

BEARING 315

The Newsletter of the Cascade Orienteering Club

September-October 1989

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The O'-Word Contest

by Reddick and Campbell

This puzzle contains many familiar words, abbreviations, or combinations that are well-known to orienteers. See how good you are at finding them! You may read any one direction you like, but there are no wrap-arounds. There is no time limit, but if you find more than 40 in less than an hour, you qualify for the U.S. O-Word Team Bullpen. More than 50 makes you a first string U.S. O-Word Team member,

and 57 qualifies you as WORLD ELITE CLASS! But if you find more than 57, and justify them all as orienteering-related, send your list to WSOA, P.O. Box 1977, Tacoma, WA 98411-1977. The entry with the greatest number of words will receive a valuable orienteering prize. Judges' arbitrary decisions will be final. Look for the answers and winner's name in a forthcoming issue.

Next Issue:

- Centennial Games/State Championships results
- Western States results
- British Columbia Championships results
- Schedule of Events
- Cascade Chatter

Club Meeting September 19

The September club meeting will feature another installment of "Course Setting For Beginners" as well as training tips and a review of the Western States Championships on Orcas Island. Don't miss it, especially the post-meeting get-together at Donna's Ice Cream Parlor in Roosevelt Square.

Western States Championships Information

If you are attending the Western States Championships September 9-10, please read the following for information about the weekend.

Camp Orkila

If you are staying at Camp Orkila, please bring:

- sleeping bag
- pillow
- towel
- flashlight
- personal gear.

Please do NOT bring:

- pets
- alcohol.

Transportation

For those staying at Camp Orkila or West Beach Resort, buses will pick up at the Orcas ferry landing on Friday, September 8th at:
5:30, 8:50, and 10:05 p.m.

Check-in

Check-in for pre-registered participants will be at Camp Orkila at the following times:

- Friday 1-10:30 p.m.
- Saturday 7- 10 a.m.

Parking At the Meet Site

No parking is available at the meet site. However, plenty of free parking is available at Camp Orkila, and we will have buses to take you from there to the meet. If you are *not* staying at Camp

Orkila, transportation to and from the meet site is \$2 per/person each day.

Allow Time to Get to the Start

Remember that all start times for pre-registered participants have already been assigned, so be sure to allow enough time to get to the start.

The bus ride from Camp Orkila is 20 minutes, loading and unloading 10 minutes, and the walk to the start 50- 75 minutes, plus whatever personal time that you will need. This may sound intimidating, but it really is a nice walk.

For additional information call:

Sandy Kish Miller (206)784-5939 days
Debbie Newell (206)488-7471 evenings
Katie Sprugel (206)365-8742

Kayaking opportunities on Friday are available with Black Fish Paddlers at noon and 3 p.m.
(206)376-4041

See you on the island!

Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 30 August 1989. Words of both thanks and welcome go to the following new or renewing club members: **Jean Davis, Thomas DeBuys, Jed Dixon, Jeff Hamm family, Peter & Mary Holmberg, Li-Chuan Huang, Kraft family, Katie & Doug Sprugel, Robert Stephens, Ross Stevens, Tim & Wendy Vargo, Susan St. John, Dale Width family.**

If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; also, membership cards are only available in person at a club function such as regular meet, meeting, pot-O-luck, but not at any ski-O meets, nor night-O meets, nor canoe-O meets (unless you are lucky), nor training events, nor workshops. If you want to get your handsome membership card, contact the membership coordinator, me (Harvey), at a Cascade sponsored meet or at one of the above-mentioned happenings. I do not have blank membership cards with me when I attend other clubs' functions.

Now on to the fun stuff. **Tim Vargo** no longer is an individual member but now has his wife Wendy orienteering too....**Dale & Nancy Width** have a new addition to their family; **Quinn** was born on 9 July 1989....That is all the local stuff that anyone wrote for me but since Anne and I did attend the World Championships in Orienteering in Sweden this August, I can write a bit about former Cascade members we met there or in Norway....**Pam & Sture Carlsson** are living in Hedemora where he is director of product development for a forest products company that supplies gear to backcountry users and she is a nurse on "night patrol." Night patrol checks on old people living alone (or together) and handle the usual emergency nursing duties. Though they live only a 5 hour drive from the site of the World Championships, their club and another scheduled a meet the day after the individual championships and at the same time as the "spectators competition" on that map and during the relay championships. 10,000 people attended the WC and the Hedemora group had 4,000 preregistered. People in Sweden enjoy being in the woods and many videotaped the relay since it was shown on national TV....While at the WC (or VM for världsmästerskapen as it is known in Scandinavia), I also met briefly with **Göran Larsson** who helped get Cascade growing in 1980-1982. His son Robert, who many remember that Göran and Berith either took turns doing one of the easy courses with or ran with Robert on his back, is now 11. Göran wants to come out for PNWOF next year but is still uncertain about whether he will be able to. Anyone trying to phone him should write first, because though he lives in Norberg, only about 20 miles from Hedemora, we were unable to make contact by phone. Wearing my Cascade t-shirt helped me stand out (even more than usual) among the thousands at the championships so that Göran could approach

me....Another one who is difficult to contact is **Stein Sandven**, who did the initial mapping for the Foster Island map. Stein is one of the leading scientists of the Nansen Ocean and Remote Sensing Center, a non-profit institute affiliated with the University of Bergen, and puts in long hours there when he is not away on a cruise or on the Arctic ice. He no longer has the time to be active on the organizing or mapping side of things, but does run in meets when he can. He jogs in the rain (Bergen has more rain than Seattle) on the steep hillsides around Bergen to stay fit. Though his club is one of the 5 cooperating to put on the World Cup in Norway near Voss next June, Stein is just too busy to get involved, especially since they have many enthusiastic volunteers. If any friends of Stein do find themselves in Bergen and want to contact him, the best thing to do is to phone him at work....We spent a day with **Ingemar Jansson** (who did the U. W., Foster Island, and much of the Lake Tradition maps in 1983-84), his wife, and 16 month old son in Oslo. Sindre (meaning "The First" in old Norwegian) is already quite coordinated as is fitting for the offspring of 2 top orienteers. Ingemar married **Helga Haverstad**, an elite Norwegian orienteer, who has been in the top 10 in Norway for about 10 years. Helga comes from a farm in the Lier valley between Oslo and Drammen and has as much success finding mushrooms and berries as she does orienteering. Ingemar and Helga are building a house in the Lier valley closer to her roots than Oslo is. It is in a new development, has a wonderful view, lots of rooms for guests, should be finished enough to move into by Christmas, and has lots of *amanita muscaria* mushrooms in the backyard. They will have to get rid of those before the children are tempted each year. Anyway, Ingemar welcomes any Cascade members who remember him to stop and visit when they are in Norway. Even for the new members who never met him, if you wear a Cascade O. C. t-shirt, no doubt you will be just as welcome....For those of you who are wondering if I ever would say who won the World Championship in 1989, yes, I will. **Petter Thoresen** of Norway had a fantastic run to finish 3 minutes ahead of **Kent Olsson** of Sweden and fellow Norwegian **Håvard Tveite**. **Marita Skogum** of Sweden was 1 minute faster than the rest of the women's field though 2nd and 3rd went to **Jana Galikova** of Czechoslovakia and to **Alida Abola** of the Soviet Union. In the relays, it was the men of Norway and the women of Sweden winning. The men had a 3 minute margin of victory but the Swedish women were only 15 seconds ahead of the Czechs. I have maps from the event if anyone is interested....If you want more news about people in the club, you'll have to tell me something or preferably write or scribble me something that is for this column since I have such a bad memory.

Meet Results

ROGAINE - May 13-14

24-HOUR EVENT

Open Men

Mark Hartinger/Dan Waugh	1860
Clayton Mailland/Mike Reid	1860
Stephen Chatwin/Alan Philip	1760
Jan Samuelsson/Ross Burnett	1720
David Tallent/David Petty	1380
Knut Olson/Robert Olsen	1350
Dave Hetherington/Neil Phillips	1250
Scott Elich/Edward Traum	930
David Smith/Chris Smith	840
Pat Edwards/Christopher Johnson	220

Open Mixed

Hannah North/Ron Hudson	1780
Warwick Marsden/Carmel Laxton	1260

Masters

Murray Foubister/Ron Andrews	1717
Scott Donald/Shirley Donald	1020

Military

Jeff Coker/Michael Lersbak	1757
Kevin Walters/Arne Skog	1520
Monte Lucherini/Patrick Carpenter	1350
Allen Borgardts/James Hanson	1330
Donald Ciciarelli/Dale Montgomery	1110
John Armstrong/Brian Longley	940
Steven Sabia/John Mulbury	850
Robert Ridener/Ed Dollar	720
Ray Fleck/Eric Beckdol	620
Bruce Brown/Damon Hunt	610
Steven Ford/Rob Bowman	550
Kirk Nilsson/Denis Rehfeld	507
Charles Harvey/Tanya Collins	500
Jim Everson/Robert Khan	290
Garth Perez/Jim Russell	80

12-HOUR EVENT

Open Men

Dave Enger/Paul Bullard	1330
Tim Stark/Bill McKenzie	1240
Tim Benoit/Brian Livsey	1110
Larry Jamness/Dale Width	950
Richard Raforth/Doug Sanders	700
Ted Martinell/Do Martinell	637
Rick Breseman/Ken Buchsieb	590
Carl Coger/Stephen Cockle	-160

Open Women

Ardis Dull/Anne York	810
Saandy Kerr/Kris Battistuzzi	737
Larua Skog/Linda Skog	330
Dena Sonneborn/Tammy Turner	260

Mixed

Andy Johnson/Barb Kuhlman	610
Ken Nicholson/Judy Bigger	510

Masters

Doug Sprugel/Mike Tharp	1010
David Soper/Denise Klein	110

Military

Chris Sellards/Terrence Durben	640
Michael Duckworth/Keith Nadig	490
Mary Forbes/Emanuel Walker	330
Andrew Marks/Jesse Massey	320

Groups

Bill MacDonald/Mac MacDonald	1070
J. Herzog/M. Dollinger/L. Olson	890
R. Donaldson/S. Wright/S. Andrie	760
S. Lewis/M. Flury/H. Winegar	700

6-HOUR

Fred Veler	990
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UNION BAY CANOE-O - July 16

Meet Director: Betty Berreth

Course Design: Katie and Doug Sprugel

Registration: Betty Berreth

Start: Debbie Newell, Harry Morgan

Finish: Debbie Newell

Marker Pickup: Ardis Dull, Harry, Betty

Course 1 (12 controls)

Dianne, Jeff, Nathan Hamm	60:07
Sandy Kish Miller/Judy Tompkins	68:17
David Mummy (kayak)	72:00

Course 2 (15 controls)

Robert Miller/Paul Kish	72:30
Ardis Dull/Harry Morgan	86:00
Eileen & Rick Breseman	104:00
Pat & Bob Reddick	109:00
Doug, Barbara, Susan Woods	126:00
Kerrie Schurr/Bill Longabaugh	127:00

HAMLIN PARK - July 29

Meet Director: Mark Hartinger

Course Setter: Ardis Dull

Registration: David Soper, Laura Morin

Start: Denise Klein

Finish: Steve Layman

Course 1 (1.45k, 7 controls)

Richard Forrester	16:25
Harvey Friedman/Maurizio	27:50

Course 2 (2.45k, 9 controls)

Sherrill Pattie	49:48
Richard Forrester	52:53
DeForest Eveland	53:30
Anne York/Paez	61:17
Bruce McAlister	75:54
George & Nancy Lilly	91:40

Course 3 (3.8k, 13 controls)

Scott Elich	36:14
Jim McNamara	51:13
Katie Sprugel	53:15
Ken Lew	56:21
Steve Layman/Laura Morin	68:50
Linda Botich	84:23

Craig Moritz	103:20
Barbara Sherman	104:20
Ruth McCormick	105:06
David Soper/Denise Klein	138:51

Course 4 (Course 3 + 1k, 4-control memory)

Mark Hartinger	25:22	8:02	33:24
Debbie Newell	37:42	8:28	37:42
Dave Tallent	35:16	11:29	46:45
Thurston Miller	37:14	14:56	52:10
Doug Sprugel	40:42	12:28	53:10
Roger Stocker	47:40	23:05	70:45

LYNNDALE PARK - August 23

Meet Director: Betty Berreth

Course Designers: Paul Bullard, Doug Sprugel

Registration: Bryan and Robert Berreth

Start: Doug Sprugel

Finish: Doug Sprugel, Betty Berreth

Marker Pickup: Sandy Miller, Pat Albright

Novice Course

George & Nancy Lilly	23:01
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Score-O (25min. time limit, 100 pts. poss., 23 controls)

Mark Hartinger	100 (15:57)
Dave Tallent	100 (24:31)
Ardis Dull	83
Paul Bullard	80
Debbie Newell	67
Max and Dan Waugh	65
Bob Williamson	64
Ken Lew	62
John Lilly	55
Les Baer	53
Andrea Topper	51
Ray Willis	48

It's not too late to participate in the Western States Orienteering Championships

September 9-10

call Sandy Miller at 782-1437 or Katie Sprugel at 365-8742 for details

Schedule

<i>Date/Time</i>	<i>Location</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Information</i>
Sat-Sun SEP 2-3	British Columbia Championships, Vancouver Island Camp Thunderbird	A	VO	color 1:15,000	Al Philip (604) 598-2553
Sat-Sun SEP 9-10	Western States Championships, Orcas Island Moran State Park	A	COC	color 1:15,000	Katie Sprugel (206) 365-8742
Sat, SEP 16 10-12 noon	+ Durr Road, Ellensburg	C	EOC	b/w 1:15,000	Dale Width (509) 925-5873
Sun, SEP 17 10 a.m.	+ Training Event, Pt. Defiance Park, Tacoma	S	NISQ	color 1:10,000	Fred Veler (206) 572-4498
Sat-Sun SEP 16-17	Manitoba Championships	A	MOA	color 1:15,000	
Sat-Sun SEP 23-24	Barrier Lake, Canmore, Alberta	A	AOA	color 1:15,000	(403) 270-7557
Sun, SEP 24 10-12 noon	Lake Sammamish State Park, Issaquah	C	SAMM	color 1:10,000	Dave Tallent (206) 392-3061
Sat, SEP 30 10-12 noon	+ Lincoln Park, Spokane	C	EWOC	b/w 1:5,000	John Beck (509) 536-8742
Sat-Sun SEP 30-OCT 1	University Endowment Lands, Vancouver, B.C.	B	GVOC	color 1:15,000	Brian Livsey (604) 733-4710
Sun, OCT 1 10 a.m.	+ Training, Spanaway Park, Tacoma	S	NISQ	color 1:5,000	Fred Veler (206) 572-4498
Sat-Sun OCT 7-8	U.S. Championships, San Francisco Annadel State Park	A	BAOC	color 1:15,000	Steve Ritchie (415) 652-7834
Sat-Sun OCT 7-8	Western Canadian Orienteering Championships Elk Island, Edmonton, Alberta	A	AOA	color 1:15,000	Eugene Ulmer (403) 270-7557
Sat, OCT 14 10 a.m.	+ Training, Wright Park, Tacoma	S	NISQ	color 1:5,000	Fred Veler (206) 572-4498
Sun, OCT 15 10-12 noon	University of Washington campus, Seattle	C	COC	color 1:5,000	Doug Sprugel (206) 365-8742
Sat, OCT 28 10-12 noon	+ Riverside State Park, Spokane	C	EWOC	color 1:15,000	John Beck (509) 536-8742
Sun, OCT 29 10 a.m.	+ Training, Titlow Park, Tacoma	S	NISQ		Fred Veler (206) 572-4498
Sat, NOV 4 10 a.m.	Training, Pt. Steilacoom Park, Tacoma	S	NISQ	color	Fred Veler (206) 572-4498
Sun, NOV 5 10-12 noon	Lake Tradition, Issaquah	C	COC	color 1:15,000	Doug Sprugel (206) 365-8742
Sat, NOV 25 9-12 noon	Novice/Washington State Orienteering League clinic Wilson High School, Tacoma	S	WSOA		Fred Veler (206) 572-4498
Sat, NOV 25 11 a.m. - p.m.	Evergreen Cup, Pt. Defiance Park, Tacoma	W	NISQ	color 1:10,000	Fred Veler (206) 572-4498
Sun, NOV 26 10 a.m.	Washington State Relay Championships, Pt. Defiance Park, Tacoma	C	NISQ	see above	see above
Sat, DEC 2 10-noon	Luther Burbank Park, Mercer Island	W	SAMM	color 1:5,000	Dave Tallent (206) 392-3061
Sat, DEC 9 10-noon	Volunteer Park, Seattle	W	COC	b/w 1:3,000	Doug Sprugel (206) 365-8742
Sat, DEC 16 11 a.m. - 1 p.m.	Ski-O, Trollhaugen I-90, exit 62	S	COC	color 1:15,000	Debbie Newell (206) 488-7471
Sun, DEC 17 10-noon	Wright Park, Tacoma	W	NISQ	color 1:5,000	Mike Tharp (206) 459-9231
Sun, DEC 31 10-noon	Bog Slog and Christmas Bash potluck Kirkland	C	COC	color 1:10,000	Doug Sprugel (206) 365-8742
Tue, SEP 19 7 p.m.	General Meeting, University Branch Library 50th & Roosevelt, Seattle		COC		Doug Sprugel (206) 365-8742
Sat, OCT 28 10-noon	Fort Casey State Park, Whidby Island	C	COC	b/w 1:5,000	Doug Sprugel (206) 365-8742

For the latest meet information, call the ORIENTEERING HOTLINE at 783-3866

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 or 4 courses
- S - special event (bicycle, canoe, ski, night, etc.)
- W - Washington Interscholastic O' League meet (everyone welcome)

Club Key

- COC - Cascade O Club; EOC - Ellensburg O Club; EWOC - Eastern Washington O Club; NISQ - Nisqually Orienteers; SAMM - Sammamish O Club; WSOA - Washington State O Assoc.

Changes from last issue:

- + meet added

COC OFFICERS AND COORDINATORS

President	Doug Sprugel	(206) 365-8742
Vice President	Linda Botich	(206) 241-9338
Secretary	Ardis Dull	(206) 364-4062
Treasurer	Katie Sprugel	(206) 365-8742
Mapping Coordinator	Bruce McAlister	(206) 821-6862
Membership Coordinator	Harvey Friedman	(206) 784-2774
Newsletter Editor	Debbie Newell	(206) 488-7471
Training Coordinator	Pat Albright	(206) 285-8674
Publicity Coordinator	Tony Saulewicz	(206) 784-5398
Equipment Coordinator	Don Atkinson	
Volunteer Coordinator	Betty Berreth	(206) 546-2128

COC MEMBERSHIP DUES

Single	\$10.00/year
Family	15.00/year
Associate (under 18)	5.00/year
Newsletter Only	6.00/year

COC "C" MEET FEES

	<u>b/w map</u>	<u>color map</u>
Orienteering club members	\$2.50	\$3.00
Non club members	3.50	4.00
Novice (first time orienteering)	1.00	1.00
Families (regular fee for first 2 family members, \$1.00/person thereafter)		

Special events, such as the State Championships and "A" meets, have higher fees.

"BEARING 315" PUBLICATION SCHEDULE

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are 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 may not appear in the next newsletter issue.

<u>Issue</u>	<u>Publication Date</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:
Debbie Newell
6216 N.E. 154th St.
Bothell, WA 98011



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ADDRESS CORRECTION REQUESTED
