

BEARING 315

The Newsletter of the Cascade Orienteering Club

January-February 1990



World Cup/PNWO Update

Staffing Needs

Plans for the big Pacific NorthWest Orienteering Festival (and World Cup meet) next August have reached the stage where we are now looking for help from people who do not have to know anything about orienteering at all. First, we can use a few carpenters, craftspeople, or able-bodied volunteers to work under Dave Lilly's direction building signs, finish chutes, banners, railings, etc.

Next, we could use a few vans and/or minivans and people to drive them for a few hours shuttling people from and to the assembly area and the start and finish areas. A service-minded van club would be ideal.

Despite what some might think, it is not too early to make such a request now. If we want this to be successful, we must plan ahead.

Questions or offers

Any volunteers (for those needs listed above or for any thing else you can think of) should contact the meet director, Harvey Friedman, either in person (preferably with your name, phone number, and what you want to do) or by phone at 784-2774.

Enter Early and Receive a Discount!

Those of you who intend to enter North American 7-Day events other than PNWOF (see meet schedule for list of events), get your entries in early and receive a substantial discount. The deadline for receiving the discount is March 1, which is just around the corner. If you plan to enter only the PNWOF, you will receive an entry form in the next issue of "Bearing 315."

All USOF members and/or subscribers to *Orienteering North America* magazine will receive an entry form for all of the events in the 7-Day series in an upcoming issue. If you do not receive *ONA*, but would like an entry form, send a stamped, self-addressed 8½ X 11 envelope to:

PNWOF entry
P.O. Box 31375
Seattle, WA 98103

Return to Riverside!

(or visit for the first time)

the Washington State Orienteering Association
presents a

Two-Day "B" Meet

at

Riverside State Park

Spokane, WA

April 28-29, 1990

entry form in next issue

If you've been there, you'll want to go back. If you haven't been there, don't miss the opportunity to run in open pine forest with no underbrush!

Election Results

The officer elections at the November club meeting produced a few changes in Cascade's Board of Directors. Doug Sprugel handed over operation of the club to Mike Schuh, while Katie Sprugel and Ardis Dull will continue in their respective positions of Treasurer and Secretary. Although nobody could be persuaded to run for Vice President, Mike will undoubtedly continue to search for someone to replace Linda Botich in that position.

Thanks to last year's officers and coordinators for their hard work, and to this year's board for the year to come.

Clinic Scheduled For August

Tentative plans are underway for the Norwegian National Orienteering Team to conduct an orienteering skills clinic in Spokane on August 15. The clinic would be part of the North American 7-Day Orienteering Competition, and arranged with the help of the Sons of Norway, whose national convention will be held in Spokane during that week. More information will appear in "Bearing 315" as it becomes available.

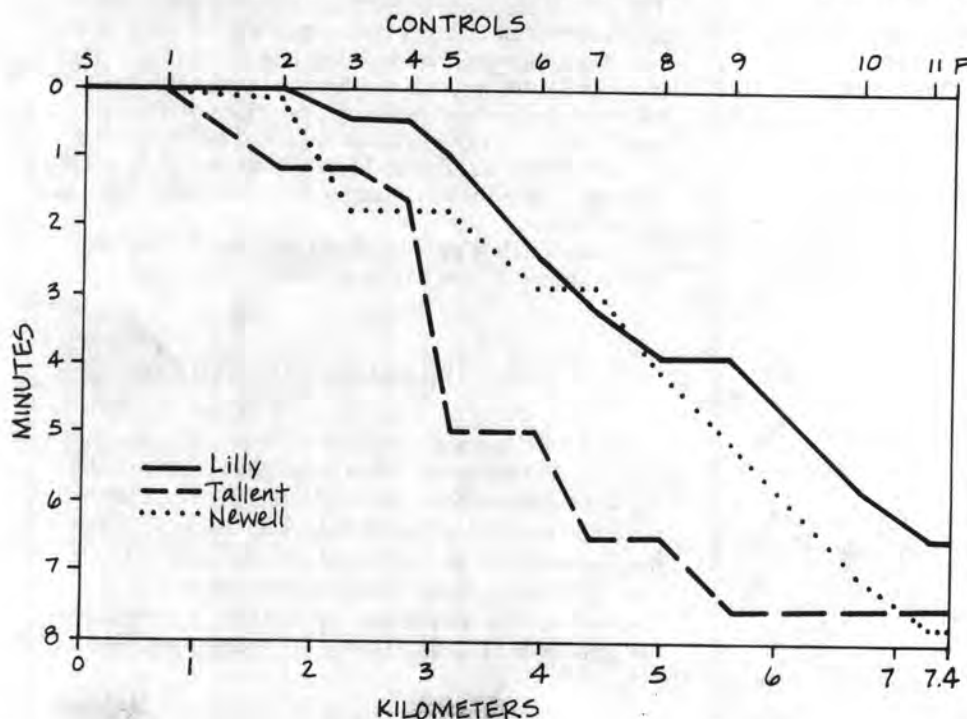
Course Analysis

by Don Quixote

Through the miracle of modern technology (in other words, a stop watch with 30 split times), we can compare not only the total times of orienteers, but leg times as well. At the December 17 Ft. Steilacoom meet, Dave Lilly, Dave Tallent, and Debbie Newell recorded the time it took them to complete each leg on the 7.4-kilometer, 11-control Advanced course. What follows is an analysis of that course.

- S-1 All three ran identical routes at a 4:20 min/km pace. Dave Lilly (obviously quicker with the punch) gained a 2-second advantage.
- 1-2 Lilly's more direct route across the fields paid off and he was able to increase his lead over Debbie Newell by 11 seconds. Dave Tallent ran further south, using roads and trails. However, this longer route didn't pay off, dropping him to 70 seconds behind Lilly.
- 2-3 All three chose different routes for this leg. Newell had difficulty seeing the control from a distance. Tallent used the most direct "fast" trails, cutting across the field only when he saw the control. This enabled him to pass Newell's elapsed time by 36 seconds and gain on Lilly. Tallent ran this leg in under 6 minutes/km.
- 3-4 Both Newell and Tallent ran similar routes through the rough and between thickets. However, Lilly chose the best route, using a trail which ran up a reentrant. Tallent was very slow up the hill ('cause he's an old man!) and dropped further behind Lilly. Newell, on the other hand, "anteloped" it up the hill and pulled to within 6 seconds of Tallent.
- 4-5 All three again chose totally different routes. Tallent decided to backtrack and use the longer trail route to
- the north. However, nearing the control, he got turned around and proceeded to get lost! Like Don Quixote, he was chasing imaginary water tanks. Lilly chose a more direct route through the rough open, approaching the control from the south. Newell drifted further north and did more climbing than necessary, but still had the fastest time on the leg and was now just 52 seconds behind Lilly, with a comfortable cushion of 3 minutes over Don Quixote.
- 5-6 This leg was basically trail running, first downhill, and then around Waughop Lake. Tallent was able to use his running ability on this running (no navigation necessary) leg to gain back 1 minute of his mistake on the last leg. He ran this leg at a pace of 3:38 min/km. Newell, also running fast at under 5 min/km, was able to further close the gap on Lilly to within 25 seconds.
- 6-7 Newell, even with some hesitation between the thickets near the control, ran an excellent leg, moving into the lead by 22 seconds. Tallent was put off by sighting Newell, thinking she was at the control, and was drawn off. Newell actually used pure psychology at this point by faking she was running to the control - she had actually already punched and was heading off towards the next control. After relocating at the fence corner, Tallent was able to get back into the race. However, the damage had been done and Tallent fell to 3:19 behind Lilly and 3:41 behind Newell.
- 7-8 Tallent, unraveled by the fiasco at the last control, ran this leg by the long, safe, "highway" route and gained back over 1 minute on Newell. Lilly, also having a good leg, regained the lead by 9 seconds over Newell.

continued on page 4



Competitors' times compared to ideal time.

The graph shows each competitor's relative position during the course of the 7.4-kilometer course and compares his/her time to the "ideal" time. The horizontal line across the top of the chart represents the ideal time -- the fastest time recorded by any of the three competitors for each leg.

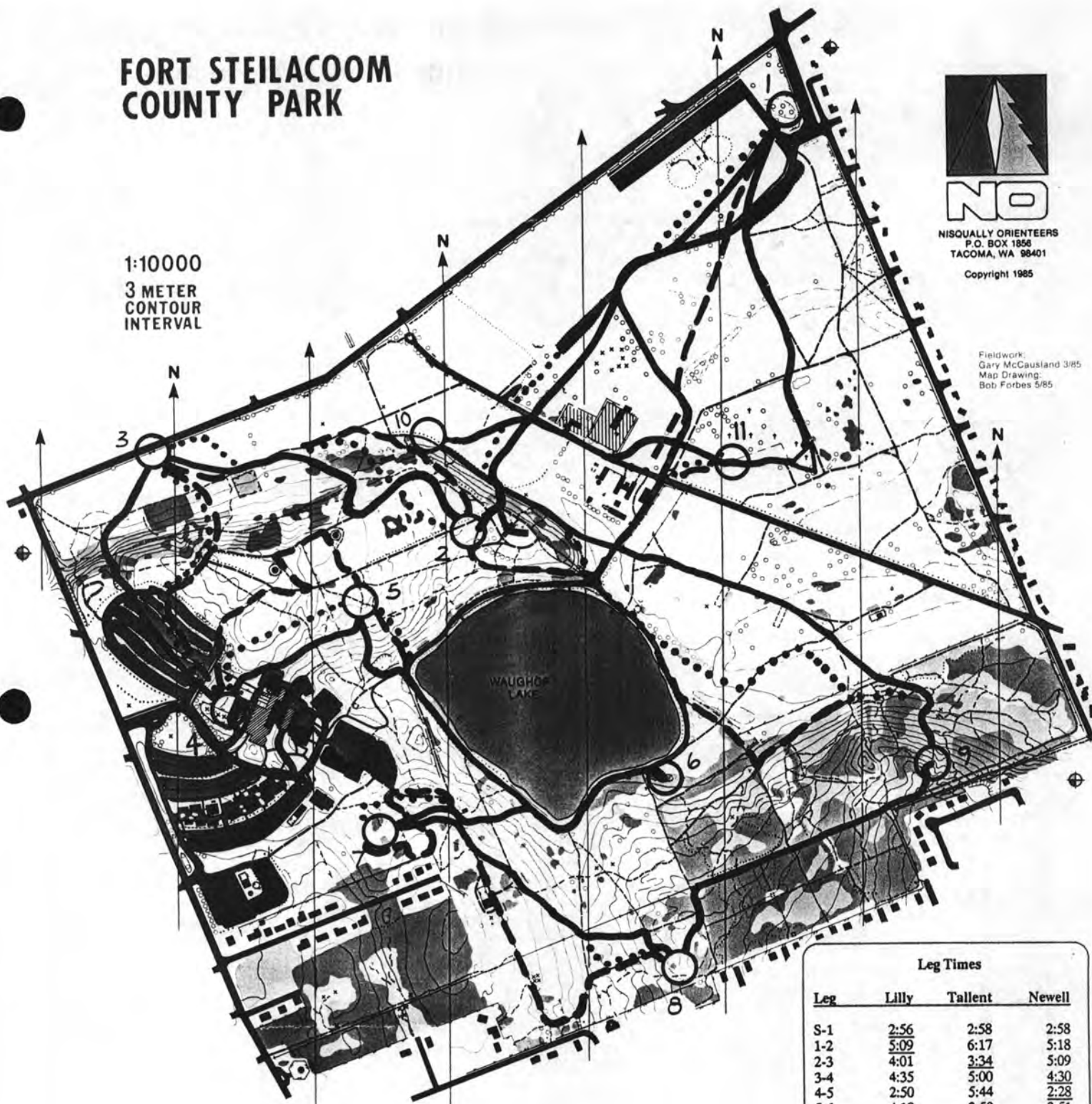
FORT STEILACOOM COUNTY PARK

1:10000
3 METER
CONTOUR
INTERVAL



NISQUALLY ORIENTEERS
P.O. BOX 1856
TACOMA, WA 98401
Copyright 1985

Fieldwork:
Gary McCausland 3/85
Map Drawing:
Bob Forbes 5/85



Leg Times

Leg	Lilly	Tallent	Newell
S-1	<u>2:56</u>	2:58	2:58
1-2	<u>5:09</u>	6:17	5:18
2-3	4:01	<u>3:34</u>	5:09
3-4	4:35	5:00	<u>4:30</u>
4-5	2:50	5:44	<u>2:28</u>
5-6	4:18	<u>2:50</u>	<u>3:51</u>
6-7	5:15	6:00	<u>4:28</u>
7-8	4:54	<u>4:09</u>	<u>5:25</u>
8-9	<u>4:01</u>	5:03	5:04
9-10	6:49	5:00	6:56
10-11	2:58	<u>2:10</u>	2:50
11-f	:27	<u>:26</u>	<u>:26</u>
Total	48:13	49:11	49:23
Min/km	6:29	6:37	6:39

Underlined times indicate the fastest time on that leg.

8-9 Lilly executed perfectly on this leg, running under 5 min/km pace. Tallent exited #8 the wrong way and got tangled in brambles. Newell had problems seeing the control, foolishly pursuing a reentrant instead of the pit. Result: Newell dropped further behind Lilly (72 seconds worth) and Tallent was just 2:24 behind Newell.

9-10 This was the longest leg on the course (1.08k), and was basically a road race. Tallent took advantage of this fact, completing the leg at a pace of 3:54 min/km. Tallent's speed, coupled with the length of the leg, enabled him to make up ground, arriving at #10 just 28 seconds behind Newell, gaining almost 2 minutes on Newell and Lilly.

10-11 Another road race. Tallent finally overtook Newell and closed the gap on Lilly to 59 seconds. However, time had run out for Tallent.

11-F All three sprinted the last 150 meters to the finish in 26 seconds, that's 2:53 min/km pace (a 17-second 100 meters). Newell probably ran the fastest - she has a devastating 100-meter speed. However, any longer than that and she dies.

Strengths and Weaknesses

All three averaged 6:29-6:39 min/km for this course. Newell is probably the most consistent, running all types of terrain

at a constant speed. She also makes good route choices, navigates well, and has few problems close to the control. Tallent runs at every speed, from very fast to very slow. On the track, Tallent can still run 5km in 15 minutes, and under 19 minutes cross-country. However, he is very slow in junky forest and on hills. He doesn't always make the best route choices (wrongly choosing longer trail running, which doesn't always pay off), and his poor eyesight doesn't give him any advantage near the control. Lilly is strong through junky forest, on hills, and in rough open. He is a good runner and makes good route choices.

In junky forest, three can be summed up as: DL is the "Tasmanian Devil," and like a tornado crushes everything in his path. Newell is a gazelle, leaping over obstacles, and Tallent is a klutz - tripping over even the smallest twigs.

Conclusion

So, can we predict how these three will place over various terrain? Probably yes.

1. Open parkland - Tallent. His chances of beating the other two depend on the runnability of the area. Take away the junk and the necessity for precise navigation and he'll win.
2. Junky woodland - Lilly. His ability to run "through" junk gives him an advantage. He's strong and well-suited for this abuse.
3. Open woods/difficult navigation - Newell. Her nimbleness and fine o' skills make her a winner.

Cross-country NAVIGATION

Rod Phillips *** Neil Phillips *** Graham Foley

For the first time comes a book that thoroughly discusses the various aspects of cross-country navigation as it is actually performed by the experts. The authors have developed their theme of "feature-based" navigation from their experiences leading expeditions to all parts of the continent and from years of teaching navigation. They have put this to the test by founding rogaining, the sport of cross-country navigation, by promoting the sport and by their performances in competition.

A book like this cannot be written from the desk alone. It represents the careful synthesis of ideas and experiences collected during many years of navigating in all sorts of conditions. The authors have extensive experience in fields related to land navigation including orienteering, canoeing, rafting, caving, rock climbing, skiing, flying and sailing.

Rod Phillips is a paediatrician in Melbourne, Neil Phillips is a consulting geologist in Western Australia, and Graham Foley is a civil engineer in Melbourne. All have been cross-country navigation champions.

For the beginner

- * feature-based navigation
- * choosing and following a route
- * en route surveillance
- * compass technique
- * lost? how to recover
- * night navigation

For the advanced navigator

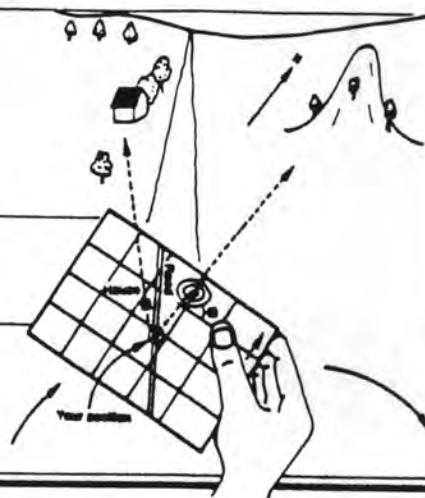
- * navigation in special situations
 - desert -cliff country
 - snow -four-wheel drive
 - rivers -swamps
- * using the sun, moon and stars
- * altimeters

Plus

Rogaining, the sport of cross-country navigation: a complete description for the competitor and a must for the organizer.

To order this beautiful, hard-cover book send \$15.00 plus postage to:

Patricia Albright
Washington State Orienteering Association
3251 43rd Ave W
Seattle, WA 98199



Perfect For Pie

by Gwen White

The following article originally appeared in the August 13, 1989 edition of *Pacific* magazine supplement to the *Seattle Times*.

To Northwesterners, ripe, roadside blackberries are such a common sight that most scurry past without thinking. In their haste, they miss free produce for tasty pies, jelly, and cobbler.

Put on those brakes. Better yet, plan an outing to capture the local bounty. First, check to see if the berries have been sprayed. If not, then identify your find. Not all wild blackberries are alike. Here in the Northwest you'll find three varieties: Pacific, Himalayan, and Evergreen.

Pacifics are the only native blackberry. The fruit is

small and the stems are long, slender, and prickly. White, five-petaled blossoms signal tasty summer-time berries.

Ask outdoor enthusiasts which blackberry is preferred and they'll choose the Pacific. They like the flavor. Pacific blackberries possess a unique sweet-tart taste worthy of the woodland hunt.

As the name implies, Himalayas aren't native to the Pacific Northwest. Original Himalayan stock arrived from India. Luther Burbank developed the berry and named it in 1885. Vines were commercially grown until the 1960s. Years ago, Himalayas escaped cultivation and now grow wild in western regions of Oregon, Washington, and British Columbia.

Who hasn't noticed Himalaya vines in vacant lots? Their huge, stiff, thorny runners sprawl across our landscape. Picking Himalayas demands determination. Prepare for battle. Vines snag clothes and scratch unprotected skin. Arm yourself with boots, long sleeves, and a big stick. Again, be sure to check if vines have been sprayed. Then set to work.

A third wild blackberry is the Evergreen. Vines are similar to the Himalayas, but some berry fanciers think its fruit isn't as flavorful. They say it lacks the tart taste of the Pacifics or the sweetness of the Himalayas. Leaves are noticeably notched.

Retain your armor. More bramble-picking is ahead.

Even Pacific blackber-



Pacific Blackberry

ries' superior qualities can't compel all pickers to thrash through open fields. What's the solution? Locate Farm Guides free at your Chamber of Commerce and libraries. Check for U-pick berry farms. Directions and harvest dates are given. Better yet, note lists of roadside stands featuring fresh-picked blackberries in mid- and late summer.

Still, some blackberry fans have no time for picking or find boxed berries too remote. They head down the byways for family-owned restaurants specializing in blackberry desserts. Or they may select an urban gem where the chef still knows how to turn out a flaky crust.

At the end of your trail, indulge in warm blackberry pie or cobbler. Order a scoop of ice cream. You're ready for an unsurpassed delicacy straight from your own Northwest.



Himalaya Blackberry

Vancouver Island Series

The folks in British Columbia are reviving the "Island Series," a legendary series of four 2-day meets in various locations scattered across Vancouver Island. It begins with Thetis Lake Park in March and ends with Mt. Douglas in October. Prizes will be awarded based on accumulated results from all 8 days of competition. The full schedule of meets is:

March 10/11	Thetis Lake Park
April 21/22	Maple Mountain
May 26/27	Newcastle Island
October 13/14	Mt. Douglas

Look for additional information in future issues of "Bearing 315."



Evergreen Blackberry

Meet Results

LAKE TRADITION - November 5

Meet Director: Doug Sprugel
Course Setter: Dan Waugh
Registration: Sherrill Pattee
Start: Don Atkinson
Finish: Dave Petty, Mike Schuh, Glenn Gordon
Beginner Instruction: Tom Slocum
Control Pickup: Don Atkinson, Ardis Dull, Doug Sprugel

Course 1 (2.7k, 6 controls)

Jacob Carton	22:07
Tim Lippert	34:30
Ed Vervoort	65:51
Sean Harvey	66:22
Amy Nordstrom/Marcia Walters	67:35
Kurt Oberloh & family	67:35
Bob Williamson	69:30
Linda Griesbach	91:29
George & Nancy Lilly	124:39

Course 2 (4.0k, 8 controls)

Mike Schuh	50:18
Ben Hall	56:46
Jacon Carton	57:47
Tom Slocum	61:32
Knut Olson	65:13
John Sincok	71:37
Ardis Dull	76:07
Harvey Friedman	78:00
Chris Olmsted	86:00
Roger Sharp	104:42
Bruce McAlister	106:30
Lars West	108:55
Scott Miller	112:20
Carl Mann/Cathy Jackson	128:31
Eileen Breseman	128:33
Denise Klein	149:42
David Stine	151:00
Kathy Trost	168:00
David Soper	169:38
Bob & Diane Rhea	171:24
Greig Rolfe	DNF
Al Thatcher	DNF

Course 3 (5.2k, 12 controls)

Dave Enger	90:21
Dave Tallent	112:26
Debbie Newell	130:01
Arne Lund	142:23
John Lilly	183:24
Mac MacDonald	190:20
Eric Edeen	234:10
Rick Breseman	DNF
Jim Gallant	DNF
Glenn Gordon	DNF
Mark Howlett	DNF
Bill MacDonald	DNF
Martin Mellish	DNF
Steve Minor	DNF
Carl Moore	DNF
Sean Olmsted	DNF

MARYMOOR PARK - November 12

Sammamish Orienteering Club

Meet Director: Arne Lund
Course Setter: John Sincok
Registration: Arne Lund
Timing: Debbie Newell, Dave Tallent, Dave Lilly
Control Pickup: Dave Lilly, Arne Lund, John Sincok

Course 1

John Evavold	19:50
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Course 2

Mac MacDonald	21:29
Bryce Jensen	23:55
Chris Olmsted	24:19
Tony Adamski	25:15
George Lilly	55:35
David Stein	78:51
Sandra Finn family	92:44
David George	DNF

Course 3

Mark Howlett	28:10
Greig Rolfe	46:10
Knut Olson	54:34
Larry Sarar	58:43
Kathy Trost	78:30
Harvey Friedman	80:03

Course 4

Mark Howlett	34:19
Dave Enger	35:25
Dave Tallent	39:32
Debbie Newell	43:23
Arne Lund	43:23
Ben Hall	43:54
Sean Olmsted	46:07
Mike McManamna	47:27
Jacob Carton	48:10
Mac MacDonald/John Evavold	48:37
Keith Bittner	50:10
Robert Olsen	55:09
Steve Herber	59:23
Sandy Miller	61:25
Bob Reddick	64:41
Ardis Dull	65:46
Ken Peters	70:00
Carl Moore	74:16

VOLUNTEER PARK - December 9

Meet Director: Doug Sprugel
Course Design: Sandy Miller
Registration: Katie Sprugel
Timing: Harvey Friedman, Sandy Miller, Doug Sprugel
Control Pickup: Debbie Newell, Dave Tallent

Course 1 (7 controls)

Johann Gomez/Chris Stevens	7:08
Bob Reddick	7:36
Jim Siscel D	8:18
Tony Bryant	9:08
Eugene Hall	10:38
Jim Siscel A	11:03
Ed Robinson/Bryan Champ	11:21
Jim Siscel B	12:00
David Catlow	12:34
Rick Fojtik	14:39
Robert Whittle	14:43
Nicholas Bone	14:55
Eric Bone/Stephen Madson	14:56
Marcia Walters	16:56
Jim Siscel C	19:24
Ani Raymond	21:17
Andrew Craig/Kelly Romano	23:43

Course 2 (14 controls)

Jim Siscel D	18:46
Kathy Miner	19:20
Terry Bryant	20:39
Jim Siscel A	20:40
Denise Klein	21:47
Andy Craig/Kelly Romano	22:25
Greig Rolfe	23:40
David Catlow	24:37
Eugene Hall	24:44
Rick Fojtik	25:27
Robert Whittle	25:28
Jim Siscel C	25:53
Jim Siscel B	26:53
Williamson	28:46
David Soper	28:55
Marcia Walters	33:32
Dick Diesner	36:18
Oberloh	38:22
Else Mans	38:31
Ruth Farber	38:51
Ruth McCormick	40:34
Rouke	40:35
Willie & Dave Enger	40:58
R. Harris	41:23

Course 3 (15 controls)

WIOL

Thanh Pham	Wilson	23:08
Dennis Poon	Wilson	24:43
Adam Winterhowse	Wilson	25:05
Tony Willis	Wilson	27:51
Lisa Nordlund	Wilson	28:19
Noam Gundle	Garfield	28:42
S. Madson/E. Bone	Garfield	29:36
Joseph Ho	Wilson	32:01
Kristopher Brinnon	Wilson	33:49
Nicholas Bone	Garfield	34:26
Vi Nguyen	Wilson	35:37
Nate Backlund	Wilson	35:52
Ellen Boomer	Wilson	36:42
Valerie Moffett	Stadium	40:48
Vinh Tran	Wilson	55:58

Others

Melissa Moffett	22:37
Ken Peters	29:59
Haines family	34:41
Patty Bailey/Diane Savage	42:27

Course 4 (Memory, freestyle, 21 controls)

Debbie Newell	25:10
Dave Tallent	27:15
Scott Coble	28:15
Jacob Carton	31:05
Rick Breseman	35:38
Rob Knudsen	36:22
Mac MacDonald	37:41
S. Miller	37:52

TROLLHAUGEN SKI-O scheduled for December 16 was cancelled due to lack of snow.

continued ➔

FT. STEILACOOM PARK - December 17, 1989
Nisqually Orienteers

Meet Director: Bob Reddick,
Courses: Bob Reddick
Vetting/Marker setting/Pickup: Mark Howlett
Start: Carl Moore & Stuart Bradshaw
Registration: Pat Reddick & Laura Skog,
Results: Mike Tharp,
Participants: 82

<u>Course 1 (3.1 km, 42 m climb, 7 controls)</u>		
Brian Tost(3)		26:57
Nat Crawford(G)		28:31
John Millard/Chris Rawnsley		36:38
Greg Heasley/Ronnie Bales		39:10
Chris Folsom/Sheila Falk		42:46
John Garrett		50:05
Margie Bone		51:36
George Skea/Zaraya		68:08

<u>Course 2 (3.9 km, 78 m climb, 8 controls)</u>		
Bryce Jensen	Bremerton	30:58
Rachel Tharp	Timberline	34:42
Matthew Chapman	Stadium	36:15
Liesinger/Bunnell	Yelm	37:45
Jeff White/T. Regala	S	40:16
Roger Sharp		41:22
Todd Feltus	Gig Harbor	42:46
Eric Bone	Garfield	43:42
Dennis Poon	Wilson	47:20
Robinson/T. Bryant	B	48:26
T. Dat Nguyen	T	49:13
Steve Madson	G	52:45
Lyon/Donovan/Nelson	S	52:49
Vi. Nguyen	W	54:13
Andy Craig/K. Romano	B	54:42
Kris Brannon	W	55:41
Jesse Davis	Y	55:42
D. Wollform/D. Wingard	GH	58:00
Ellen Boomer	-	60:51
Nate Beckland	W	62:03
S. Fashant/P. Hinderle	?	63:00
Valerie Moffett	S	65:18
Bales/Heasley	BS398	67:05
David Catlow/E. Hall	B	68:53
R. Fojtik/R. Whittle	B	70:13
Kathy Miner	-	72:38
C. Brooks/J. Gomez	B	72:56
Andy Miller	-	76:16
Bryan Champ/T. Smith	B	80:49
Lani Alfiche	W	91:13
Joseph Ho		DNF
Nick Bone		DNF

<u>Course 3 (5.28 km, 84 m climb, 9 controls)</u>		
Nathan Tharp	T	34:31
Keith Bittner	B	40:30
Mike McNamara	B	40:42
Jason McDermott	Y	46:35
Andrew Miller	COC	55:08
Scott Miller	-	55:18
Laura Skog	SAMM	55:33
Willis/Tong	W(-#4)	59:08
Bryant/Gomez/Cullen	B	59:52
Ken Lew	COC	62:42
Don Denbo	Sequim	73:13
Lisa Nordlund	W	77:28
Kathy Trost	SAMM	101:52

<u>Course 4 (7.43 km, 111 m climb, 11 controls)</u>		
Dave Lilly	SAMM	48:13
Dave Tallent	SAMM	49:11
Debbie Newell	COC	49:23
Arne Skog	SAMM	50:33
Ben Hall	SAMM	53:09
Ken Peters	NISQ	58:03
Sid Whaley	NISQ	58:05
Carl Moore	NISQ	58:08
S. Miner	NISQ	58:33
Jacob Carton	SAMM	58:44
Brad Miner	-	86:30

ST. EDWARD STATE PARK - December 31
 10th Annual Bog Slog

Meet Director: Bruce McAlister
Course Design: Bruce McAlister, Ardis Dull
Registration: Robert & Sandy Miller
Timing: Jean Davis, Dave Tallent

<u>Course 1 (8 controls)</u>		
Terry Bone		14:03
Kevin & Matt Crouthamel		19:42
Pat Reddick		26:10
Lisa Archer		32:00
Bob & Berit McAlister		38:32

<u>Course 2 (10 controls)</u>		
David Soper		27:42
Maren Johnson		36:12
Trish Olson		36:15
Burke Kennedy		36:18
Margie Bone		40:26
George & Nancy Lilly		43:55
Nicholas Bone		45:12
Kathy Miner/Julie King		54:56
Denise Klein		DNF

<u>Course 3 (3.0k, 10 controls)</u>		
Gary McCausland		49:20
Don Atkinson		54:18
Paul Bullard		54:31
John Sincok		60:28
Katie Sprugel		63:32
Knut Olson		67:47
Eric Bone		71:27
Sidney Whaley		76:46
Steve Herber		80:41
Dave Petty		83:54
Harvey Friedman		87:28
Jim Sisco/Erik Maynard		96:54
Patty Bailey/Maggie Coughlin		DNF

<u>Course 4 (3.9k, 14 controls)</u>		
Dave Enger		40:05
Dave Lilly		49:41
Jeff Coker		52:40
Glenn Gordon		53:20
Debbie Newell		55:57
Rick Breseman		56:10
Robert Miller		59:57
Dave Tallent		62:01
Sandy Kish Miller		63:18
Brian Hart		63:33
Doug Sprugel		64:10
Sean Olmsted		70:57
Carl Moore		72:08
Scott Coble		78:17
Thurston Miller		78:25
S. Miner		84:22
Bob Reddick		90:38
Bill Rogers/Bill McKenzie		91:53
Scott Donald		92:29
Roger Stocker		97:09

Rob Knudsen	103:06
Shirley Donald	125:03
Matthew Coulter	DNF

1989 U.S.O.F. NATIONAL RANKINGS

Below are the local orienteers who were nationally ranked in 1989. In order to be ranked, you must be a member of the U.S. Orienteering Federation and, for Washington residents, finish at least 4 days of U.S.O.F. Class "A" meets (or 2 days of American "A" meets and 2 days of Canadian "A" meets). Those who competed in A categories are also eligible to receive an award based on the number of ranking points they earn. The top 3 ranked people in each A category receive gold awards. Those people who score at least 80% of the average of the top three scores receive silver awards. And those with between 70% and 80% of the average receive bronze awards.

Twenty-three people from Washington were ranked last year; 5 received gold awards, 4 silver, and 4 bronze.

RED COURSE			
Rank	Name	Club	Award
F21A			
7.	Debbie Newell	COC	silver
M19-20A			
1.	Nathan Tharp	NISQ	gold
2.	Jeff Coker	NISQ	gold
M35A			
2.	Dave Enger	SAMM	gold
8.	Dave Tallent	SAMM	silver
9.	Mike Schuh	COC	bronze
M40A			
16.	Mac MacDonald	NISQ	
M45A			
4.	Fred Veler	NISQ	bronze
10.	Mike Tharp	NISQ	bronze
12.	Dan Waugh	COC	
M21B			
13.	Rick Breseman	COC	
GREEN COURSE			
F35A			
5.	Ardis Dull	COC	silver
7.	Sandy Kish Miller	COC	bronze
F45A			
5.	Pat Albright	COC	
M55A			
9.	Bob Reddick	NISQ	
12.	Carl Moore	NISQ	
M60A			
1.	Knut Olson	COC	gold
10.	Ken Lew	COC	
F21B			
4.	Eileen Breseman	COC	
5.	Katie Sprugel	COC	
M45B			
8.	Harvey Friedman	COC	
ORANGE COURSE			
F15-16A			
2.	Rachel Tharp	NISQ	gold
M15-16A			
7.	Bill MacDonald	SAMM	silver

Schedule

Date/Time	Location	Type	Club	Map	Information
Sat, JAN 20 10 - noon	Seward Park, Seattle	W	COC	color 1:10,000	Mike Schuh (206) 783-3960
Thu, JAN 25 7:00 p.m.	General Club Meeting, University Branch Library 50th & Roosevelt, Seattle		COC		Mike Schuh (206) 783-3960
Sat, JAN 27 10 - noon	Spanaway Park, Tacoma	W	NISQ	color	Fred Veler (206) 572-4498
Sun, FEB 4 11 - noon	+ Trollhaugen, Ski-O (call Hotline for meet status) I-90 exit 62, park in Sno-Park lot (parking fee: day use \$2, season \$10)	S	COC	color 1:15,000	Debbie Newell (206) 488-7471
Sat, FEB 10 10 - noon	Lake Sammamish State Park, Issaquah South end of Lake Sammamish	W	SAMM	color 1:10,000	Dave Tallent (206) 392-3061
Thu-Sun FEB 15-18	Tacoma Sport & Leisure Show South Sound Center, Lacey				Pat Albright (206) 285-8674
Sat, FEB 17 10 - noon	Naval Ammunition Depot (NAD) Park, Bremerton	W		1:5,000	Sean Olmsted (206) 697-4303
Sat, FEB 24 10 - noon	WIOL Championships, St. Edward State Park, Kirkland Juanita Drive at N.E. 145th St.	W	COC	color 1:10,000	Mike Schuh (206) 783-3960
Sat-Sun MAR 10-11	« Thetis Lake Park, Victoria, B.C. Meet 1 of the Island Series (4 meets total)	B	VO	color 1:10,000	Steve Chatwin (604) 592-3559
Sun, MAR 11 10 - noon	Island Crest Park, Mercer Island	C	SAMM	color 1:10,000	Dave Tallent (206) 392-3061
Mon, MAR 12 7:00 p.m.	Club Meeting, University Branch Library 50th & Roosevelt, Seattle		COC		Mike Schuh (206) 783-3960
Sat, MAR 17 10 - noon	Lake Tradition, Issaquah	C	COC	color 1:15,000	Mike Schuh (206) 783-3960
APRIL IS ORIENTEERING MONTH!					
Sun, APR 1 10 - noon	Marymoor Park, Redmond north end of Lake Sammamish	C	SAMM	color 1:10,000	Dave Tallent (206) 392-3061
APR 6,7,8	Thrill Search (sports show), Seattle Center	S			Pat Albright (285-8674)
Sat, APR 7 10 - noon	Lincoln Park, West Seattle Fauntleroy Way	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sat, APR 7 10 - noon	Lincoln Park, Spokane	C	EWOC	b/w 1:5,000	John Beck
Sun, APR 8 10 - noon	Pt. Defiance Park, Tacoma	C	NISQ	color 1:10,000	Fred Veler (206) 572-4498
Sat, APR 14 10 - noon	Lynndale Park, Lynnwood	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sat-Sun APR 21-22	« Maple Mountain, Duncan, B.C. Meet 2 of the Island Series (4 meets total)	B	CVO	color 1:10,000	
Sun, APR 22 10 - noon	Ft. Steilacoom Park, Tacoma	C	NISQ	color 1:10,000	Fred Veler (206) 572-4498
Sat-Sun APR 28-29	Riverside State Park, Spokane	B	WSOA	color 1:15,000	Debbie Newell (206) 488-7471
NORTH AMERICAN 7-DAY COMPETITION					
Sat-Sun AUG 4-5	Canadian Orienteering Championships Kamloops, B.C.	A	SOCK	color 1:15,000	Charlie Fox (604) 533-3352
Mon, AUG 6	APOC/Canadian Relay Championships Kamloops, B.C.	A	SOCK	color 1:15,000	
Wed, AUG 8	Asia-Pacific Orienteering Championships Kamloops, B.C.	A	SOCK	color 1:15,000	
Sat, AUG 11	North American Orienteering Championships & World Cup event, Innisfail, Alberta	A		color 1:15,000	Adrian Zissos (403) 274-6259
Sun, AUG 12	North American Orienteering Championships Innisfail, Alberta	A		color 1:15,000	
Tue-Wed AUG 14-15	ROGAINE, Innisfail, Alberta				Kitty Jones (403) 282-5235
Sat, AUG 18	Pacific Northwest O' Festival & World Cup event Cle Elum, Washington	A	WSOA	color 1:15,000	Harvey Friedman (206) 784-2774
Sun, AUG 19	Pacific Northwest O' Festival Cle Elum, Washington	A	WSOA	color 1:15,000	Harvey Friedman (206) 784-2774

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

Event Key

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

Club Key

- COC - Cascade O Club; EOC - Ellensburg O Club; EWOC - Eastern Washington O Club; NISQ - Nisqually Orienteers; SAMM - Sammamish O Club; WSOA - Washington State O Assoc. CVO - Cowichan Valley Orienteers; SOCK - Sage Orienteering Club of Kamloops; VO - VictOrienteers

Changes from last issue:

- « Part of Vancouver Island series (see notice on page 5)
- + Meet added

Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 20 December 1989. Words of both thanks and welcome go to the following new or renewing club members: Pat Albright, Liz Anderson, Steve Avolio, Dan Beach, Kurt Blakstad, Jo Brown family, Stanton Brown, Robert Carlson family, James Davis, Dick Diesner family, S. Donald, Rick Donaldson, Dick Eitel, Scott Ellich, Enger family, Harvey Friedman & Anne York, Paul Gustie & Rebecca Blackwell, Haines family, Rick Hood, Hortuchi family, Earl Hunt, Peter Kehoe, Ken Knapp & Katherine Schubert-Knapp, Lauri Kohll, Michael Mahoney, Randy Mahr, Carl Mann & Cathy Jackson, Else Mans, Bruce McAlister, Martin Mellish, Robert Miller & Sandra Kish Miller, Knut Olson family, Brad Payne, Christine Pester, Walbridge Powell, Bob Reddick, Jim Siscel, Tom Slocum, Neil Smith, Einar Storakers, Dwight Thompson family, Marcia Walters, Doug Woods family.

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

Now on to the fun stuff. Scott Coble successfully defended his dissertation on 8 December; he should receive his Ph.D. in Mathematics in January 1990....Sandy Kish Miller's dad, Paul Kish, was married on 2 December 1989....Jo Brown and Al have tied the knot as well; they are spending lots of time redoing their 'new' house.... Mark Hartinger is doing his part to help the club grow. Allison was born on 16 October 1989....Continuing in the tradition, Dave and Valerie Enger are parents for the 3rd time; Molly was born on 15 December 1989....In addition to the usual Christmas greeting card that we get from Lennart Levin and the IOF Secretariat, this year we also received one from Heinz Tschudin of Switzerland; he is president of the International Orienteering Federation this year....Pam & Sture Carlsson write that it is cold and snowy in Sweden this winter as they enjoy the seasonal smörgåsbord....Some of you might have met the Juntilla family at a few O' meets when they lived in Corvallis last year. They sent an insightful Christmas letter about their experiences living abroad and traveling home via the Orient Express right after the carnage in China. On a lighter note, we read about the minor difficulties that they had adjusting to life back in Trømsø, Norway. Since Trømsø is so far north, the sun last appeared on 20 November, not to be seen again until 21 January or the next clear day. See me if you want to read it....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) 783-3960
Vice President		
Secretary	Ardis Dull	(206) 364-4062
Treasurer	Katie Sprugel	(206) 365-8742
Mapping Coordinator	Bruce McAlister	(206) 821-6862
Membership Coordinator	Harvey Friedman	(206) 784-2774
Newsletter Editor	Debbie Newell	(206) 488-7471
Training Coordinator		
Publicity Coordinator	Pat Albright	(206) 285-8674
Equipment Coordinator	Don Atkinson	
Volunteer Coordinator		

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

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

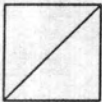
Special events, such as the State Championships and "A" meets, have higher fees.

"BEARING 315" PUBLICATION SCHEDULE

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are encouraged to submit orienteering-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.

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

Mail material to: Debbie Newell
6216 N.E. 154th St.
Bothell, WA 98011



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ADDRESS CORRECTION REQUESTED