

Bearing 315

The Newsletter of the Cascade Orienteering Club

July-August, 1990



KAMLOOPS INNISFAIL CLE ELUM

As of July 1, there are more than 700 entries for PNWOF, which will make this the biggest meet ever in the West; if we get a few hundred late and Direct Class (Way-farer) entries, PNWOF can possibly be the largest orienteering meet ever in the USA.

Registration in competitive classes is now on a space available basis. However, even if you've missed the cutoff date, and for all you folks who are in orienteering because you want to have a pleasant hike in the woods with your family or friends, the Direct-classes are for you. 3 courses will be offered each day, roughly 2, 4, and 6 kilometers, quite similar to a local meet. The start and finish for these courses will be close together, and away from the competitive start/finish, and you can choose not to have your time placed with official results. The big difference from a local meet will be all the extra people, most of whom will be from a foreign country. This will be better than the Goodwill Games because no one buys a ticket to be a spectator and everyone participates (except maybe a few local townspeople). So, don't miss the most exciting orienteering event of the century.

ASIA-PACIFIC 7-DAY EVENT SCHEDULE

Fri, AUG 3	Model (training) Event, Kamloops
Sat-Sun , AUG 4-5	Canadian Orienteering Championships Kamloops, B.C. Days 1, 2
Mon, AUG 6	APOC/Canadian Relay Championships Kamloops, B.C.
Wed, AUG 8	Asia-Pacific Orienteering Championships Kamloops, B.C. Day 3
Sat, AUG 11	North American Orienteering Championships & World Cup Event, Innisfail, Alberta , Day 4
Sun, AUG 12	North American Orienteering Championships, Innisfail, Alberta , Day 5
Tue, Wed, AUG 14-15	ROGAINE, Innisfail, Alberta
Fri, AUG 17	Model (training) Event , Cle Elum
Sat, Aug 18	Pacific Northwest O'Festival and World Cup Event, Cle Elum, Washington , Day 6
Sun, Aug 19	Pacific Northwest O'Festival, Cle Elum, Washington, Day 7



Pacific Northwest O'Festival at Hand

AND SAY FRIENDS, CAN YOU LEND A HAND?
OR A TABLE ? CHAIR? . . .

Our really big Orienteering event of the decade is fast approaching -- the World Cup and Pacific Northwest O'Festival on August 18-19. And we need extra equipment to handle the large number of competitors. Can you lend any of these items to us for the Finish Area for this weekend:

Folding tables

Folding chairs

Battery operated clock with a large face and second hand

Power generator

Computer printer (parallel)

Carpenter's nail aprons

Call Jean Davis at 781-9562 if you have any of these items to lend.

Thanks!

Would You Like to be Part of a Winning Team?

The Finish Area team at the World Cup and Pacific Northwest O'Festival is going to have a starring role at this event. Be where the action is and have fun! Your choice of the following positions:

--At the wire, timing runners as they cross.

--Along the chute, collecting maps and control cards
. . . a good spot if you like to socialize. Here's a chance to chat with competitors from all over the world.

--In the punch checking area, for those who love shade and a cushy desk job!

--Posting results -- you'll be a much sought after person by all competitors.

(All volunteers will also have time to compete in PNWOF if they wish.)

To save yourself a spot on the Finish Area Crew call Jean Davis at 781-9562.

From the President's Desk . . . July 9, 1990

World Class orienteering! While most folks in the Seattle area are focusing on the Goodwill Games, orienteers throughout North America are looking ahead to the Asia-Pacific Orienteering Carnival: two weeks of top notch orienteering in British Columbia, Alberta, and Washington, including seven days of competition and numerous other fun activities. With several hundred participants, this will be the largest orienteering event ever in the Northwest. There is still time to be involved, either as a participant or as a volunteer (see page 1).

WSOA, the Washington State Orienteering Association, is also preparing a bid to host the 1992 US Orienteering Federation Annual Convention. Associated with the convention would be a Class A meet, similar to last year's Western States Orienteering Championships and this year's PNWOF.

Our sport continues to grow and develop. Recently, the State's sixth orienteering club was formed (Columbia River OC, Vancouver) and several maps have been newly made, revised, or reprinted in color. Meet attendance is increasing (albeit slowly) and public inquiries (from the orienteering hotline operated by COC and from other sources) are also up.

This growth and our current and future plans (PNWOF and 1992 Convention) will require more effort from our volunteers. Nearly ALL of what we accomplish as a club is dependent upon the energy of club volunteers, and the enjoyment that we get from orienteering increases in proportion to the quantity (and quality) of their contributed labors. With increased involvement by club members, orienteering (and COC in particular) will grow even greater and more enjoyable.

Yes, I am making a plea for more volunteers, a continual need in an outfit such as ours. Club leadership positions have been restructured in an attempt to make those "jobs" less overwhelming, and more manageable. Further restructuring is planned, perhaps to include amending the club's Bylaws or the creation of a committee system (that might sound terrible, but committees really can work). The overriding goal is to increase the percentage of club members involved in the club's activities. As more club members contribute to the club's operations, COC will become a correspondingly more fun organization.

There are many ways to contribute: not every volunteer needs to be an expert map maker or a hotshot course designer. The club has need of many other skills: equipment manufacture and maintenance, bookkeeping, publicity and advertising, instruction, childcare, meet staffing (registration, timing, welcoming), newsletter editing - the list goes on. As an example, a year or so ago, a control marker "sewing party" was held. With a half dozen sewing machines and various other pieces of equipment, we made two dozen markers in one enjoyable afternoon (several of

those helping out did not have any sewing experience, but nonetheless were able to contribute). We have control markers at our events, thanks to efforts such as this.

Please contribute. To volunteer for meet staffing, please call Ruth McCormick (324-8057); to design or set courses, or to direct an event, please call David Soper and Denise Klein (322-7797); and for other "administrative" positions, please call me (783-3960).

Thank You!

Mike Schuh, President

Club Meeting July 19

Our next club meeting will be on Thursday, July 19 at 7:00 p.m. at the University Branch Library (50th and Roosevelt) in Seattle. Mike Schuh will present a slide shop of his recent orienteering trip to the Soviet Union. Everyone is welcome, so come and see how they do orienteering in the Soviet Union.

Newsletter Editor Still Needed

After four years, Debbie Newell has retired as editor of Bearing 315, although she will still collect and tabulate meet results. I have agreed to help with the newsletter through the rest of this year, but the job needs an editor. So, somebody out there, here's your chance to be a newsletter editor.

If you think the newsletter is late and a little ragged this time, any volunteers will be accepted to speed things up next issue.

Bruce McAlister, interim editor

Pic - "O" - Nic

Our August Pot-luck will be a pot-luck picnic, hosted by Don Atkinson and Bruce McAlister on Saturday August 25. Come, relax, and exchange all your PNWOF tales. The picnic is at the Atkinson and Robert McAlister homes at Arrowhead Point. To reach the picnic site, take Juanita Drive as if you were going to St Edwards, but take the next road north of the St Edwards road to where it ends at the lake. The Arrowhead School will be on your left as you enter Arrowhead Drive. The school will be the start of a fun run in St Edwards, ending at the picnic site (we encourage you to park at the school, parking is limited at the lake). The course will open at 1 p.m., the picnic will start at 2 p.m., and last until ?? There will be food, fun, swimming, sailing, and for the more adventurous, water skis and sail boards. Bring the family and join us for a pleasant afternoon of relaxing after the stress of seven A meets in 16 days. A special invitation is extended to Sammamish and Nisqually and WIOL orienteers. Pot-O-Luck coordinator is Eileen Breseman (522-1098)

Meet Results

LUTHER BURBANK PARK - May 9 Sammamish Orienteering Club

Meet Director: John Sincok
Courses: John Sincok, Dave Lilly
Publicity: Laureen Lund
Registration: Kathy Trost
Start: Ben Hall
Finish: Arne Lund, John Sincok
Picnic: George and Nancy Lilly
Media Posturing: Dave Tallent

Course 1 (1.1k, 6 controls)

Brian Huggard (2nd time)	6:48
Sam Bates (2nd time)	9:09
Steve, Chad, Curtis	12:21
Sam & Brian	12:54
Megan & Mark	14:02
Mark & Laura Wade	14:06
Isaac & Dustin	14:08
Adam, Chris, Roy	19:13
Al Thatcher	21:38

Course 2 (1.6k, 8 controls)

Russ & Chad	24:15
Mark Guthrie	24:26
Megan Guthrie	24:43

Course 3 (2.2k, 11 controls)

Dave Tallent	15:37
Arne Lund	17:03
Ken Lew	27:31
Brad Miner	33:06
Mark & Laura	36:52
Harvey Friedman	42:13
Karen MacDonald	71:26
KIRO-TV (with Dave T.)	DNF
Brian, Dustin	DNF
Roy, Al	DNF

Course 1+2+3 (4.9k, 25 controls)

Debbie Newell	37:44
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Memory O

Ben Hall	14:21
Mac MacDonald	15:18
Ken Lew	23:38
Tim Miner	26:35
Lars	30:20
Dave & Willie Enger	63:43

WOODLAND PARK - May 19

Meet Directors: David Soper, Denise Klein
Courses: Rick & Eileen Breseman
Registration: Ruth McCormick, John Soper, Gail Smith
Start: David Soper, John Soper, Robert Miller, Denise Klein, Ardis Dull
Finish: Robert Miller, David Soper
Marker Pickup: Ardis Dull, Denise Klein, David Soper

Course 1 (1.3k, 8 controls)

Tim Miner	10:36
Bruce Tillman	11:48
Bob Knodle	19:17
Paula Gorman	21:38
Jack Fleming	21:40
Angela Tallent	27:48
Bob Sunderland	28:35
Rob Simpson	28:56

Yost family	31:45
Craig Rose	32:46
Troop 309	49:10

Course 2 (3.1k, 15 controls)

Tom Travis	29:51
Harvey Friedman	33:44
Rob Simpson	34:27
Tim Miner	37:32
Dick Eitel	37:57
Margie Bone	49:44
Amanda Kolehmainen	50:03
Gail Smith	48:57
Gorman/Fleming	58:15
Craig Wyss	58:17
Norm & Gerri King	61:51
Gustie/Blackwell	63:14
Li-Chuan Huang	65:28
Marcia Walters	66:25
Chaney/Walters	66:33
Ruth McCormick	67:19
Margy Bresslour	71:43
Troop 309	73:32
Dan Rosner	81:40

Course 3 (4.2k, 16 controls)

Barry Reiss	50:51
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Sprint-O (4.2k, 16 controls)

Mass start - split times taken at 2k, control #10

Dave Tallent	13:21	24:46
Debbie Newell	13:32	25:07
Mac MacDonald	13:15	29:07
Eric Bone	13:23	29:09
Brad Miner	19:16	33:27
Bruce Tillman	18:15	37:51
Ben Hall	13:20	DNF

THETIS LAKE PARK - March 17-18

Victoria, B.C.
VictOrienteers

local finishers

Course 3

Kathy Trost	DNF	DNF
Laura Skog	DNF	DNS

Course 5

6. Dave Tallent	94:43	117:17	212:00
8. Dave Lilly	104:00	137:44	241:44
9. Jacob Carton	122:09	171:00	293:09
Arne Skog	81:54	DNS	
Ben Hall	155:06	DNF	
Mac MacDonald	DNF	161:08	

F21

1. Debbie Newell	85:45	136:09	221:54
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MAPLE MOUNTAIN MADNESS - April 21-22

Duncan, B.C.
Cowichan Valley Orienteers

local finishers

Course 1

Angela Tallent	36:14
Nick Tallent	36:42

Course 4

Female

1. Ardis Dull	114:47	165:09	279:56
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Course 6

Female

1. Debbie Newell	118:34	119:29	238:08
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Male

1. Dave Tallent	158:15	115:05	273:20
Mac MacDonald	111:12	DNS	

MORAN STATE PARK - June 9-10

Washington State Championships

Meet Director: Ardis Dull

Courses: Doug Sprugel (Day 1), Katie Sprugel (Day 2)

Registration: Sandy Kish Miller

Setup: Bob Reddick, Carl Moore, Jack Carson, VictOrienteers

Start: Pat Albright, Mac MacDonald, David Soper, Denise Klein, Peter Zurcher, Knut Olson, Doug & Katie Sprugel

Finish: David Tallent, Brad Miner, Eileen Breseman, Ardis Dull

Marker Pickup: Buck Wales, Eric Bone, Don Atkinson, Doug, Katie, Ardis

Weather: Darn wet

Course 1 (Day 1: 2.3k, 9 controls, 70m climb; Day 2: 2.0k, 9 controls, 80m climb)

Female Novice

1. Jennie Carton	41:31	33:12	74:43
Kathy Miner	DNS	44:50	
Carla Jundi	DNF	DNS	

Male Novice

Bruce Culver	DNS	37:03
Gary Harper	DNF	DNS

Group Novice

Deborah Christensen/ Linda Skog	110:03	DNS
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Course 2 Day 1: 3.1k, 10 controls, 140m climb;
Day 2: 2.6k, 9 controls, 110m climb)

F15-16

1. *Rachel Tharp	84:06	41:06	125:12
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FOpen

1. Jessica Rykken	85:32	48:35	134:07
2. Ingrid Dagis	109:10	85:49	194:59
Gail Smith	184:27	DNS	
Margie Bone	DNF	92:13	
Jennie Carton	DNS	96:41	
Kathy Miner	DNF	DNS	
Denise Klein	DNF	DNS	

M15-16

1. *Nicholas Bone	97:23	46:46	144:09
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MOpen

Craig Wyss	192:27	DNS
Bruce McAlister	DNS	57:08
Bruce Culver	DNS	102:51
David Soper	DNF	DNS

**Course 3 (Day 1: 4.6k, 11 controls, 140m climb;
Day 2: 4.1k, 11 controls, 160m climb)**

F35

1. Ilze Rupners	88:10	106:03	194:13
Sandy Kish Miller	129:14	DNF	

F45

Anne York	144:09	DNF	
Pat Albright	147:13	DNS	

M17-18

1. *Eric Bone	81:35	80:46	162:21
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M55

1. *Carl Moore	132:45	106:06	238:51
2. Bob Reddick	155:40	147:34	303:14
3. Carl Coger	180:28	170:56	351:24

M60

1. *Knut Olson	126:11	125:30	251:41
Jack Carson	DNF	DNF	

MOpen

1. Peter Kehoe	70:57	89:35	160:32
2. Jack Wales, Jr.	134:59	133:30	268:29
Roger Sharp	116:46	DNS	
Steve Miner	DNS	94:17	
Harvey Friedman	DNF	DNF	
David Douglas	DNS	DNF	

**Course 4 (Day 1: 6.3k, 12 controls, 180m climb;
Day 2: 6.1k, 13 controls, 225m climb)**

F21A

1. *Debbie Newell	150:04	113:14	263:18
Eileen Breseman	DNF	DNS	

M21A

1. Ingemar Jansson	67:11	71:22	138:33
2. *Dave Enger	84:30	72:14	156:44

3. Dave Lilly	112:14	91:22	203:36
4. Jacob Carton	158:13	113:50	272:03
Ben Hall	DNF	93:31	
Gar Fisher	DNF	170:40	
Steve Miner	182:06	DNS	
Brad Miner	DNF	DNS	

M35A

1. *David Tallent	77:44	72:20	150:04
2. Ove Albinsson	131:24	97:12	228:36
3. Steve Chatwin	115:59	123:03	239:02
Rick Breseman	DNF	DNS	

M40A

1. *Michel Tharp	111:36	94:55	206:31
Peter Zurcher	82:01	DNS	
Robert Miller	151:54	DNS	

M45A

1. *Mac MacDonald	148:48	90:35	239:23
2. Don Atkinson	174:18	138:54	313:12
Kalon Kelley	153:26	DNS	

PIG WAR CHALLENGE

The Canadians again defeated the U.S. in the race for the prestigious Pig War Trophy.

	US	CAN
Newcastle Island	42	155
Moran	68	16
Total	110	171

FARREL-McWHIRTER PARK - June 20

Meet Director: Mark Hartinger
Courses: Mike Schuh
Registration: Eileen Breseman
Start: Peter Golde
Finish: Pat Albright
Instruction: Dave Lilly

Course 1 (1.1k, 8 controls)

Sophia Eitel	10:59
Mel Monkelis	19:00
D. Klein/D. Soper	20:00
Nicholas Hamblin	24:00
George & Nancy Lilly	29:21
Linda Skog	30:02
Yost family	32:15
Molly Wales	36:25
Andrea Norie	49:09

Course 2 (1.8k, 9 controls)

Jim Sigfield	14:08
Nick Eitel	15:35
Sophia Eitel	18:57
Dick Eitel	21:00
J. Kevin Finney	23:23
Denise Klein	29:37
Carla Jundi	40:30
Buck Wales	44:46
Engers (Dave, Madeline, Willie)	47:45
Joanne Sperry	DNF
Bruce McAlister	DNF

Course 3 (freestyle, 22 controls)

Mark Hartinger	26:13
Debbie Newell	28:32
Dave Lilly	30:36
Dave Tallent	30:44
Ben Hall	34:13
Arne Lund	34:47
Rick Breseman	35:52
Bob Reddick	42:44
Ardis Dull	43:30
Knut Olson	48:45
Ken Lew	50:00
Dave Petty	52:50
Will Sperry	53:20
Peter Golde	66:25

BIG FINN HILL PARK - June 15

Meet Organization: Bruce McAlister

1.9 k, 10 controls

Rick Breseman	27:05
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Peter Golde	29:25	Doug Sprugel	41:63
Ardis Dull	33:14	Bob and Pat Reddick	42:28
Dave Tallent	35:08	John Sincok	45:02
Ken Lew	35:15	Dave and Willie Enger	61:20
Debbie Newell	35:50	Dave Petty	73:25
Mike Schuh	36:08	Toni and Stephanie Tobin	112:37

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

Peanuts



Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 30 June 1990. Words of both thanks and welcome go to the following new or renewing club members: **Mia Barbera, Peter Blomquist, Peter Golde, Jessica Rykken, Rob Simpson, Gail Smith & Craig Wyss, David Soper & Denise Klein, Tim Vargo family, Sharon Willson.** 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).

Now on to the fun stuff...Some of you might have seen former club member, **Ingemar Jansson**, at the meet at Moran State Park in June. Despite not being in very good condition (for him) because there was not enough snow in southern Norway for cross-country skiing last winter, Ingemar took 1st place both days on the hardest course. He also provided a valuable service to the efforts of the World Cup

and PNWOF90 organizers. The cartography and printing of the maps to be used for the Model Event and for Saturday 18 August was done in Norway. The cartographer, **Kristen Treekrem**, one of the best, lives in Oslo and was doing a map for Ingemar's club when we talked. So, Ingemar carried about 130 pounds of maps with him when he came to visit - he related funny stories about taxi drivers' responses to such heavy pieces of baggage. Unfortunately, he will not be one of the 600 plus participating in our August meet....**Goran & Berit Larsson** and their children do plan to attend PNWOF, along with her parents. Hard to believe he now runs in 40A....Speaking of Europe, club president **Mike Schuh** spent a week in the Soviet Union in May as part of the Gary McCausland organized exchange visit with the O' club in Olympia's sister city Pskov, which is in Russia. In exchange, about a half dozen folks from Pskov will participate in PNWOF and probably the other APOC90 7-day events as well....**Jan Vrana** will have become a "Yankee" by the time you read this; the ceremony was scheduled for July 4th, naturally. Jan has decided to change from tile setter to tile artist; his mosaic will be part of Goodwill Games and will be in Westlake Mall after they are over....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.

COC OFFICERS AND COORDINATORS

President	Mike Schuh	(206) 733-3960
Vice President		
Secretary	Ardis Dull	(206) 364-4062
Treasurer	Katie Sprugel	(206) 365-8742
Mapping Coordinator		
Membership Coordinator	Harvey Friedman	(206) 784-2774
Newsletter Editor	Bruce McAlister	(206) 821-6862
Training Coordinator		
Publicity Coordinator	Pat Albright	(206) 285-8674
Equipment Coordinator	Don Atkinson	(206) 488-0270

COC MEMBERSHIP DUES

Single	\$10.00/year
Family	15.00/year
Associate (under 18)	5.00/year
Newsletter Only	6.00/year

COC "C" MEET FEES

	h/w map	color map
Orienteeing club members	\$2.50	\$3.00
Non club members	3.50	4.00
Novice (first time orienteeing)	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

"BEARING 315" PUBLICATION SCHEDULE

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are encouraged to submit orienteeing related material for publication. Send items for publication to the address below by the scheduled deadline. Material received after the deadline may not appear in the next newsletter issue.

Issue	Publication Date	Submittal Deadline
JAN-FEB	December 31	December 10
MAR-APR	February 28	February 20
MAY-JUN	April 30	April 20
JUL-AUG	June 30	June 20
SEP-OCT	August 31	August 15
NOV-DEC	October 31	October 20

Mail material to: **Bruce McAlister**
14014 81st Pl. NE
Bothell, WA 98011

the Washington State Orienteering Association presents
1990 Pacific Northwest Orienteering Festival
August 17-19

Cle Elum, Washington

This application form is for those orienteers who will enter *PNWOF only*. If you wish to enter any of the Canadian orienteering days of the Asia-Pacific Orienteering Championships 90 event or be eligible for an APOC90 Seven Day Award, you must use the regular APOC90 application form. These forms are available from Harvey Friedman at any Cascade Orienteering Club meet.

Join in the world class atmosphere at the Pacific Northwest Orienteering Festival. This year, Day 1 of PNWOF will be held in conjunction with a World Cup event. Prequalified World Cup teams will compete on the same map that the PNWOF courses will be run on; hence, we need to be vague about the exact location of the competition area. PNWOF will be held in Kittitas County, Washington about 150 km (90 mi) east of Seattle or about 320km (200 mi) west of Spokane by I-90. Participants arrange their own accommodations.

Meet Director - Harvey Friedman (206)784-2774. **Registrars** - Robert Miller and Sandy Kish Miller (206)784-5939 days. **Course Designers** - Bob & Mary Forbes, Fred Veler, and Anne York.

Maps - 1:15,000, IOP 5 color, 5-meter contour interval. *Day 1*: new map; base map by ProOrienteering; fieldchecked 1989 by Åre Kristiansen & Vidar Strand. *Day 2*: 1990 re-fieldchecked and redrawn version of 1981 Cle Elum Ridge map.

Terrain - the forest is predominantly ponderosa pine of variable runnability. *Day 1*: abandoned coal mining operations add an interesting complexity to the moderately steep terrain which ranges in elevation from 500 to 1090 meters.

Competition Center - Thursday - the lobby of Courson Hall at Central Washington University, 8th St. & Walnut in Ellensburg; Friday-Sunday - Cle Elum High School, Rte. 4, Cle Elum. Check the schedule below for the hours open.

Competitive Classes - please see the attached entry form for classes offered. Day-of-meet registration is available only for wayfarer's courses (see below). You must preregister for competitive classes.

Awards for the top three finishers in each competitive class. Classes may be combined if there are insufficient entries.

Wayfarer Courses - each day there will be three wayfarer courses: beginner, intermediate and advanced. For wayfarer courses, registration is on the day of the event; there is no preregistration. Instruction and limited compass rental will be available. The registration fee for wayfarer courses will be \$5.00 per map, per day.

A String-O will be available each day. The registration fee for the string-O will be \$1.00 per map, per day.

A Model Event will be offered on Friday, August 17 for anyone, cost \$4.00. A model event is a non-competitive event designed to simulate the conditions that will be present during the actual meet. The map for the model event was produced by the same people who produced the Day 1 competition map. You may do any of the available courses, but no times will be recorded.

Child Care is available (only while competing, please) at \$1 per child, per hour. Please indicate on the registration form if needed.

Whistles are required of all entrants, on all courses and will be checked at Start Areas. They will be on sale at the event center.

T-shirts (100% cotton w/short sleeves) celebrating both the World Cup and PNWOF can be ordered on the registration form.

Saturday Night Social - there will be a Social Event at the Central Washington University Student Union Ballroom on Saturday, August 18 at 8 p.m. Although details are still to be worked out, we may have a dance. The expected cost, payable at the door, will be approximately \$5.00 per person, with a discount for those staying at CWU. Come join the fun!

SCHEDULE

Friday, June 1	Last day for early bird registrations to be received.
Saturday, July 21	Last day preregistrations for PNWOF to be accepted.
Thursday, August 16	1700-2200 Registration packet pickup at CWU.
Friday, August 17	0900-1200 Model Event Registration and Registration packet pickup at Cle Elum High School
	1000-1400 Model Event (for training purposes)
	1600 World Cup Start Draw
	1700-2200 Registration packet pickup at Cle Elum High School
Saturday, August 18	0700-1100 Wayfarer Registration and Registration packet pickup at Cle Elum High School
	0900 First Start PNWOF
	0900 First Start World Cup Event
	2000-2200 Social Event in Ellensburg
Sunday, August 19	0700-1100 Wayfarer Registration and Registration packet pickup at Cle Elum High School
	0900 First Start PNWOF
	1500 Awards Presentation

Please allow 45 minutes to get from Cle Elum High School to the meet start area.

Schedule

Date/Time	Location	Type	Club	Map	Information
JULY					
Sun, JUL 15 10 a.m.	Trollhaugen, Snoqualmie Pass I-90, exit 62	C	COC	color	Denise Klein 1:15,000 (206) 322-7797
Thu, JUL 19 7-8:30 p.m.	Club Meeting, University Branch Library, 50th & Roosevelt, Seattle Mike Schuh will present a slide show of his orienteering trip to the U.S.S.R.		COC		Mike Schuh (206) 783-3960
AUGUST					
Wed, AUG 1 5:30 p.m.	Forest Park, Everett I-5, exit 192, one mile west on Mukilteo Boulevard	C	SAMM	b/w	Dave Tallent (206) 392-3061
Fri, AUG 3	Model (training event) Kamloops, B.C.	S	SOCK		Charlie Fox (604) 533-3352
Sat-Sun AUG 4/5	Canadian Championships Kamloops, B.C.	A	SOCK	color	John Rance 1:15,000 (604) 526-3319
Mon, AUG 6	APOC/Canadian Relay Championships Kamloops, B.C.	A	SOCK	color	Alan Phillip 1:15,000 (604) 598-2553
Wed, AUG 8	Asian-Pacific Championships Kamloops, B.C.	A	SOCK	color	Tony Byrne 1:15,000 (604) 733-6854
Fri, AUG 10	Model (training) event Innisfail, Alberta	S	AOC	color	Adrian Zissos 1:15,000 (403) 274-6259
Sat-Sun AUG 11/12	Canadian World Cup Event (Sat) and North American Championships Innisfail, Alberta	A	AOC	color	Jim Webster 1:15,000 (403) 266-2771
Tue-Wed AUG 14/15	ROGAINE - 24 hour Clareholm, Alberta	S			Kitty Jones 1:50,000 (403) 282-5235
Wed, AUG 15 3-5 p.m.	Riverside State Park, Spokane; Demo Event-Norwegian National Team I-5, take Garden Springs Exit, US 2 to Government Way, 5 miles north to park	S	WSOA		Pat Albright (206) 285-8674
Thu, AUG 16	Riverside State Park, Spokane - Nat. Jr. Team I-5, take Garden Springs Exit, US 2 to Government Way, 5 miles north to park	C	WSOA	color	Pat Albright 1:15,000 (206) 285-8674
Fri, AUG 17	Cle Elum - Model Event Registration at Cle Elum High School, \$4.00	S	WSOA	color	Fred Veler 1:15,000 (206) 572-4498
Sat-Sun AUG 18/19	World Cup Event (Sat) and Pacific NW 2-Day Register at Cle Elum High School for all events	A	WSOA	color	Harvey Friedman 1:15,000 (206) 784-2774
Sat, AUG 24 1 p.m.	Meet (St Edwards) and Picnic 15105 59th Pl NE, Bothell (Atkinson-McAlister) Meet start at Arrowhead School 153rd & Juanita Drive (no charge for b/w map)	COC		b/w	Bruce McAlister 1:10,000 (206) 821-6862
Sun, AUG 25 9-11 a.m.	Union Bay Canoe-O, University of Washington Waterfront Activities Center, Montlake Blvd., Seattle	S	COC	color	Don Atkinson 1:10,000 (206) 488-0270
SEPTEMBER					
Sat-Sun SEP 1/2	BC Championships Location to be announced	A	GVOC		Bruce Rennie (604) 987-6573
Sun, SEP 2 10 - noon	Marymoor Park, Redmond Exit SR 520 at W. Lake Sammamish Parkway	C	SAMM	color	Dave Enger 1:10,000 (206) 822-6254
Sun, SEP 16 10 - noon	Drunken Charlie Lake, Duvall Use Cherry Valley Rd 3 mi N Duvall or Kelley Rd/Stoessel Rd 3 mi N Carnation	C	COC	color	Mike Schuh 1:15,000 (206) 783-3960
Sat-Sun SEP 22/23	Mid Atlantic Two-Day Individual Hickory Run State Park, Sunbury, PA	A	DVOA	color	Rob Wilkison (717) 286-7643
OCTOBER					
Sat, OCT 6 10 - noon	Lake Sammamish State Park, Issaquah Use Exit 15 on I-5	C	SAMM	color	Dave Enger 1:10,000 (206) 822-6254
Sat-Sun OCT 6/7	Western Canadian Championships Manitoba	A	AOA	color	
Sat-Sun OCT 6/7	Heartland Two-Day Individual Philmont Scout Ranch, Cimarron, New Mexico; info: Steve Williman, 710 Sunnywood Pl, Woodland Park, CO 80863	B	RMOC	color;	1:15,000
Sun, OCT 7 10 - noon	Fort Casey State Park, Whidbey Island Near Keystone, about 25 mile north of Clinton-Mukilteo Ferry landing	C	COC	b/w	Mike Schuh 1:5000 (206) 783-3960
Sat-Sun OCT 13/14	Mt. Douglas Two-Day Vancouver Island	B	VO	color	(604) 658-2231
Sat-Sun OCT 20/21	Heartland Championships Cuivre River St Park, Troy, Missouri	A	SLOC	color	Rhea Jacobs 1:15,000 (314) 644-3735
Sun, OCT 21 Noon - 1:30	University of Washington UW campus	C	COC	color	Mike Schuh 1:10,000 (206) 783-3960
Sat-Sun OCT 27/28	New England Championships New map - Townsend State Forest	A	NEOC	color	Vivien Benning 1:15,000 (617) 648-1321

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

NOVEMBER

Sat-Sun	US Championships	A	HVO	color	Jon Nash
NOV 3/4	New map. Harriman State Park, Bear Mountain NY			1:15,000	(914) 941-0896
Sun, NOV 11	Bridle Trails State Park	C	SAMM	color	Dave Tallent
10 - noon	116th NE and NE 53rd, Kirkland			1:10,000	(206) 392-3061
Sat, NOV 17	Hamlin Park	C	COC	b/w	Debbie Newell
10 - noon	15th Ave. NE and NE 161st, Seattle			1:7,500	(206) 488-7471
Sat, NOV 24	WIOL Clinic, WIOL MEET 1	S	WIOL		Mike Tharp
	Location to be announced				(206) 459 9231
Sat-Sun	Evergreen Cup Two-Day Individual	C	NISQ		Gary McCausland
NOV 24/25	Location to be announced				

DECEMBER

Sat, DEC 1	Kelsey Creek Park, Bellevue; WIOL MEET 2	C	SAMM	color	Dave Tallent
10 - noon	Use Exit 12 on I-405, Cross Lake Hills Connector Road on SE 8th			1:5,000	(206) 392-3061
Sat, DEC 8	Farrel McWhirter Park, Redmond; WIOL MEET 3	C	COC	color	Mike Schuh
10 - noon	SR 520 to end at Redmond, Avondale Rd N 1 m, Novelty Hill Rd 1/2 m to Redmond Rd			1:3,500	(206) 7833960
Sun, DEC 16	Trollhaugen Ski-O, Snoqualmie Pass	S	COC	color	Mike Schuh
11 - 1 p.m.	Exit 62 on I-90, park in Sno-Park Lot (permit required)			1:15,000	(206) 783-3960
Sun, DEC 30	11th Annual Bog Slog, Pool Swim and Holiday Bash Potluck	C	COC	color	Bruce McAlister
	St Edwards State Park, NE 141st and Juanita Drive NE, Kirkland			1:10,000	(206) 821-6862

Club Key:

COC	- Cascade Orienteering Club
EWOC	- Eastern Washington Orienteering Club
EOC	- Ellensburg Orienteering Club
NISQ	- Nisqually Orienteers
CROC	- Columbia River Orienteering Club
SAMM	- Sammamish Orienteering Club
WSOA	- Washington State Orienteering Association
SOCK	- Sage Orienteering Club of Kamloops
VO	- Victoria Orienteers
AOA	- Alberta Orienteering Association
GVOC	- Greater Vancouver Orienteering Club
HVO	- Hudson Valley Orienteers
NEOC	- New England Orienteering Club

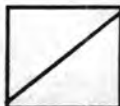
DVOA	- Delaware Valley Orienteering Association
SLOC	- Saint Louis Orienteering Club
RMOC	- Rocky Mountain Orienteering Club

Event Key

A	- major event on good quality color map, 5 course minimum
B	- major local event, 3-4 courses minimum
C	- local club event, 3 or 4 courses
S	- special event (bicycle, canoe, ske, night, etc.)
WIOL	- Washington Interscholastic O'League meet (everyone welcome)

Symbols:

+	meet added since last issue
☆	Vancouver Island Series Meet
◆	APOC 7-day event



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

ADDRESS CORRECTION REQUESTED