



CLUB OFFICERS

| | |
|-------------------------|--------------------|
| President | |
| Dave Enger | 455-5320, 789-4137 |
| Vice-President | |
| Charlie Bock | 641-4791 |
| Secretary | |
| Lorrie O'Brien | 746-4573 |
| Treasurer | |
| Jean Hendrickson | 772-1241 |
| Events | |
| Len Englund | 746-3822 |
| Publicity | |
| Tony Paulson | 784-4649 |
| Membership | |
| Mike Schuh | 783-3960 |
| Mapping | |
| Goeran Larsson | 938-2058 |
| Training | |
| Gary & Debbie MacDonald | 823-9337 |

MEMBERSHIP

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

Cascade Orienteering Club
P.O. Box 3572
Bellevue, Wash. 98009

Dues: Family \$18.00
Individual \$5.00
Associate \$13.00 (under 18 yrs)

Name: _____

Address: _____

Phone: _____

Newsletter
July-August 1980

FROM THE PRESIDENT

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

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

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

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

Dave

COMING EVENTS

Saturday, July 12 CARKEK PARK MEET

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

Sunday, July 13 NO. VANCOUVER, B.C. MEET

The North Vancouver Orienteers club will hold a meet at Black Mountain, a winter-time ski area just outside North Vancouver, starting about 11AM. The Canadians have been practicing orienteering longer than us and have developed good maps and conduct well-organized meets. Contact Dave Enger or Goeran Larsson for more info.

Sunday, July 27 PORT LEWIS MEET

Registration will be from 11AM to 1PM in the southeastern area of Port Lewis on the east side of Highway 507 about 2.5 miles north of Roy. From Seattle, take exit 127 off I-5, head east on Highway 512 for 2 miles, then exit onto Highway 7 southbound toward Mt. Rainier. After 5 mi. turn right onto Highway 507 and continue for 5 mi. to the red/white orienteering signs indicating a left turn into the site. For carpooling: meet in the Sea-First Nat'l Bank parking lot on the Northeast corner of Southcenter Shopping Center at 9:30AM. We will use Clayton Smith's 1:10,000 map and set a variety of courses.

Saturday, August 2 and

Sunday, August 3 MERRITT, B.C. MEET

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

Wednesday, August 6 CLUB BUSINESS MEETING

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

EVENTS CONT.

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

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

A TIP: COMPASS SCALES

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

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

USOF TEAM TRIALS

DAY 1 HERREN (MEN) 8.9 Km 350m

| | | | | |
|-------|---|----|---|-----|
| 2 53 | + | | X | |
| 3 35 | m | 15 | L | |
| 6 41 | L | | | 9 |
| 11 46 | m | 25 | L | |
| 13 59 | L | | | |
| 18 60 | X | | | 2 * |
| 19 61 | o | | | |
| 20 62 | m | 15 | L | |
| 17 43 | m | 15 | 9 | |
| 16 45 | + | 10 | 9 | |
| 14 58 | H | 15 | 9 | |
| 12 48 | F | 15 | L | |
| 10 44 | H | | | |
| 8 42 | H | | | 9 |
| 5 52 | L | | | |
| 4 51 | L | | | |

OX 175m X ⊙ * map change

Ø CASCADE
Orienteering
CLUB

NEWS\$

1979 USOF WORLD CHAMPIONSHIP - TEAM TRIALS CLUES.

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

USOF TEAM TRIALS

DAY 2 Herren (Men) 9.4 Km 220m

| | | | | | |
|-------|---|---|----|----|------|
| 1 25 | | L | | | |
| 2 27 | | L | | | |
| 3 29 | ↑ | m | 15 | L | |
| 4 32 | | L | | | |
| 5 37 | | o | | 5 | 9 |
| 6 22 | | o | | | |
| 7 21 | ↑ | L | | | |
| 8 30 | | H | | H | 3 |
| 9 45 | | o | | | |
| 10 47 | ↑ | L | | | |
| 11 48 | X | U | | | 20 * |
| 12 40 | | + | | | 1 |
| 13 24 | | o | | 10 | |
| 14 36 | ← | X | | o | |
| 15 40 | | 9 | | o | |
| 16 38 | | X | | | |
| 17 34 | | m | 20 | L | |
| 18 35 | | o | | 10 | |

OX 225m X ⊙ * map change

Seward Park, May 31, 1980

* indicates prizes awarded in all courses as follows:

1st place: silva compass & \$50-Eddie Bauer Gift Certificate
2nd place: \$40 Eddie Bauer Gift Cert.
3rd place: \$30 Eddie Bauer Gift Cert.
4th place: \$20 Eddie Bauer Gift Cert.
All finishers: Eddie Bauer T shirt

Eddie Bauer, Inc. Fun Trek '80 Results

RED COURSE: COMPETITIVE 15 controls, 3.9 km

| Name | Orienteering Club | time |
|------------------------|--|--------|
| 1. Bruce Wolfe... | Bay Area (S.F.) | 55:30* |
| 2. Jeff Lewis... | Tulane Univ. | 58:12* |
| 3. Rod Harris... | Super Turtles Melbourne, Australia | 59:37* |
| 4. Robyn Rennie... | North Shore (B.C.) | 59:53* |
| 5. Pontus Andersson... | Cascade | 60:34 |
| 6. Bruce Rennie... | North Shore (B.C.) | 60:37 |
| 7. Mike Ackerfeldt... | North Shore | 66:47 |
| 8. Dave Rudakewich... | Indians U.(Pa.) | 68:11 |
| 9. Johan Andersson... | Cascade | 70:33 |
| 10. Egon Nordholm... | Redmond | 72:44 |
| 11. Rod Corkran... | Seattle | 73:42 |
| 12. Mark Hawley... | Cascade | 76:22 |
| 13. Sue Harris... | Super Turtles, Melbourne, Australia | 91:44 |
| 14. Will Sperry... | Ellensburg | 133:54 |
| 15. Jean Davis... | Cascade | 147:42 |

RED COURSE: RECREATIONAL 15 controls, 3.9 km

| | | |
|------------------------------|----------------------|---------|
| 1. Max Meyring... | Cascade (2nd course) | 84:29 |
| 2. Peter Davidson... | Seattle | 91:46* |
| 3. Ken Davis... | Seattle | 98:55* |
| 4. G. Konzelman & D. Hall... | Tacoma | 137:57* |
| J. Baker... | Kirkland | DNF |

ORANGE COURSE: COMPETITIVE 12 controls, 2.8 km

| | | |
|-----------------------|------------|--------|
| 1. Hilary Anderson... | Seattle | 56:33* |
| 2. Thomas Lewis... | Seattle | 57:28* |
| 3. Bob Harn... | Seattle | 68:46* |
| 4. Karen Thomson... | Cascade | 68:59* |
| 5. Max Meyring... | Cascade | 83:31 |
| 6. Mike Reynolds... | Cascade | 86:01 |
| 7. Doug Pedersen... | Tacoma | 86:02 |
| 8. James Dirks... | Seattle | 86:23 |
| 9. R.L. Barnes... | Seattle | 89:47 |
| 10. Jim Bratt... | Ellensburg | 97:09 |
| 11. J. Elmer Stone... | Cascade | 99:22 |
| 12. Eric Englund... | Cascade | 115:52 |
| 13. Glen Englund... | Cascade | 177:48 |
| Charles Whitehead... | Spokane | DNF |
| Debbie Newell... | Cascade | DNF |

ORANGE COURSE: RECREATIONAL 12 controls, 2.8 km

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

YELLOW COURSE: COMPETITIVE 9 controls, 2.1 km

| | | |
|---------------------------|------------|--------|
| 1. Greg Ehr... | Ellensburg | 47:19* |
| 2. Ernst Andersson... | Cascade | 47:25* |
| 3. Cecilia Werner... | Ellensburg | 52:32* |
| 4. Paul Piacitelli... | Ellensburg | 54:20* |
| 5. D. Kraus & J. Wolfe... | Lacey | 60:34 |
| 6. Micky Reynolds... | Cascade | 69:24 |
| 7. John Wishart... | Cascade | 112:09 |

YELLOW COURSE: RECREATIONAL 9 controls, 2.1 km

| | | |
|--------------------------------|---------------------|--------------|
| 1. Wm Hall... | Cascade | 42:46* |
| 2. Les Brisbois... | Cascade | 45:20* |
| 3. B. Smith & A. DeVone... | Seattle | 47:36* |
| 4. Bill Ford... | Seattle | 50:50* |
| 5. D. Davidson & MacDonalds... | Everett | 57:06 |
| 6. P. Nielsen & N. Barnett | No. Vancouver, B.C. | 58:07 |
| 7. Greg Burley... | Selah | 60:52 |
| 8. George Eaves... | Seattle | 65:59 |
| 9. Halley & Jennifer Bock... | Cascade | 66:09 |
| 10. Tim Crose... | South Bend | 70:52 |
| 11. Jane Haberman... | Selah | 72:48 |
| 12. G. Moseley & L. Bodden... | Bellevue | 77:09 |
| 13. L. Hay... | Kennewick | 82:25 |
| 14. E. Hungate & Family... | Seattle | 84:01 |
| 15. Rich & Kris Permenter... | Kirkland | 87:26 |
| 16. Frank Kandt... | Redmond | 92:17 |
| 17. M. & D. VerBois... | Bellevue | 95:10 |
| 18. Morrison & Long... | Cascade | 96:04 |
| 19. Dianne Yaeger... | Ellensburg | 97:29 |
| 20. Bill & Billy Fritz... | Everett | 100:17 |
| 21. V. J. Dolejs... | Kirkland | 113:40 |
| 22. Jeff Kandt... | Redmond | 121:47 |
| 23. Anna Tenerelli... | Seattle | 132:08 |
| 24. Linda Zacuti... | Seattle | 137:08 |
| 25. Linda Buchanan... | Ellensburg | 147:28 |
| 26. Jamie Marking... | Ellensburg | 158:22 |
| Wm. J. Ford... | Cascade | DNF |
| Kirby Jacobson... | Seattle | disqualified |

WHITE COURSE: RECREATIONAL 8 controls, 1.6 km

| | | |
|---------------------------------|----------------------|--------|
| 1. Ben Yang... | Seattle (2nd Course) | 25:55 |
| 2. D. Kraus & J. Wolfe... | Lacey | 38:40* |
| 3. Paul Lyman | | 42:25* |
| 4. M. Kanzenbach & R. Hauyenhae | Bellevue | 44:13* |
| 5. Rachel & Joyce Hyman... | Bellevue | 50:29* |
| 6. Sue Streatker... | Seattle | 52:23 |
| 7. Jeannit Nordholm... | Redmond | 57:57 |
| 8. Brenda Gross... | Seattle | 58:00 |
| 9. Margareta Oettinger... | Ellensburg | 59:42 |
| 10. Scot & Georgene Ranney... | Bothell | 60:18 |
| 11. Casey Madison... | Cheney | 60:36 |
| 12. Albert A. Arcand... | Bainbridge | 67:50 |
| 13. Denny Henkel... | Mercer Is. | 76:33 |
| 14. Bill Hart... | Redmond | 113:10 |
| Barry Hyman... | Bellevue | DNF |
| R. Gough... | Seattle | DNF |
| Mark Balderrama... | Seattle | DQ |
| J. Merchant... | Bellevue | DQ |

