

BEARING 315

Newsletter of Cascade Orienteering Club

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Jan/Feb 1985

Annual Meeting results

The slate of candidates presented in the last issue of this newsletter was elected to office without opposition at the annual meeting at 7:00 at the University branch of the Seattle Public Library on 26 November 1984. Even including votes by mail with the votes of those present resulted in less than 20 votes per candidate; a disheartening show of interest.

Our new president is Debbie Newell, vice-president is John Huth, secretary is Valerie Tinsley, and treasurer is Susan St. John. As is evident from page 2, there are still executive board member positions to be filled, so let an officer know if you are interested. Before reporting on what else happened at the meeting, I'll sketch a bit about the officers for those of you who don't know them.

Debbie has been active in local orienteering since she 1st started 5 years ago; she is one of the top cartographers around so anyone wanting to learn how to draft maps for printing may contact her. She served as vice president in 1984 and did an excellent job. With her experience and leadership, Cascade is again in good hands for the coming year.

John was mapping coordinator this past year and drafted the Lake Tradition map that was printed last summer. Even though John is one of the top course designers in the region, we can't expect him to do all the meets by himself this year so volunteer to learn course setting and develop a new skill. Designing a course and hanging the markers is a sure way to improve your orienteering. John has been active in U. S. orienteering for about 10 years starting when he was an undergraduate at SIU. In fact, he was an officer of SIUOC while there. He has been a Cascade member for 3 years now and to prove that orienteers are good athletes, he trained for and has successfully completed several tri-athlons during the past year.

Valerie has only discovered orienteering about 18 months ago but she is eager and enthusiastic as evidenced by going to the last 2 B. C. championships (and winning her class) and flying back to the North American 6-days last autumn. She also has volunteered to be on the newsletter mailing, etc. work parties.

Susan has been a member of Cascade for close to 4 years now, but her Norwegian folk-dancing activities have sometimes relegated 0 to 2nd place. She did quite well at our only Class A meet -- PNMOF '81, Pacific Northwest Orienteering Festival for those of you who weren't in the club then. Since we hope to receive more contributions this year, Susan should be busy with the account.

(continued on page 3)

Officers & Board Members

The officers and executive board members of the Cascade Orienteering Club are:

President	Debbie Newell	488-7471
Vice President	John Huth	522-1304
Secretary	Valerie Tinsley	822-6254
Treasurer	Susan St. John	523-5643
Newsletter Editor	Harvey Friedman	LA4-3437
Mapping		
WIOL Coordinator	Dan Waugh	365-1810
Membership	Barbara Pedersen	365-8389
Equipment	Francis Smith	634-1104
Publicity		
Instruction		
Promotions		
Car Pools		

BEARING 315 contains results, a schedule, articles of interest contributed by members or selected from other sources and lots of material written by the editor, Harvey Friedman; letters to the editor are most welcome and generally will be printed sooner or later, space permitting. Any correspondence to Cascade Orienteering Club or to this Newsletter should go to

P.O. Box 31375
Seattle, Wash. 98103

Other clubs wishing to receive BEARING 315 in exchange should send their newsletters directly to the above address.

Next Issue

All material to be published in the next issue must be received by 15 February the earlier, the better.

Club dues

Please check the date on the mailing label to see when your membership expires. Renew promptly if you want to continue receiving BEARING 315, the club newsletter, and seeing how your name might be misspelled in the results column. An application form is enclosed somewhere in this newsletter for your convenience and also an application for the U. S. Orienteering Federation. Anyone who wants to find out about meets in other parts of the country is encouraged to join. Also to retain our charter we need a minimum of 5 USOF members in the club. Words of both thanks and welcome go to the following new or renewing club members: Boy Scout Troop 16, Troop 304, Melinda Bridgman, Robert Carlson family, DeForest Eveland, Tony Halstead, Bud Keith, Mary Ann Kerlousky, Laurie Kohli, Michael Mahoney, Gerald Nickel family, Tony Paulson, Brad Payne, Bo Powell family, Kathryn Risch, Einar Storakers.

To provide a service for other clubs in the area that might not have their own newsletter, it was voted to offer a new category of membership, the newsletter subscription only for \$5. So, in the coming months COC members may read on a more regular basis than has occurred in the past about results of meets that they have attended in Olympia, Ellensburg, or ???.

After Mark concluded the business part of the meeting, we had a very informative and entertaining program. Surprise refreshments were provided by Anne York who brought freshly baked chocolate chip cookies (that were still warm). Dave Enger and Valerie Tinsley gave an excellent route analysis of some of their courses from the N. A. 6-day with slides of different legs of the courses so we all could see and decide for ourselves if we might have tried a different route choice. All in attendance were impressed.

Mike Schuh then presented slides from the U. S. championships in Missouri put on last November by St. Louis Orienteering Club. It looked like a lot of fun and many of us wished that we could have gotten a week-end plane flight for half of the \$450 normal cut-rate fee. We couldn't even get a reduced rate for a group of 10 or more; perhaps we should try to get some airline executives interested in our tremendous sport. Anyway, 9:00 came along too soon as usual so when we had to leave the library, about a dozen of us went to get in our licks at Donna's Ice Cream place.

Scout Show '84

"I want to run the scout course", exclaimed the young cub scout as he finished the shorter Cub course. When asked why, the cub scout replied, "I've already found 4 of the markers." Another cub scout was proud to have found all the markers even though it took him 90 minutes. He probably saw a lot of other sites while making his rounds. Yet another scout finally ran the course after some arm twisting (literally) by his Jamboree Scoutmaster. Later in the day he was spotted several times at the start/finish area checking to see if anyone had bettered his time.

Boy Scout Troop 270 under the direction of Scoutmaster Fred Warden had spent the last 6 weeks preparing for their display on Orienteering at the Council's "Scout Show 1984". After deciding to offer 2 courses in addition to an information booth, the boys field-checked the area and constructed control markers using pint milk cartons and gallon milk jugs. Finally, 11 November 1984 rolled around and the scouts busied themselves putting together their display and hanging markers at Sandpoint Naval Air Station.

No records were kept on the number of courses run but it was estimated at 50+ before the rains started around 3:30 and people spent more time inside. The display of COC maps on the city map sure attracted the attention of passersby. Orienteers from COC & SOC were at hand to explain the sport to parents, scout leaders, and the older scouts who might be eligible for WIOL. Todd explained map & compass to anyone who showed an interest; he talked to so many people with so much enthusiasm that he would make a great promotions coordinator.

As 5:00 rolled around, the scouts were anxious to see how they had scored for the display at the show. Needless to say, the ribbon and perfect score of 100% that the troop received made the dismantling of the booth much more enjoyable. The show had been a success for them and I congratulate them on a job well done. I would like to thank all the club members who showed up and helped - from COC, Harvey Friedman, Sandra Kish Miller, Robert Miller, Dave Enger, & Mike Schuh, and from SOC, Dave Enger and Bob Rein. We'll have to try it again next year.

- John Huth

Financial Summary

Outgoing treasurer Chris Hawkins wanted the members to see the financial status of the club. Anyone who has questions should come to the 1st or 2nd meeting of 1985 when we should receive an audited financial statement.

Unaudited 1984 Financial Summary as of 15 December 1984

Beginning balance		1305.53
Income		
Memberships	644.00	
Meet Income	1259.50	
WJOL	451.14	
Donations	750.00	
Other	35.25	
		+3139.89
Expenses		
Newsletter	726.28	
Meets	241.10	
Mapping	2341.93	
Equipment	52.53	
Publicity & other	26.32	
Administration	212.15	
WJOL	436.17	
		-4036.48
Ending balance		408.94

"Classified Section"

COC IS LOOKING FOR A FEW GOOD PEOPLE

That's right, the club is trying to move away from a "draft" to an "all volunteer" organization - so now's your chance. Some place in this issue you will find a schedule of meets planned for the upcoming year. So browse the schedule and pick out a couple of meets you would be interested in helping with. Then call me at 522-1304 after 5:30 pm to make your reservations. Don't delay; call today (or after Jan.7) so you don't miss out on this once in a lifetime opportunity. This offer is for a limited time only.

- John Huth

RESULTS

Camp Long 3 November 1984

White course, 6 controls

J. E. Stone	16:13
Bud Keith	25:47
Mary Ann Koczlovsky	25:47
Aileen Wedrick	29:09
Melanie Swan	34:24
Katrina Swan	34:29
Kathryn Risch	45:55
Paul Smith	No time
Mia Barbera	No time
Jay Stenmler	No time
Dorothy Jegottka	No time

* 2nd course run

Scavenger-0, 14 controls, 3.2 km.

Sture Carlsson	61:53
Anne York #11	DQ
Ken Knapp	110:55
K. V. - Robert Miller	DNF

Yellow course, 10 controls

Eileen Williams	42:55
Arne Gilje	44:30
Ken Wiljanen	48:47
Sandra Kish Miller	49:20
Michael Fich	52:48
Aaron Tate	54:52
Mia & Paul	59:20 #7 DQ
Faith Fich	65:24
Aileen Wedrick	*69:43
J. E. Stone	*70:52
Tom Hardin	71:41
M. A. Koczlovsky	*74:14
B. Keith	*74:14
Jeff Hamm	74:55
P. Shiley	78:14
Phil Everett	83:22
Kathryn Risch	*84:10
Arild Horsberg	86:29
Michelle Everett	87:39
Rick Breseman	90:29
Francis Smith & Laurie Kohli	121:12
Diane Hamm	123:26
C. Mazouskas	129:56
Tony Halstead	DQ
Jay Stenmler	No time

The master map for the scavenger-0 run had an error at control 11. I apologize to all of you who attempted this course that, feedback indicates, was difficult. Thanks to John Huth for the white and yellow courses and for help with meet administration.
- Roger Sharp

Lincoln Park 8 December 1984

Meet director - Debbie Newell

Courses - Harry Morgan

Meet Assistance - Harvey Friedman, Jan Vrana, Mark Hartinger, Sandy Kish Miller, Robert Miller, Arnold Kay, Dan Waugh, Mike Schuh

BEGINNER 1.6 km, 9 controls

HIGH SCHOOL COURSE

Brad Dunham	32:15
Troop 304B	58:08
Francis Smith	59:00
Troop 16 - team 2	68:00
Bill Seymour & friend	69:05
Chuck Abel & David Dunham	*20:22
Steve Williams & family	DQ
Cathy Hintz	*DNF
Meredith Lien	DQ
Troop 304A	DQ
G. W. Nickel	DQ

Female

Michelle Everett, Roosevelt	35:02
Jessica Hirschfelder, Roosevelt	37:06
Jennifer Seffernick, Roosevelt	41:42
Anne Hankins, Lakeside	50:20
Michelle Nickel, Lakeside	DNF
Cathy Hinz, Lakeside	DNF
Erin Renshaw, Roosevelt	DNF
Marie-Louise Sauerberg, Roosevelt	DNF

Male

INTERMEDIATE 2.9 km, 13 controls

Jim McNamara	59:11
Phil Everett	68:38
Troop 16 - team 1	78:22
Bill & Bill Fritz	97:20
Laurie Kohli	98:00
J. E. Stone	98:50
Troop 304A	*65:40
Troop 304B	*90:00
Rick Breseman	DQ
G. W. Nickel	*DNF
Tony Halstead	DNF

Dana Schutter, Liberty	27:31
Darin Cline, Liberty	38:27
Ty Wingard, Peninsula	39:55
Ian McDuff, Issaquah	49:53
Keith Horn, Issaquah	49:55
Gabe Wingard, Gig Harbor	60:42
David Dunham, Barlow, Oregon	67:18
Chuck Abel, Issaquah	73:08
Iraq Honardoost, Issaquah	DNF

United States Orienteering Federation

P.O. BOX 1039
BALLWIN, MISSOURI 63011

ADVANCED 5.7 km, 20 controls

Sture Carlsson	62:15
Gary McCausland	76:03
Anne Gilje	91:22
Eileen Williams	108:00
Anne York	DNF
Joe Forder	DQ
Joel Wingard	DNF
Rick Breseman	*DQ

APPLICATION FOR MEMBERSHIP - Date _____
Please check - New Mbr () Renewal ()

I hereby apply for membership in the U.S.O.F.
I understand that I am entitled to all benefits
of the organization, including membership in
the I.O.F. I am applying as follows:

A. As a member of a club chartered with USOF:

Club _____ Club Off sign. _____

() Student \$6- () Individual \$15-

() Family \$20- () Lifetime \$250-

NOTE: Students must be under 21 years of age.

B. Member-at-large (not a club member):

() Student \$6- () Individual \$20-

() Family \$25- () Lifetime \$250-

Name (print) _____ Sex _____

Address _____ Zip _____

Yr of birth _____ Home phone _____

If family membership, please list other mbrs)

Name _____ Sex _____ Yr born _____

Membership expires one year from date of

receipt by USOF. For renewals, membership is

for one year from expiration date shown on the

front of the card. Make checks payable to

United States Orienteering Federation.

* 2nd course tried

SCHEDULE OF EVENTS

GENERAL INFORMATION: Unless otherwise noted, novice, intermediate and advanced courses are available at all club meets. Normal registration and start times are from 10:00 AM to NOON and entry fee is usually \$1.50 for members and \$2.50 for non-members. Regional and National (Class 'B' and Class 'A') events may have a higher entry fee depending upon sanctions and awards given to winners in various categories. Instruction for beginners is always available at all events. A limited number of compasses are available on a rental basis at registration.

- Sat, 12 Jan University of Washington campus, meet at 17th NE and NE 45th St. entrance, 1:5000 color, excellent map 522-1304
- Windsor Park, Victoria, B. C. Nite-O 7:00 pm no kids since finish is in pub. bring flashlite. Dennis Fedoruk 592-5739
- Sat, 19 Jan Farrel-McWhirter Park, Redmond rd. (N.E. 102nd pl.) Redmond 1:3500 color 522-1304
- Tues 22 Jan club meeting, 7:00 pm University Branch library, 488-7471 5009 Roosevelt Way NE, Seattle phone for program
- Sat, 26 Jan Kelsey Creek Park, SE 4th Pl. at 128th Ave. NE, Bellevue 1:3000 color Dave Enger 455-5320
- Sat, 2 Feb Carkeek Park, NW 110th st., Seattle 1:5000 color 522-1304
- Sat, 9 Feb Royal Roads, Victoria, B. C. 1:00 pm Hugh Smith 592-1602
- Sun, 10 Feb cross-country ski orienteering at a to be determined location east of Snoqualmie Pass SNOW PERMITTING phone 522-1304 or LA 4-3437 on the 9th to make sure meet is still on
- Sat, 16 Feb Ft. Steilacoom County Park, Tacoma 1:10000 Gary 352-5542
- Sat, 23 Feb Seward Park, Seattle and WIOL championship. New map so don't bother digging out old maps for reference. John 522-1304
- Sun, 3 Mar Beaver Lake, Victoria, B. C. 1:00 pm Ray Addison 477-4947
- Sat, 9 Mar Ft. Steilacoom County Park, Tacoma 1:10000 Gary 352-5542
- Sat, 16 Mar Durr Road, Ellensburg 1:10000 b&w Dale 509-925-5873

ore Results

ROBINSWOOD PARK (Bellevue)
Saturday, December 1, 1984
Sammamish Orienteering Club
WLOL Practice Meet

Meet Dir., Course Setter - Dave Enger
Regis. - Glen Englund, Dan Waugh (WLOL)
Start Timing - Valerie Tinsley
Finish Timing - Bob Rein
Weather - Partly sunny, cool

Nationalities Represented: U.S.,
Czechoslovakia, Sweden, England
and France

Course 1 - 1.0 km, 5 controls

Rafoth Family
Maria Lomuntad
Williams Family
April Womack
Diane & Nathan Harmon
Bud Keith
Vince Firlotte
Michelle Nickel
Irha Honardoost
Chuck Able
Meredith Lien
Jessica/Maria/Ann

Course 2 - 1.5 km, 7 controls

1. Ty Wingard	17:19
2. R. Rafoth	17:22
3. Willie Jim McDonald	20:10
4. Melanie Swan	21:10
5. Michele Nickle	27:05
6. Kean & Pat Williams	30:48
7. Janet Miller	31:05
8. Tyler Fraker	35:10
9. Irha Honardoost/Chuck Able	35:30
10. Shelly & Aaron Williams	38:35
11. Laurie Kohli	38:35
12. Joe Hudson	39:00
13. Jennifer Morrison	39:33
14. Jenny Arnold	40:30
15. E. & A. Rafoth	50:20
16. Ann Hankins	51:20
17. Diane & Nathan Hamm	55:00
18. Bud Keith & son	74:00

Course 3 - 1.9 km, 9 controls

1. R. Rafoth	18:00
2. Greg Tryon	18:20
3. Ty Wingard	21:00
4. Jennifer Seffernick	21:30
5. Willie Jean McDonald	22:00
6. Ken Knapp	22:45
7. Melanie Swan	22:50
8. Roger Sharp	23:10
9. Janet Miller	29:32
10. Chuck Abel	30:07
11. Liz Anderson	33:20
12. Rick Breseman	37:20
13. Irha Honardoost	40:46
14. Laurie Kohli	41:15
15. Tony Halstead & friend	43:30
16. Stephanie Gray/Mark DeSalvo	49:40
Meredith Lien	Not timed

Course 2+3 - 3.4 km, 16 controls

1. Vince Firlotte	30:05
2. Michelle Everett	34:22
3. Sandy Kish Miller	39:15
4. Phil Everett	39:25
5. Jessica Hirschfelder	45:05
6. Erin Renshaw	54:55
7. Jeff Hamm	63:30
8. DeForrest Eveland	71:30

Course 1+2+3 - 4.4 km, 21 controls

1. Robert Miller	33:00
2. Mark Hartinger	35:10
3. Joe Forder	40:57
4. Jan Vrana	44:15
5. John Huth	45:35
6. Gabe Wingard	50:00
7. Joel Wingard	72:53

Freestyle Window Course, All 20 controls

1. Sture Carlson	23:15
2. Harry Morgan	30:48
3. Eileen Williams	62:20
Vince Firlotte (4th course)	16:05

St. Edward State Park 29 December 1984

RED 3.6 km, 11 controls

Robert Miller	60:31
Gary McCausland	DNF
Jeff Lewis	DNF
Dan Waugh	DNF
Jessica Hirschfelder	DNF

GREEN 2.6 km, 8 controls

Michelle Everett	60:27
Jennifer Seffernick	95:30

WHITE 1.1 km, 6 controls

Eric Mehlhaff	14:08
Carl Moore	17:45
Karl Mehlhaff	22:13
Marina Waugh	22:26
Francis Smith	26:12
Michelle Nickel	34:11
Chris Leaf	40:41
Charles Bender	72:20

YELLOW 2.4 km, 7 controls

Jim Reinke	20:09
Kevin Flanagan	22:55
DeForest Eveland	31:44
Kathryn Risch	35:26
Gerald Nickel	42:33
Laurie Kohli	51:50
Karl Mehlhaff	*19:36
Eric Mehlhaff	*21:20
Carl Moore	*28:58
Michelle Nickel	* DNF

ORANGE 2.7 km, 9 controls

Roger Sharp	50:14
Nathan Tharp	54:30
Jessica Rykken	56:57
sandy Kish Miller	60:45
Joe Hudson	61:35
Anne Hankins	84:45
Erin Renshaw	103:38
Gerald Nickel	*61:08
Elizabeth Anderson	DNF

* 2nd course tried

The snowing and possible icing made many leery about trying to drive to the meet. Those who were there had fun running thru the swirling snow; there were tracks in the fields but not in the forest, Pies were enjoyed at Debbie & Arnold's as usual. -HF

Pot-O'-luck

The next Cascade O.C. potluck will be at a location to be announced at the 22 Jan club meeting. Anyone who has not yet hosted a potluck and who wants to should contact Harvey. As usually occurs at these potlucks, the food should again be excellent and you have the opportunity to socialize and talk about something other than orienteering (or you can talk about orienteering).

Cascade Chatter

2 Cascade members, Jan Vrana and Jessica Hirschfelder, completed the recent Seattle marathon the weekend after Thanksgiving. Though both were happy to finish, neither was satisfied with the time. The cold and wind were the problems everyone at that race....Stein Sandven, Cascade member living in Bergen, Norway (actually he is a JK Gular member who joined Cascade for 9 months when he was here 3 years ago) spent a week in Seattle 14-21 Dec after attending scientific meetings in S. F. and San Diego. Though we had no meets scheduled then, he was able to see or speak with several of his old friends. He plans on attending both the JK and the Scottish 6-day so anyone who goes to those meets can renew old friendship or if you had never met him, you'll know who that guy in the Cascade O. C. t-shirt is....Mark Donovan of 3ROC of Dublin, Ireland who was here for the summer of 1983 and helped with field-checking Lake Tradition is now studying for a Ph. D. in Molecular Biology at

Wesleyan University, Conn. His address is 3 Brainerd Ave., Middletown, Conn 06457....We finally have an address for Ingemar Jansson -- c/o Haverstad, Sonveien 7B, N-0493 Oslo 4, Norway....We have an application for the Belgian 3-day, 25-27 May. anyone interested, contact Harvey....The Danish 3-day will be 5-7 July; we don't have applications but anyone interested should ask Harvey how to get one....Several of us will be going to the Swedish 5-day, 22-26 July and to the Scottish 6-day, 4-10 August. Contact Harvey. Closer to home, the Canadian O' champs will be 27 July- 4 August in Alberta; this will be a lot of fun and anyone not going to Europe but who wants an excellent quality meet and a chance to meet internationals should plan on attending....Even closer to home, the Nisqually Orienteers will hold a Class 'A' meet in late August or early September of 1985. We should try to have 100 or more Cascade members attend because it's sure to be a fine meet....Closer on the calendar, but slightly farther away, the Ellensburg Orienteering Club will hold their 3rd annual Kittitas Valley O' Festival at Cle Elum Ridge. This will be a Class 'B' meet. Be there....Anyone interested in orienteering in Oregon can write to Oregon Orienteering Services, 4349 SW Garden Home Rd., Portland OR 97219 Meets are scheduled for 12 Jan at Oak Creek, 2 Feb at Berry Creek, and 3 Mar at Chip Ross Park but we have no phone number for them.... Club members who were on the mailing list as of last October should have received a sample copy of Orienteering North America, a new magazine published on the East Coast. Anyone who wants more O' news than you find here or in OUSA (the journal of the U. S. O. federation) should consider subscribing. I have.

Apologia

In the Sep/Oct issue of BEARING 315, an error was made in the results for the state meet. Francis Smith was incorrectly reported as having taken 4 hours to complete the white course. We seem to have lost his actual time, but in 4 hours he completed the white course, went back out and picked up the control markers, drove home, and cleaned up and showered. His enthusiastic help was most welcome at the meet and we are sorry for the misinformation.

Tentative schedule for 1985

In addition to the meets listed in the regular schedule of this issue, we are considering: Sat 6 Apr Volunteer Park Bunny-O; Sat 27 Apr Lake Tradition; Sun 19 May Foster Is./U. W. Canoe-o/Bike-O; Sat 1 June Hamlin Park; Sat 22 Jun Lincoln Park relay; Fri 5 July Woodland Park 6:00 pm picnic-score; Sat 20 Jul Edmonds S.W. Co. Park; Sun 11 Aug Ballard bike-O; ?? Aug Crystal springs Class A or B; Sat/Sun 14/15 Sep Mt. Tumac mountain O; Sat 5 Oct Cle Elum; Sat 26 Oct Sand Pt. 5:00 pm ghost-o; Sat 16 Nov Crystal Springs ski-O; Sat 7 Dec ??? WIOL meet; Sat 28 Dec St. Edwards 6th annual holiday bog slog;

BEARING 315 will continue to publish upcoming events in each issue with specifics regarding dates, times, places, and info phone number. I hope to have several other meets added through the year depending on enthusiasm of club members. Conversely, if interest lags and help is not available for the scheduled meets, some may be CANCELED. Hope to see you in the woods, just don't follow me.

- John Huth

The French 5-days: a personal perspective

by TERI CHERESKIN (reprinted from the Fall Oregon O newsletter)

More than 3000 competitors from 24 countries attended this year's French 5-days held in the forest of Aquitaine near Bordeaux. All in all, 7 different maps were produced for the event since 2 training days preceded the 5 competition days(4-8 July).

The enormous forest of Aquitaine is almost entirely man-made, created to stabilize the sand dunes. A mere 150 years ago the countryside was seascape; now there is forest bordered on the west by a 270 km stretch of sandy beach and large dunes. Two types of dunes (white, then gray) protect the forest from the sea, and they are separated by "lettres" or lowlands covered with low vegetation: briar, thorns, bracken, and small pines. Here the running was difficult and relief intricate. The forest proper was beautiful, open pine...very fast and runnable. Numerous firebreaks squared off the terrain, making good catching features but not ideal routes since the loose sand made for tiring running. The other open areas (deforested/reforested regions) were also difficult to run through due to loose sand and undergrowth.

1st starts were at 7am; last starts were at noon. A late start was a real penalty since it got very hot(in the 90's). 3 finish funnels were used to handle all the people. Day One was the World Cup competition day. Finish photos of all the competitors were taken and a film was shot. The finishes for the 1st 2 days were on the beach and involved running 80 m or so through loose sand over large dunes. It was a bizarre sight to see people in brightly colored orienteering kit running with map and compass onto a French beach where most people were wearing almost nothing at all. It wasn't long, though, before the finishers joined them. The finish on Day Three was also close to the ocean while on Day Four we finished on a large lake. The finish for Day Five was at the town center of Maubisson, a holiday resort which had graciously hosted us throughout the event. By Day Five the locals had become used to orienteers thronging their streets.

It was a truly decadent experience to combine morning after morning of orienteering with afternoons of body-surfing, windsurfing, swimming, drinking, eating, and merrymaking. The organizers of the French 5-days are to be commended for hosting such a well-run and enjoyable meet.

Newsletter Subscription for \$5

A subscription to BEARING 315 (but without the other benefits of membership) is now available for \$5 per year. This is a great opportunity to give an inexpensive gift to your friends and/or relatives whom you might want to interest in trying the sport of orienteering. Though we would prefer not to lose any regular members, for those of you who attend 2 meets or less per year, we realize that some folks might want to save their money by subscribing. That is OK. But, we must now be more intolerant of late renewals. If you don't renew, by the expiration date, on the label (or before the next issue is in the mail), you won't get the next issue. YOU HAVE BEEN WARNED.

CASCADE ORIENTEERING CLUB

Membership Application

Check one: New ☐ Renewal ☐

Name

Address

Zip

Phone

Family ☐ \$10.00

Individual ☐ \$7.00

Associate ☐ \$4.00 (under 18

years of age)

Newsletter only ☐ \$5.00

If family, list other members:

I want to help/learn about

course design ☐

map field-checking ☐

map-drafting ☐

meet timing ☐

meet registration ☐

promotions ☐

administration ☐

???

Send application and check

payable to the Cascade

Orienteering Club & mail to

COC, POB 31375, Seattle 98103

Cascade Orienteering Club

P.O. Box 31375

Sea Hle, Wash. 98103

