

Bearing 315

MAR-APR 1987

the newsletter of the Cascade Orienteering Club

ORIENTEERING IN THE LAND OF THE RISING SUN

Bileen Williams

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The challenge begins long before the race ever starts. . . when you receive the quarterly schedule and then track down a Japanese friend to decipher the tiny Kanji characters as to where the event is to be held. After which you troupe down to the local post office to pay your registration fee into a bank-like account specially set up for each particular meet. After being passed from one confused, non-comprehending postal worker to another, you pay your entry fee and receive a two-part postcard to mail your application to the event organizer. They will send the second part back to you with your race start time. All this takes place as much as two months in advance for the bigger meets. For those meets, you receive a printed booklet with your start time and category, which stands out in English letters among the thousands of Kanji-lettered Japanese names.

Our next challenge is to find the right train to the meet site. If your decipherer was accurate, you will arrive on time at the correct station

to be met by a host club orienteer who directs you, along with many others, to the specially scheduled bus. The bus winds along into the countryside. You begin your mental preparations for the day as the all-Japanese bus fills with the sound of orienteering chatter, no doubt the usual kind of map talk, but you understand very little of it.

Arriving at the end of the line, the bus empties and you follow the crowd 5-10 minutes down the road to the changing area. Sometimes this is multiple tents in the woods, other times a large gymnasium, but always you look for your club banner. In this case, it's Kohnan Club of Yokohama, who have adopted you from the first meet you attended. You remember to take off your shoes at the door in traditional Japanese fashion. After exchanging greetings, stretching out, and studying the map cutout taped to the wall, you are ready for the 20-30 minute jog to the start. With your clubmates, you follow the white flagging.

Arriving at the start, you can see organization at it's best here, with as many as 10 courses being run simultaneously, without a hitch. Into



the starting gate you go, as they call out your appointed time three minutes before the actual time. The beep of the clock signals, and you are off and running!

In the "A" level courses, description sheets are written in International Symbols, but for easier level courses, map reading is your only clue as to what feature you are searching for. Kanji characters are not only on the description sheet, but in the map legend as well. "Gambatte!" as they say, meaning "Good luck." Luckily, map reading is your forte, and the Japanese make detailed and accurate maps.

Working your way around the crest of a hill, across a path, and back into the thick on the other side, you are amazed at the crowds of people in the woods around you, swarming every which way. And every age level, from children to sturdy old folks, are there. Trying not to be distracted, you crash on through the first half of your course. Ah, an easy leg next: down from the wooded hillside, across the ditch, now work your way around the rice fields, careful not to upset the farmer's crops. Oh! Watch out for cars as you cross the road - but there's no danger here, because the meet organizers have stationed a lookout person to make sure cars don't interrupt the race. Reaching the far side, you navigate between houses and orchards to begin the climb up through densely-wooded bamboo groves. You curse your chosen route, but hope it gains

some time. Almost to the control now, but oh! take care not to step into the little Buddhist shrine cemetery. It is one of many which dot the hillsides, symbolized on your map by little black crosses. Finally, you reach the control in the depression, punch in, and are on your way. Before you reach the finish, you will have passed through a variety of interesting terrain, from construction sites to farm-terraced hillsides, to deep and mysterious bamboo forests.

The finish scene is familiar the world over, with small groups gathering over their maps to talk about the day's courses and route choices. What is perhaps unique to Japan are the picnics and sharing of food, which make this a well-rounded social event, while waiting for the prompt posting of times and awards announcements. The train ride home will be several hours long, so the hot soup offered by the organizers, along with the sushi and oranges you've brought, revive your energies.

Waving "Sayonara" to your orienteering friends, you return to the city, refreshed with the day's memories of the natural beauty that Japan's people and countryside have to offer.

Mo ichi do orienteering o suru tsumori desu!

(My interpreter says this means "we will go orienteering again" - Ed.)

FAMILY PLAN

We are introducing a new fee category at our meets. From now on, families who have family memberships in the club will pay full fee only for the first two members. Additional family members will pay only \$1.00 per registration. We hope this will encourage more families to participate in orienteering. This special fee does not apply to organizations (such as Scouts) with family memberships.

CLUB ELECTIONS REVISITED

At our last general meeting, Mike

Schuh (nominated from the floor) was elected President of COC, but Ardis Dull, who was going to run for Secretary, withdrew because of illness. So, we now have two elected officers, Mike Schuh and Doug Sprugel, who was elected Treasurer last November. We still need a Vice President and a Secretary. On March 9 at the Green Lake Library (7364 E. Green Lake Dr. N.), we will try again to elect a full slate of officers.

The elections will be preceded by a showing of the videotape "Orienteering - A Sense of Direction," which is about the 1985 World O' Championships in Australia.

TREASURER'S REPORT - 1986

Doug Sprugel

In brief, our main sources of ordinary (non-Trollhaugen) income are memberships (\$809 total) and meet registrations (\$983.60: don't ask me where the 60 cents came from).

Membership income roughly covers the cost of printing the newsletter, USOF fees, publicity, and administration, while meet fees and map sales nearly cover the cost of putting on meets plus the cost of making and printing maps to hold future meets on. The Washington Interscholastic Orienteering League is pretty much self-sustaining; we accidentally made a profit this year, but it isn't planned that way.

The Trollhaugen meet was by far our biggest budget item, both in income and outgo. Based on 1986 figures

alone, Trollhaugen almost exactly broke even. This is a little misleading because we spent about \$850 in 1985 on the early stages of the mapmaking process, but on the other hand we have about 700 copies of the map left, with a street value of about \$875 (\$1.25 each). In addition, the equipment bought for the meet (for example, the timing clock) will be useful for many years. In fact, it's debatable whether the equipment should even be considered a Trollhaugen expense. The most important benefits of the Big Meet, of course, are intangible: we have an exciting new place to hold meets (which we will use at least twice this year), generated favorable publicity for Northwestern orienteering, and I for one had a lot of fun working on and running in a major meet without having to fly halfway across the country.

CASCADE ORIENTEERING CLUB 1986 TREASURER'S REPORT

Income

	<u>Ordinary</u>	<u>Trollhaugen</u>	<u>Total</u>
Memberships			
Single	\$ 434.00		\$ 434.00
Family	340.00		340.00
Associate	24.00		24.00
Newsletter only	110.00		110.00
Meet Registration	983.60	\$ 1650.15	2633.75
Compass Rental	12.00	1.55	13.55
WIOL			
Registration	196.80		196.80
Other	155.24		155.24
T-shirt Sales	158.00	532.00	690.00
USOF loan		1000.00	1000.00
Maps			
Sales	50.50	18.00	68.50
Donations		700.00	700.00
Reimbursement for printing	362.31		362.31
Other	<u>317.73</u>	<u>329.20</u>	<u>646.93</u>
Total	\$ 3144.18	\$ 4230.90	\$ 7375.08

Expenses

Newsletter	\$ 459.26	\$ 35.98	\$ 495.24
Meets	186.91	142.90	329.81
Mapping	1142.39	1021.04	2163.43
WIOL	170.88		170.88
Equipment	128.15	314.68	442.83
Publicity	102.57	37.00	139.57
USOF Fees	176.50	282.00	458.50
USOF loan repayment		1000.00	1000.00
Administration	120.81	10.48	131.39
Other	<u>34.00</u>	<u>1416.11</u>	<u>34.00</u>
Total	\$ 2567.03	\$ 4260.19	\$ 6827.22

CASCADE CHATTER

Harvey "Naturally Inquisitive"
Friedman

Robert and Sandy Miller's new car (which I told you about last issue) was parked in front of their house when a collision involving two other vehicles threw one of the vehicles against their new car with such force that it couldn't be driven. It has been over two weeks now that they haven't had use of their new toy. Let's hope the body shop makes it as good as new and quickly. . . For those of you who want to contact Don Denbo, he is at 220 Central St., Stoneham, MA 02180. . . Club founder Len Englund was discussing having an anniversary celebration of some kind to commemorate COC being in existence for 10 years. Anyone interested in a banquet? Contact Len or a board member with any suggestions or good ideas on it. . . Anyone who wants to write to Eileen Williams in Japan can contact her at 3-22-8 Jujonakahara, Kita-Ku, Tokyo 114 JAPAN. Use air mail, because surface mail took over two months. Anyone who wants to read her first card, just ask me. . . We have six new memberships in the club. We need more, so everyone try to enlist a new member or so. . . If more people tell me what is going on, I will be able to write it up in this column.

LOCAL FOLKS MAKE GOOD

Several local residents have been recognized by U.S. Orienteering Team coach Peter Gagarin for their performances in "A" meets in 1986.

Heading the list is Nathan Tharp (Nisqually Orienteers), who was one of nine people named to the U.S. Junior Men's A Team. Mary Forbes (Nisqually) was named to the Senior Women's B Team, and Ron Pontius (Nisqually and Blue Star Komplex) was named to the Senior Men's B Team. Named to the "Bullpen" (people who have done well) were Sammamish O.C.'s Dave Enger in M21A, and Cascade's own Debbie Newell and Eileen Williams in F21A, and Jessica Hirschfelder in the Junior Women's division. Debbie was also named "rookie of the year" in class F21A. Congratulations to all these people, and keep up the good work.

MESSAGE FROM THE PREZ

Mike Schuh

One of the many things I want to do as club President this year is to improve communications within the club, especially between the club's executive board and the general membership. One part of this will be this column; others will include regular club meetings and "Pot-O'-Luck" dinners, club picnics, and social get-togethers after our meets.

We will have a club meeting at 6:30 p.m., on March 9 at the Green Lake Library (7464 E. Green Lake Dr. N.). The meeting will start with the showing of the video tape "Orienteering - A Sense of Direction", which features the 1985 World Orienteering Championships in Australia. Afterwards we will have a

brief business meeting, including the election of club Secretary (and perhaps club Vice President). I will also entertain a BRIEF discussion of club goals and members' concerns.

Plans for the May meeting include a talk on training tips and ideas on how to improve your navigational skills. The July meeting will feature a report from this year's USOF convention and Western U.S. Orienteering Championships, both of which take place in San Diego in June.

The first of this year's Pot-O'-Lucks will be held April 4th; see the details elsewhere in this issue. Judy Cohen, the club's "Social Director," is responsible for organizing these (one will be held every other month), and the other social activities. Call her if you'd like to host one of the Pot-O'-Lucks.

1987 marks the tenth anniversary of Cascade Orienteering Club as an organized club; we will be celebrating this occasion with appropriate festivities this fall. More on this as plans develop - if you'd like to help, give me a call. And next year, in July, we plan to host the 1988 Western U.S. Orienteering Championships. Exciting things are happening - join in the fun and help make them even more exciting!

LETTERS

Dear Editor,

Knut (Ka-noot) Olsen, 62 year old U.S.

champion and Swede extraordinaire, has accepted the publicity coordinator position. I, ex-publicity man, would have liked to be the first to congratulate him, unfortunately that opportunity vanished like a valuable object stolen in the night (the thief, I believe, was the misplacement of "objectives," whether personal or business, before "people"). I was far from first, in seemingly clandestine changes, to learn that someone's dissatisfaction or striving for improvements has, rather than merely expressing itself, taken action. I feel like I just met Rambo.

Such changes should not be so sudden. The Club should maybe not copy the world that the news media brings us: Iranscam, Ivan Boesky in Wall Street, etc.

What I have learned is that doing long stints of volunteer work it is easy to accumulate expectations of return other than enjoying the sport itself. I've learned that the appreciation was there, but like a hard-to-find control feature, I sometimes expected it to look different. Sometimes I asked for it, subtly, like I was asking for money.

PUBLICITY is a big word. It is like saying "I work at Boeing." What Knut does will be truly Knut-Publicity. I will pass along to him tips and tats of info and leads that many, many of you club members have passed to me. (Thanks). Anyone with ideas could help Knut by passing along a name and number or a publication address with your tip.

I would like to thank those who responded to newsletter notices and helped me out. I hope you do the same for Knut, his accent is the only complex thing about Him!

Roger Sharp

WIOL CHAMPIONSHIPS

Seward Park, February 14

Pleasant weather greeted the more than 80 orienteers that attended the Fifth Washington Interscholastic Orienteering League Championships February 14 in Seattle's Seward Park. In addition to the league course, there were four other courses available, ranging from 2 km to over 5 km.

The WIOL course saw some good competition, with many places being decided by just a few seconds. Jeff Coker, from Wilson, was the men's winner, and Pam Kosacki, from Yelm, was the women's winner. In a rare occurrence, Nathan Tharp, from Timberline, mispunched near the end of the course, and was disqualified. Tacoma's Wilson High School, with Carl Moore coaching, won the team trophy again.

On the longest course, Dale Width showed that the residents of the wet side of the mountains do not have a monopoly on orienteering prowess. Likewise, Arne Skog and Dave Lilly demonstrated that Sammamish OC has a few good orienteers as well. It is interesting to note that Robert Miller, just 37 seconds slower than

Dave, walked/jogged the course due to injuries. Sometimes accuracy can be just as useful as speed...

Debbie Newell and Sandy Kish Miller lead the way on course 3, showing what a bit of experience can do.

A couple of people forgot to punch the last control: Fred Veler, on Course 4, and Don Atkinson on Course 3. Otherwise, they would have had fast times.

After the event, there was a picnic to benefit the school league. This was well received and many commented that they would like to see such offerings become a standard part of orienteering meets in the future.

Thanks go to Kurt Blakstad for design of the novice course and helping set up and take down the finish area; Gary McCausland for help with WIOL registration, setting up, and making the school league awards; Pat Albright for marking the WIOL maps and registration and providing transportation; Dick Deisner for manning the start; Dave Enger for vetting the WIOL course and working at the finish; and Peggy Tharp for organizing the picnic. Due to the large turnout, several club members stepped in without being asked and helped out. These included Debbie Newell and Harvey Friedman, who worked at registration; Arnold Kay, who instructed beginners and then worked with Dave at the finish for the rest of the day; Peggy Tharp, who greeted newcomers; and Carl Moore and Mike Tharp, who assisted at the

SCHEDULE OF EVENTS

Date/Time	Location	Type	Club	Map	Information
MAR 8	Kelsey Creek Park, Bellevue	C	SOC	color	Dave Enger
10-12 noon	S.B. 4th Pl. & 130th Pl. SE			1:3000	(206) 822-6254
MAR 9	* COC General Meeting, Green Lake		COC		Mike Schuh
6:45-8:45	Library, 7364 E. Green Lk. Dr. N.				(206) 783-3960
MAR 14	Lake Tradition, Issaquah,	C	COC	color	Doug Sprugel
10-12 noon	I-90 Exit 17			1:15000	(206) 364-8742
MAR 21	Reed Park, Ellensburg	C	EOC		Will Sperry
10-12 noon					(509) 925-4716
APR 4	* Pot-O-Luck, 814 NW 80th St., Seattle, WA				Judy Cohen
6:30 p.m.					(206) 789-5641
APR 5	Island Crest Park, Mercer	C	SOC	color	Dave Enger
10-12 noon	Island, on Island Crest Way			1:10000	(206) 822-6254
	& SE 58th, 3 mi. south of I-90				
APR 7	* Executive Board Meeting,				John Huth
7:00 p.m.	2502 N.E. 68th, Seattle				(206) 525-3519
APR 8	* COC General Meeting, Green Lake		COC		Mike Schuh
6:45-8:45	Library, 7364 E. Green Lk. Dr. N.				(206) 783-3960
APR 11	Woodland Park, Seattle	C	COC	color	Harvey Friedman
10-12 noon	Enter off W. Green Lake Wy N.			1:5000	(206) 784-2774
APR 18-19	Aspen Grove, Merritt, B.C.	A		color	John Rance
				1:15000	(604) 528-3319
MAY 2	Newport Hills, Hazelwood Elem.	C	SOC	b & w	Dave Enger
10-12 noon	116th Ave. SE at SE 69th Pl., Bellevue			1:15000	(206) 822-6254
MAY 9	Discovery Park & Relay	C	COC	color	Mike Schuh
10-12 noon				1:5000	(206) 783-3960
MAY 10	Wonderwood Park, beginners ONLY	C	NO	b & w	Gary McCausland
10-12 noon	Mother's Day flowers to mothers			1:2500	(206) 352-5542
MAY 16,17	Sage Stomp	A	KOC	color	Murray Foubister
	Kamloops, B.C.				(604) 374-6497
MAY 17	Ballard Comm. Center	C	COC	color	Mike Schuh
	2644 NW 60th, Seattle, WA			1:2000	(206) 783-3960
MAY 23	Cle Elum Ridge	C	EOC	color	Will Sperry
10-12 noon	I-90 Exit 85,			1:15000	(509) 925-4716
MAY 23	Fort Steilacoom, Tacoma	C	NO	color	Gary McCausland
10-12 noon	Steilacoom Blvd & 87th Ave SW			1:10000	(206) 352-5542
MAY 30	Bus-0				Mike Schuh
					(206) 783-3960
JUNE 3	Priest Point Park, Olympia	C	NO	b & w	Gary McCausland
10-11 a.m.	I-5, Plum St. exit			1:7500	(206) 352-5542
JUNE 6	Fort Steilacoom	C	NO	color	Gary McCausland
10-11 a.m.	Steilacoom Blvd & 87th Ave SW			1:10000	(206) 352-5542
JUNE 13	Trollhaugen	C	COC	color	Mike Schuh
10-12 noon	I-90 Exit 62			1:15000	(206) 783-3960
JUNE 20-21	U.S. Long-O & Relay Champs,	A	BAOC	color	Steve Thurin
	1 hour SW of Palo Alto, CA			1:15000	
JUNE 27-28	Western U.S. Championships	A	SDOC	color	Bill Gookin
	Mt. Laguna, CA			1:15000	

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

* - revision from previous newsletter

finish. The joy of every meet director, the following volunteered to pick up control markers after the meet: Debbie Newell, Dave Tallent, Pat Albright, and Steve Herber. Arnold Kay also helped pack up afterwards. Mike Schuh set the other four courses and was meet director. Thanks everyone!

MEET RESULTS

FARREL-McWHIRTER PARK - January 10 **Sammamish Orienteering Club**

Meet Director - Dave Enger
Registration - Dave Lilly
WIOL Registration - Gary McCausland,
Debbie Newell
Start Timing - Knut Olson
Finish Timing - George Lilly
Weather - warm, partly sunny

Course 1 (1.0 km, 6 controls)

Ross Stevens	10:12
Nora Atkinson	15:58
Pat Moylan	17:28
Phillip Crawford	18:28
John Henderson	19:28
Valerie & Willy Enger	22:32
Natalie Harrington	24:38
Bell & Carol Clinton	25:06
Nancy Ledington	30:58
Dalton Allen	41:47
Nancy J. Lilly	49:35
Lynda Griffith	66:31

Course 2 (1.7km, 8 controls)

Ross Steven	18:46
Bill McDonald Sr.	19:25
Mark Roddy	22:06
Katy Smith/Joe Barsugli	23:15

Goodnow Jr/McDonald Jr	24:33
Don Goodnow	24:37
Katherine Schubert-Knapp	32:12
Carol/Clinton Bell	44:18
Naana Sheffer	59:58

Course 3 (2.2km, 10 controls)

Debbie Newell	28:37
Allen Grigg	33:12
Mark Roddy	35:24
McDonald/Goodnow Dads	36:55
Michelle Everett	37:55
Roger Sharp	38:04
Ken Knapp	38:59
MacDonald/Goodnow Boys	41:54
Phil Everett	42:25
Harvey Friedman	42:43
Les Baer	48:12
Larry & Rene Saffer	51:32
Robin Harvard	64:20
Susan Black/Lory Kohli	78:29
Ben Cummings/	
Robert Carlson	107:58
Kathy Smith/Matt Newman	DNF

Course 4 (WIOL) (2.3km, 12 controls)

Jeff Coker	Wilson	20:40
Sean O'Brien	Wilson	30:06
Karl Mehlhaff	Wilson	30:52
John Ledington	Yelm	31:33
Keith Wren	Wilson	31:38
James Schopf	Garfield	33:08
Daryl Rochette	Peninsula	33:54
Tim Denison	Garfield	35:08
Tony Nyitray	Yelm	35:53
Ty Wingard	Peninsula	36:07
Phat Nguyen	Wilson	36:40
Brooks Martin	Yelm	37:37
Steve Corley	Garfield	38:08
Lenny Jordon	Yelm	39:39
Bianca Martin/	Timberline	40:42
Rachel Tharp		
Keith Horn	Issaquah	43:28
Kyle Phillips	Yelm	49:58

Mo Nguyen	Wilson	57:40
Pam Kosacki	Yelm	64:27

Course 3 + 4 (4.6km, 22 controls)

Mike Schuh	39:10
Ron Pontius	47:19
Dave Lilly	49:27
Jan Vrana	50:48
Rick Breseman	51:35
Harry Morgan	52:20
Michel Tharp	52:37
Christian Polse	58:52
Dave Tallent	62:12
Carl Moore	62:50
Mark Moulton	63:33
Joe Barsugli	64:12
Knut Olson	72:03
Doug Sprugel	75:40
Don Atkinson	76:10
Bob Rein	83:10
Katie Sprugel	84:00
Steve & Paul Herber	99:42
Pat Albright	112:10

Course 2 (2.6km, 9 controls)

Includes WIOL participants

Nathan Tharp	29:49
Sean O'Brien	35:04
Jeff Coker	37:26
Karl Mehlhaff	38:50
Keith Wren	44:38
Rachel Tharp	44:48
Kyle Phillips	46:13
Lenny Jordan	47:37
Eric Exner	52:02
Brooks Martin	55:25
Toby Barnes	55:58
John Ledington	56:17
Pam Kosacki	59:33
Ken Gatke	60:31
Dat Nguyen	67:10
Mo Nguyen	72:50
Phat Nguyen	76:04
Shelly Kelber	92:47
Roger Kammerer	103:55
Bob Reddick	144:00
Michelle Nichol	146:30
George Lilly	146:50

ISLAND CREST PARK - January 31, 1987
Sammamish Orienteering Club

Meet Director - Dave Enger
 Course Setter - Dave Enger
 Registration - Valerie Enger
 WIOL Registration - Katie Sprugel
 Start Timing - Arne Skog
 Finish Timing - Bob Rein
 Weather - Overcast

Course 1 (1.1km, 5 controls)

Peggy Tharp	20:30
Rachel Tharp/Dana Jensen	21:00
Bob Reddick	21:18
John Hutchison	28:00
Ted Millan	33:15
Nancy & Lisa	58:19
Carol Bell	Not timed

Course 3 (3.7km, 9 controls)

Don Atkinson	45:36
Rick Neidhardt	50:36
Phil Everett	53:54
Michelle Everett	58:47
Katie Sprugel	64:47
James Coker	82:32
Howard Taub	83:44
Bonnie Ashleman	94:30
Barbara Ford	107:48
Dick & Roberta Diesner	115:35
Jerry Nichol	145:30
Natalie & Rick Harrington	DNF

Course 4 (4.8km, 14 controls)

Fred Veler	61:14
Dave Tallent	65:38
Michel Tharp	65:52
Arne Skog	71:44 →

Mike Gallagher	73:35
Robert Miller	74:49
Duane Veler	74:57
David Lilly	84:20
Knut Olsen	88:33
Doug Sprugel	102:28
Sidney Whaley	102:37
Bill McKenzie	115:15
Sandy Kish Miller	116:35
Carl Moore	117:33
Lisa	DNF
Matti Loppunen	DNF

Judy Shannon*	32:46
Randy Brower*	34:41
Mike Thiesson	50:15
Robin Harvard	52:55
Bruce McAlister	60:11
Judy Cohen	61:34
Jesse Cook + 2	66:02
Neidhardt & Olson	70:51
Steve & Judy Hill	80:31
Kevin & Ryan Hill	82:25
*second course	

Course 3 (3.09 km, 13 controls)

Debbie Newell	44:03
Sandy Kish Miller	68:15
Allan Griggs	69:03
Steve Payne	71:17
Harvey Friedman	72:36
Bill McKenzie	76:50
Phil Ewerett	78:45
Kurt Blakstad	90:03
Michael Mahoney	93:08
Scott Campbell	96:00
Jan Whaley	DNF
Don Atkinson	DSQ
Mark Moulton	DSQ

SEWARD PARK - February 14

Meet Director - Mike Schuh
 Course Setter - Mike Schuh
 Kurt Blakstad
 Registration - Harvey Friedman
 Debbie Newell
 WIOL Registration - Gary McCausland
 Start Timing - Dick Diesner

Finish Timing - Dave Enger, Arnold
 Kay, Debbie Newell, Gary McCausland,
 Carl Moore, Mike Tharp

Course 1 (2.1 km, 9 controls)

Jim Frisino	20:47
David DeFawn	21:55
Don Cannon	22:45
Nancy Oakes, ROC	27:07
Scott Calder	31:05
Randy Brower	32:41
Judy Shannon, COC	33:52
Frank Bosl	37:08
Ken Callahan	40:59
Pat Reddick	41:44
George & Nancy Lilly, Saun	42:24

Course 2 (2.07 km, 8 controls)

Course 4 (5.16 km, 20 controls)

Dale Width	57:14
Arne Skog	62:30
Dave Lilly	68:30
Robert Miller	69:07
Mike Gallagher	69:16
Harry Morgan	73:13
Roger Sharp	78:40
Doug Sprugel	84:46
Sidney Whaley	86:20
Dave Tallent	88:48
Will Sperry	104:03
Dan Dupertino	105:43
Bob Reddick	114:58
Bob Rein	115:49
Orville Rhine	129:18
Steve Herber + 2	138:44

JoAnne Sperry, BOC	DNF
Fred Veler, Nisq	DSQ

promote and develop orienteering on a statewide basis.

WIOI Course (3.08 km, 12 controls)

Jeff Coker	Wilson	30:35
Karl Mehlhaff	Wilson	33:42
Duane Veler	Washington	35:48
Keith Horn	Issaquah	40:32
Toby Barnes	Wilson	43:27
Sean O'Brien	Wilson	43:28
Tony Nyitray	Yelm	44:46
Rachel Tharp	Timberline	45:43
Carl Zapffe	Woodinville	46:28
Denison	Garfield	46:29
Ralph Olsen	Woodinville	49:07
Keith Wren	Wilson	52:14
Kyle Phillips	Yelm	52:39
Brooks Martin	Yelm	53:41
Phat Nguyen	Wilson	58:16
Mike Wilson	Inglewood	60:00
Dat Nguyen	Timberline	61:56
Eric Exner	Yelm	64:52
Lenny Jordon	Yelm	65:19
James Schopf	Garfield	72:17
John Ledington	Yelm	72:54
Steve Corley	Garfield	82:28
Mo Nguyen	Wilson	96:19
Pam Kosacki	Yelm	116:59
Loan Currin	Wilson	DSQ
Nathan Tharp	Timberline	DSQ
Melinda Hankinson	Wilson	DNF
Bianca Martin	Timberline	DNF

One of the group's priorities is to have a logo (you can't have stationery without a logo), so they are sponsoring a logo design contest. There won't be any prizes (like a round trip ticket to Sweden), but it should be fun.

If you are interested in submitting a logo design, please bring it to the next meeting of the WSOA, which will be in Cle Elum on May 23rd, right after the Kittitas Valley Orienteering Festival (see schedule).

POT-O-LUCK

COC's first pot-0-luck of 1987 will be held on April 4th at the home of Judy Cohen, beginning at 6:30 p.m. Bring your favorite dish and see what everyone looks like without mud all over them.

WANTED: LOGO

At a meeting held on February 7th, a new orienteering organization was born: the Washington State Orienteering Association. Loosely composed of a group of interested orienteers in Washington, the purpose of the association is to help clubs

MAP VISUALIZATION EXERCISE

Examine each terrain sketch, and then choose the map segment that best represents it. Answers are on page 15.

		A	B	C
1				
2				
3				
4				
5				
6				
7				
8				
9				

COC BOARD OF DIRECTORS

President	Mike Schuh	Membership Coordinator	Harvey Friedman
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"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. Everyone is 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 is not guaranteed to appear in the following newsletter issue.

<u>Issue</u>	<u>Publication Deadline</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: Cascade Orienteering Club
 Newsletter Editor
 P.O. Box 31375
 Seattle, WA 98103

Answers to Map Visualization 1) B 2) C 3) B 4) B 5) C 6) A 7) A 8) B 9) B

Cascade Orienteering Club
P.O. Box 31375
Seattle, WA 98103

Address Correction Requested