

Bearing 315

NOV-DEC 1986

the newsletter of the Cascade Orienteering Club

Trollhaugen

by Harvey Friedman

Everything went as expected for the Class "A" meet except the attendance. We had perfect weather (sunny, but not too hot to run), quite varied terrain, fine courses set by Sture Carlsson to challenge us (considering my slow times, 'twas quite a challenge), and even one third of last year's U.S. cross-country ski orienteering team (Larry & Sara Mae Berman and Ron Pontius).

Mike Schuh and Dave Enger spent nearly every weekend in May and June field-checking the map. They also worked with course-setter Sture Carlsson setting out markers and vetting the courses on the weekend of the meet. Mike was responsible for obtaining the \$700 contribution from the Sons of Norway for production of the map, and still had time to help print courses, and enter results in the computer at the meet.

Gary McCausland built the start area and made all the signs, and helped with course-printing, and setting out markers; Arnold Kay spent many hours programming the computer and making awards before the meet, and operating the computer the weekend of the meet; Don Denbo (despite a badly swollen ankle that kept him out of the competition the second day) organized and trained a finely tuned finish crew.

Sture Carlsson spent many days designing and checking twelve courses, which required several trips to Snoqualmie Pass. Since the final map didn't get back from the printer until about 10 days before the meet, he had to do all of this with a bad color xerox of the field map.

Doug and Katie Sprugel handled pre-registration, and had to put up with a mailbox full of entries for the meet; Joe Abad and his family put together an excellent barbecue on Saturday evening.

Special thanks go to Larry and Sara Mae Berman from Cambridge, MA and Bob Anglin from L.A. who pitched in and worked as hard at taking up the dance stage as any of the COC members who worked on those 50 sheets of plywood.

Last, but certainly not least, thanks to everyone else who helped out: Bileen Williams, who coordinated the t-shirt printing; Robert Miller, who negotiated the permit fee with Burlington Northern, and who, with Sandy Miller, helped assemble the meet program. Roger Sharp, who did publicity for the meet; and Harvey Friedman, who got ads for the program. And everyone who helped on the days of the meet: Rick Breseman, Scott Coble, Ardis Dull, Bob Forbes, Mary Forbes, Harvey Friedman, Robert Miller, Sandy Kish Miller, Sal Munoz, Bob Rein, Brin Benschaw, Mike Tharp, Peggy Tharp, Rachel Tharp, and Anne York.

B.C. Championships

Several members of Cascade and Misqually Orienteering Clubs attended the British Columbia Orienteering Championships held on Vancouver Island on August 30 and 31. The first day was an individual event, and the second day was a relay. The weather was perfect for orienteering, not too hot and not too cold. Thetis Lake, the site of the individual event, is typical Pacific Northwest vegetation, in other words, salal, salal, and more salal.

Saturday's courses were challenging, especially control 3 on course 7, where several people had to dodge a nest of angry bees to get to the marker. Sunday's relay was held on the grounds of Royal Roads Military Academy, located on the shores of Esquimalt Lagoon about five miles from Victoria. The weather was again perfect for orienteering, with a cool breeze coming in off the lagoon. The forest was a bit more open than at Thetis, although there were some thick spots. Fortunately, no one encountered any bees.

The American contingent did pretty well in the standings, and it was an enjoyable weekend in Canada.

Washington Results at B.C. Championships

COURSE 2		H 17-18	
<u>D-Open D</u>		1. Nathan Tharp	98:24
Blaine Rybak	DNF	<u>D 35</u>	
<u>H-Open D</u>		Ardis Dull	DNF
4. Bruce Cervene & Dyanne Kruger	106:23	<u>D-Open</u>	
		1. Sandy Kish Miller	205:49
COURSE 3		COURSE 7	
<u>D-Open C</u>		<u>H 21B</u>	
Pat Albright	DNF	1. Bob Forbes	108:27
COURSE 4		2. Rick Breseman	136:24
<u>H-Open C</u>		3. Arnold Kay	167:46
1. Mike Tharp	71:23	<u>D 21</u>	
COURSE 5		2. Debbie Newell	130:10
<u>D-Open B</u>		3. Mary Forbes	132:26
Katie Sprugel	DNF	5. Eileen Williams	165:30
COURSE 6		<u>H 35</u>	
<u>H-Open B</u>		5. Gary McCausland	118:06
1. Robert Miller	152:04	10. Meir Sheffer	139:34
Bd Rybak	DNF	COURSE 8	
Doug Sprugel	DNF	<u>H 21</u>	
		3. Ingemar Jansson	92:50
		8. Mike Schuh	114:10
		10. Jan Vrana	115:08
		11. Ron Pontius	119:07

Melay

Novice Mixed

1. Bruce Cervene
Dyanne Kruger
Sandy Kish Miller

161:33

H35

2. Gary McCausland
Mike Tharp
Ed Rybak

157:24

H19-34

2. Mike Schuh
Ingemar Jansson
Jan Vrana

144:18

H-Open

3. Arnold Kay
Robert Miller
Meir Sheffer

172:28

3. Nathan Tharp
Ron Pontius
Bob Forbes

157:16

Mixed

6. Rick Breseman
Elaine Rybak
Roxanne Tolman

202:39

D19-34

1. Mary Forbes
Debbie Newell
Bileen Williams

231:06

7. Ardis Dull
Kathy Haunts
Melanie Ruth

214:06

Cascade Orienteering Club

MEMBERSHIP APPLICATION

Check one: ☐ New Member ☐ Renewal

Name _____

Address _____

_____ Zip _____

Phone _____

☐ Family \$10.00 ☐ Individual \$7.00 ☐ Associate (under 18 years) \$4.00

If family membership, list other members:

Send application and check payable to the
Cascade Orienteering Club by mailing to
COC, PO Box 31375, Seattle, WA 98103

Annual Meeting

This year's annual meeting and election of officers will be held on November 13th from 6:45-8:45 p.m. at the University Branch Library on the corner of N.E. 50th St. and Roosevelt. Mike Schuh will present a slide show about the Western U.S. Orienteering Championships (Nederland, Colorado), the B.C. Championships (Vancouver Island, B.C.) and the Washington State Championships (Trollhaugen).

Bus-O

In November, the Cascade Orienteering Club will hold a novel type of orienteering event: bus orienteering. Organized as a large scale score event, it will test the ability of the participants to use city street maps and the Metro bus system to navigate around the city.

Registration Information

Start and Finish will be at Westlake Mall (4th & Pine in downtown Seattle).

Schedule

8:30 - 9:30 a.m.	Registration
9:45 a.m.	Last minute instructions and announcements
10:00 a.m.	Mass start
1:30 p.m.	Return by this time to avoid penalty points
2:00 p.m.	All entrants must be back at Westlake Mall
2:15 p.m.	Awards Ceremony

Entry Fees

\$2.00	Individual
\$2.00	Wheelchair (wheelchair entrants should have an assistant)
\$3.00	Team (2 or 3 people per team; only 1 wheelchair per team)

Divisions

Bus Fare

In addition to the registration fee, participants must supply their own bus fare. You may purchase an all-day pass for \$1.00 from any bus driver. If you have a regular Metro pass, you may use it.

Instructions

Your objective is to accumulate as many points as possible within the time limit. Each control is assigned a point value based on its distance and/or difficulty. It is usually not possible to visit every control within the time limit, so you must choose which points to visit. You may visit the controls in any order. Penalty points will be assessed if you return past the time limit.

1. You will be given a list of control descriptions. Each control description will consist of the name and address of a retail business in Seattle. You will also be asked to answer some question about the business in addition to punching in.
2. You must either walk/run or use a bus to get from one control point to the next.
3. You must return to the Finish area by 2:00 p.m. Penalty points will be assessed for anyone returning after 1:30 p.m.
4. Your score will be figured by adding the points from each control you visited. The person or team with the highest total will be declared the winner in each division.
5. This event is being run to gain publicity for orienteering and for the Cascade Orienteering Club. Therefore, one extra rule: no team may have more than one orienteering club member on it.

For additional information, call Mike Schuh at 783-3960.

Expiration

Please check the date on the mailing label to see when your membership expires. Renew promptly if you want to continue receiving Bearing 315. Words of both thanks and welcome go to the following new or renewing club members: Pat Albright, Kurt Blackstad, Jo Brown, Georgie Friedenber, Judy Hill family, Jack Raidy, Melanie Wheeler, and P.M. Greenspan.

Some members of Ellensburg and Sammamish Orienteering Clubs purchase "newsletter only" memberships from COC. These people should renew their memberships through their own clubs rather than through COC.

Information

For those of you who want to find out about orienteering meets in other parts of the country, Cascade exchanges newsletters with clubs in New England, New York, New Jersey, Pennsylvania, Delaware, Alabama, Kansas, Missouri, Texas, Colorado, Oregon, California, and British Columbia, Canada. Call Harvey Friedman (784-2774) if you want to borrow a newsletter to read about other clubs, or if you want current information from them.

Trollhaugen-Another View

by Roger Sharp

Trollhaugen: Norwegian for "troll hill." I didn't see the trolls. I saw the hills. At the awards ceremony on Sunday afternoon, Liv Halvorsen was reported as saying "this isn't orienteering" when she had finished her course. Maybe she saw the trolls.

There was some deadfall, grassy fields, underbrush and dry river beds. Dry river beds in the Cascades! Near the wettest city in the country! This is a part of the Cascades new to me. It is, however, just as scenic and wild as the rest. Several people saw deer (probably SOC's Bob Rein bounding down a hillside). At one control was a beautiful waterfall. I saw an abundance of elk sign. You see a lot when you're on the course for three hours. Can you imagine people rushing through all this beauty in less than an hour? Crazy.

Even crazier was doing it again the next day. I didn't talk to one person on Day 2 who wasn't sore. Oh, yes I did. Alexander Rybak. Five months old, hanging out in Mom's front snuggle pack. Actually, he might have been sore. He didn't say.

About 110 people pre-registered for Trollhaugen. A lot of people registered on the day of the race. I saw many people milling about the popular spots: the free refreshments, the results board, the barbecue, the portable toilets. For people who like statistics:

- * Of the pre-registered: 35% were COC members
24% were Canadians
19% were Washingtonians from outside the Puget Sound area
8% were from the U.S. outside of Washington
- * Participants represented 17 orienteering clubs
- * Two people were injured on the course (sprained ankles)

Sara Mae and Larry Berman, publishers of Orienteering North America magazine, each took home a trophy. I heard they were interested by the news of snow at the Nisqually O' Club's Tenalquot meet in February of this year. Though the weather at Trollhaugen was warm and sunny, if they had stayed two more days they may have seen snow in Snoqualmie Pass.

Colorful club president Robert Miller presented the awards on Sunday, his mind tripping over Sweden and Norway each time he informed the audience where certain winners were from. Quick as he is, he caught on to his little glitch and introduced Sara Mae Berman as "from wherever it is back east." This is not a direct quote, but it may as well be.

All in all, the meet went as smoothly as contour lines printed on a map, and I'm sure meet director Debbie Newell is happy.

LETTERS TO THE EDITOR

Dear Editor,

I'd like everyone to thank Debbie Newell for the job she did putting out the superb last issue of the COC newsletter and hope that all the others she does next year as regular newsletter editor turn out as well. We need more people to step forward and offer to accomplish things for the club.

Most of the membership of COC enjoys participating in o' meets; few members enjoy the administrative aspects of the sport. However, orienteering in this country is a sport run by volunteers, which means people are needed to design courses, arrange for maps to be made, schedule events, register, time, and teach others how to do the above. Volunteers can learn new skills, make new friends, and share the camaraderie of putting on a well-attended, successful meet. You don't have to be a "good" or proficient orienteer, just enthusiastic. Several returned surveys from last spring had comments about the officers being "elitist" or cliquish; those comments hurt those who worked at meets or who served on the board. If you want proof that they are not cliquish, just volunteer to help out and see how eagerly you will be welcomed. Newer members can learn from more experienced ones how to do most of the above-mentioned jobs, but we dearly need someone (anyone competent) to help the current publicity coordinator get our schedule published REGULARLY in the local media (particularly the Times and the P.I.). We need this ongoing name familiarity so that the club can grow. Help the soon-to-be-elected board members. Better yet, be one. If you enjoy the sport, please volunteer to help out.

I would rather see 100 or more people come to each meet and have 75 treat it as a 10km run and just leave afterward than have only 25 friendly people show up. I feel that if we can introduce enough people to the sport, some will stay and become involved. A big problem is keeping the interest of those who do come fairly often. To this end, I think that the four clubs in the state of Washington should coordinate their schedules so that in each and every month of the year there will be at least one meet on a 1:2500 to 1:5000 scale map, primarily to introduce beginners to the sport in a non-threatening locale and also at least one meet on a 1:10,000 to 1:24,000 scale map, so that the non-competitive but no-longer beginners won't become bored and drop out. If anyone agrees with anything I've advocated here, come to the annual meeting in November and make your voice heard.

Harvey Friedman
Membership Coordinator
Former President &
Former Newsletter Editor

ROBINSWOOD PARK - JULY 9
Sammamish Orienteering Club

Course Setter - Bob Rein
Registration & Timing - Dave Enger
Timing - David Lilly, Valerie Enger
Marker Retrieval - Dave, David, Bob
Weather - Sunny

COURSE 1 (1.1 km, 6 controls)

Steve & Paul Herber	11:20
Peter & Roberta	15:30
Mike Narzisi	15:45
Carol Fielder	17:35
Brownie Gregson & Group	21:20
Lydia & Ben Grable	25:44

COURSE 2 (1.8 km, 9 controls)

Eveland DeForest	22:00
Mike Narzisi	22:02
Steve & Paul Herber	26:01
Peter & Roberta	28:34
Carol Fielder	35:53
Walt & Kathy Hickey	37:30
Brownie Gregson & Group	43:10

COURSE 3 (2.5 km, 13 controls)

No master map - participants were given a blank map and a list of unique control descriptions.

Glenn Gordon	31:10
Roger Sharp	33:36
Sandy Kish Miller	37:02
Ardis Dull	39:28
David Lilly	43:26
Mark Moulton	49:26
Steve & Paul Herber	54:20
Knut Olson	58:05
Phil & Michelle Everett	59:41
Mike Narzisi	DNF

LUTHER BURBANK PARK - AUGUST 6
Sammamish Orienteering Club

Course Setter - Dave Enger
Registration - Bob Rein
Timing - Valerie Enger
Marker Retrieval - Bob, Valerie,
Roger, David Lilly
Nuts & Chips - Roger Sharp
Weather - Sunny & hot

COURSE 1 (1.0 km, 6 controls)

Steve & Paul Herber	12:37
Paul Drago	16:04
Matt Mitchell	21:35
Dorothy Wendler/Jay Dyer	29:54
Steve Kane	35:54

COURSE 2 (2.1 km, 9 controls)

Phil Everett	31:08
Mike Wilson	44:38
Ralph Olson	45:50
Michelle Everett	47:10
Paul Drago	48:00
Paul & Steve Herber	48:30
Dorothy Wendler/Jay Dyer	50:47
Steve Kane	60:17
Shelly Kelber & Group	63:04
Bill & Barbie Ford	70:54
Matt Mitchell	DNF

COURSE 3 (17 controls)

Freestyle course, find all controls in any order

Sandy Kish Miller	34:23
Roger Sharp	36:49
David Lilly	37:31
Jessica Hirschfelder	40:25
Arnie & Laura Skog	40:39
Carl Moore	41:03
Ardis Dull	42:43
Knut Olson	51:40
Dave Tallent	66:30

BRIDLE TRAILS STATE PARK - SEPTEMBER 6
Sammamish Orienteering Club

Course Setter - Dave Enger
Registration - David Lilly
Timing - Bob Rein
Weather - sunny & warm

COURSE 1 (1.2km, 6 controls)

Gary Pesano	16:45
Mary Rousch/Debbie Ellertson	28:40
Dyanne Kruger	31:35
Nancy Alsoszatai-Petheo	50:10
Dorothy Wendler	50:30
Albright, Bartley, Schuh	57:00

COURSE 2 (2.2km, 9 controls)

Liz Anderson	43:20
Dyanne Kruger	46:20
Steve Layman	50:40
Mary Rousch/Debbie Ellertson	50:45
Katherine Schubert-Knapp	51:15
Joanne Sperry	54:10
Nancy Alsoszatai-Petheo	55:05
Eric & John Chadwicks	79:35
Gary Pesano	84:00

COURSE 3 (3.6km, 8 controls)

Ken Knapp	61:48
Roger Sharp	67:26
Harvey Friedman	100:57
Troy Pearson	108:20
Ralph Olson	111:20

COURSE 4 (4.9km, 10 controls)

Mike Schuh	48:32
Ron Pontius	50:58
Dale Width	52:12
Sture Carlsson	53:00
Debbie Newell	54:40
Gary McCausland	54:43
Fred V	55:13
Robert Miller	57:30
Meir Sheffer	62:05
Don Denbo	62:11
Cecilia Tiefensee	65:10

Rick Breseman	65:18
Kent Verbeck	69:38
Bileen Williams	69:50
Steve Miner	76:50
Doug Sprugel	83:07
Knut Olson	83:28
Glenn Gordon	83:28
Ed Ryback	84:30
Sandy Kish Miller	85:47
Will Sperry	87:20
Mark Moulton	91:07
Phil Everett	102:12
Dave Tallent	102:18
Katie Sprugel	102:53
Michelle Everett	129:45
Dan DuPertuis	167:20
Carl Zapffe	DNF

MARYMOOR PARK - OCTOBER 5
Sammamish Orienteering Club

Course Setter - David Lilly
Registration - David Lilly
Timing - George Lilly
Instruction - Mike Schuh
Meet Director - Dave Enger
Weather - overcast

COURSE 1 (1.7km, 6 controls)

Pat Albright	19:35
Kurt Blackstad	20:12
Pat Raverman	26:50
Maxine Lacy/Bruce Terrel	32:46
Larry & Judy Swan	37:29
Matt Joyce	42:00
Dorothy Wendler	47:30
Crandall	51:59
Ryan & Kevin Hill	57:57
April Womack	57:58
George Lilly	89:00
Georgie Friedenber	97:39
Emma Vecht	DNF

COURSE 2 (3.7km, 8 controls)

Don Atkinson	40:50
Steve Layman	41:15
Scott Kjosvik	42:09
Michelle Everett	43:52
Kurt Blackstad	45:07
Craig Kjosvik	47:09
Troy Pearson	51:09
Pat Raverman	51:30
Don Denbo	52:53
Dick Diesner	61:15
Jennifer & Nick	62:58
Larry & Judy Swan	64:00
Pat Albright	65:12
Jeff Stejskal	65:30
Dorothy Wendler	76:05
Les & Ryan Penington	79:04
Troop 304B, Jim & Carl	82:04
Maxine Lacy/Bruce Terrel	83:09
Troop 304A, Aaron & Erik	86:40
Hart family	87:46
Judy Hill & Co.	154:00
Bruce Cervene/Dyanne Kruger	DNF

COURSE 3 (5.1km, 12 controls)

Mike Schuh	45:43
Ron Pontius	46:20
Robert Miller	48:18
Bileen Williams	49:27
Carl Moore	49:27
Rick Breseman	51:12
Sandy Kish Miller	54:44
Scott Coble	56:10
Knut Olson	60:52
Steve Miner	66:20
Ralph Olson	66:48
Brad Miner	67:59
Doug Sprugel	70:11
Harvey Friedman	72:15
Dave Tallent	72:47
Dan DuPertuis	77:04
Tony Halstead	DNF
Katy Sprugel	DNF

TROLLHAUGEN 1986
Washington State Orienteering Championships

WAYFARRERS

Day 1

Rod Moeller (white)
Kurt Blackstad (white & yellow)
Ryan Hill (white)
Kevin Hill (white)
Kathy Smith (white & yellow)
John Ledington (yellow)
Steve Layman (orange)
Aaron Hill (white)
Judy Hill (white)
David Mathiesen (white)
Anders Juhlin (green)
Amy Loomis (white)
Tony Nyitray (yellow)
Mike Bingle (white)
Ruth Bingle (white)
Mark Fisher (orange)
Bruce Hurst (orange)
Marina Tolmacheva (orange)
Roland Schmid (yellow)

Day 2

Arlene Ahlf (white)
Trevor Pugh (white)
Anders Juhlin (red)
Amy Rutherford (white)
Deanna Beery (green)
Lorenzo Haralson (yellow)
Margaret Fahnestock (white)
Karen Tittle (white)
Kurt Blackstad (orange)
Billy Price (white)
Mike Crisera (white)
Rob Corkran (white)
Roland Schmid (orange)
Anita Kyte (white)
Amy Loomis (yellow)
Kari Anderson (white)
Kristi Robinson (white)
Charles Loomis (orange)
Tony Nyitray (orange)
John Ledington (orange)
Rita Bevans (white)
Hayden Lemly (white)
Kate Saunders (white)

WHITE COURSE

Day 1: 2.3k, 7 controls; Day 2: 2.1k, 8 controls

<u>M-Open</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
*Charles Loomis	24.65	23.85	48.50

YELLOW COURSE

Day 1: 3.6k, 12 controls; Day 2: 3.8k, 12 controls

<u>F13-14A</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
*Rachel Tharp	91.57	92.67	184.24

<u>M-Open</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
*Allan Griggs	77.57	63.12	140.69
Martin Weiss	91.80	81.17	172.97
Bruce Cervene	DNS	117.63	DNF
George Bukota	205.87OT	DNS	DNF
Salvador Munoz	208.15OT	DNS	DNF

<u>F-Open</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
Chae-Im Santos	96.65	133.55	230.20
*Pat Albright	153.45	99.07	252.52
Eva Rutherford	153.62	DNS	DNF
Dyanne Kruger	DNS	173.90	DNF
Joan Benderson	DNS	DNF	DNF

ORANGE COURSE

Day 1: 4.5k, 12 controls; Day 2: 4.0k, 11 controls

<u>M15-16A</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
Erik Rutherford	60.82	59.57	120.39

<u>F17-18A</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
Liv Halvorsen	DSQ	64.55	DSQ

<u>M17-18B</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
Michael Wilson	DNS	DNF	DNF

<u>F19-20B</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
Erin Renshaw	205.00OT	117.00	322.00OT

<u>F35B</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
Maureen Levitt	117.10	125.80	242.90
Donna Gookin	144.35	116.30	260.65
Deanna Beery	DSQ	DNS	

M50B			
Bruce McAlister	174.25	DNS	DNF
F-Open			
*Joanne Sperry	125.10	138.55	263.65
Ingrid Dagis	136.03	150.40	286.43
Blaine Rybak	159.92	DNF	DNF
M-Open			
Stewart Rounds	75.63	73.63	149.26
Bob Rutherford	132.43	92.50	224.93
*David Tallent	173.67	140.15	313.82
Don Atkinson	DNS	72.80	DNF

GREEN COURSE

Day 1: 5.1k, 12 controls; Day 2: 4.5k, 9 controls
M17-18A

*Nathan Tharp	59.62	61.58	121.20
Ralph Olson	DNF	83.53	DNF

F35A			
Karen Lachance	106.63	83.37	190.00
Anne York	DNF	104.25	DNF
Ardis Dull	DNF	107.93	DNF

F45A			
Shirley Donald	124.20	81.13	205.33
Sara Mae Berman	125.65	95.57	221.22
Gail Hanna	146.47	111.60	258.07
Mary Roozendaal	DSQ	83.17	DSQ

M50A			
Edwin Gookin	84.73	56.00	140.73
Carl Cogor	138.63	97.93	236.56

M55A			
*Will Sperry	126.67	101.47	228.14
Knut Olson	DNF	99.48	DNF

F21B			
Edwin Gookin	102.83	85.85	188.68
Sandy Miller	108.73	97.47	206.20
Katie Sprugel	167.68	108.38	276.06

M35B			
*Doug Sprugel	117.00	81.67	198.67
Robert Miller	97.57	DNS	DNF
Brad Payne	DNS	112.90	DNF
M40B			
*Scott Coble	112.15	97.95	210.10
Harvey Friedman	151.30	126.70	278.00
Bob Rein	DSQ	124.80	124.80

M-Open			
*Peter Kehoe	95.35	71.03	166.38
Jim McNamara	123.43	92.23	215.66
Ed Rybak	158.55	60.80	219.35
Roger Sharp	190.58OT	91.43	282.01OT
Tony Paulson	DNS	113.67	DNF

RED COURSE

Day 1: 5.5k, 14 controls; Day 2: 6.0k, 15 controls

M19-20A			
Orville Rhine	148.73	118.37	267.10

F21A			
Cecilia Tiefensee	83.55	93.10	176.65
*Mary Forbes	95.22	88.02	183.24
Bileen Williams	89.50	111.72	201.22
Ilze Rupners	133.03	95.62	228.65

M35A			
Ron Green	71.25	80.55	151.80
Colin Preston	67.60	86.47	154.07
*Meir Sheffer	77.50	88.62	166.12
John Rance	77.20	90.20	167.40
Arthur Caldicott	88.60	86.18	174.78
Dale Width	73.10	102.22	175.32
Rent Verbeck	89.82	125.55	215.37
Mike Stobie	85.57	DSQ	DSQ

M40A			
*Fred Veler	69.80	73.17	142.97
Mike Tharp	82.83	100.83	183.66
Bob Anglin	86.60	106.28	192.88

M45A

Peter Smith	76.62	78.25	154.87
Larry Berman	69.57	90.47	160.04
Scott Donald	87.67	117.42	205.09

M21B

*Bob Forbes	70.33	73.27	143.60
David Lilly	113.62	98.85	212.47
Arnold Kay	80.50	139.22	219.72
Michael Rounds	102.38	118.92	221.30
Glenn Gordon	106.18	119.47	225.65
Rick Breseman	132.28	112.68	244.96
Scott Elich	117.35	132.05	249.40
Craig Brooks	174.57	158.40	332.97
Piarras De Cleir	96.57	DSQ	DSQ
Mark Moulton	DNF	DNS	DNF
Don Denbo	DNF	DNS	DNF

BLUR COURSE

Day 1: 7.6k, 16 controls; Day 2: 6.8k, 14 controls

M21A

Ross Burnett	65.28	61.62	126.90
Pat Berting	69.92	66.72	136.64
*Ron Pontius	83.17	66.47	149.64
Jan Vrana	84.17	73.08	157.25
Wayne Patterson	89.73	79.67	169.40
Clayton Smith	96.55	84.15	180.70
Dan Waugh	110.93	97.12	208.05
Gerry Grieve	138.33	119.05	257.38
George Pugh	157.17	161.15	318.32
Dave Huntington	DSQ	90.58	DSQ

* Washington State Champion

DSQ - Disqualified (punched wrong marker)

DNF - Did Not Finish

DNS - Did Not Start

OT - Overtime (more than 3 hours)

THERE IS A HEAVEN FOR VOLUNTEERS

Many will be shocked to find
When the day of judgement nears
That there's a special place in Heaven
Set aside for volunteers

Furnished with big recliners
Satin couches and footstools
Where there's no Committee Chairman
No group leaders, no car pools

No eager team that needs a coach
No bazaar and no bake sale
There will be nothing to staple
Not one thing to fold or mail

Telephone lists will be outlawed
But a finger snap will bring
Cool drinks and gourmet dinners
And rare treats fit for a king

You ask "Who'll serve those privileged few
And work for all they're worth?"
Why, all those who reaped the benefits
And not once volunteered on Earth

-author unknown

TROLLHAUGEN T-SHIRTS

Several Trollhaugen t-shirts remain for those of you who didn't get one. We are offering a special post-meet rate of \$6.00 apiece for these lovely aqua shirts emblazoned with an orienteering troll. To purchase a shirt, please call Debbie Newell at (206) 488-7471.

SCHEDULE OF EVENTS

NOTE: This list is subject to addition and subtraction. Please call before attending a meet.

Date/Time	Location	Type	Club	Map	Information
NOV 1-2	U.S. O Championships, Camp Stubblefield, Houston, TX	A	HOC	color 1:15,000	Larry Weir (713) 486-9114
NOV 13 6:45-8:45	*COC Annual Meeting, University Branch Library, 50th & Roosevelt		COC		Robert Miller (206) 782-1437
NOV 15	Chip Ross Park, Corvallis, OR	C	OO	b/w	Jeff Lewis (503) 245-3965
NOV 16 10-12 noon	Robinswood Park, Bellevue	C	SOC	color 1:3,000	Dave Enger (206) 822-6254
NOV 22 8:30-9:30 am	Greater Seattle Bus-O	Bus C	COC		Mike Schuh (206) 783-3960
NOV 29 10-11 a.m.	Tenalquot, Fort Lewis Evergreen O Cup	B	NO	color 1:15,000	Gary McCausland (206) 352-5542
DEC 6 10-12 noon	Kelsey Creek Park, Bellevue (School League practice)	C	SOC	color 1:3,000	Dave Enger (206) 822-6254
DEC 13 10-12 noon	Woodland Park, Seattle (School League practice)	C	COC	color 1:5,000	Robert Miller (206) 782-1437
DEC 20 10-11 a.m.	*Priest Point Park, Olympia	C,W	NO	b/w 1:7500	Gary McCausland (206) 352-5542
DEC 21 11 a.m.	Trollhaugen Ski-O, Snoqualmie Pass, Exit 62	Ski C	COC	color 1:15,000	Robert Miller (206) 782-1437
DEC 28 10-12 noon	7th Annual "Bog Slog," & pot- luck, St. Edward Park, Kirkland	C	COC	color 1:10,000	Robert Miller (206) 782-1437
JAN 10 10-12 noon	Farrel-McWhirter Park, Redmond	C,W	SOC	color 1:3500	Dave Enger (206) 822-6254
JAN 17 10-11 a.m.	Ft. Steilacoom Park, Tacoma	C,W	NO	color 1:10,000	Gary McCausland (206) 352-5542
JAN 24 10-12 noon	Lynndale Park, Lynnwood	C,W	COC	color 1:5000	Debbie Newell (206) 488-7471
JAN 31 10-12 noon	Island Crest Park, Mercer Island	C,W	SOC	color 1:7500	Dave Enger (206) 822-6254
FEB 1 11 a.m.	Ski-O, Cle Elum Ridge, Cle Elum	Ski C	COC	color 1:15,000	Debbie Newell (206) 488-7471
FEB 7 10-11 a.m.	Evergreen State College Olympia	C,W	NO	b/w 1:5000	Gary McCausland (206) 352-5542
FEB 14 10-12 noon	WIOU Championships, Seward Park, Seattle	C,W	COC	color 1:10,000	Debbie Newell (206) 488-7471

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, 3-4 courses
 W - Washington Interscholastic Orienteering League meet (open to everyone)
 * - change from last newsletter

TROLLHAUGEN INCOME & EXPENSES

<u>Item</u>	<u>Expense</u>	<u>Income</u>
Map (250 copies)	\$ 315.00*	
Publicity		
registration form printing	5.58	
advertising (O/North America)	15.00	
mailing	30.00	
T-shirt		
set-up and printing (84)	429.44	
sales (76)		532.00
Awards	48.13	
Permits		
Burlington Northern	200.00	
Forest Service	30.00	
Portable Toilets	200.00	
(required by F.S.)		
Meet Program		
printing	35.98	
advertising		45.00
Courses		
color xerox for planning	22.85	
ink for course printing	13.38	
Registration		\$1650.15
Barbecue (people who signed up but did not pay)	24.00	
Miscellaneous		
race numbers	48.28	
labels	35.84	
safety pins	11.65	
index cards & holder	4.88	
compass rental		1.55
map sales		18.00
U.S.O.F. Fees		
sanctioning	232.00	
insurance	<u>50.00</u>	<u> </u>
TOTAL	\$1752.01	\$2246.70

Not included in the budget are permanent items such as the timing clock, which we can use for other meets, and the cost of paper cups and signs, which were donated by club members.

*Below is an explanation of how the map expenses were figured out.

<u>Item</u>	<u>Expense</u>	<u>Income</u>
Map		
aerial photos	\$ 250.00	
base map	750.00	
field-checking	253.19	
drafting supplies	91.97	
printing	496.00	
negatives	114.13	
postage	4.90	
Sons of Norway contribution		\$ 700.00
Total	<u>\$1960.19</u>	<u>\$ 700.00</u>

The Sons of Norway received 500 copies of the map in exchange for their contribution, leaving COC with 1000 copies at a cost of \$1260.19, or \$1.26 per map. We used about 250 copies of the map for the meet, which totals \$315.00.

CASCADE ORIENTEERING CLUB BOARD OF DIRECTORS

President	Robert Miller	Membership Coordinator	Harvey Friedman
Vice President	John Huth	Newsletter Editor	Debbie Newell
Secretary	Valerie Enger	Publicity Coordinator	Roger Sharp
Treasurer	Bileen Williams	Equipment Coordinator	Arnold Kay
Mapping Coordinator			

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. Everyone is encouraged to submit orienteering-related material for publication. Cascade retains the right to edit material, and is not obligated to publish all material submitted. Items for publication should be sent to the address below by the scheduled deadline. Material received after the deadline is not guaranteed to appear in the following newsletter issue.

Mail material to:	Issue	Deadline
	JAN-FEB	December 10
Cascade Orienteering Club	MAR-APR	February 10
P.O. Box 31375	MAY-JUN	April 10
Seattle, WA 98011	JUL-AUG	June 10
	SEP-OCT	August 10
	NOV-DEC	October 10

Cascade Orienteering Club

P.O. Box 31375

Seattle, WA 98103