

BEARING 315

The Newsletter of the Cascade Orienteering Club

March-April 1989

How To Participate in the Centennial Games

The Washington Centennial Games will take place in Spokane this summer from August 10-13. The Centennial Games organizers have divided the state into 8 zones, from which 50 official Games competitors will be selected. Each zone has a representative, who is responsible for making sure that all orienteers in his/her zone know about the Centennial Games and how to participate. There will be three categories for both men and women: Junior (13-20); Open; and Masters (over 35).

Qualifying Meets

Because we are allowed only 50 official competitors, four meets have been designated to select participants:

Bridle Trails Park, February 25 (Juniors only)
Easton Grade, June 4
Pt. Defiance Park, June 10
Drunken Charlie Lake, June 17

At each qualifying meet, the top 2 finishers in each category will automatically qualify for the Centennial Games. If additional competitors are needed, the 8 zone representatives, the State Chairman, and the Meet Director will select them, with the goal of ensuring that participants represent a wide range of ages and geographical origins. The zone representatives, State Chairman, and Meet Director are listed below with their phone numbers. If you have any questions about how to participate in the Games, please call any of them.

Zone 1	Amy Loomis	(206) 378-2596
Zone 2	Scott Coble	(509) 328-4220
Zone 3	Rick Neidhardt	(206) 754-1759
Zone 4	Betty Berreth	(206) 546-2128
Zone 5	Dave Lilly	(206) 454-4136
Zone 6	Pat Albright	(206) 549-2736
Zone 7	Peter Kehoe	(206) 256-5328
Zone 8	Nancy Oakes-Width	(509) 925-5873
State Chairman	Debbie Newell	(206) 488-7471
Meet Director	Mike Tharp	(206) 459-9231



COC President Resigns

Arnold Kay, newly-elected COC president, has resigned his position due to job commitments. Although his term as president has been short, Arnold has been the club's equipment coordinator for several years, and has contributed his time to Cascade in many other ways. We appreciate the time and effort he has spent, and hope his job won't keep him from participating in meets.

Of course, this means that the office of President is open to anyone who wants it. If you are interested in taking over as President, please call Doug Sprugel at 365-8742.

Nutrition Talk March 22

Reserve your evening Wednesday, March 22 for an exciting, enlightening, and informative talk on Nutritional Intervention! Guest speaker Francis DiBiase will be at the University Branch Library (50th & Roosevelt, Seattle) to talk about how nutrition affects athletes, particularly orienteers. Fran will also touch upon micro/macro nutrition and overall diet structure. As an added bonus, he will discuss the immune system and how to cope with stress. So, come one, come all. Bring your friends and neighbors and all your questions for Fran.

Meet Results

WOODLAND PARK - January 14

Meet Director: Doug Sprugel
Course Designer: Arnold Kay
Registration: Laura Morin
Starts: Gillian Teicher
Finish: Steve Layman and Wade Grass,
 Katie Sprugel
Control Pickup: Debbie Newell, Kathy Trost,
 Angela, Nick, & Dave Tallent, Steve Layman,
 Wade Grass
Weather: Cold

Course 1 (1.1 km, 8 controls)

Holmes/Peterson	7:40
Dave Petty	10:33
Steve Avolio	11:34
Miller/Tanaka	12:46
Boon/Stocker	13:23
Duane McCormick	15:04
Wade Grass	16:33

Course 2 (2.1 km, 10 controls)

Jeff Coker	11:09
Mike Schuh	13:12
Dave Dummeyer	13:13
Arne Lund	14:38
Doug Sprugel	14:40
Eileen Breseman	14:50
Thurston Miller	15:07
Martin Mellish	15:55
Rick Donaldson	16:29
Appleby/Pham	16:37
Sandy Kish Miller	16:48
Sean Olmsted	16:57
Roger Stocker	17:02
Bob Williamson	17:53
Ardis Dull	18:10
John Lilly	18:36
Harvey Friedman	18:46
Kean Williams	18:47
Katie Sprugel	19:26
Bob Berreth	20:11
Phil Everett	20:12
Robert Miller	20:24
Michelle Everett	20:47
Ed Holmer	21:14
Ken Lew	22:54
Chris White	23:49
Dina Boon	23:55
Bob and Suzy Lynch	24:59
Mac MacDonald	25:23
Bruce McAlister	26:36
Mihoko Tanaka	31:02
Dave Peterson	35:52
Avolio/McCormick	36:26
Dick and Roberta Diesner	36:48
Vernon Oshiro	37:04
Nancy and George Lilly	41:54
Dave Tallent (marker pickup)	12:39

WIOL COURSE (2.1 km, 11 controls)

Nathan Tharp	12:07
Thanh Pham	14:51
Mike McNamara	16:23
Jason McDermott	16:39

Gabe Wingard	16:42
Frank Medina	16:46
Matthew Chapman	17:13
Keith Bittner	18:31
Rachel Tharp	18:37
Scott Winder	18:48
Melissa Moffett	18:53
Carl Moore	18:59
Seung Kang	19:15
Kelly Nah	19:23
Susie Carver	20:27
Maika Manring	20:27
Lee Lopez	21:04
Joseph Ho	21:22
Randy Garman	21:22
Austin Appleby	21:29
Mike Hall	22:26
Danielle Wolfrom	22:34
Brooks Driest	22:46
Truong Vo	22:55
Adam Winterhouse	23:27
Jeff Wax	23:34
D. Wingard	24:34
Jason Mayer	24:51
Carl Bryant	25:01
Lem James	25:25
Heather Sorg	26:22
Tony Willis	26:22
Steve Menghini	26:37
Bob Becker	27:12
Shawn Perkins	28:45
Kelly Hoff	28:54
Lisa Navarrete	29:41
Ellen Boomer	31:37
Jessica Baines	35:09
Sarah Fielder	36:57
Amber Hoff	36:57
Hyosook Byun	41:12
A. Emmett	44:52
Tri Vo	46:22

CLE ELUM RIDGE SKI-O - January 22

brought to you by Arnold Kay

*Meet Director, Course Designer, Course Set-
 ter, Registration, Start, Finish:* Arnold Kay
Marker Pickup: Tom Slocum, Bob & Pat
 Reddick

The weather was great! There was a great
 finish by Scott Lewis, who decided to climb
 over a fence with his skis on and did a great
 impression of a human pretzel.

Arnold Kay

Course 1 (4.7k, 6 controls)

Andy Stevenson	122:00
Bob & Suzy Lynch	101:00
Bob & Pat Reddick	untimed

Course 2 (6.7k, 8 controls)

Tom Slocum	64:00
Ross Burnett	67:00
Fred Veler	72:00
Rick Breseman	88:00
Dave Lilly	92:00

Tony Byrne	101:00
Knut Olson	103:00
Dick Eitel	122:00
Eileen Breseman	123:00
Scott Lewis	131:00
Dale Width	142:00

U. OF WASHINGTON - Feb. 12

Meet Director: Ardis Dull
Course Design: Jeff Coker, Thurston Miller
Registration: Tim Vargo
WIOL Registration: Pat Albright, Mike Tharp
Start: Scott Elich
Finish: Judy Cohen
Marker Pickup: Dave Lilly & meet staff

Course 1 (1.8k, 8 controls)

Paul Herber	14:44
Jim & Karen Siscoel	18:49
Dick Diesner	24:43
Erik Ellis	30:50
Paul Lander	39:11

Course 2 (2.9k, 11 controls)

Bob Williamson	22:48
Roger Sharp	28:35
Paul & Steve Herber	30:26
Linda Botich	48:24
Dave & Willie Enger	51:29
George & Nancy Lilly	75:40

Course 3 (5.3k, 15 controls)

<i>used both campus and Union Bay maps</i>	
Dave Lilly	32:06
Sean Olmstead	35:53
Rick Donaldson	36:30
Eileen Breseman	39:32
Mac MacDonald	40:07
Dave Tallent	40:40
Rick Breseman	41:58
Toby Barnes	42:23
Bob Williamson	44:22
Doug Sprugel	44:56
Ed Holmes	45:13
Bob Reddick	46:21
Bob Becker	48:11
Robert Miller	48:37
Harvey Friedman	49:33
Sandy Kish Miller	50:13
Tim & Wendy Vargo	53:21
Steve Herber	53:52
Dave Peterson	54:08
Arne Lund	57:43
Anne York	61:12
Ken Lew	66:52
S. Layman/L. Morin/W. Grass	69:41
Craig Abramson	78:04
Dave Dummeyer	DSQ

WIOL B

Susie Carver (Garfield)	25:50
Maika Manring (Garfield)	27:49
Edward Wakatake (Washington)	28:17
Amanda Monarko (Washington)	28:20
Ben Charles/Ron Simmons (Yelm)	28:57

ROGAINE U.S.A. - 89

May 13-14, 1989

ROGAINE Team Entry Form - ROGAINE USA-89 near Cle Elum, Washington State

First team member listed is team contact for all mailings:

NAME: _____ Age on May 13, 1989 _____

ADDRESS: _____ M F (circle one)

CITY: _____

STATE/PROVINCE _____

ZIP/POSTAL CODE: _____ TELEPHONE: () _____

NAME: _____ Age on May 13, 1989 _____

ADDRESS: _____ M F (circle one)

CITY: _____

STATE/PROVINCE _____

ZIP/POSTAL CODE: _____ TELEPHONE: () _____

NAME: _____ Age on May 13, 1989 _____

ADDRESS: _____ M F (circle one)

CITY: _____

STATE/PROVINCE _____

ZIP/POSTAL CODE: _____ TELEPHONE: () _____

NAME: _____ Age on May 13, 1989 _____

ADDRESS: _____ M F (circle one)

CITY: _____

STATE/PROVINCE _____

ZIP/POSTAL CODE: _____ TELEPHONE: () _____

Check your event: 12-Hour () 24-Hour ()

Check your team category: Men 18+ () Women () Masters 40+ ()

Novice/Family/Group () - oldest age = _____

If military team competing in Adventure Challenge, fill in:
Military Unit, Address, and Post/Zip Code:

FEES: \$20.00/person for first two members; \$10.00/person for added persons; Free to kids under 12 in group team. We need your early registration, so a \$10.00 late fee per team applies to all who register after APRIL FIRST. Make your payments in US dollars or fair equivalent by check payable to WSOA, P.O. Box 111977, Tacoma, Wa 98411-1977. Write for further info here.

Fees include hot and cold food served from about 3 PM Saturday thru 11:30 AM Sunday, 2 maps and descriptions per team, eligibility for awards and draw prizes - plus a great, challenging ROGAINE! If you enclose a self-addressed large envelope, we'll send upon receipt of this form and your fees a confirmation and package of information and sample courses.

CANCELLATION AND CHANGES IN ENTRY: A fee of \$5.00 per person will be charged for any cancellation made before May 1st, after which no refunds can be given. Name changes are permitted until the 8:00 AM Saturday on-site check-in and map issue.

All members of each team must sign a Waiver Form at the base camp site before embarking on the course. It releases WSOA, sponsors, and the landowners from any responsibility for risks and hazards on the course. You may obtain a copy in advance if you so request. Please read and heed the recommendations for equipment to take along, which you'll get upon registration.

Joseph Ho (Wilson)	34:12
Cheri Peterson/S. & J. Rowlands (Y)	35:58
Brian Sheets/Mike Dilworth (Yelm)	36:58
A. Emmett/C. Harmon (Timberline)	38:34
E. Boomer/A. Jansen (Wilson)	44:29
Jessica Baines (Wilson)	54:49

WIOLA

Nathan Tharp (Timberline)	34:10
Gabe Wingard (Gig Harbor)	37:09
Lee Lopez (Bremerton)	39:17
Mike McManamna (Bremerton)	39:19
Keith Bittner (Bremerton)	40:37
Randy Garman (Wilson)	43:25
Thanh Pham (Wilson)	44:51
Melissa Moffett (Stadium)	46:00
Rachel Tharp (Timberline)	47:48
Dat Nguyen (Timberline)	48:55
Scott Winder (Gig Harbor)	49:10
Jason McDermott/Kurt Roberts (Yelm)	61:06
Jessica Baines/Ellen Boomer (Wilson)	98:25

WIOL CHAMPIONSHIPS

Bridle Trails State Park - February 25

Course B (2.5k, 7 controls)

Females

Kelly Nah	31:20
Danielle Wolfrom	37:07
Shawn Perkins	42:06

Males

Seung Kang	28:13
Toby Willis	31:30
Lem James	37:57

Course A (3.6k, 9 controls)

Females

Rachel Tharp	47:34
Melissa Moffett	47:42
Natalie Payne	110:31

Males

Jason McDermott	38:37
Nathan Tharp	39:26
Bill MacDonald	40:07

Baring My Bearings

*Am I nearer
or farther
from where I should be
The miles I've used
are not amused
I traveled haphazardly
The precious time
our daily day
and night just slip away
I haven't reached
my future yet
my map won't read that way
Place myself
within the grid
familiar surroundings please
I'm not fatigued
or lost just yet
I see locks but have no keys
Turn left then north
or right then south
are they one and the same
It's funny how
my lifestyle seems
so much like this game
The clock says go
and I begin
until the race is done
If only I
could draw the map
the way I want to run*

—Roger Stocker

Matchmaker, Matchmaker

Would you like to participate in the ROGAINE on May 13-14, but just can't find the right partner? Dave Lilly may have the solution to your problem. Just let him know what you're looking for in a ROGAINE partner and he will try to match you with the ROGAINER of your dreams. Call Dave now at 454-4136.

1989 Western States Orienteering Championships

September 9-10

Moran State Park, Orcas Island

look for details in future issues of "Bearing 315"

Ellensburg Elects Officers

Bearing 315's Eastern Slope Correspondent, Ellensburg Orienteering Club's Dale Width, reports that EOC has elected its 1989 officers. Serving this year are: Betty Wiberg, president; Dale Width, vice president and event chair; Addie Graaf, secretary; and Sally Evans, treasurer.

Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 25 February 1989. Words of both thanks and welcome go to the following new or renewing club members: Betty Berreth family, Rick & Eileen Breseman, Paul Bullard, Ardis Dull, Scott Elich, Dave Enger family, Jim Gallant & Deb Danner, John Huth (yes, even though he is living in Nevada), Kent Jameson, Ken Knapp & Katherine Schubert-Knapp, Steve Layman & Laura Morin, Ken Lew, Amy Loomis family, Matti Löppönen (yes, even though he is living in Georgia), Bruce McAlister, Jim McNamara, Robert & Sandy Kish Miller, Carl Moore, Debbie Newell & Arnold Kay, Dot Newell, Robert Olsen, Jan Vrana, Dan Waugh, Melanie Wheeler, Ken Wiljanen, and Bob Williamson.

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.

Now on to the fun stuff. Unfortunately, I couldn't come up with any for this issue. Since I am so involved with World Cup 1990, I don't seem to be talking to as many folks as I used to, so I need help with compiling items of interest for this column. If you want more news about people in the club, you'll have to write something or be sure to tell me something that is for this column.

Schedule

<i>Date/Time</i>	<i>Location</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Information</i>
Sat-Sun MAR 4-5	* Pt. Grey, Vancouver, B.C. University of B.C. campus and endowment lands	B	OABC	color 1:15,000	Mark McMillan (604) 261-6141
Sat, March 11 10-12 noon	Lake Tradition, Issaquah I-90, Front St. exit	C	COC	color 1:15,000	Doug Sprugel (206) 365-8742
Sat-Sun MAR 18-19	Spring-O, Royal Roads Military College, Victoria, B.C.	A	VO	color 1:15,000	Bob Rutherford (604) 721-3741
Sun, MAR 19 10-12 noon	Island Crest Park, Mercer Island I-90 exit 7, Island Crest Way at S.E. 58th St.	C	SAMM	color 1:7,500	Dave Enger (206) 822-6254
Wed, MAR 22 7:00 p.m.	* General Meeting, University Branch Library, 50th & Roosevelt		COC		Doug Sprugel (206) 36508742
Sat-Sun APR 1-2	U.S. Intercollegiate Championships, S-F Scout Ranch, Florissant, Missouri	A	SLOC	color 1:15,000	Terry Murphy
Sat-Sun APR 15-16	Maple Mountain, Duncan, B.C.	B	VO	color 1:15,000	Kris Battistuzzi 743-9678
Sun, APR 16 11 a.m. - 1 p.m.	Lincoln Park, West Seattle	C	COC	color 1:5,000	Doug Sprugel (206) 365-8742
Sat, APR 22 10-12 noon	* Lake Sammamish State Park, Issaquah	C	SAMM	color 1:5,000	Dave Enger (206) 822-6254
Sat-Sun MAY 6-7	Aspen Grove, Merritt, B.C.	A	OABC	color 1:15,000	Ron Green (604) 224-6152
Wed, MAY 10 5:30 p.m.	Marymoor Park, Redmond	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sat-Sun MAY 13-14	First American ROGAINE (Rugged Outdoor Group Activity Involving Navigation and Endurance). Cle Elum area	S	WSOA	color 1:24,000	Bob Reddick (206) 581-0009
Sat, MAY 20 10-12 noon	University of Washington, Seattle	C	SAMM	color 1:5,000	Dave Enger (206) 822-6254
Sun, MAY 21 10-12 noon	Spring Relays, Woodland Park, Seattle N.E. 50th St. entrance	C	COC	color 1:5,000	Doug Sprugel (206) 365-8742
Sat-Sun MAY 20-21	Sage Stomp V, Kamloops, B.C.	A	SOCK	color 1:15,000	Murray Foubister (604) 374-6497
Mon, MAY 22 7:00 p.m.	General Meeting, University Branch Library, Seattle 50th & Roosevelt		COC		Doug Sprugel (206) 365-8742
Sat-Sun MAY 27-28	Newcastle Island, Nanaimo, B.C.	B	CVO	color 1:15,000	Jim Traynor (604) 746-5955
Sat, JUN 3 10-12 noon	Trollhaugen, Snoqualmie Pass, Washington I-90, exit 62	C	COC	color 1:15,000	Doug Sprugel (206) 365-8742
Sun, JUN 4 10-12 noon	Easton Grade, Cascade Mountains I-90, exit 70	Q	EOC	color 1:7,500	Dale Width (509) 925-5873
Sat, JUN 10 10-12 noon	Washington State Relay Championships Pt. Defiance Park, Tacoma	Q	NISQ	color 1:15,000	Gary McCausland (206) 352-5542
Sat-Sun JUN 17-18	Drunken Charlie Lake, Duvall	Q	COC	color 1:15,000	Doug Sprugel (206) 365-8742
Sat-Sun JUN 24-25	Whistler-Brandywine, B.C.	B	GVOC	color 1:15,000	Mike Ackersfeldt (604) 987-3239
Sat-Sun AUG 12-13	Washington State Championships & Centennial Games Riverside Park, Spokane	B	WSOA	color 1:15,000	Mike Tharp (206) 459-9231
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-Sun OCT 7-8	U.S. Championships, San Francisco Annadel State Park	A	BAOC	color 1:15,000	Steve Ritchie (415) 652-7834

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.)
- Q - Centennial Games qualifier (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.
- BAOC - Bay Area O Club; CVO - Cowichan Valley Orienteers; GVOC - Greater Vancouver O Club; SLOC - St. Louis O Club; SOCK - Sage O Club of Kamloops; VO - VictOrienteers

*Changes from last issue:

- March 4-5 - date correction for Pt. Grey meet
- March 22 - COC general meeting added
- April 22 - date correction for Lake Sammamish meet

COC OFFICERS AND COORDINATORS

President	Doug Sprugel	(206) 365-8742
Vice President	Ardis Dull	(206) 364-4062
Secretary	Katie Sprugel	(206) 365-8742
Treasurer	Bruce McAlister	(206) 821-6862
Mapping Coordinator	Harvey Friedman	(206) 784-2774
Membership Coordinator	Debbie Newell	(206) 488-7471
Newsletter Editor	Pat Albright	(206) 265-6710
Training Coordinator	Tony Saulewicz	(206) 784-5398
Publicity Coordinator		
Equipment Coordinator		
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 course	1.00	1.00
Families (regular fee for first 2 family members, \$1.00/person thereafter)		

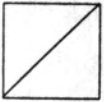
Special events, such as the State Championships and "A" meets, have higher fees.

"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



Cascade Orienteering Club
P.O. Box 31375
Seattle, WA 98103
(206) 783-3866

Address Correction Requested
