

CLUB OFFICERS

President	
	320, 789-4137
Vice-President	(12 1 202
Charlie Bock	641-4791
Secretary	-1/1700
Lorrie O'Brien	746-4573
Treasurer	202.000
Jean Hendrickson	772-1241
Events	100 - 100 E
Len Englund	746-3822
Publicity	
Tony Paul son	784-4649
Membership	
Mike Schuh	783-3960
Mapping	
Goeran Larsson	938-2058
Training	
Gary & Debbie MacDon	ald 823-9337

MEMBERSHIP

Orienteering is similiar to carrallying---except you do it on foot and
you are both driver and navigator. It's
simple to learn. And you can catch on to
the basic skills in 30 minutes. As you
pick up experiences and stamina you can
tackle the more challenging, advanced
courses. If you would like to join the
Cascade Orienteering Club and the fun,
fill in the membership blank below and
send it in with the yearly dues to:

Cascade Orienteering Club P.O. Box 3572 Bellevue, Wash.

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Pamily Individual Associate 18,00

3.00(under 18 yrs)

Name:		
Address:		
Phone:	N - 3	

clubs.

PROM THE PRESIDENT
Our "Fun Trek '80" orienteering meet at
Seward Park on May 31st was a huge success.
The meet was our biggest and best organized
ever, and went very smoothly. We had about
120 participants, more than twice as many as
any previous meet, and all appeared to enjoy
themselves. I was particularly pleased that
we attracted so many people from other clubs,
as you can see from the results list. I talked with many of them and we are developing

Much of the credit for the "Fun Trek '80" success should go to our co-sponsor, Eddie Bauer, Inc. They provided advance publicity, general organization, facilities for the clinics, map printing, insurance coverage, refreshments and excellent prizes.

more participation in other clubs! events, notably the British Columbia and Ellensburg

I would like to thank those club members who spent many hours working on the "Fun Trek '80" events. First of all Len Englund, who dreamed up and initiated the program, coordinated with Eddie Bauer, Inc. and provided motivation throughout. Many thanks also to Charlie Bock for single-handedly creating the superb Seward Park map and designing and setting the four excellent courses. Tony Paulson coordinated the publicity and conducted the Discovery Park workshop. Clayton Smith conducted two of the in-store clinics, and Bo Powell conducted the lunch hour clinic and helped with training at several events.

Thanks also to Mike Schuh, who built the start and finish frames, directed the Discovery Park meet and controlled the timing at the Seward Park meet. At the Seward Park meet Bob Hale-Harbaugh was the starter. Jean and Bob Hendrickson handled registration. Carol Johnson, Lorrie O'Brien, Savitri Khalsa. and Debbie Newell die recording and results checking/posting. Einer Storackers and Richard Lacy performed the strenuous task of circulating around the Seward park courses throughout the day-long meet checking control markers. In fact Richard accomplished a new feat in orienteering, and "Orienteering Century" -- he "punched in" at about 100 controls.

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COMING EVENTS

Saturday, July 12 CARKEKK PARK MKET

Enter the park via the N.W. 110th ST.
at 3rd Ave. N.W. in Seattle. Join us enytime between 10AM and 12 Noon at the picnic
area overlooking Puget Sound near the end
of the loop road. Meet director: Dave Enger
will set beginners' and intermediate point
to point courses and a 60 minute score
orienteering course.

Sunday. July 13 NO. VANCOUVER, B.C.MEET
The North Vancouver Orienteers club
will hold a meet at Black Mountain, a wintertime ski area just outside North Vancouver, starting about 11AM. The Canadiens
have been practicing orienteering longer
than us and have developed good maps and
conduct well-organized meets. Contact
Dave Enger or Goeran Larsson for more info.

FORT LEWIS MEET Sunday, July 27 Registration will be from llam to 1PM in the southeastern area of Fort Lewis on the east side of Highway 507 about 2.5 miles north of Roy. From Seattle, take exit 127 off I-5, head east on Highway 512 for 2 miles, then exit onto Highway 7 southbound toward Mt. Rainier. After 5 mi. turn right onto Highway 507 and continue for 5 mil. to the red/white orienteering signs indicating a left turn into the site. For carpooling: meet in the Sea-First Nat 1 Bank parking lot on the Northeast corner of Southcenter Shopping Center at 9:30AM. We will use Clayton Smith's 1:10,000 map and set a variety of courses.

Saturday. August 2 and Sunday. August 3 MERRITT, B.C. MEET

A two-day meet sponsored by the Valley Navigators, a small orienteering club, at the site of last year's B.C. Orienteering championships. Contact Dave Enger for further info.

Wednesday, August 6 CLUB BUSINESS

Meeting will start at 7PM at the Greenlake Library, 7364 E.Greenlake Dr. North, in seattle. We will discuss our next regional meet, which will probably be held at Fort Lewis in September.

EVENTS CONT.

Saturday. August 9 SEWARD PARK MEET Register between 10AM and 12 Noon at the park. Meet director: Richard Lacey. All levels of courses available.

Saturday. August 16 and
Sunday. August 17 SAN DIEGO MEET
The San Diego Orienteering Club
will sponsor a two day meet...one of the
bigger events on the U.S. west coast
this year. Contact Dave Enger for info.

A TIP: COMPASS SCALES
Almost everyone finds, generally at an orienteering meet, the scale on his compass differs from the one on the map. One solution is simply to stick a white strip of adhesive tape over the front edge of the compass before you go to the meet. At the meet, copy the scale onto the adhesive tape on the compass.

Use the compass millimeter scale for 1:20,000 and 1:10,000, but for odd ones like 1:15,000 or 1:24,000 the adhesive tape scale you adapt is far more convenient.

Orienteering NEW\$

1979 USOF WORLD CHAMPIONSHIP - TEAM TRIALS CLUES.

In the last newsletter we printed the International Orienteering Federation's (IOF) shorthand control descriptions. Below are the controls and their clues given in the IOF symbols as they appeared in the 1979 USOF World Championships. See if you can interpret the symbols to fast cluereading...Good luck. Write out your description NOW!

USOF TEAM TRIALS BAY 2 Herren (Men) 9.4 km 220m

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Seward Park, May 31, 1980 in all courses as

lat piace: silva compass & \$50 Eddie Bauer Gift Certificate

2nd place: \$40 Eddie Bauer Gift Cert.
3rd place: \$30 Eddie Bauer Gift Cert.
4th place: \$20 Eddie Bauer Gift Cert.
All finishers: Eddie Bauer T shirt

Eddie Bauer, Inc. 411 finishers: Fun Trek '80 Results

RED COURSE: COMPETITIVE 15 controls, 3.9 km

Name	Orienteerin	ng Club	time
1. Bruce Wol	fo Bay Area (8.F.)	55:30
	Tulane Ur		20:15
3. Hod Harri	Melbourne, A	stralia	59:37
I Rohan Rar	mie North Sho	re (B.C.)	59:53
5. Pontus Ar	dersson Case	ade	60:34
6. Bruce Rer	mieNorth S	nore(B.C.)	60:37
7. Mike Acke	rfeldt North	Shore	66:47
8. Dave Rude	kewich. Indian	ne U. (Pa.)	68:11
	ersson Casca		70:33
	holmRedmond	1	72:44
	enSeattle		73:42
12.Mark Hawl	ey Cascade	10.00	76:22
13. Sue Harri	s Super Turt		
er their a	Melbourne, At		91:44
14.W111 Sper	ryKllensbu	rg	133:54
15. Jean Davi	Cascade		141142
RED COURSE:	RECREATIONAL	15 contr	ols, 3.9kg
			4. 1. 1. 1

1. Max MeyringCascade(2nd cours	10) 04:29
2. Peter Davidson Seattle	91:46
3. Ken Davis Seattle	98:553
L. G. Konzelman & D. Hell Tecoms	98:55
J. BekerKirkland	DNP

ORANGE COURSE: COMPETITIVE 12 controls, 2.8km

1. Hilary Anderson Seattle	56:3
2. Thomas Lewis Scattle	57:26
3. Bob HarnSeattle	68:46
4. Karen Thomson Cascade	68:59
5. Max Meyring Cascade	83:31
6. Mike Reynolds Cascade	86:01
7. Doug Pedersen Tacoma	86:02
8. James Dirks Seattle	86:23
9. R.L. BarnesSeattle	89:47
10.Jim BrattEllensburg	97:09
11.J.Elmer StoneCascade	99:22
12.Eric Englund Cascade	115:52
13.Glen EnglundCascade	177:48
Charles Whitehead Spokene	DNF
Debbie Newell Cascade	DNP

ORANGE COURSE: RECREATIONAL 12 controls, 2.8 km

1. Ben YangSeattle	70:29
2. Wm. H. Beaver Seattle	70:30
3. Paul Gauthier Bellevue	71:06
4. Les Brisbois Cascade (2nd co	urse)73:51_
5. Fred Ebert Seattle	79:13
6. Sue Corkran Cascade	81:04
7. Gene Ohlson. Mercer Is.	86:56
8. Ben EvansSpokane	87:40
9. Jeff Kelley-Clarke Everett	92:04
10.Alistair Borchert Seattle	92:22
11.Len Englund Cascade	100:32
12. Pete Thomas Seattle	106:30
13.Pat Malloy Ellensburg	118:42
14.Jim Edwards Seattle	129:22
15. Joanne Sperry Kllensburg	149:00
Matthew Straight Bellevue	disqualified

YELLOW COURSE: COMPETITIVE 9 controls, 2.1km

1.	Greg Ehr Ellensburg	47:19 47:25
	Ernst Andersson Cascade	47:25
3.	Cecilia Werner Ellensburg	52:32
4.	Paul Piacitelli Ellenaburg	54:204
5.	D.Kraus & J.Wolfe Lacey	60:34
6.	Micky Reynolds Cascade	69:24
7.	John Wishart Cascade	112:09

YELLOW COURSE : RECREATIONAL 9 controls, 2.1km

1. Wm Hall Cascade	42:46
2. Les BrisboisCascade	45:201
3. B. Smith & A. DeVone Seattle	
4. Bill PordSeattle	50:50
5. D. Davidson & MacDonalds Ever	
6. P. Nielsen & N. Barnett	535
No.Vancouver, B.C.	58:07
7. Greg Burley Selah	60:52
8. George Eaves Seattle	65:59
9. Halley & Jennifer Bock. Cascad	e 66:09
10.Tim CroseSouth Bend	70:52
11. Jane Haberman Selah	72:48
12.G.Moseley & L. Bodden Belle	vue 77:09
13.L. HayKennewick	82:25
14.E. Hungate & Family Seattle	84:01
15.Rich & Kris Permenter Kirkle	
16. Frank Kandt Redmond	92:17
17.M.&D. VerBoisBellevue	95:10
18. Morrison & Long Cascade	96:04
19.Dianne Yaeger Ellensburg	97:29
20. Pill & Billy Fritz Everett	100:17
21.V.J.DolejaKirkland	113:40
22. Jeff Kandt Redmond	121:47
23.Anna TenerelliSeattle	132:08
24.Linda ZacutiSeattle	137:08
25.Linds BuchananEllensburg	147:28
26. Jamie Marking Ellensburg	DNF
Wm. J. PordCascade	
Kirby Jacobson Seattle	disqualified

WHITE COURSE: RECREATIONAL 8 controls, 1.6km

1. Ben YangSeattle(2nd Course) 2. D. Kraus & J. WolfeLacey 3. Paul Lyman	25:55 38:40 42:25
4. M. Kanzenbach & R. Hauyenhae Bellevue	44:13
5. Rachel & Joyce Hyman Bellevue	50:29
6. Sue Streatker Seattle	52:23
7. Jeannit Nordholm Redmond	57:57
8. Brenda Gross Seattle	58:00
9. Margareta Oettinger Ellensburg	59:42
10. Scot & Georgene Ranney Bothell	60:18
11.Casey MadisonCheney	60:36
12 classy metricular des	67150
12. Albert A. Arcand. Bainbridge	76:33
13. Denny Henkel Mercer Is.	
14. Bill Hart Redmond	113:10
Barry Ryman Bellevue	DNP
R. GoughSeattle	DNF
Mark Balderrama Seattle	DQ
J. Merchant Bellevue	DQ

EVENT RESULTS

BOY Scout Meet May 17, 1980

A special meet was held on May 17th for the Thunderbird Council of the Boy Scouts of America. Bob Hale-Herbaugh made a simple map of the forest adjacent to the Buck Creek Airfield (USFS) on the White Riber about 30 miles East of Enum-

PLACE	TROOP	PATROL	TIME
1	252	Android	8:00
2	252	Ninja	9:00
3	213	Matural Legion	10:00
4	213	Chinook	13:00
5	252	Stingray	14:00
6	213 2555 255 255 255 255 255 255 255 255 2	Alpha Centurians	15:00
7	250	(Plain) Panthers	17:00
8	213	Totems	19:00
9	215	Black Panthers	20:00
10	222	Wildcats	20:00
11	53	Pink Panthers	25:00
12	53	Flying Eagle	29:00
13	200	Flying Eagles	30:00
14	9	Pack 9	
1234567890112345	215	Bear	40:00

Seward Park Boy Scout Meet June 2, 1980 Director: Richard Lacy

Troop 270
White Course: 8 controls, 1.5 km.

Davey Rundall	61:45
Mike Mosey	62:15
Dan Blake	62:30
David Staub	64:15
Paul Reese: Darsy Smodgrass	67:00
Tony Coutcher	75:30
David Rundall	75:30
Mark Overgaard	76:30
Bill Bracken	77:00
Brian Warden	79:00
Victor Joeson	85:45
Jim Danielson; jason Edwards	DNF
Aaron Tate	DKP

Yellow Course: 10 controls, 2 km.

Bob Warden	47:50
John Potter	50:00
Fred Warden	52:50
Robin Boles	54:10
Noel Wilson	67:00
Andy Dickson	DNF
Lunn Kik	DNF
Steve Krook	DNF
Terry Warden	DNF
Chris Wilson	DNP

Troop 213

Yellow Course: 10 controls, 2 km.

"Natural		46:00
"Chinook		53:00 55:30
"Totems"		DNF

CAMPBELL VALLEY PARK, B.C. June 8,1980

Eight COC members joined about thirty others at this well-organized meet conducted by the Valley Wavigators of British Columbia. Un-Valley Mavigators of British Columbia. Unfortunately the heavy rain cut down on the
attendance. Mike, Richard and Dave ran with
bare legs to avoid the extra weight of waterlogged sweat pants, but were stung and scratched quite nastily by the nettles and stickers.
However, all finished in good spirits and the
meet was a worthwhile learning experience.
COC results were:

Blue Course E-20 division

1. Goeran Larsson 5. Mike Schuh 6. Richard Lacey 7. Dave Enger	69:36 96:58 116:48 131:11
Green Course Open division	
1. Debbie Mewell 2. Gary & Debra MacDonald 3. Carol Johnson	41:50 73:08 92:05

June 21,1980

Directors: Riner Storackers

Len Englund Registration: Dave Enger

MED COURSE: 9 controls, 4.5 km

1. Rod Harris	50:00
2. Dave Enger	63:10
3. Max Meyring	99:30
4. Ben Yang	104:40
5. Rob Corkran	110:40
6. Al Borchert	110:50
7. W. & J. Connett	114:10
8. Greg Konelman & Dawn Hall	152:25
Bob Hale-Harbaugh	DNF
Ken Connell	DNF
Jean Davis	DNF

TELLOW COURSE: 6 controls, 2.5 km

1. Jeff Kelley-Clarke	42:30
2. Sherrill Clark	43:20
3. Kirby Jacobson	44:30
4. Susan Hamilton	52:50
5. R.L. Bernes	55:30
6. Anne E. York	66:00
7. Andrew Devore & Brady Smith	66:10
8. Harvey Priedman	66:15
9. Glenn Englund	66:30
10.Art Hanley & Priends	70:20
11.Kevin Hanley & Priends	72:05
12. Debra MacDonald	73:30
13.Laz Yates	102:00
Leslie Bodden	DNF
Grendl Mossley	DNP

WHITE COURSE : 7 controls, 1.5 km

1. Tim Simons and Wm. Turner	40:10
2. A. Hanley-Clark	Li4:30
3. Geo. Harbaugh	58:30
4. K. Hanley-Beasley	61:30
5. Mark Balderrama	61:50
6. Wm. Ford	72:00
7. Bo Powell and Family	90:00
8. Mike Pitzgerald	125:30
9. Bureks and Al	132:00
Jim Hamilton	DNF
David Cramer	DNF
Derren Smith	DNP
Mark Hanks	DNP