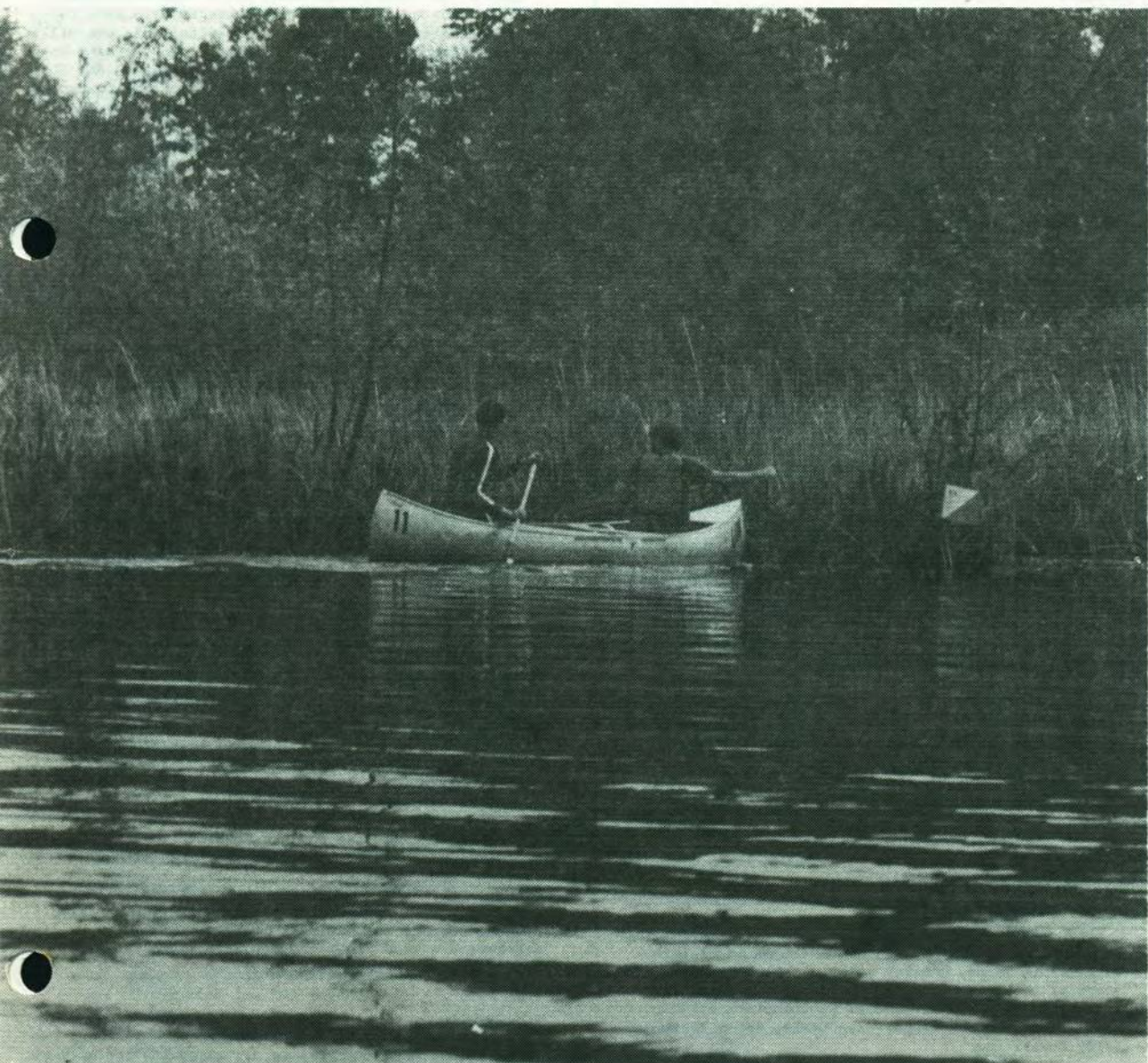


# BEARING 315

Newsletter of Northwest Orienteering



July · August 1982



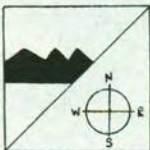
# BEARING 315

BEARING 315 is the official newsletter of the Cascade Orienteering Club and the Nisqually Orienteers.

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NEXT ISSUE: September/October 1982

DEADLINE: Monday, August 23rd



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This edition of Bearing 315 was intended to be more regional in scope, however material submitted fell far short of that nature. Never the less this issue has some good articles and photos. Contributors to this issue includes; Dan Waugh, Jean Davis, Harry Morgan, Nancy Lewis.

### COVER PHOTO:

Clayton Smith (l) and Brad Payne (r) approach a canoe orienteering control at Foster Island area.  
Photo: Jean Davis.

## From The COC President

There's excitement building in the club from a couple of developments of significance at the national level and some upcoming events of regional importance.

At the recent national convention of the US Orienteering Federation a COC leader, Mike Schuh, was elected to the USOF Board of Directors. This provides a new voice of the Northwest on western views in the national governing body.

Also at the USOF convention, plans were informally initiated for an orienteering extravaganza in 1984 to draw international and East Coast participants who will also be attending the Summer Olympic Games. We have begun to co-ordinate a planning effort with Bay Area, San Diego, and Oregon clubs. Dan Waugh will represent the Cascade OC on the planning committee which is composed of 6 members from all parts of the country. We hope that we can work together with the other clubs in Washington to stimulate participation in organizing the 1984 events so all the clubs will grow and benefit in many ways from an international event.

Of regional interest are the special meets planned for September and October. In September there will be a 'B' meet at Cle Elum Ridge, favorite terrain for many of us and an opportunity to use an excellent map. Besides, what an excuse to have a spirited time at the Blackburn Ranch!

Secondly, for the hearty hikers and runners among us, we have a special challenge. For those old timers who know the local O mapped areas too well, come out to the Mountain Marathon - a weekend long hike near Mt Rainier. The courses will take several hours to complete. Then you will camp at the end of the first day's course. (Carrying your camping gear while orienteering) On the second day orienteer on a course which will bring you to the finish.

## O' Shorts

Next COC Executive Board meeting is Monday, July 12 at 7:00pm in the home of Dan Waugh. Agenda will be the Hylaw revisions and the 1984 O events. All club members are welcome to attend the meeting.

The Editor of Bearing 315 is looking for two or three people to do the typing for the newsletter material. A film ribbon typewriter is preferred for a clearer and easy to read copy. If you are interested or want more information, call Clayton Smith at 474-5675 (Tacoma).

### ORIENTEERING BUMPER STICKERS

Help spread the word about orienteering and support further orienteering activities by buying a bumper sticker from Nisqually Orienteers, PO Box 1856, Tacoma, WA 98401; three types are currently available;

"ORIENTEERING cunning running"

"ORIENTEERING the thought sport"

"TRY ORIENTEERING THE THINKING SPORT" with the USOF logo

Each bumper sticker is \$1.00 which includes mailing costs. For each USOF bumper sticker sold you are also helping support the national organization. These bumper stickers are also available for sale at all Nisqually Orienteers organized meets.

What do you want to read about or see more of in future issues of Bearing 315? Mail a postcard or letter to the Editor at PO Box 1856, Tacoma, WA 98401 and let us know. All photos, articles or O related material is gladly accepted for possible publication, if requested any material submitted will be returned.



# SCHEDULE OF EVENTS

**GENERAL INFORMATION:** Unless otherwise noted, novice, intermediate and advanced courses are available at all regional meets. Normal registration and start times for Cascade OC (Seattle area) events are from 10:00am to 12:00noon. Normal registration and start times for events by the Nisqually Orienteers (Tacoma and Lacey areas) are from 12:00noon to 2:00pm. The entry fee for local club events is usually \$1.50 for club members and \$2.50 for non-members. Novice courses at Nisqually Orienteers events are only \$1.00. Regional and National events (Class "B" and Class "A") usually have a higher entry fee and awards are given to winners in different categories. Instruction for beginners is always available at all events. A limited number of compasses are available on a rental basis at registration.

## SATURDAY, JUNE 26 - WOODLAND PARK

The first of a summer series in Seattle's parks. Certificates for all participants; prizes based on cumulative results for June 26, July 10 and July 31 meets. Meet at picnic shelter, S. end of park. Information: Dan Waugh, 365-1810.

## SATURDAY, JULY 10 - VOLUNTEER PARK

The second in the summer park series, on a new black and white map. Dave Enger and Les Brisbois promise some interesting courses. Follow "O" signs to start.

## MONDAY, JULY 19 - INTRODUCTION TO

## WEDNESDAY, JULY 21 - ORIENTEERING CLASS

A non-credit course at Saint Martin's College in Lacey. To preregister or for more information contact Sheryl Blix, Director of Summer Session, Saint Martin's College at 491-4700.

## SAT/SUN, JULY 24/25 - BRANDYWINE FALLS, B. C.

A class A meet in challenging area of a hundred lakes and marshes on a good color map. Always a good contingent from Washington driving. Call Dan Waugh or Dave Enger (455-5320/W) if you need a ride.

## SATURDAY, JULY 31 - LINCOLN PARK

The third in the summer park series. Start near picnic shelter at S. end of park (direction of the ferry dock). Bring the family and enjoy a picnic overlooking the sound.

## SATURDAY, JULY 31 - SAINT MARTIN'S COLLEGE, LACEY

Class B meet co-sponsored by Saint Martin's College, Lacey Parks & Recreation and Nisqually Orienteers. New map and awards in many categories of participation. Contact: Pat Malloy, 491-0861

★

## SUNDAY, AUGUST 15 - FOSTER ISLAND CANOE/KAYAK MEET

The first of these meets in May was great fun. Try it again or try it for the first time. Registration at UW Waterfront Activities Center in back of Husky Stadium, beginning at 9 AM and ending at noon. If you need to rent a canoe, UW has them, but come early to be sure of getting one. Rental fees in May were \$1.10/hr. for UW students and \$1.65/hr. for others; this time anticipate they will be somewhat higher. Those renting will be required to paddle in pairs.

## SATURDAY, AUGUST 28 - WOODLAND PARK RELAYS

The last of the summer park series. Bring your own team of three or let us make up a team for you. Prizes for winning teams as well as for most original and amusing team name. There will also be a novice course for individuals. Registration at picnic shelter, S. end of park, beginning at 10 AM; relay mass start soon after 11 AM.

## SUNDAY, AUGUST 29 - FT STEILACOOM CO PARK, TACOMA

Registration: 12:00-2:00pm. Beginner & Intermediate courses. Advance training course will be a multi-leg course with split times taken to compare route choices. Contact: Clayton Smith, 474-5675.

## SAT/SUN, SEPTEMBER 18/19 - CLE ELUM RIDGE

This year's Pacific Northwest Championships on an international-class color map. A class B meet with a full range of courses from novice to elite. Awards to winners in each category. Details in next newsletter.

## SAT/SUN, OCTOBER 2/3 - MOUNTAIN MARATHON

Real cross country orienteering on the Cascade crest north of White Pass. Competitors must go as teams of at least two people and carry light packs with overnight gear. Two categories of competition: 15-20 km./day and ca. 30 km./day. Details in next newsletter.

## SEPTEMBER 25 & 26 TWO DAY CLASS A MEET IN CALIFORNIA

Located at Calero Reservoir, 15mi south of San Jose. New full color, IOF standard map, field checked by Dave Linthicum and four Swedes. Terrain is rolling oak and chaparral woodland that is runnable in most areas. Courses set by Peter Zurcher, former member of the Swiss National Team. All USOF classes of competition (except Green). More information in next issue or if you can't wait send a SASE to the editor for complete information.

## ★ WEDNESDAY, AUGUST 4 - NISQUALLY ORIENTEERS MEETING

"How To Clinic" on orienteering skills. Slides - Free coffee - Snacks. Preview of coming events. 7:30-9:00pm, call Pat Malloy, 491-0861/0606 for location in Lacey.



# Orienteering in England

Harry Morgan

One of my first reactions after finding out that I would be flying to England in less than two days was to check the international schedule of events in my USOF bulletin, hoping to possibly find one that I might attend. Eureka! Not only did I find an event listed for England during the time that I would be there, but it was no less than the Jan Kjellstrom International Festival of Orienteering, perhaps the largest and most popular 'O' event of the year in Britain. Founded in 1967 to commemorate the Swede who helped bring orienteering to England, this three day annual event now attracts over three thousand enthusiastic orienteers from some 15 countries. Each year it is held in a different location, but always on Easter weekend in order to take advantage of holidays on Friday and Monday. Fortunately, this year the event known as JK82 was scheduled just outside London where I would be staying. What luck! No matter that I would be arriving just the day before the event began, neither jet lag nor the Queen herself (Lady Di, well...) could keep me away from this most prestigious event.

Having virtually no information other than the name of the event, the dates, and the town it was in, it became somewhat of an 'O' problem just to locate it. Fortunately I had an able driver-guide-friend and between the two of us managed to work our way through the maze of British secondary roads to the town in about an hour. Although there was no evidence of any orienteers in the town itself, we were happy to find that the Auto Association had signed the difficult route to the area quite well. Upon arrival at the registration van about 11am, it certainly didn't appear very busy and I wondered if it was perhaps too late to see much. I hadn't really thought I would be able to run a course as I knew the official entry deadline had been several months earlier. I casually mentioned that I was from the U.S. and wondered if they had a "wayfaring" course I might participate in at this late time. I was immediately welcomed and informed that I might run any course I was eligible for! It turned out that there were over 30 total courses the first day (40 different classes!) and I picked H35B with a quite respectable distance of 8.4 km. I was given a map to the parking lot (or car-park I should say) and told I would have over two hours before starting, including almost an hour's walk to the competition area.

It wasn't until arrival at the parking area that I was sure I had arrived at an 'O' meet. Lots of people in smart-looking 'O'suits were getting ready for the day's activity. I overheard a number of foreign tongues being spoken, but the majority of people were British (who in some cases also speak a foreign tongue!) It was good to see so many families participating together and talking over the challenges to come. Actually it was just good to see so many people active and interested in 'O'. The sport seems to be quite healthy (pun intended) in the U.K.

Meanwhile, after changing my clothes and while reading through the information booklet given me, I grimly noted that the map to be used was printed on a special material that would not be stained permanently by mud/blood! Was that a portent of things to come?!

Before heading off to the starting areas (actually two were required because of the large number of entrants), it was impossible to pass up the half dozen or so "shops" operating out of vans and selling all kinds of 'O' gear - shoes, suits, compasses, books, bumper stickers, "bramblebashers", and you name it. Several places even sold "Mazzles" - a 750 piece combination map-puzzle jigsaw of interesting 'O' areas that looked quite fascinating.

It was time to start moving towards the starting area so we joined the mass migration headed in that direction. On the way and heading in the opposite direction were the contestants who had already finished. They all appeared somewhat muddy, bedraggled, and the worse for wear - much in contrast to us yet to run. Many were still talking animatedly about the course with friends and relations. Also passed along the way was a rest area with one group of cubicles entitled, "Unisex Thunderboxes".

At the start area itself were several hundred competitors, all in various stages of preparation. The starts seemed to be progressing very efficiently, with 5-10 people leaving every minute. After about 15 minutes of gradually building tension, it was finally my turn to step into the starting box, pick up my mud/blood-proof map with the pre-printed course, and be launched out into the waiting countryside.

The competition area entitled "Star Posts", once part of the Royal Forest of Windsor, was comprised of some "16 sq km of coniferous forests, flat plateaus edged by heavily contoured slopes leading down to damp valleys often with rough marsh and open or semi-open land". Although other competitors were evident at times, the terrain was able to "swallow-up" the large numbers quite well. I won't include a detailed course description, but will only say that I found it challenging and exceptionally well-designed. Of course I made my usual assortment of mistakes, both small and large. I must say that one of the aspects of 'O' that intrigues me is the variety of ways in which it is possible to make errors. Although I seldom make the same mistake twice, I am amazed at the number of ways I've found so far to go wrong. At any rate, I did finish the course in a reasonable fashion under two hours which placed me just slightly below the median performance.

Due to other commitments I wasn't able to take advantage of any of the social activities which included disco and barn dancing. The second day was more of the same, only different! In addition to my own personal enjoyment from tackling the courses, I will never forget the large numbers of people similarly enjoying themselves, particularly spectators cheering others on close to the finish. I was also amazed by the efficiency and precision



of the meet itself - all details and possibilities were thought of, an almost Herculean task due to so many participants.

Misc: While at JK82 I was fortunate to talk with Gerry Charnley of the British Orienteering Federation who has helped organize and run the Karrimor International Mountain Marathon for the last 14 years. I was able to pick up some maps and information which should be quite useful for our club's first

MM this fall. Also, in traveling around England I was impressed by the number of "trim" or permanent courses for training purposes. We could use a few of those around here. And lastly, in London there is a recorded message one can phone and get the complete schedule and details of all local 'O' meets being held in the area for a given weekend (usually several). Will we ever be so lucky?

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## Handicapped Orienteers ?

Dan Waugh

At first impression, the thought of orienteering for the handicapped may strike the reader as unusual. Those of us familiar with such obstacles as Puget Sound mud, Coskeek Park nettles, and Seward Park brambles might find it improbable that anyone with a handicap be able to cope with the demands of even a novice course. Yet the idea is not as improbable as it may seem. Clayton Smith assures me that in Sweden, for example, a great deal of attention has been given to designing orienteering courses for handicapped participants.

We too can and, I believe, should attempt something in this area. The idea occurred to me as I was working on the recent meet at the University of Washington. The campus map we were using was revised by Professor John Sherman of the UW Geography Department, who, as I knew, has been an innovator in producing maps for the handicapped: a Braille map of the campus and a map for wheelchair campus users (on which appropriate routes are suggested taking into account not only building access but also the slope of paths, turn radiuses, etc.). Additional support for the idea came during the organization of the canoe meet at UW, when I noticed at the Waterfront Activities Center a letter concerning the fact that a sailing competition had been held for the sight handicap-

ped (using beepers on the buoys).

A conversation with Professor Sherman indicates that he would be interested in our pursuing the possibility of orienteering courses and maps for handicapped participants. He notes, for example, that sight-handicapped people generally will learn one standard route to reach a certain destination, even though it may be that there are advantages to other routes for which there simply may not have been enough incentive to explore. The problem, of course, from the standpoint of orienteering, would be to produce a map that could contain sufficient and accurate detail, given the limitations in the amount of information that can be placed on a Braille map.

I think we could start with a meet on the UW campus, since appropriate maps or the makings of appropriate maps already exist. But we might think ahead to other areas. Woodland Park certainly would be adaptable for such purposes; so also Volunteer Park and similar areas. I plan to write the Swedish Orienteering Federation for more information and continue consultation with Professor Sherman in the hope that we can have the first of these meets some time within the next year. Any ideas and offers of help would be most welcome.

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## School Competition

Dan Waugh

Preliminary investigation of the prospects for high school orienteering competition is encouraging. I have talked with cross country coaches at several of the schools in the Metro League in Seattle. The response has been: yes, it might be a good way for our runners to stay in shape between cross country and track seasons; tell us more. Clearly if we organize competition, it would have to fall between those two seasons (that is, occur between about mid-November--the state cross-country championships--and the end of February). While we may feel that orienteering and cross country can and should coexist, the coaches seem skeptical. Moreover, Metro League (and state) interschool rules are quite explicit about student athletes in one sport not participating in another sport with school sanction during the same season.

What we need to do now is draw up a detailed prospectus of the meets in order that the coaches have this in hand by the end of the summer. During the autumn, we would arrange to meet with the coaches and their runners to explain about our sport. Once the school competitions began we would offer not simply the meets but coaching in technique. Probably the best way to do that would be to assign

a club member for each school as coach; this might mean a once-a-week meeting with the team in addition to assisting it on the day of the event. The club would also provide appropriate trophies for the championship event at the end of the season. If we can have the maps ready (and this is a good incentive to finish them), the championship could be a two-day event at St. Edwards and Discovery Parks, the first day being individual competition and the second relays. All of the meets would be regularly scheduled COC events, so that no extra meet preparation would be involved (the exception being any mini-events for training that individual coaches might wish to arrange).

I feel that for the future of our sport in the PNW devoting considerable effort to establishing high school competition is of great importance. Families will learn of the sport this way, and if we can begin a serious interest in it with young competitors, we can expand rapidly the number of national-class orienteers in our area. It is not unrealistic to anticipate sending the top team or teams from our area to the national championships in a few years.



# Canoe O at Foster Island

by Dan Waugh

The last of the controls in the car, the canoe secured. Around, the teeming business of the Waterfront Activities Center on a warm Sunday afternoon: take a number and wait in line for your canoe, Lasers in the bay heeling sharply, the squat cabin cruisers two-deep at the outer dock. All rather an anticlimax to a day that began with a glimpse of the moon in the lightening sky at 5 AM, arrival at a deserted dock before six, and a delightful paddle in the peace of a spring morning (quite a contrast from breaking the ice in order to finish field checking back in the winter). Controls placed by 8:10, a bit ahead of schedule. A promising start for what proved to be a rewarding day.

And the rewards were many, beginning well before the satisfaction of seeing the job finished. One learns a lot about life in the marsh while field checking. Ever watch

Canada geese in the spring? I never had. Note the way in which the male keeps guard while the female is nesting. What is his perimeter, I wonder? He swims aimlessly some 5-10 meters from the nest or may even sun himself in apparent unconcern across a channel, only to rush back if danger seems to approach. I had never seen the female turn her eggs that apparently were within days of hatching (later in the week, she and they were gone). Apparently the birds are sociable animals among themselves: note the two families with two-week-old chicks on a picnic at a knoll that later was to be a control feature for us. Do we dare risk disturbing all this? Dismay on discovering a nesting goose on the tip of a small island where a control was to be hung. Had I really not paddled close enough to see it until the morning of the meet? All in all, a thoroughly enjoyable first experience in one of our too-fast-disappearing wetlands. And to think that not long ago the northern perimeter of our mapped area, now a wildlife refuge, was a dump.

The meet begins. A canoe glides up to a control, the bowman reaching out and grabbing, the canoe not stopping fast enough. *St r e t c h...SPLASH!* Jumping up and down in frustration while a control is stolen out of earshot across the water. A canoe desperately trying to turn around instead of heading to the next control, the occupants fishing with a long branch: *MAP OVERBOARD!* Got it; now to get going...*CRASH...* into the branches on the shore. Well, so much for the idyll of the marsh. Welcome to canoe orienteering. A bit different, isn't it?

More challenging than cross-country orienteering, I think--the variables are greater and the strategy decisions more difficult. Probably the most interesting case is for pairs (the great majority of our participants), where they have only one map and one punch card. (Mike Schuh suggests another good variant--one map and two punch cards: how much of the course can one person do on memory?) Who paddles stern? Who takes the land controls? Who keeps the map? What kind of speed does one attain on the water as opposed to on land (obviously much slower, but how much)?

You think that you the competitor have problems. How does the course setter figure the variables in order to keep the courses within some reasonable length, where there are no data for comparison? The formula I worked out was something like this: Put a six-year-old paddling bow and a reasonably competent if not strong dad in the stern. Clock some sample straight-line distances: about 100 m. in a minute? Straight line distance on the course about 2 km. Obviously the winning time should be between 30 and 40 minutes. Actual winning time, 37:37; first seven finishers home in under 46. Simple, isn't it? Oh yes, one more thing, unless there is a passenger in the boat when doing the trial clockings, the formula doesn't work. Note, incidentally, that the optimum route for the given course probably involved the following: 1200 m. of paddling together; 700 m. of one contestant paddling while the other was doing 1200 m. of running. Obviously though, that might not be optimum for a pair where neither could handle the canoe alone.

If the truth were known, since I did not have the patience to attempt a really scientific calculation of times, I guessed and was lucky. The novice (regular O) course indeed came out as predicted, and the score courses were just about right for the time limits: no one got all the points, although one pair came up only one short due to time penalty (and that probably on account of a sunken control). I am still not sure what the best



Dan Waugh holds the canoe for his son, Max while his wife, Marina (l) and Genevra Gearhart reviews the course instructions and plan some strategy prior to beginning their canoe O course. Photo: Jean Davis.



route for the score course would have been. It is worth noting that his second time around on the course, Clayton Smith was able to get all the points in 53 minutes, but that still was not enough to avoid time penalty in the advanced category. As I had anticipated, the controls on the side of the bay near the finish (worth 11 pts.) were the ones skipped most frequently, although Clayton's first course suggests that a better strategy might have been to skip Nos. 1, 2 and 9, opposite the start and worth only 7 pts., for which the paddling time probably was a bit shorter than for the ones at the end. Unfortunately white water seems to have been more attractive for kayakers than orienteering, and the meet provided too little data for comparing canoe and kayak times. Although (so I am told) kayaks are about a third faster, a single kayaker may have no advantage over a pair in a canoe, since by splitting the pair can save a lot of time. For this meet, the rule was no portaging of canoes (so as not to give muscles an advantage)

but portaging of kayaks allowed.

In short, the venture into the uncharted waters of a new kind of orienteering for the Northwest was, by all assessments I heard, an unqualified success. Even (especially?) those who fell in had a ball. The courses seem to have been satisfactory beyond reasonable expectations; the logistics worked well, with the start area away from the traffic of the main dock but the finish there where, among other things, it attracted the interest of curious spectators. The numerous people who assisted did a great job. And even the weather cooperated.

One crucial bit of advice for those who plan such events in the future: be sure the controls/punches are tied securely to strong anchors. People tend to grab the first thing they can in order to stop a canoe. Punching in at a control that is under three feet of water is not the name of the game--at least this was not intended to be scuba orienteering. We'll try that another time.

See map on page 9.



Pat Malloy (1) and Dobbie Dickison await for their start time while Susan Aspinwall and Bill Taylor

assign a start time to George Dickison, who did the course by himself. Photo: Jean Davis.

## 10 K CLUB

The 10K Club was conceived by a few members in the Quantico OC (Virginia) as a way of improving the performance of their more competitive orienteers by giving them an occasional (one per month) longer, more demanding course than is usually devised for their regular training events. There is no membership fee or formal structure to the club, just the desire to agree to the rules of the 10K Club. The rules are very simple; 1) Each member sets a 10K course by the beginning of his/her scheduled month in any area of their choice. [Each member, on a rotating basis is assigned a month]; 2) Prior to one's assigned month he/she prints up enough maps and control descriptions for each member and have them distributed; 3) Members run at their own convenience as an individual or in a group any time during

the month that the course is set; 4) Courses are Red or Blue difficulty with features marked with engineering tape.

It sounds like a good idea. To benefit intermediate competitive orienteers as well the courses could be designed so that they could split the course into two, such as a figure eight.

If you like the idea and want to be part of a 10K Club here in the northwest, send me a SASE and I'll get things going by setting the first course for the month of August using the Greendale, Ft Lewis map. I'll also send you the tentative schedule for the balance of this year if there are that many interested members. Send your SASE to: 10K Club c/o Clayton Smith, PO Box 1856, Tacoma, WA 98401.



# An Australian View of O in the USA

John Turner in The Australian Orienteer

Our orienteering friend from Victoria, Australia who was here for PNWOF-81 wrote an article on orienteering in the USA for Australia's National O magazine, The Australian Orienteer, which included a reproduction of a portion of the Cle Elum Ridge map. "This area was the nearest I found to Australian conditions" might cause some top orienteers who hope to compete in WOC 85 do some training in the Cle Elum Ridge area. John Turner also had some interesting observations; "There is no doubt that the numbers and expertise of orienteers increases as one travels North-East across the United States but the issues are the same everywhere. The clubs vary from large to HUGE by Australian standards. Even so it was still the dedicated dozen who did most of the work. My immediate observation, that to break down these clubs into units of 30 to 50 members would bring more organizers to the fore, which would mean more events and the possibilities of forming State or Regional bodies, caused much discussion for and against. Even those against the idea had to admit that in a large club there must be many capable people who never came forward."

"Promotion also engendered some interesting discussion. At the moment there is not a lot of P.R. work being done and very little sponsorship. Although bumper stickers were available, I saw very few and none at all in the West. Any method of getting ORIENTEERING in front of the public (thousands of whom jog) must pay great dividends and great-

ly increase participation. Even road signs in the vicinity of events would bring in a few wayfarers. Certainly it was agreed that more participants are needed in the smaller events to support the expense of the type of 'A' meet which I attended.

"One commonly raised problem was the lack of suitable areas. Every event (except one) which I participated in, took place in a National, Regional, or State Park. I saw many very suitable areas even in the West, beautiful country but almost certainly privately owned, and it would be impossible for me to suggest how to go about acquiring these for orienteering.

"One area though which does require much thought and attention, however, was the lack of young orienteers. Men in the 21 and 35 age groups usually provided 60-65% of the entry.

"People were obviously prepared to travel to events; many pooled transport but there was a distressing lack of family groups. Many reasons were given for this from the expense of entry fees to the reluctance to give up the time involved, and even the lack of co-operation from education authorities with the exception of the state of Missouri. None of these are insurmountable from our experiences in Australia but it will require an immense promotional effort to change this trend, possibly a professional one."



AMERICAN  
10 DAYS

You've all heard of the Australian Five Day, the Swedish Five Day (the O-Ringen), and this year the Canadian Five Day. What about the American Ten Day? Just a dream? We hope not. A committee has been established headed by Bruce Wolfe of BAOC to plan a series of orienteering events on the West Coast in conjunction with the 1984 Olympics. At least two Swedish groups have expressed interest in sending as many as several hundred orienteers to participate. COC's part in the event will include (we hope) a three- or four-day meet, probably at Fort Lewis. This will require a major effort on our part and that of the other clubs in the Northwest, but the impact on the sport in our area could be immense. We had 200 plus at Cle Elum. Why not 2000 at a major international meet? The whole club will need to participate if the event is to be a success. I will provide more information soon, and I hope you will respond with enthusiasm when I start calling for help.

Dan Waugh (Chmn. of the COC Planning Committee for the 1984 Ten Day)

Vice-President Dan Waugh presents Stein Sandven with COC's Map and Compass Award just before Stein's return to Norway in March. During his half year in Seattle, Stein helped with a number of mapping projects. It was due to his efforts that the Foster Island map was ready to be drafted in time for the club's first canoe meet.

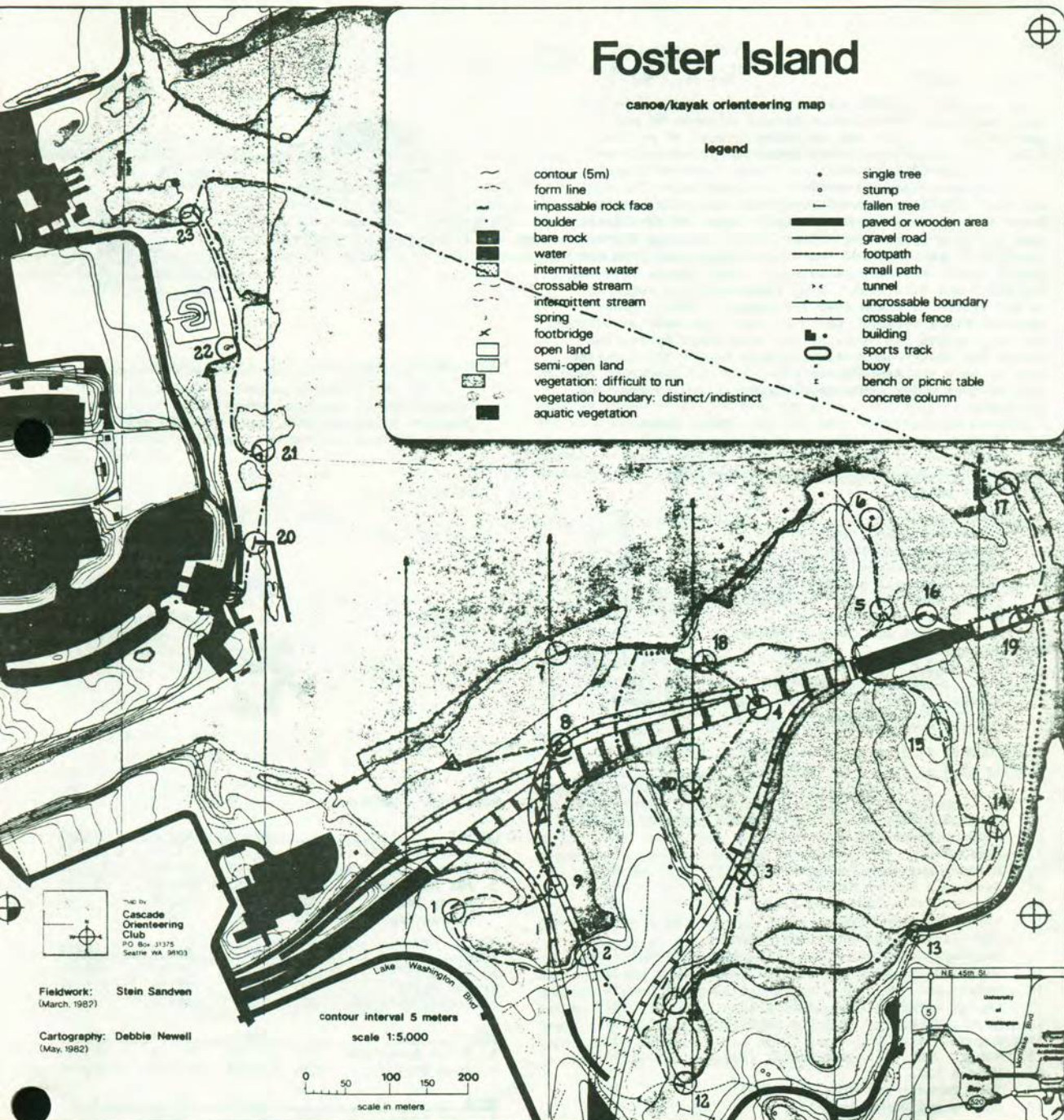


# Foster Island

canoe/kayak orienteering map

## legend

- |  |  |  |                       |
|--|--|--|-----------------------|
|  | contour (5m)                             |  | single tree           |
|  | form line                                |  | stump                 |
|  | impassable rock face                     |  | fallen tree           |
|  | boulder                                  |  | paved or wooden area  |
|  | bare rock                                |  | gravel road           |
|  | water                                    |  | footpath              |
|  | intermittent water                       |  | small path            |
|  | crossable stream                         |  | tunnel                |
|  | uncrossable stream                       |  | uncrossable boundary  |
|  | spring                                   |  | crossable fence       |
|  | footbridge                               |  | building              |
|  | open land                                |  | sports track          |
|  | semi-open land                           |  | buoy                  |
|  | vegetation: difficult to run             |  | bench or picnic table |
|  | vegetation boundary: distinct/indistinct |  | concrete column       |
|  | aquatic vegetation                       |  |                       |



This is the route choices of Dave Enger and Clayton Smith took at the recent canoe orienteering meet at Foster Island. The route taken by both of them in the canoe is shown by ——— and the route of just Clayton in the canoe

is shown by ..... while Dave's route on land is shown as ———. Mistakes were made and the time limit of 45 mins. was exceeded but most important it was fun and well enjoyed.



May 16, 1982

A new map (b/w, 1:5000) and a new event--canoe orienteering. We had an enthusiastic turnout of some 60 participants plus passengers and the added reward of getting a lot of exposure for the sport as the crowds gathered at the UW Waterfront Activities Center. Noteworthy results included the near-perfect score by Susan St. John and Phil Kinnamon, both of whom had competed a couple of hours earlier in a tough road race (maybe we should all warm up for O by running a fast 10 K?), and the 45 of a possible 57 pts. by Fred Wemer, paddling alone (the pairs should have a distinct advantage). Many thanks to Susan Aspinwall and Bill Taylor (for timing and for stopping in mid-course to chase down the control thief), Nancy Jackson, Frank Wyckoff, and Jean Davis for meet assistance, Jim Seagren and his staff at the Waterfront Activities Center for their cooperation, Debbie Newell for overtime work to have the map done in time, and the Bacharach family, without whose canoe course setting would have been difficult.

Carol Johnson  
Dan Waugh

NOVICE COURSE (regular O), 2.1 km., 8 controls

(All canoe pairs)

1. Kraus/Coppin	37:37
2. Robert Webb, Sr., and family	37:45
3. Joe Kessner and Troop 367	41:00
4. Diane Magasich and Trudy DeLong	41:10
5. Susan Aspinwall and Bill Taylor	41:34
6. Robert Webb, Jr. and Tom Webb	42:05
7. Mike Webb and Todd Burnett	45:08
8. Marina Waugh and Genevra Gerhart	52:50
9. DeLongs	53:05
10. C. J. and C. Fowler	1:02:00
11. Steve Anderson and Troop 367	1:12:50
Marshall family - 46:58 but DSQ. for one wrong control punched.	

SCORE COURSE A, 57 pts., 23 controls, 1 hr. limit;  
penalty of 1 pt./min. for overtime.

Canoe pairs

1. Susan St. John and Phil Kinnamon (1 penalty)	56 pts.
2. Clayton Smith and Brad Payne	51
3. Bottles	46
4. Barbara and Gary Pedersen (12)	45
5. Sandy and Robert Miller	43
6. Jessica Rykken and Kris Pike	38
7. Lorna Williamson	37
8. Tony Paulson and Terry Gieselman	37
9. Bob Boyd and Troop 352 (2 min. behind prec.)	37
10. Ed McConkey and Ulla Nordmark (14)	37
11. Andersons	34
12. George Dickison (25)	32
13. Robert Webb, Jr., and Tom Webb (15)	31
14. Eugene Elzy (9)	29
15. Robert Webb, Sr., and family (33)	24
16. Wilson (37)	20
17. Todd Burnett and Mike Webb (39)	18
18. Malloy and Dickison (41)	16

Canoe single

Fred Wemer (1) 45

Other single

Rufino Contreras (16) 36

SCORE COURSE B, as above, but 45 min. limit

<u>Canoe pairs</u>		
1. Debbie Newell and Mike Schuh (14)	39	
(Clayton Smith and Dave Enger (8), 49 pts.-- Clayton's second time on course)		
<u>Canoe single</u>		
Scott Gilbert (4)	37	
<u>Kayak single</u>		
Barbara Vraspir (6)	29	

COW CREEK OREGON

MAY 8 &amp; 9

<u>ORANGE</u>		<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
1. Steve Hawkins	OCC	73:13	71:10	144:23
2. Giorgio Caravatti	OCC	122:55	74:45	197:40
3. Pat Megowan	OCC	103:52	107:24	211:16
Nancy Lewis	COC	DNF	144:48	
Sharon Hagedorn	OCC	DNF	DNS	
<u>GREEN</u>		<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
1. Gregg Ferry	OCC	44:20	56:45	101:05
2. Tom Lewis	COC	75:48	99:56	175:44
Harvey Friedman	COC	DNF	104:36	
<u>RED</u>		<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
1. Silvo Decurtins	OCC	133:46	142:59	276:35
2. Anne York	COC	182:15	161:05	343:20
<u>BLUE</u>		<u>Day 1</u>	<u>Day 2</u>	<u>Total</u>
1. Jeff Lewis	OCC	76:29	79:56	156:25
2. Mike Schuh	COC	95:22	93:48	189:10
3. Eva Diener	OCC	96:08	121:21	217:29
4. Dave Enger	COC	84:26	137:24	221:50



# FUN TREK '82

FARREL-McWHIRTER PARK

June 12, 1982

Upwards of 50 participants enjoyed Fun Trek '82, among them a lot of first-time orienteers. In addition to the regular novice-intermediate courses, Mark Hartinger designed a "blank map" course for advanced runners and a special line "O" course for children. The latter was based on the model described in the Australian Orienteer (and taken in turn from Orienteering Ontario): the course was marked with a line on the map and the route flagged on the ground. As they followed the route, the participants were to mark the location of easily visible controls, with the accuracy of the marking factored into the total time. The course was described as being feasible for children as young as six to do by themselves; in fact this proved to be the case, with the ages ranging from six to thirteen (the six-year-old did correctly determine the location of about half the markers without help). For such a course, the complication of using a compass is not a factor--the course can be done without one. It would be worthwhile to have such a course as a regular feature of meets (in addition to the normal novice or white course).

Many thanks to the Redmond Parks and Recreation Department (especially to Tom Trueblood and Clay Heilman) for cooperation and encouragement and for providing the barbecue; for meet assistance, to Lorna Williamson, Jean Davis, Bob Barnes, Jean and Bob Hendrickson, John Huth and Harvey Friedman.

Debra MacDonald  
Dan Waugh

## LINE COURSE (for children) 1.0 km. 7 controls

1. Matt Winfrey	10:15
2. Elizabeth Winfrey	11:55
3. Jake Winfrey	17:20
4. Jenny Koenig	25:50
5. Iris Saxer	33:35
6. Max Waugh	36:02

## NOVICE (WHITE) COURSE 1.5 km. 6 controls

1. Pirjo and Hannu Ripatti	20:00
2. Bill Brinkley and Brad Zoerb	26:00
3. Dennis Gathard	28:02
4. Tom and Gloria Schuh	31:00
5. Dianne Sako and Joyce Kikuchi	35:30
6. Winfrey family	40:30
7. The Herzbergs	40:40
8. Kathy Gunn	40:40
9. Susan O'Connor	50:08
10. Ed McCormack	60:42

## ADVANCED BEGINNER (YELLOW) COURSE 2.4 km. 10 controls

1. Harri Ripatti	22:52
2. Hans and Martin Saxer	31:20
3. Pirjo Ripatti	33:24
4. Dennis Gathard	36:20
5. Arnold Kay	45:15
6. Bill Brinkley and Brad Zoerb	49:03
7. Bill Fritz, Jr., and Dan Abbott	50:34
8. Margrit Saxer	57:41
9. Cindy Roland	62:03
10. Fred Herzberg	77:30
11. Kathy Gunn	78:00
12. Dianne Sako and Joyce Kikuchi	98:53
13. Marcia Koenig	100:32

## INTERMEDIATE (ORANGE) COURSE 3.8 km. 16 controls

1. Lorna Williamson	55:03
2. John Huth	56:15
3. Bob Barnes	63:50
4. Les Brisbois	65:29
5. Dave Winfrey	77:37
6. Carol Johnson	105:00
7. Bill and Gene Fritz	119:07

## ADVANCED (BLANK MAP) COURSE 2.1 km. 9 controls

1. Mike Schuh	19:17
2. Debbie Newell	30:07
3. Anne York	30:35
4. Brad Payne	33:06
5. Harvey Friedman	33:19
6. Harri Ripatti	40:00
7. Jean Davis	43:15
8. Marina Waugh	75:25

## GREENDALE - FT LEWIS

MAY 23, 1982

### NOVICE

1. Peter Golde	37:46
2. Cleveland Family	40:14
3. Rob, Billy, Elisabeth Corkran	45:05
4. Mike Clark	62:39
5. Robert Clark	75:40

Judy Foster  
Mark Huff

Map Hike  
Map Hike

### INTERMEDIATE - A

1. Joanne Sperry	EOC	30:14
2. Mark Huff		64:09
3. Barbara & Gary Pedersen	COC	65:35
4. Judy Foster		65:39
5. Ron C. & Dorothy M.	NO	75:08
6. Peter Golde	Bush Sch	88:14
7. Susan Aspinwall	Bush Sch	88:26
8. Bill Taylor	COC	89:03
9. Colin Green	Bush Sch	97:35
10. Nancy Lewis	COC	110:32
11. James DePartee		110:36
12. Mark Balderrama	Bush Sch	129:40
Robert Clark	Bush Sch	DNF

### INTERMEDIATE - B

1. Will Sperry	EOC	97:57
2. Harvey Friedman	COC	116:38
3. Harry Morgan	COC	117:23
4. Alistair Borchert	Bush Sch	123:34
5. Susan Corkran	COC	128:06
6. Par Malloy	NO	141:23
Jessica Rykken	COC	DNF

### ADVANCE

1. Clayton Smith	NO	53:31
2. Jeff Lewis	OCC	58:39
3. Mike Schuh	COC	72:39
4. Dale Width		74:25
5. Tom Hardin	NO	123:16



# 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

Time Dated Material

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

BULK MAIL



# MEMBERSHIP APPLICATION

This is a membership application for both the NISQUALLY ORIENTEERS and the UNITED STATES ORIENTEERING FEDERATION. You may join just the local club or both the local club and the national organization.

Date \_\_\_\_\_

I hereby apply for membership in

☐ NISQUALLY ORIENTEERS

☐ UNITED STATES ORIENTEERING FEDERATION

As a USOF member I understand that I am entitled to all benefits of the organization including membership in the International Orienteering Federation.

☐ new USOF member ☐ renewal

LAST NAME	FIRST NAME	MI	SEX	YEAR BORN

if a family membership, please list other members


ADDRESS

CITY STATE ZIP

PHONE ( )

IF MEMBER OF ANOTHER  
USOF CLUB GIVE ITS NAME

Check type of membership

☐ NISQUALLY ORIENTEERS ☐ Individual \$ 7.00  
☐ Student (18 or younger) \$ 4.00  
☐ Family \$ 10.00

☐ \$1.00 discount if a USOF member.

Give USOF membership expiration date \_\_\_\_\_

☐ USOF ☐ Individual \$ 8.00  
☐ Student (18 or younger) \$ 4.00  
☐ Family \$ 12.00  
☐ Lifetime \$125.00  
☐ Contributing (\$ 40.00 or more)

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

Please send application with a check payable to the NISQUALLY ORIENTEERS, and mail to NISQUALLY ORIENTEERS, P.O. BOX 1856, TACOMA, WA 98401.

Memberships expire one year from the date of receipt by NISQUALLY ORIENTEERS or USOF, for renewals, membership is for one year from the expiration date shown on your membership card.