rules. For national class A and class B meets, it is specified that no control shall have a numerical code less than 30, the idea being to lessen confusion between a control's number and code (this has also happened to me!).

One thing I try to do is to avoid having controls near each other have similar codes - like 112, 121, 122, 131, and 132 all within a short distance of each other. The same goes for using similar features: it is a general rule that two identical features (boulders, let's say) that are less than 100 meters apart shall not both be used as control locations at the same time, whether on the same or different courses.

The secret control marker handheld

So, you've got your all-controls map in one hand and a bunch of control markers in the other. Now what? Well, here's a hint on how to carry all of those unruly assemblages of nylon, wire, string, and punches.

Take the punches and strings and place them inside the small pouch of the control marker, formed by clasping the marker flat and holding it by one corner (by carrying the punches and strings inside the pouch, you won't have them tangling with the other markers). To hang the marker, merely take it off of your hand, open it, and the punch and cord will fall out of the pouch. Simple, huh? [clever wording adapted from Ron Lowry, 1980]

We also store our control markers in this fashion (flat, with the cords and punches inside). Tying knots or wrapping the cord around the marker does not gain much in the neatness department and merely serves to make setting the markers out more difficult.

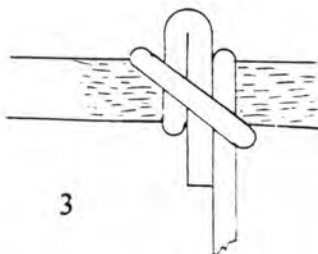
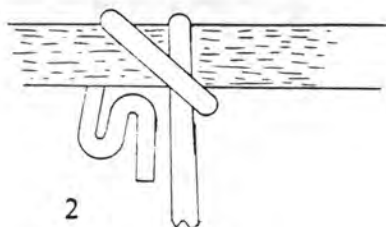
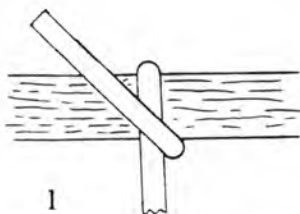
A gentle reminder: using your compass while holding it in the same hand as the control markers is not recommended...

Plan the route you will use to place the markers in the forest, and put the markers on your hand in the same order. When I set the markers, I also carry a control card for each course. As I hang each marker, I punch the appropriate card(s). When I am done setting out the courses, each control card should be complete. If not, then I know which markers need to be set out. These control cards can also serve as "official master control cards" against which each participant's card is compared. I also carry a copy of each description sheet - just to make sure that I set the marker exactly where it belongs.

Course setting - continued

The secret course setter's knot revealed

Actually, it's just a slip clove hitch, but I have found it to be one of the best knots for tying control markers to branches and such. Wrap the free end of the cord around the branch as shown. Form a small loop in the free end and tuck this loop under the wrap. Pull it snug. When the marker is retrieved at the end of the event, the free end can be pulled to easily untie the knot, which beats some knots I have encountered late on rainy winter afternoons...



Some marker placements do not lend themselves to a slip clove hitch. Because there are so many possibilities, I won't try to cover them here; consult a Scout, sailor, or mountain climber or use your ingenuity. Just remember that someone, maybe you, will have to untie whatever knot you use.

Don't hide the marker!

Recall that the challenge in orienteering is to navigate between control locations, not finding the actual marker. If I have reached the center of the circle on my map and am standing at the location described in the description, then I should see the marker. If I can't, then it is probably poorly placed. It should never be inside a hollow stump or down under some rocks. That might be appropriate in some other sport, but not in orienteering. If the description says "stump, south side", then I should not expect to find the marker on the north side of the stump nor on the other side of a trail. I would expect to find it hanging on (or very near to) the south side of the stump and nowhere else. Guessing should not be a part of orienteering!

Make sure all of the markers get picked up

Control markers are a bit expensive and a chore to replace. Besides, it's just downright unneighborly to leave control markers out in the forest after an event and it simply lacks style. One method to ensure that all markers are brought back is to cross each one off of the all controls map as they are returned. The method I prefer (because the all controls map is still out in the forest or has been misplaced or was never drawn to begin with) is to take one copy of each description sheet and, as each marker is brought back, cross it off the description sheets. Then - and only then - does the marker go into the box. This method seems to be the most reliable of all that I have seen. Still not perfect, but pretty good.

In the next issue I will discuss the actual layout of a course, and what kinds of course design are generally considered to be better than others. Sometime soon COC will hold a clinic on course design, open to interested orienteers. If you would like to attend, please contact me or another club leader. If you would like to try your hand at designing a novice course, please let me know. You can design the novice course for one of our upcoming meets and I will review and comment on your design before the event. Call me!

This is the second of a series of articles on course design and control placement by Mike Schuh. Further installments will appear in future issues of Bearing 315

Help Cascade OC Adopt St. Edward State Park

Dear Editor:

Cascade OC has been holding orienteering events in St. Edward State Park for nearly 13 years and we would like to give something back to the park. Several volunteer groups have been active building and improving trails in the park and Mike Schuh has met with park rangers to explore the possibility of COC contributing to this trail work. Other possibilities include litter removal and clearing brush. A specific project that Mike has discussed with the park staff is the construction of a trail in the southwest corner of the park (near the shoreline) connecting the existing shore trail to 62nd Ave NE.

It is anticipated that the actual work would take place on several days during the next four to six months. Specific tasks include clearing brush, some chainsaw work on downed trees, a significant amount of earthwork, and final grading of the trail surface. Something for everyone!

If you are interested in helping with this project (or would like to suggest others), please call Mike (783-3960) or talk to any club officer.

(Note: This year's Bog Slog, scheduled for December 27th, will once again use a color photocopy for a map. In addition to the various trail construction described above, the park will be expanding the parking lot north of the gymnasium. This is part of the project to renovate the gym for public use. It is possible that at next year's Bog Slog we can have our potluck at the park. While this might eliminate Debbie's once-a-year house cleaning, it would provide us with more space.)

Mike Schuh

From the Meet Director

Dear Editor,

I would once again like to thank all of those who made the 1992 Western States Orienteering Championships and the USOF Convention "A" Meet a success. (A complete listing of meet staff appears with the results.) In particular I would like to thank Sandy Kish Miller (COC), Mac MacDonald and John Sincock (SAMM) and Mark Howlett (NISQ) for the many hours they spent preparing the courses in the field and at home.

The event was a cooperative effort among Sammamish, Cascade, Ellensburg, and Nisqually Orienteering Clubs. COC was a big help with pre-event planning and publicity, particularly Peter Golde who also did an excellent job of handling the pre-registration. EOC arranged the camping, refreshments, and the Saturday night dinner. Nisqually loaned us their orienteering markers and signs.

Finally, I'd like to thank the participants, who made this the best attended "A" Meet yet hosted by a local club in Washington (exclusive of the 1990 APOC/World Cup event hosted by WSOA). We're looking forward to hosting another major event in the future.

Dave Enger, Meet Director

AND MORE LETTERS

And for the Meet Director

Also, we've thought you might enjoy seeing some of the thank you notes that Dave received.

Dear Dave,

Thanks very much for the fine O meet last weekend. Please pass on to your crew my appreciation and admiration of their work.

Cheers, Will Sperry, EOC President

Dear Dave,

I enjoyed participating in the A meet at Ros*Elum even though I blew up my feet. I had to go see the doctor he diagnosed muscle damage in the region of my toes. I had a good time at the meet and was glad that I upped my course from red to blue, just for the fun of it...Thanks again for the fine event that your club put on...

Sincerely, Doug Corkhill, Raleigh, NC

Do We Really Need New Maps ?

Dear Editor,

Should COC make maps of new areas?

One of the many topics that the Cascade OC Executive Board discusses is our mapmaking program. During the club's 15 year history, we have produced in excess of 30 maps, and some of them have been revised once, twice, or even three times. Many of these maps have been the work of just one or two individuals; a few have involved the collective effort of a half dozen. But we have a limited number of such volunteers, and this limits the number of maps that can be produced in a given year. Should we concentrate on updating existing maps or should we attempt to make maps of new areas? Or should we try to do both?

Our mapmaking program is directly related to our meet schedule. One requires the other: maps (in some form) are essential for orienteering, and without an active meet schedule, there'd be no reason to make maps. In recent years COC has scheduled between 15 and 20 days of orienteering each year. If we make maps of new areas and schedule events on them, then we would need to either increase the number of events each year or not hold events on some of our existing maps. In the latter case, we would not need to update those maps; in the former, we would need more club volunteers to organize the additional events.

Which course of action do you, the club members, wish the club to take? One of the benefits we have living in the Seattle area is a benign climate - we can orienteer year 'round. Working in concert with the Nisqually Orienteers and the Sammamish OC, we could have over 100 days of orienteering each year - two events each weekend (and I believe we could do this without undue pain). Is this a desirable goal? Let your thoughts be

Cascade Chatter & Membership Report

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 29 August 1992. Words of both thanks and welcome go to the following new or renewing club members: Brett Aniballi, Peter Bonek & Claudia Kunzel, Boy Scout Troops 270 and 571, Nancy Ann Coon, Mark Hartinger, Tom Hess, Thomas Hutchinson family, Pat Kennedy, Ken Knowlan, Carl McNabb, Brad Miner, Dot Newell, Elizabeth Prindle, Orville Rhine, Brad Robinson family, Gail Smith & Craig Wyss, Maureen Traxler, Tom & Lisa Tangen, Rebecca Tyson, Yost family, Jay Zimmerman. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; everyone plan on attending at least 5 per year. 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); especially since we now send the newsletters out at bulk rate, we no longer know if or when you move.

Now, what's new? Jim McCaa, graduate student at Univ. of Wash., passed his Ph. D. qualifying exam this summer. Now comes the harder part - research and a dissertation..... Jessica Rykken is on her way to attend graduate school at the Univ. of Vermont. She was one of only 5 students selected each year for an environmental resources management program..... Former member Ingemar Jansson, who those who remember him visit when we travel to Scandinavia, and his wife, Helga Haverstad, had their 3rd child and 1st girl a few weeks ago. More young elite O'ers..... Robert and Sandy K. Miller will definitely visit them all on their European jaunt this fall..... Rick Hood has donated several books on orienteering to form the nucleus of a club lending library. Ask him what the titles are and where they are if you are curious or desperately need to read about O'..... Rick did a fine job of organizing the ROGAIN (Rugged Outdoor Group Activity Involving Navigation and Endurance) at Drunken Charlie Lake on 22 August. General consensus was that it is fine for a short ROGAIN and good for a regular 6 course meet if the course designer/setter is skilled. We must try to use it as much as possible before all the best parts are logged off. Yes, there is a new logging road on the north part of the map; soon that wonderful cedar woods will just be stumps..... Another thought about O' and books, etc. For those folks who don't get enough instruction at meets, don't think the O' books are helpful enough, and think that you need more than the 1-day beginner's clinic 12 September at Lower Woodland Park, remember that if you want a multi-day course of instruction involving indoor theory and outdoor practice, the Experimental College of the University of Washington provides a course a couple of times per year. Of course, it is not free but those who have taken it feel it was well worth the price. You can phone the Experimental College for a catalog (there may be other inexpensive courses you want to take) or ask Mike Schuh for details..... The Bones went to Alberta for the Western Canadian championships. If you want more news about people in the club, you'll have to tell me something or preferably write or scribble me something that is for this column since I have such a bad memory. O'ers are honest folks. Several renewed on old membership application blanks, sending in only \$10 for a family membership. Upon receipt of the newsletter, they realized their error, and promptly sent in the extra \$5. Thank you guys...

LETTERS

And More Letters Again

known to the Executive Board - our phone numbers are included in this newsletter. Call us and tell what you would like the club to do.

- Mike Schuh

Ellensburg Speaks

Where is that soapbox: I want to talk some more about maps. Our 5 July meet was on the Cle Elum High School map: color, 1:7500, and about 2 km². It's a piece of the Ros*Elum map used for the World Cup practice day. The Independence Day weekend event was designed to get people to try O so I worked hard on the right mix of easy-but-in-the-woods for the beginners' course, and less easy with a variety of terrain for the intermediates.

But I was curious what kind of an advanced course could be laid onto this map. Generally I prefer lots of controls: the beginners and intermediates had 12 and 15 in 1.9 km and 3.3 km. To my surprise I found that a 6.7 km advanced course could easily be fitted into this small area if lots of controls were used. I settled for 31, and could have added 4 more with another 1.6 km.

Although the average distance between controls for both

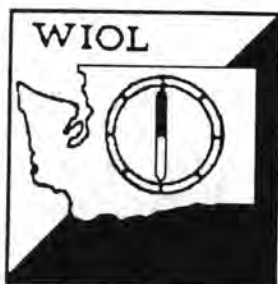
intermediate and advanced was about 220 m, both courses had longer legs with short ones inserted to prevent doglegs and to keep the entrant's mind on the control description card and the map.

Did this work? In particular, was the advanced course advanced enough? Lady Luck sent me Matti Suomalainen visiting Bellevue from Finland, and choosing Cle Elum for some O. Matti completed the 6.7 km in 50 minutes: 7.5 km/min. The course, although short, was OK.

My conclusion is that maps of small areas can be satisfactory for all orienteers. Smaller maps mean smaller map costs, and clubs can be making maps regularly without the necessity of a major money search. A recent USOF policy change encouraged this by no longer tying their mapping fund loans to A-meets.

I previously argued for more use of black-and-white maps, and still think it's a good solution for small clubs. EOC produces a new black-and-white map or updates one about every other year. But also by "aggressive marketing", yard sales, cookie and pop sales, meet fees, we have been able to produce these maps and a small area IOF quality map, and have enough money saved to do another one. This method makes sense to us.

Walt Sperry



WIOL NEWS

The Washington Interscholastic Orienteering League

Eric Bone, Rachell Tharp Win

It's a while since the championship at Issaquah, but this is the first newsletter, so we are starting the season with a recap of the championship meet.

The Tenth Annual Washington Interscholastic Orienteering League Championship was held on February 21 at Lake Tradition in Issaquah. Despite rain the previous day and threatening skies, the weather cooperated and we had pleasant conditions (even a little sunshine) for the event. Mike Schuh did a fantastic job of organizing the meet. The Cascade Orienteering Club hosted the meet and with help from the Sammamish Orienteering Club, did a great job of running the meet. Rick Breseman's courses were very good and challenging (particularly the Elite course). Everyone owes a big thanks to all the incredible volunteers who made the Championship possible.

For the first time ever there was some real competition in the middle school competition. Eric Frisvold from Evergreen Forest ran the course in 12:17 to nip Scott Roestel from Chief Kanim by about a minute. James Hopper from Green Lake Elementary took third place. Sarah Roestel from Lake Kanim won the Women's Middle School Championship with a time of 15:28.

On the Regular Course, the competition was completely dominated by Garfield High School. Garfield took the first three places with Tomas Clark's 28:33 edging teammate Noam Gundle by 12 seconds. Christopher Morgan took third with a time of 30:59. The Women's competition, Jennifer Moffett from Stadium continued a family tradition and won with a time of 39:06. Two Wilson women finished second and third with Jenny Payne, last year's runner-up, posting a 46:50 and Christine Matter finishing in 50:20.

The Elite course was long and hard for every one except Eric Bone who won in an amazing 50:04. Second place went to Mariner's Bill MacDonald with a time of 69:54. In third place was Garfield's Nicholas Bone with a time of 73:30. Nicholas, who is Eric's brother, was undoubtedly the most improved WIOL orienteer this year. Fourth place on the Elite course went to Rachell Tharp from Timberline in a time of 76:29. This gave Rachell her fifth overall WIOL Women's championship. While Rachell and Nicholas will return next year, Eric and Bill, two of the best WIOL competitor ever, will both graduate. Bill placed fifth on the regular course as an eighth grader and since then on the elite course he has finished third, second, fourth and now second again - a truly outstanding record. During the last two years, Eric has established himself as one of the great WIOL legends. He has won 13 out of the last 14 WIOL events. This year he became the first competitor to ever have an undefeated WIOL season. He is only the second WIOL male to win two WIOL Championships. With both of these guys heading for U.W., we expect to hear big things from U.W. at future Intercollegiate Championships.

The team competition was very one sided as Garfield ran away from the all opposition and score 175 points. This was Garfield first WIOL Championship and it complemented their regular season championship. Tradition powerhouse, Wilson, which has not finished worse than second in the last 8 years, was second again. Fielding by far the largest team, Wilson finished with 158 points. Two time defending champion, Bremerton, was third with 114 points.

WIOL - get a head start!

This year's Washington Interscholastic Orienteering League is set to begin with a clinic on Thanksgiving weekend. Students who were active in the league last season can get a jump on this season (and perhaps a competitive edge) by attending the many local events (including the state orienteering championships) scheduled during the next three months. While these are not part of the league's season, these events provide an opportunity to sharpen skills and introduce classmates to orienteering. Check the schedule for more information.

There will be some changes simplifying scoring, and the possibility of a single season's fee. Details in the November newsletter.

New Newsletter-Bearing 315

This year, *WIOL NEWS* will be included as part of *Bearing 315*, so you will receive a wider range of orienteering information than we could include in *WIOL NEWS*.

Tentative WIOL Schedule, 1992-93

Nov 29*	Clinic Evergreen HS	COC
Dec 5*	Kelsey Creek Bellevue	SAMM
Dec 12*	Farrel McWhirter Redmond	COC
Dec 19	Ft Steilacoom Tacoma	NISQ
Dec 27	St Edwards Bothell	COC
Jan 9	NAD Park Bremerton	
Jan 16	Marymoor Redmond	SAMM
Jan 23	Priest Pt Olympia	NISQ
Jan 30	Open	
Feb 6	Seward Seattle	COC
Feb 13	Championships	SAMM
	Bridle Trails Kirkland	
	* Preliminary - trial meets	

Meet Results

Western States Championship Ros*Elum - July 18/19

Dave Enger served as meet director of this very successful "A". He really knows how to say thanks; he and his wife, Val, treated the meet staff to a post-meet Salmon BBQ at their home. And Dave is already talking about another "big meet" and that's how he is planning to say thanks to all of us who attended this past meet--by doing another super job again in '94 or abouts.

Meet Director: Dave Enger

Course Setters: Mac MacDonald (B,R,G),

John Sincok (O,Y,W)

Course Vetter: Sandy Kish Miller

Course Advisors: Dave Enger, Sandy Kish Miller,

Gary McCausland

Test Runners: Dave Enger, Ben Hall, Mark Howlett

Course Printing: The Engers, John Sincok

Pre-registration: Peter Golde

Registration: Kathy Trost, Nancy Lilly, Karen

MacDonald

Starts: Bob Reddick, John Sincok, Carl Moore, Mac

MacDonald

Finishes: Mark Howlett, Rick Donaldson, Dave Lilly,

George Lilly, George Lilly, Debbie Newell, Mike

Schuh

Results: Dave Tallent

Awards: Dave Lilly

Local Arrangements: Kent Verbeck

Parking: Kevin Finney and Eric Bone

Babysitting: Valerie Enger and Melissa Ward

Water: Dave & Willie Enger, Knut Olson

Refreshments: Ellensburg OC

Ring O: Dave Enger

Marker Pickup: Mac MacDonald, John Sincok,

Sandy Kish Miller, Peter Bonek, Carl Moore,

Valerie Enger, Michael Minium, Knut Olson,

Ken Lew, Dave & Willie Enger, Dave Lilly,

Rick Donaldson

BLUE COURSE

Day 1: 8.42Km; 310m climb; 13 controls

Day 2: 8.70Km; 350m climb; 17 controls

Pos	W.S.	Name	Club	Day 1	Day 2	Total
M21A						
1		Peter Bonek	GVOC	74:09	67:47	
						141:56
2		Martin Pardoe	GVOC	87:45	76:55	
						164:40
3	1	Elis Eberlein	LAOC	91:56	82:53	
						174:49
4	2	Bruce Wolfe	BAOC	94:03	82:37	
						176:40
5	3	Bill Spencer	ARCT	98:05	85:01	
						183:06
6		Marek Dutkiewicz	GVOC	101:46	95:17	
						197:03
7		Ian Tidswell	BAOC	129:49	103:11	
						233:00
		Paul Magnus	COC	137:12	123:23	
						260:35
9		Michael Minium	OCIN	152:44	127:04	
						279:48

10	4	Ted Cahalane	ARCT	168:07	119:09	
						287:16
11	5	Jim Lingar	QOC	137:45	176:25	
						314:10
12		Doug Corkhill	BOK	170:56	145:37	
						316:33
		Nate Tharp	NISQ	DNF	100:09	
		Peter Golde	COC	DNS	185:42	
		John Rogers	SAMM	DNF	DNF	
		Chip Nippert	DVOA	DNS	DNS	
		Steve Willman	RMOC	DNS	DNS	

RED COURSE

Day 1: 6.10Km; 250m climb; 11 controls

Day 2: 5.38Km; 180m climb; 11 controls

F-21A

1		Judith Dickinson	HVO	112:11	101:46	
						213:57
2	1	Debbie Newell	COC	149:16	93:59	
						243:15
3	2	Jessica Rykken	COC	145:22	109:26	
						254:48
4	3	Clare Durand	LAOC	153:59	128:44	
						282:43
5		Susanne Jakobsen	TSN	146:53	144:17	
						291:10
		Vicki Woolworth	BAOC	DNF	104:32	
		Susan Moore		158:35	DNS	
		Mel Dutkiewicz	GVOC	DNS	118:45	

M35-A

1	1	Piarras de Cleir	LAOC	77:11	75:54	
						153:05
2	2	Tom Strat	BAOC	90:17	70:04	
						160:21
3		John Simonsen	Triad	91:15	74:39	
						165:54
4		Jim Eagleton	DVOA	93:57	73:18	
						167:15
5		Mark Frank	DVOA	96:22	80:18	
						176:40
6		Brad Whitmore	QOC	114:17	68:48	
						183:05
7		Bill Jameson		98:58	91:13	
						190:11
8		Guy Olsen	HVO	143:33	84:25	
						227:58
9		Michael Ball	SVO	144:22	90:35	
						234:57
10		Robert Buraczynski	DVOA	137:43	102:57	
						240:40
11	3	David Lilly	SAMM	176:44	121:10	
						297:54
12		Angus Bond	NEOOC	194:10	145:59	
						340:09
13		Carl Brodene	CROC	297:52	190:59	
						488:51
		Warren Tracy		193:30	DNS	
		Bob Williamson	COC	DNF	DNS	
		Pistu Papp	CROC	DNS	DNS	

M40-A

1		John Rance	GVOC	96:59	84:32	
						181:31
2	1	Daniel Ellsworth	ARCT	108:45	103:57	
						212:42
3		George Pugh	GVOC	114:31	104:12	
						218:43
4	2	Robert Miller	COC	100:26	118:38	
						219:04
5	3	David Tallent	SAMM	122:55	96:21	
						219:16
6		Tony Byrne	GVOC	150:10	84:04	
						234:14
7		Edward Dickinson	SDO	139:28	119:50	
						259:18
8		Gerry Grieve	GVOC	181:43	124:30	
						306:13
9		Dennis Leveridge	248:25	116:30	364:55	
		Dale Width	EOC	DNF	100:45	
		Michael Schuh	COC	DNF	DNS	
		Rick Hood	COC	DNS	DNS	

M45-A

1	1	Ron Hudson	BAOC	115:13	71:18	
						186:31
2	2	George Minarek	BAOC	114:30	85:45	
						200:15
3	3	Dennis Wildfogel	BAOC	123:41	100:42	
						224:23
4		Larry Pedersen	DVOA	150:09	120:28	
						270:37
5	4	Mike Tharp	NISQ	171:30	102:39	
						274:09
6	5	Don Atkinson	COC	165:13	112:59	
						278:12
7		Stephen Shannonhouse	GAOC	179:27	124:43	
						304:10
8		Jim Traynor	VICT	180:03	127:13	
						307:16
		Scott Donald	KOC	DNF	89:21	
		Ted Gengler	RMOC	DNF	1	58:28
		Bob Putnam	FLOC	DNS	81:01	
		Dave Petty	COC	DNF	DNS	

M-20A

11		Eric Bone	COC	120:49	60:01	
						180:50
22		Wyatt Riley	BAOC	121:03	65:29	
						186:32

M-21-B

11		Steve McConnell	COC	144:39	68:20	
						212:59
2		Ken Vomaske	CAOC	119:25	103:45	
						223:10
3		Gar Fisher	VICT	138:32	124:13	
						262:45
		Mike Fritz	COC	DNF	DNS	
		Rick Donaldson	COC	DNS	DNF	
		Scott Green		DNF	DNS	
		Lars Fjelstad		DNS	DNS	

Western States Championship Ros*Elum - July 18/19

GREEN COURSE

Day 1: 4.59Km; 140m climb;controls
Day 2: 4.25Km; 120m climb;controls

F35-A

1Lex Bundshuh	NEOC 105:25	73:13
		178:38
2Kris Batistuzzi	VICT 98:14	94:14
		192:28
31 Janet Halsebo	BAOC 104:25	92:14
		196:39
42 Ardis Dull	COC 116:05	98:08
		214:13
5Jette Stepputal	LYNGBY 124:13	100:27
		224:40
6Karen Schneebaum	QOC 140:39	92:32
		233:11
7Karen Lachance	GVOC 145:47	89:10
		234:57
8Corrinne Fiedler	MNOC 223:00	127:22
		350:22
Katie Sprugel	COC DNF	131:49
Margie Bone	COC 155:10	DNF
Marilee Ball	SVO DNF	163:40
Mel Dutkiewicz	GVOC 121:31	CC
Kathleen McArdle	NEOC 125:25	DNF
Susan Eberlein	LAOC DNF	DNF
Vivien Fritz	COC DNF	DNF
Robin Shannonhouse	GAOC DNF	DNF
Diana Carpenter	CAOC DNS	DNF

F45-A

1Maggie McLean	GVOC 106:09	120:59
		227:08
2Sara-Mae Berman	CSU 140:44	105:55
		246:39
31 Donna Gookin	SDO 156:52	119:52
		276:44
4Joanne Sankus	NEOC 185:44	93:20
		279:04
52 Linda Moore	NISQ 175:01	119:49
		294:50
6Miki Snell	NTOA 170:42	160:46
		331:28
7arb Sleight	CNYO 180:15	154:58
		335:13
8Valerie Murray	NEOC 174:24	163:28
		337:52
93 Anne York	COC 190:09	158:53
		349:02
Shirley Donald	KOC DNF	130:10
Karen Dennis	WROC DNF	133:10
Marilyn Fetzter	WCOC DNF	DNF
Mil Plant	RMOC DNF	DNF
Caroline Ringo	DVOA DNF	DNF
Linda Ferguson	GAOC DNS	DNF

F-21-B

1Mary Frank	DVOA 149:58	119:06
		269:04
Beth Eliot	SAMM DNF	DNF

M50-A

11 Frederick Veler	SAMM 75:22	55:50
		131:12

2Eric Gautier	LYNGBY 112:31	71:00
		183:31
32 Evan Custer	BAOC 92:56	95:01
		187:57
4Chuck Ferguson	GAOC 120:17	78:56
		199:13
5Michel Billaux	EOC 118:06	82:31
		200:37
6Peter Snell	NTOA 115:37	89:02
		204:39
7David Irving	WROC 122:19	91:44
		214:03
8Don Springer	NEOC 121:52	95:53
		217:45
9Jerry Greenlee	OLOU 113:00	107:23
		220:23
10Thomas Hollowell	SMOC 151:26	68:58
		220:24
113 Harvey Friedman	COC 206:46	132:01
		338:47
Daniel Waugh	COC SportW	60:46
John Williams	DVOA DNF	91:11
Michael Schneiderman	CAOC DNF	112:44
Glen Cafferty	CROC DNF	181:20

M55-A

11 Edwin Gookin	SDO 69:06	58:04
		127:10
2Alex Kerr	GVOC 73:09	55:30
		128:39
3Larry Berman	CSU 85:51	73:24
		159:15
42 Joe Scarborough	BAOC 97:24	65:05
		162:29
5Al Smith	SLOC 98:18	68:51
		167:09
6Cameron Murray	NEOC 108:38	92:01
		200:39
73 Knut Olson	COC 116:54	95:22
		212:16
84 Carl Moore	NISQ 106:07	108:19
		214:26
9William Stewart	SLOC 137:22	88:22
		225:44
10Sidney Sachs	QOC 126:04	125:33
		251:37
11Mel Edwards	SLOC 150:10	106:35
		256:45
12 5 Jim Plant	RMOC 145:53	116:54
		262:47
13Kent Ringo	DVOA 181:31	154:10
		335:41
Carl Coger	VICT DNF	72:3
Karl Kolva	ROC DNF	116:48
William Sperry	EOC DNF	160:51
Kenneth Lew	COC DNF	170:01
Bruce McAlister	COC DNF	DNF
Marshall Nelson	EWOC DNF	DNF

M-18A

11 Nicholas Bone	COC 130:59	75:16
		206:15
Bill MacDonald	SAMM 77:09	DNF

M35-B

11 Doug Sprugel	COC 105:30	83:52
		189:22

22 Roger Sperline	TSN 146:21	83:00
		229:21
3David M. Karberg	NEOH 144:55	98:30
		243:25
4Robert Domine	GAOC 162:57	106:50
		269:47
5Jon Reeves	UNO 177:29	129:01
		306:30
Gary Kraght	BAOC 99:21	DNF
John Christiansen		134:33 DNF
Larry Wade	CROC 163:55	DNF
Jim McNamara	COC 199:20	DNF
Jack McLean	GVOC DNF	DNF
Chuck Wannal, Jr.	LAOC DNF	DNF

MOpenG

1Frank Skorina	HVO 73:36	5 9:37
Sidney Whaley	NISQ 121:44	133:00
Steven Madsen	COC DNF	DNF

ORANGE COURSE

Day 1: 4.00Km; 150m climb;controls
Day 2: 4.64Km; 150m climb;controls

FOpenO

1Mari Friend	118:50	79:06
		197:56
2Jane Bond	121:52	88:08
		210:00
3Jody Cacak	CROC 144:41	90:20
		235:01
4Flo Williams	DVOA 156:56	122:54
		279:50
Shanna Knights		DNF 57:41
Joanne Sperry	EOC DNF	127:33
Charlotte Green	COC DNF	132:08
Linda Hood	COC DNF	146:16
Sue Roberts	TSN DNF	148:17
Cathy Yekenevich	BGR DNF	DNF
Kathy Trost	SAMM DNS	DNF

M-16A

1lan Whitmore	QOC 114:14	98:28
		212:42
Melvin Rader	COC 162:55	DNF

MOpenO

1Don Livingstone	35:00	62:04
		97:04
21 Thurston Miller	LVOC 52:40	54:06
		106:46
3Dick Sheasley	ARCT 70:51	72:19
		143:10
42 Byron Hawkins	COC 119:28	57:14
		176:42
5John O'Brien	88:24	125:05
		213:29
63 Charley Kellerman	CROC 144:32	90:15
		234:47
Alan Petit	QOC DNF	130:29
Frank Kuhn	FLOC DNF	154:48
Tom Hess		DNF 49:33
Frans Amador		DNF 60:13
Sidney Whaley	NISQ DNS	66:45

Western States Championship Ros*Elum - July 18/19

John Farrar COC DNS MSP
Larry Farrar COC DNS MSP

YELLOW COURSE

Day 1: 3.69Km; 100m climb;controls
Day 2: 3.72Km; 110m climb;controls

FOpenY

1Holly Howard HVO 90:23 76:53
167:16
Pat Pugh GVOC DNS DNS

MOpenY

1Bill Cusworth COC 72:03 39:25
111:28
2Ken Klepsch 1 05:12 56:47
161:59
John Sheasley 73:57 DNS
Kevin Finney SAMM 78:34 DNS

Map Hike

1Eric Billaux 75:59 78:15
154:14
2Susan McGovern 163:07 123:07
286:14
Linda Domine GAOE DNF 126:06
Lillian Billaux 75:59 CC
Nancy Weller 119:33 DNS
T Landchild & S Miller 176:00 DNS
Mirley McKigney UTM DNS
Mela Miller UTM DNS
Mary Alexander DNF CC
Rob Sengebush DNS 59:40
Ann & Wendy Byar DNS 92:21
Karen MacDonald SAMM DNS DNS

WHITE COURSE

Day 1: 2.23Km; 25m climb;controls
Day 2: 2.38Km; 50m climb;controls

M12A

1Paul Gautier LYNGBY 27:23 25:04
52:27
2Trevor Pugh GVOC 42:22 32:45
75:07
3Bart Gengler RMOE 87:44 36:10
23:54

Map Hike

1Kevin Pugh GVOC 46:37 47:42
94:19
2Patricia Strat BAOC 41:55 52:44
94:39
3Nancy Oakes-Width EOC 75:05 47:25
122:30
4Kelsey Chalker & Becky ARCT 71:54 57:42
129:36
5Johanne Klepsch 87:44 95:51
183:35
6Fred & Ruth Miller 123:30 68:43
192:13

Sheasley Family 34:29 DNS
Patrick Williamson UTM DNS
Rob Sengebush UTM CC
Sherrie Wade CROC DNF DNS
Daisy Neilson DNF DNS
Mary Alexander DNS 32:09
Lillian Billaux DNS 42:39
Dave & Mike Elger DNS 85:25
John Ellsworth DNS 88:19
Steven Pugh GVOC DNS DNS
Finn Arildsen DNS DNS
Joann Ledbetter DNS DNS

WOODLAND PARK TRIM-O - July 13

Self timed: "map hike" indicates untimed

Meet Staff: Rick Hood

Mike Minium 19:38
Melvin Rader 24:00
Robert Buraczynski 25:25
Janet Halsebo 29:00
Ken Lew 30:00
Strat family 40:00
Arne? 42:00
Glen Cafferty 45:00
Kent Ringo 104:44
Jim Siscel map hike
John Beck map hike
Frank Kuhn map hike
Jerry Greenlee map hike
David Irving map hike
Karen Dennis map hike

POKER-O July 15, 1992, UW

Meet Director: Don Atkinson
Courses: Rick Hood
Timing: Norm & Gerri King
Marker Pickup: Nathan Tharp

Dan Ellsworth Full house (K + A)
Janet Halsebo Full house (K + A)
Wyatt Riley Full house (K + A)
Vicki Woolworth Full house (8 + J)
Mike Ball Full house (8 + J)
Nick Bone Full house (6 + J)
Debbie Newell 2 Pair (A + J)
Robert Buraczynski 2 Pair (K + A)
Robert Domine 2 Pair (K + A)
Peter Golde 2 Pair (K + A)
Guy Olsen 2 Pair (K + A)
Larry Pederson 2 Pair (A + J)
Mike Minium 2 Pair (J + 9)
Eric Bone Pair J
Andy Strat Pair A

Evan Custer Full House (K + A)
Gary Kragt Full house (K + A)
Melvin Rader Full house (6 + 9)
Angus Bond Flush A
Clare Durand Flush A
Ardis Dull Straight A
Linda Domine 2 Pair (A + K)
Sandy Kish Miller 2 Pair (A + Q)

John Reeves 2 Pair (A + K)
Carl Coger 2 Pair (9 + 8)
Lex & Johnny Bundschuh 3 K + J
Glen Cafferty 3 K + 8
Bill Cusworth 3 J
Don Springer Pair A

Jerry Greenlee Full house (K + J)
Tom & Karen Strat Flush (A, K, J)
Robert Miller Flush (A, 8, 7)
David Irving Straight A
Steve Shannonhouse Straight A
Chuck Wannal Straight A
Pat Strat 2 Pair (A + K)
Flo Williams 2 Pair (A + K)
Cathy Yekenevicz 2 Pair (A + K)
Sidney Sachs 2 Pair (K + 8)
John Williams 2 Pair (9 + 6)
Kent Ringo Pair K

Marilee Ball
John Beck
Karen Dennis
Mac MacDonald
Caroline Ringo
Joanne Sankus
Robin Shannonhouse
Jim Siscel
Peter Snell
Miki Snell

CANOE-O - July 1 UW / Union Bay

Meet Director/Course Designer: Rick Hood
Registration: Linda Hood
Timing: Vivien Fritz, Paul Hood
Marker Pickup: Peter Bonek, Rick Hood

SHORT COURSE

Men's teams

I + B Whitmore 30:18
J Siscel + A Derksema 36:03
F Kuhn + J Beck 42:00
K Ringo + J Williams 44:12
G Cafferty + K Kolva 49:46

Women's teams

D Budnick + M Snell 41:15
P Miller + S McKigney 67:48
D Harwood + L Schubert 101:25

Mixed Teams

A Tall + C Yekenevicz 37:33
V + C Murray 42:34
C Durand + S Sachs 42:42
J Reeves + J Sankus 57:25

Group

Strat family 52:30

Rowboat

Bond Family 76:53

LONG COURSE

Men's Single

Dave Lilly 56:40

Men's Elite Craft

D Ellsworth + B Spencer 46:55

Men's Teams

C Moore + K Peters 58:08

M Minium + P Topham 62:15

B Cusworth + B Wolfe 62:22

R Neuberger + B Topham 63:29

G Kraght + E Custer 70:04

R Buraczynski + G Olsen 72:09

N Bone + M Rader 90:10

B Hervey + P Snell 98:07

Women's Teams

B Sleight + P Dickinson 80:55

W + A Byer 87:22

Mixed Teams

Springer / Bundschuh 59:02

Enger / Woolworth 61:31

J Halsebo + W Riley 62:52

J Simonsen + M Alexander 63:51

K Dennis + D Irving 65:58

L Pedersen + A Dull 66:17

J Greenlee + B Greenlee 70:58

L + SM Berman 73:48

M + M Ball 83:39

R + S Shannonhouse 86:26

N + G King 97:28

L + R Domine 103:31

York / Bone / Hopper 116:50

2 MILE FUN RUN - July 15, UW

Race Director: Eric Bone

Race Staff: Robin & Steve Shannonhouse, Judy Dickinson, Steve Madsen, Nick Bone, Margie Bone

Melvin Rader 11:21

Bill Cusworth 11:48

Mike Ball 12:02

Tom Strat 12:27

Debbie Newell 12:38

Mike Minium 13:11

Mark Frank 13:32

Robert Buraczynski 14:03

Guy Olsen 14:17

Lex Bundschuh 14:40

Jerry Greenlee 16:05

Sara Mae Berman 18:55

Peter Snell 18:55

Cameron Murray 18:55

Barb Sleight 19:18

Chuck Wannal 19:57

Jack Williams 25:28

Flo Williams 25:29

Johnny Bundschuh 29:32

Valerie Murray 29:33

Caroline Ringo 40:13

Kent Ringo 40:13

Luther Burbank Park - August 5

Sammamish Orienteering Club

Meet Director: Dave Lilly

Courses: John Sincok

Training: Rick Hood

Timing: Linda Hood

Picnic: Valerie Enger

Brownies: Valerie Enger, Karen MacDonald

Marker Pickup: John Sincok, Dave Tallent,

Dave Enger

Course 1 (1.6k, 9 controls)

Sally Harper 12:20

Zac Elander 17:17

Steve Elrod 18:32

Sam Bryan 19:32

Kathy Aptakin 27:00

Larry Honeycutt 27:44

Lisa Sweet 32:05

Ron Brown 44:39

Course 2 (2.7k, 13 controls)

Byron Hawkins 23:04

Steve Elrod 28:33

Sam Byron 29:48

Stuart Harper 31:48

Dan & Holly Atlansen 44:22

Bertha Sullivan 51:03

Karen MacDonald 52:40

Andy Sweet 53:02

Zac Elander 54:54

Bill MacDonald/Kimhoa Frank 61:11

Norm & Geri King 74:32

George & Nancy Lilly 78:10

Engers 85:55

Shellie Raid 96:03

Course 3 (4.3k, 23 controls)

Eric Bone 26:02

Debbie Newell 32:31

Paul Magnus 32:53

Dave Tallent 32:55

Bobby Bonds 35:49

Melvin Rader 38:50

Mac MacDonald 39:15

Bill Cusworth 40:10

Mike Schuh 45:04

Aaron Charlop 55:28

Rebecca Tyson 55:50

Ken Lew 73:19

Drunken Charlie Lake ROGAINE-Aug22

Meet Director: Rick Hood

Registration: Harvey Friedman, Rick Hood

Course: Rick Breseman, Peter Golde, Rick

Hood, Doug Sprugel, Anne York

Barbecue Chef/Chief Auto Mechanic: Aaron

Charlop

A few sprinkles of rain before the high noon start was the only precipitation that fell all day and didn't prevent anyone from having a good time. Excellent organization, good control placement, and challenging terrain added up to a great meet. Nobody got all 25 markers, but everyone had a good time.

Rules: The object of a Rogaine is to visit as many controls as possible within the specified time limit. Each control is assigned a point value based on its distance from the start/finish and its technical difficulty. The total number of controls at our meet was 26 and the maximum points 1500. The penalty for returning after the time limit was: 1 second - 5 minutes - 50 points; 5:01 - 10 minutes - 150 points; over 10 minutes - 30 points/minute.

3-Hour CATEGORY

No. of Controls	Minutes	Pts.	Penalty	Total
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Masters

Ken Lew/Bruce McAlister 5 260 -150 110

Mixed

Andy & Lisa Sweet 3 180 -150 30

Men

Fred Veler/Eric Bone 8 460 0 460

Paul Hood/Nick Bone 4 240 0 240

6-HOUR CATEGORY

Walkers

Margie Bone/Linda Hood/Sandy Kish Miller

7 360 0 360

Women

Lisa Nordlund/Ellen Boomer 7 440 0 440

Mixed

Debbie Newell/Dave Tallent 12 660 0 660

Carl & Linda Moore 10 680 -150 530

Ardis Dull/Geoff Case 8 520 -150 370

Pat & Bob Reddick 4 260 0 260

Men

Dan Waugh/Mark Hartinger 17 1040 0 1040

Al Stuedeski/Peter Mair 16 1020 0 1020

John Bates/Ken Andrews/Less Andrews

15 860 0 860

Dave Enger/Bill Cusworth 14 860 0 860

Steve McConnell/John Christianson

17 980 -150 830

Paul Magnus/Jens Gundlach/Aaron Charlop

15 940 -150 790

Stuart Bradshaw/Brett Aniballi

16 620 0 620

Franz Amador/Chris Thompson

9 540 0 540

Knut Olson/Dave Petty 7 320 0 320

Neil Smith/Mark Anderson 6 300 0 300

Mel Rader/Byron Hawkins 5 240 0 240

Novice

Sam Bryon/Steve Elrod 13 700 0 700

Brad Robinson/Todd Williams

6 280-1200 0

Upcoming Orienteering Meets

Call Orienteering Hotline at 783-3866 for latest information and details

Date/Time Location and Comments

SEPTEMBER

Sat. Sept. 12 10am-1pm	Beginner Clinic and Meet, Woodland Park, Seattle On N 50th west of I-5, near Aurora Avenue	S	COC	1:5000 color	Eric Bone 634-2279
Sat. Sept. 12 noon - 2pm	Mt Tabor, part of Mt Tabor Crater Fest Portland Oregon	C	CROC		Glen Cafferty (503) 281-5137
Sun. Sept. 13 1pm-3pm	Manito Park, Spokane, near the picnic shelter	C	EWOC		John Beck (509) 536-0650
Sept. 19-20 11Sat, 9Sun	Washington State Championships. Cle Elum Ridge Exit 84 from I-90 (East Cle Elum), SR 10 to SR 970 to Masterson Rd	B	COC	1:15000 color	BruceMcAlister 821-6862
Sun. Sept. 27 10am - noon	Newcomer's Meet, Lake Sammamish State Park, Issaquah I-90 east to Exit 15, North on SR 900	C	SAMM	1:10000 color	Dave Enger 822-6254

OCTOBER

Sat. Oct 3 10am - noon	Riverside State Park Camp Seven Mile	C	EWOC	1:15000	John Beck (509) 536-0650
Sun. Oct. 4	Lighthouse Park, Vancouver	C	GVOC		Ron Green (606) 224-6152
Oct 10/11	BC Championships, Thetis Lake Park 5 miles west of Victoria	B	VICT	1:15000 color	Alan Philip (604) 721-5759
Oct 10/11	World Cup Finals and Troll Cup Pawtuckaway State Park, New Hampshire	A	NEOC	1:15000 color	HelenGallagher (617) 643-8503
Sun. Oct 11 Noon-2pm	Champoege State Park, About 20 miles south of Portland	C	CROC		Glenn Cafferty (503) 281-5137
Sat. Oct. 17 11am-1pm	Ft. Casey State Park, Whidbey Island About 25 miles north of Clinton (ferry landing from Mukilteo)	C	COC	1:5000 b&w	Peter Golde 783-3866
Sat. Oct. 24 10am-noon	Marymoor Park, Redmond Exit SR520 at West Lake Sammamish Parkway	C	SAMM	1:10000 color	Dave Tallent 392-3061
Wed. Oct 28 6pm	Hamlin Park (old map). Vampire-O. This meet has a MASS START 15th Ave. NE and NE 161st	C	COC	1:7500 b&w	Rick Hood 367-2606
Oct. 31/ Nov. 1	US Championships, French Creek State Park East Pennsylvania, about 30 miles north of Philadelphia	A	DVOA	1:15000 color	Peggy Walsh (215) 446-3255

NOVEMBER

Nov. 7/8	North American Championships Prince William Forest, Dumfries, VA	A	QOC	1:15000 color	Peggy Walsh (215) 446-3255
Sun. Nov 22 10am-noon	Forest Park, Everett I-5 exit 192, 1 mile west on Mukilteo Blvd	C	SAMM		Dave Enger 822-6254
Sun. Nov 29 10am-noon	Clinic and WIOL Practice I, Evergreen High School, Burien 900 block of SW 116th	S	COC	1:5000 color	Mike Schuh 783-3866

DECEMBER

Sat. Dec. 5 10am-noon	Kelsey Creek Park, WIOL Practice II Exit 12 east from I-405 to SE 8th, cross Lake Hills Connector Rd to SE 7th	C	SAMM	1:3000 color	783-3866
Sat. Dec 12 10am-noon	Farrel McWhirter Park, Redmond, WIOL Practice III Avondale Rd north at end of SR520, right on Novelty Hill Rd, left on Redmond Road	C	COC	1:3500 color	783-3866
Sat. Dec. 19 10am-noon	Ft. Steilacoom State Park, South Tacoma, WIOL I Exit 128 west on I-5; via 84th/S Tacoma Way/Steilacoom Blvd.	C	NISQ	1:10000 color	783-3866
Sun. Dec. 27 10am-noon	St. Edwards State Park, old map, north of Kirkland, Bog Slog, WIOL II NE 141st and Juanita Drive, pot-luck to follow	C	COC	1:10000 color	783-3866

Western Canadian Championships

by **Bearing 315's** on-site correspondent

The Western Canadian Championships at Beaver Lake near Caroline, Alberta attracted a small, but eager group of Puget Sound orienteers the last weekend in August. The weather was sunny and cool, almost ideal; a change from the week before, when the course setters had to contend with an early snowstorm!

There was a modest surprise on M21, where Martin Pardoe edged out Peter Bonek for first. COC's Eric Bone won his class (M18), but also was first on Course 6 on day 1, second on day 2, and first overall. Good work Eric! Other local orienteers seen at Beaver Lake included Nick and Margie Bone, Melvin Rader and Fred Veler.

Of Newcomers, Maps and Vampires

In the hubub of national conventions, A-Meets and Rogaines, local meets tend to be neglected, but with fall, they return as the mainstay of orienteering. Sammamish starts fall with a Newcomer's meet at Lake Sammamish Sept 27, followed by meets at Marymoor and Forest Park; Cascade has a Beginner's Clinic at Woodland Park on Sept 12 (see clinic story), followed by meets at Ft Casey and a second annual Vampire-O at Hamlin Park. It was a rousing success with everyone last year and merited an article in O/NA. The meet this year will again be in Hamlin Park. Come and practice your night-orienteering skills for next summer's rogaine. Remember, this is a mass start at 6pm.

Ft Casey on Whidbey Island is also a favorite. The meet will use the black and white map on October 17, but upgrade work is under way, and next fall should see a new color map of Ft. Casey. Field work has been completed on Hamlin Park and Carkeek Park upgrades by COC and Sammamish is waiting to print Big Finn Hill Park.

Bearing 315 is

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PO Box 31375
Seattle, WA 98103
(206) 783-3866

Cascade Orienteering Club

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