

# BEARING 315

JUNE 1978

VOL I / No. 3

## CASCADE ORIENTEERING CLUB

Karl Nolte.....President  
Tom Stewart.....Vice President  
Stan Hockman.....Secretary  
Corie Sherman.....Treasurer

The Club's first regional meet (the 1st Annual Lingering Lodestone & Compass Carnival) held on May 21, became an international event with visitors from Canada and Swedish exchange students competing. The meet was very well run and everyone had a good time. Many people took the time to compete on more than one course. This can really help increase skills as the competitor is more aware of mistakes the second time around and can concentrate on corrective procedures.

Prizes were awarded by our co-sponsor Recreational Equipment Co-op. These folks did a tremendous job in helping set up the event and we hope to work with them again at a future event. Our thanks also went out to the Weyerhaeuser Company on whose property the meet was held. Many of us now have a better understanding of what "reforested land" is like.

One thing we are learning from all our meets is our need for better maps. We hope to work on this during the summer.

Results of the meet are as follows:

### WHITE COURSE

#### Individuals:

Charlie Bock	33:45
John Wishart	44:00
Neil Wishart	45:15
Jean Johannessen	55:15
Kent Smith	1:21:15
Allen Ross	2:14:30

#### Teams:

Lee Butler, Jack Hamlin and Tony Chace	49:45
Chris Wilson team	1:19:15
Abe Schweid team	1:27:00

Also ran: Richard Lowry

## YELLOW COURSE

#### Individuals:

Marlys Svensson	1:42:00
Marit Svensson	1:47:00

#### Teams:

Hendricksons	2:04:00
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Also ran: Robert Seavey and Karl Nolte, Chris Wilson team, Gavin Gray, Kai Kaltenbach, Neil Wishart, John Wishart, Gary and Debra MacDonald

## ORANGE COURSE

#### Individuals:

Mark Wentzel	1:09:30
Einar Svenssen	1:52:15
David Larson	2:05:00

Also ran: Karen Hansen, Larry Smith, Charlie Bock

## RED COURSE

#### Individuals:

Tony Byrne	1:38:45
Anders Ljunggren	1:50:15
Ross Burnett	1:50:30
Thomas Risinger	2:00:15
Rob Corkran	2:08:30
Jan-Olov Olsson	2:36:15

Also ran: John Svensson, Bo Powell

T-SHIRTS.....available at meetings & events.

\$3.50 (S - M - L)  
Red with white emblem

Len Englund now has a scrapbook and is looking for someone to bring it up to date. I know if you were asked to help you probably would----- any volunteers??

## "READ ANY GOOD BOOKS LATELY?"

<u>The Orienteering Book</u>		1977
Steve Andresen	\$3.50	100 pg.
<u>Be An Expert with Map &amp; Compass</u>		1976
Bjorn Kjellstrom	\$6.95	214 pg.
<u>Orienteering</u>		1969
John Disley	\$3.95	170 pg.
<u>Orienteering</u>	\$1.95	1973
Scottish Orienteering Association		47 pg.
<u>Orienteering for Sport and Pleasure</u>		1977
Bengtsson & Atkinson	\$5.95	225 pg.

The above books available from:

Runner's Book Warehouse  
P.O. Box 7251  
Mountain View, CA 94042

(When ordering, add .45¢ per book for mailing costs)

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The following books are available from publisher (no price known).

<u>The Challenge of Orienteering</u>	19
Gordon Pirie - Pelham Books, London	
<u>A Basic Manual for Beginning Orienteering</u>	19
Jack Dyess, Athens, Ohio	
J & N Enterprises	124 pg.
<u>Competitive Orienteering</u>	1971
Hellman, Kaill, Rystedt & Gustavsson	
Canadian Orienteering Service	
Willowdale, Ontario	62 pg.
<u>Introduction to Orienteering</u>	1971
Carlson, Lee, Peepre & Peepre	
Canadian Orienteering Service	
Willowdale, Ontario	48 pg.

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For Canadian Orienteering Information:

Orienteering Association of B.C.  
#803-1625 W. 13th Avenue  
Vancouver, B. C.



Cascade  
Orienteering  
Club  
P.O. BOX 3572  
BELLEVUE, WASHINGTON 98009

!!! MEETINGS - MEETS - MEMBERSHIPS !!!

For answers or information:

President	KARL NOLTE	632-5559
Vice President	TOM STEWART (Tacoma)	964-4309
Secretary	STAN HOCHMAN	746-8028
Treasurer	CORIE SHERMAN	322-9018
Events	LEN ENGLUND	746-3822
Membership	CELESTE NEUFFER	364-0798

At our June 12th meeting, a decision was reached regarding our monthly meetings. From now on our meetings will be for business and planning only. No workshops or instruction will be included at these meetings. They will be held at the Puget Power Building Auditorium in Bellevue - 10608 N. E. 4th. All members are welcome to come and help in the running of the Club, but as the Club grows and events increase, we need a regular time and place to lay plans and discuss the reactions to our activities. Outdoor events will be monthly and it is our hope to get more members involved in their operation.

Membership in Cascade Orienteering Club is \$4.00 for an individual and \$7.00 for a family. Members receive all mailings and will get a discount in the entry fee at all meets.

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The Orienteering Association of B.C. schedules many orienteering meets throughout the year. Some of our members have gone to these meets and find them very well run and a lot of fun. Their next big meet is a "team" competition on July 8 and 9. This will be a camp-out weekend competition which is quite long - 36 and 25 miles. Entry fee is \$8.00 per team and payable before June 25. Write or call: ROBIN DRAPER

1200 Hornby Street  
Vancouver, B.C. V6Z 1W2  
6-87-3333

We will list more of their events in later issues of BEARING 315, along with our own, so everyone will have the opportunity to take part in their meets as a change of pace.

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Welcome to the following new members!!!

Anders Ljunggren	Allen Ross
Tom Risinger	Ronald & Betty Koharski