



Bearing 315

The newsletter of the Cascade Orienteering Club

March/April 2000

The Ultimate Orienteer

The first Ultimate Orienteer event begins this weekend. We start the series with Short-O' at Magnuson Park in Seattle. At each meet, points will be awarded based on your placing. Your best 3 scores will be added together to determine your final placing in the series. The top man will be crowned The Ultimate Male Orienteer and the top woman will be crowned The Ultimate Female Orienteer. The schedule for the series is:

March 18	Short-O	Magnuson Park, Seattle
April 1	Score-O	Shoreview Park, Shoreline
April 22	Classic O	Priest Pt. Park, Olympia
May 13	Long-O	Cle Elum Ridge, Cle Elum

All meets will include courses for beginning and intermediate orienteers. If you have any questions or comments about the series, please contact Debbie Newell (425-488-3691, dnewel@gte.net).

Meet Fees Increased

Effective March 1, we have increased our meet fees. This will allow us to keep pace with higher park use fees and increased map production costs. The new fees are:

\$5.00	Members
\$8.00	Non-members
\$5.00	Course 1 (first course only)

Course Review - Hamlin Park

by John Hastings

I arrived at the park about 10:00 a.m. I spent some time talking with Debbie Newell before starting because I had some questions about Orienteering technique. I should have then gone out and done some easy running to warm up, but it was already about 10:20 a.m., and I wanted to be home by early afternoon. I stood in line for about 10 minutes in order to pay my \$5 entry fee and receive my control descriptions. I went back to the car and copied the control descriptions

onto my race card. I put on lighter clothing, put on my waist water bottle, and grabbed my compass. Today I was wearing padded gaiters for the first time. I put these on at home and wore them around for awhile to make sure there were no fit problems.

I went to the start area and received a 10:50 a.m. start time. I used the remaining 4 minutes until I started to double check with my compass which direction was north. I also watched the other competitors departing. Everyone was running straight up the hill; that route was marked, and there appeared to be no options. This was unlike my first meet last December at Forest Park where the start afforded several directions to run at the beginning.

When my time came, I grabbed a Course 4 map from the box in front of me and charged up the hill. At the top of this small rise, I stopped to orient my map to the north. As I did on other occasions, I actually knelt down and placed the map on the ground in order to lay the compass on the map. Now I KNOW this takes way too long and a good competitor can read maps on the move, but my dexterity with map and compass is appalling, to say nothing of that's how I sprained my ankle at Forest Park while trying to do this on the move.

The first control was about 250 meters from the start. The woods in Hamlin Park are fairly open and my initial plan was to take a compass reading and double pace count over to the control. I abandoned this idea fairly quickly because even in open woods I wasn't making very good time. The other thing is that the park is crisscrossed with *scads* of trails that can be quite confusing. Even so, I still decided to follow the various trails to the control. I tried "thumbing" my map to keep track of my progress. I'm not very good at this so there was more than a little stopping and head scratching while I mentally retraced the network of trails I was following. I found the first control on a small hill. I intended to keep track of my splits, but realized I had forgotten to start my watch at the beginning. And then of course, wanting to quickly move away from the control and begin my search for the second one, I didn't start my watch then either. I also only half punched my card on the first try and then lost time deciding where to put the correct punch on the card. I thought I remembered you were supposed to punch an unused square on your card, but instead just punched an area adjacent to square one. There certainly are a lot of things to think about!

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Current COC Officers and Coordinators

*President – Dave Tallent, 425-488-3691
*Vice President/Training Coordinator – Eric Bone, 206-634-2279
Treasurer – Katie Sprugel, 206-365-8742
Secretary – Ardis Dull, 206-364-4062
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*Mapping Coordinator – Debbie Newell, 425-488-3691
*Equipment Coordinator – Don Atkinson, 425-488-0270
Newsletter Editor – vacant (Debbie Newell temporary editor)
Membership Coordinator – Aaron Charlop, 206-935-8742
Publicity/Promotion Coordinator – Eileen Breseman, 425-483-6592
Volunteer Coordinator – vacant
*Jan Urban, 425-402-7225

* Executive Board Member

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Meet Results

Lake Sammamish State Park – January 15

Meet Director: Dave Tallent
 Courses: Peter Golde
 Public Registration: Paula, Harvey Friedman
 WIOLE Registration: Don Denbo, Ardis Dull
 Start: Randy Brasfield, Bill Robinson
 Finish: Don Atkinson, Peter Golde, Patrick Kelly, Dave Tallent, Jan Urban
 Marker Pickup: Peter Golde, Patrick Kelly

Course 1 (.9k, 7 controls)

Jimmy Colven	11:53
Holland	16:35
Coan	16:35
Williams/Hemisegger	Map hike
Jerry Schmitt	Map hike

Course 2 (1.7k, 9 controls)

Roy Colven	12:55
Harvey Friedman	COC 19:23
Christina Braden	19:55
Loren Runte	20:05
Coan	22:30
Johnson	25:54
Ed Pottharst	27:59
Bob Reddick	SAMM 32:52
Teel	35:39
Sepp	36:10
Amort family	COC 38:50
Connie Amunds & friends	COC 45:05
Arlene Laughlin	45:22
Posse family	62:13
Valerie Saggerson	76:11
Casey York/Kaitlin Brooke	79:57

Course 3 (3.2k, 9 controls)

Gary & Debra MacDonald	88:44
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Course 4 (5.4k, 13 controls)

Eric Bone	COC 33:03
Dave Tallent	COC 37:43
Rick Breseman	COC 37:59
Jan Urban	COC 38:30
Dave Enger	SAMM 44:08
Debbie Newell	COC 46:34
Robert Miller	COC 47:14
Mac MacDonald	SAMM 48:53
Pat Ewing	50:01
Don Atkinson	COC 50:23
Jim McCaa	50:36
Kean Williams	COC 51:00
Tennisberg	54:42
Tara Matthews	54:43
Hans Frederick	COC 55:54
Ben Lischner	COC 56:15
Tyler Frederickson	COC 56:52
Justin Yeager	58:40
Radford	58:43
Eileen Breseman	COC 59:25
Patrick Kelly	COC 61:21
Jennifer Knowles	COC 62:45
Sandy Kish Miller	COC 63:25
Bill Allemann	COC 63:32
Manuel Schmitt	63:46
Ardis Dull	COC 65:47
Michael Pope	SAMM 67:12
Dave Petty	COC 72:36
Jake Reeder	75:27
Don Denbo	COC 78:30
Ken Lew	COC 82:39
Dave Reynolds	SAMM 84:56
Dana Dick	95:19
Scott Bentzen	DNF

Fort Steilacoom Park - January 29

Meet Director: Steve Miner

Courses: Steve Miner
 WIOLE Registration: Don Denbo, Ardis Dull
 Public Registration: Debbie Newell, Harvey Friedman
 Start: Bill, Randy Brasfield
 Finish: Don Atkinson, Patrick Kelly
 Marker Pickup: Steve Miner

Course 1 (1.8k, 10 controls)

Arlene Laughlan + 3	29:58
Tim Keigley	COC 31:28
Barnes	48:35
Matson	51:06
Britt	51:12
Spoja	56:44
Berry	60:17
Matson	101:09
Townshend	111:40

Course 2 (2.6k, 10 controls)

Meyer	21:50
Melissa Segers	23:57
Tom Coan	COC 26:25
Rose	42:21
Larry & Glenda Keller	50:10
Clara Frederickson	COC 54:19
Garrett	68:46
Avolio	71:55
Townshend	105:34

Course 3M (3.8k, 11 controls)

Harvey Friedman	COC 56:23
Rose	80:39

Course 4 (6.3k, 16 controls)

Eric Bone	COC 37:20
Dave Tallent	COC 45:03
Rick Breseman	COC 45:48
Jan Urban	COC 48:37
Debbie Newell	COC 52:24
Dave Enger	SAMM 53:57
Tim Keigley	COC 57:51
Don Atkinson	COC 60:37
Scott Bentzen	61:34
Carl Moore	COC 61:47
Tyler Frederickson	COC 63:32
Pat Ewing	COC 63:28
Eileen Breseman	COC 64:15
Rick Hummel	64:28
Sidney Whaley	NISQ 66:49
Ben Lischner	COC 71:25
Justin Yeager	COC 75:58
Ardis Dull	COC 77:50
Patrick Kelly	COC 78:40
Jennifer Knowles	COC 79:02
Dave Petty	COC 79:31
Erik Hanson	COC 80:09
Tara Matthews	80:53
Linda Moore	COC 81:07
Terry Bryant	COC 84:01
Kean Williams	COC 87:13
Don Denbo	COC 88:12
Steve Frederickson	COC 91:36

Lincoln Park - February 12

Meet Director: Jan Urban
 Course design and marker placement: Jim Siscel
 Registration: Ardis Dull, Don Denbo, Harvey Friedman
 Timing: Patrick Kelly, Bill Robinson, Don Atkinson, Eileen Breseman, Val Snow, Jennifer Knowles
 Control pickup: Matej Urban, Ryan Breseman, Uli Steidl, Eric Bone
 Manned control: Kean Williams, Dave Tallent

Course 1 (0.8k, 5 controls)

Mayhew	13:10
Giesbrecht	13:40
Blas	14:49
Hanks	15:23
Stackpole	18:40
G. Stackpole	18:48
R. Williams	20:32

Britt	21:15
P. Williams	21:39
Nicatar	24:38
Joan Ciaever	34:37

Course 2 (2.5k, 10 controls)

Brostrom	26:13
J. Mayhew	30:07
Ken Lew	COC 30:45
Nik Kanatomi/Max Woodring	COC 35:08
Connie Amundson	COC 36:41
Becky Schultz	37:54
Giesbrecht	38:10
E. Rait	42:53
Pottharst/Faigon	44:07
R. Colven	47:56
I. Rait	51:49
Rich Saggerson	52:18
D. Colven	56:23
Avolio	89:12

Course 3M (3.4k, 14 controls)

R. Colven	21:37
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Course 4 (4.6k, 15 controls)

Eric Bone	COC 22:12
Uli Steidl	HUSKY 23:20
Ian Finlayson	HUSKY 24:40
Peter Golde	COC 26:27
Bill Cusworth	HUSKY 26:48
Jan Urban	COC 27:03
Dave Tallent	COC 27:24
Rick Breseman	COC 28:38
Dave Enger	SAMM 30:39
Robert Miller	COC 31:01
Don Atkinson	COC 32:49
Pat Ewing	COC 33:54
Debbie Newell	COC 34:08
Tyler Frederickson	COC 34:18
Eileen Breseman	COC 34:36
Jennifer Knowles	COC 38:25
Patrick Kelly	COC 38:57
Erik Hanson	COC 39:37
Kean Williams	COC 40:22
Roman Kotecky	40:40
Jake Reeder	41:11
Hans Frederick	COC 42:42
Ben Lischner	COC 43:06
Joe Dersham	43:28
Ardis Dull	COC 46:20
Sandy Kish Miller	COC 46:58
Don Denbo	COC 47:19
Tim Keigley	COC 47:22
Rex Garrett	47:23
Rik Jones	47:34
Carl Moore	COC 48:04
Justin Yeager	COC 48:12
Bill Allemann	COC 49:08
Knudsen	52:16
Linda Moore	COC 52:44
Ryan Kristiansen	HUSKY 63:15
Paul Richards	66:55
Terry Bryant	76:51
Tom Coan	COC 82:57
Scott Bentzen	MSP

Hamlin Park - February 26

Winter O' Series Championships

Meet Director: Bill Cusworth
 Courses: Eric Bone
 Registration: Ardis Dull, Don Denbo, Sandy Kish Miller, Ian Finlayson
 Timing: Patrick Kelly, Bill Robinson, Don Atkinson, Jan Urban, Uli Steidl, Matej Urban
 Beginner Instruction: Robert Miller
 Marker pickup - Eric Bone, Uli Steidl, Ian Finlayson, Wendy Johncheck

Course 1 (1.2k, 9 controls)

Mark Schuldt	16:12
Ben Sprugel	COC 18:06
Mike Champoux/Grant Larson	20:24

Jimmy Colven	COC	21:13	Tom Kirkness	57:11	Don Denbo	COC	47:24
Seattle U Team		22:08	Rich Saggerson	64:29	Jennifer Knowles	COC	50:02
Team Andrilla		24:31	Britt family	65:13	Scott Marshall		50:22
Maggie Andrilla		26:20	Krecky Forgrave	COC 68:58	Linda Moore	COC	50:34
Ed Gover		26:31	Wayne Balcom	COC 73:07	Ardis Dull	COC	51:47
Peter Sprugel	COC	28:16	Mike Ballan	MSP	Tara Matthews		54:00
Colin/Noah/Jordan		29:00			Terry Bryant		54:19
Gilchrist		30:21	Course 4 (3.7k, 15 controls)				
Chris Tiffany	COC	30:45	Winter O' Series Championships				
Russell Williams		33:48	Dave Tallent	COC 25:11	David Barnett		55:11
Tony Hartford		37:45	Jan Urban	COC 26:33	Dave Petty	COC	55:46
Rose Clespe		53:44	Bill Allemann	COC 29:29	Carl Moore	COC	55:51
Sarah Halvorson/Alicia Hartford		78:46	Uli Steidl	HUSKY 29:54	Roger Rosenblatt	COC	56:22
			Debbie Newell	COC 30:10	Ed Pottharst	COC	56:54
			Dave Enger	SAMM 30:30	Jim Sisco	COC	57:11
			Arne Skog	COC 31:00	Michael Pope		58:12
			Mark Howlett	COC 31:52	Sandy Kish Miller	COC	59:45
			Ben Hall		Peg Davis	TOC	60:34
			Ron Hudson	LAOC 34:04	Harvey Friedman	COC	60:59
			Justin Yeager	COC 34:56	Eric Hadel		64:37
			Pat Ewing	COC 35:16	Alexander MacLeod		66:24
			Robert Miller	COC 36:19	Steve Frederickson	COC	68:21
			Rik Jones	COC 40:34	John R. Hastings	COC	69:00
			Don Atkinson	COC 42:49	Ken Lew	COC	71:46
			Scott Bentzen	COC 44:13	Dave Reynolds	SAMM	73:38
			Ben Lischner	COC 44:22	Wendy Johnnecheck/		
			Kean Williams	COC 45:39	Ian Finlayson	HUSKY	81:00
			Patrick Kelly	COC 47:21	Dana Dick		84:36
					Roy Colven	COC	DNF
					Tom Coan	COC	DNF

Winter O' Series – Final Standings

Name	Club	1	2	3	4	5	6	7	Total
<i>Women</i>									
Debbie Newell	COC				100	100	100	100	400
Eileen Breseman	COC	100		100	95	92	95	95	390
Tara Matthews			95	95	92	95	89		377
Linda Moore	NIS	92	100	92			88	88	372
Jennifer Knowles	COC	95	0	89	90	90	90	92	367
Ardis Dull	COC	90	90	90		88	92	90	362
Georgia Daniels		92			87				179
Sandy Kish Miller	COC					89		89	178
Alice Howey	COC	88	89						177
Mame Piper	CHK	89							89
Wendy Johnchuck				88					88
<i>Men</i>									
Eric Bone	COC	100			100	100	100	100	400
Rick Breseman	COC		90	100	92	92	92	86	376
Dave Tallent	COC	95			90	95	95	87	375
Jan Urban	COC	92	89	95	88	90	90	88	367
Peter Golde	COC	89	92	90				90	361
Dave Enger	SAM			86	95	89	89	85	359
Robert Miller	COC	88	88	88		88		84	352
Don Atkinson	COC	82	86		85	85	87	83	343
Tyler Frederickson	COC		85	82		79	84	81	332
Mac MacDonald	SAM	74		80	86	87			327
Ben Lischner	COC	75		78	81	80	80	74	319
Kean Williams	COC				83	83	74	78	318
Erik Hanson			81	81			76	79	317
Carl Moore	NIS	86		77			85	68	316
Patrick Kelly	COC	78		74	78	76	78	80	314
Bill Allemann				89	77	75		66	307
Michael Pope	SAM	80		68	82	73			303
Don Denbo	COC	76	75		76	70	73	72	300
Bill Cusworth				100	89			89	278
Terry Bryant				67	74		75	62	278
Pat Ewing	COC					86	83	82	251
Scott Bentzen			82	0	73	0	86	0	241
Hans Frederick	COC				84		81		240
Dave Petty	COC	81			0	72	77		230
S. Frederickson	COC		83	69			72		224
Justin Yeager						78	79	67	224
Jake Reeder				75		71		78	222
John Crawford	NIS	73	73	73					219
Dave Reynolds	SAM	77		65		68			210
Ian Finlayson				92				92	184
Anton Kravchuk				87	87				174
Targo Tennisberg	SAM	83				82			165
Sean Conto			87	74					161
Roger Rosenblatt	COC	85		76					161
Roman Kotecky	SAM			84				77	161

Tim Keigley	COC					88	71	159
Manuel Schmitt		84				74		158
Indrek Tuul		79		79				158
Mike Miller	SAM	95						95
Uli Steidl	HUSKY						95	95
Steve Miner	NIS	90						90
Arne Skog	COC	87		0				87
Adam Smith			85					85
Ben Hall				84				84
Roy Colvin			83					83
Rick Hummel						82		82
Sidney Whaley	NIS					81		81
Alex MacLeod				80				80
Kurtis Kohn		80						80
Keith Burdette				79				79
Win Sargent		79						79
Larry Sorenson	COC	78						78
Todd Dobrick		77						77
Radford					77			77
Oyvind			76					76
Bob Mannschreck				75				75
Joe Dersham						73		73
John Hastings				72				72
Bob Forgrave	COC	72						72
Doug Sprugel	COC			72				72
Paul Steward			72					72
S. Stanley					71			71
Daniel Kirkpatrick	CHK			70				70
Rex Garrett						70		70
Ken Lew	COC					69		69
Rik Jones						67		67
Knudsen							65	65
Ryan Kristiansen	HUSKY						64	64
John Obie				64				64
Chris Heffernan				63				63
Paul Richards							63	63
Tom Coan	COC						61	61

Meets in the 1999-2000 O' Series

- 1 - Marymoor Park - Nov. 6, 1999
- 2 - Pt. Defiance Park - No. 20, 1999
- 3 - Magnuson Park - Dec. 4, 1999
- 4 - Forest Park - Dec. 18, 1999
- 5 - Lake Sammamish Park - Jan. 15, 2000
- 6 - Fort Steilacoom Park - Jan. 29, 2000
- 7 - Lincoln Park - Feb. 12, 2000

Top men finishers in the Winter O' Series (l to r): Eric Bone (1st), Rick Breseman (2nd), Dave Tallent (3rd)



I know I was spending too much time standing and thinking, but it appeared to me that the terrain between control 1 and control 2 was quite open. I decided to take another compass bearing and follow a straight-line route. As I crossed major trails, I was able to note my progress. In the last 50 meters I followed a trail to a junction just north of the control and used this as an attack point. As I recall, the control was actually visible at this point.

Control 3 proved more troublesome for me. Although it was only about 150 meters from control 2 it must have taken me at least 10-15 minutes to find it! The first thing I did was move quickly away from the second control so that the competitor just behind me couldn't use my position as a clue. In my haste I didn't think ahead about where I was going and then had to relocate myself on the map. I tried following the network of trails to control 3 because it looked like a trail passed right near it. Also the map indicated vegetation that might make visibility difficult. After a few minutes I doubted whether I was in the right location and backtracked to control 2 to begin again. This time I took a compass bearing and determined to pace count over to control 3. This proved annoying. I tried the trail approach again and still missed it. Finally I popped out onto 15th Ave N.E., located the cross street, and reentered the park on the trail that took me to the correct spot. It was still difficult to find because it was down in a hole.

Even though control 4 was only a short distance away, I had now lost confidence in my navigation ability. I took a longer route following the trails and found it fairly easily.

Control 4 to control 5 was probably the longest leg on the course at nearly 500 meters. Even though the terrain looked fairly open and I thought I saw some logical trail routes to follow, I bailed out of the woods down to the park entry road and ran hard through the parking lot and across the baseball field. I picked up a main trail much closer to the control, and I worked my way uphill to the control. Although it wasn't intentional, sometimes it is inevitable that a few other competitors will be looking for the same marker. I was on the right track to finding the control, but here I had visual help by spotting someone leaving the control just ahead of me. And another person followed in right behind me.

Control 6 appeared to be the easiest point to find on the entire course. I always seem to feel more comfortable finding a control in among human-made objects. Probably this is because I need to improve my map-reading skills. Anyway, I charged down the hill like a bull elk in the springtime and followed what appeared to be a trail leading out to the track and football field. The guy behind me made the mistake of following. We both almost ended up face first in a blackberry thicket when the trail mysteriously dead-ended (of course, that is what the map indicated it would do). We backtracked to the correct trail and went through the gate onto the field. In my frenzy to shake the guy behind me, and to make up for my trail mistake, I misread my map and went to the south end of the school complex. Realizing my mistake I ran to the east and quickly found the control.

I found controls 7 and 8 very easily because the trail, fence line and road made easy handrails to follow. And at control 8 there was a map exchange. When told about this at the start, I was puzzled. In looking at the course afterwards it makes perfect sense. The course was crisscrossing the same terrain, and control points for the second half of the course were in relative proximity to those in the first half.

The route to control 9 was a simple run back across the school complex and fields and actually gave me a chance to plan ahead. As a novice orienteering competitor I find this concept quite difficult.

Although the terrain probably permitted nearly a straight-line run to control 10, I followed a trail route up the hill after I had crossed the fields and track and had reentered the woods through the gate. I lost time here because I didn't do a very good job of thumbing my map and had to stop and think at several trail junctions. I used one of these trail junctions as an attack point to get to the control.

It was over 250 meters to control 11. A mostly direct route was possible, but the maze of trails to be crossed appeared confusing to me. Instead, I followed trails northward and exited the park on N.E. 165th Street near the bend in the road. I reentered almost immediately on a trail that took me straight over to a trail junction near the control. Then I just walked slowly in and found it.

I made a fairly big mistake in heading to control 12. I took the more northward trail at a junction and ended up in a field where dog owners were exercising their dogs—off leash! My appearance caused much excitement, and more than a few dogs thought I was something new to play with. At the far end of the field I could look up a hill and see the kind of a guardrail that appears next to a road. I escaped up the hill and found myself in the middle of a dirt turnaround at the end of a road. I located my position on the map and quickly found the control marker.

I exited control 12 on trails and followed them west to N.E. 165th Street. I ran on the road counting trailheads until I reached the one I wanted to use for my attack point. I followed the network of trails until I saw the control 13.

I followed a maze of trails to get to control 14. Here again I had to stop at a lot of trail junctions to make sure I was following the desired route. Fortunately the area where the control was located was open or I might have lost considerably more time.

Another competitor found and exited control 14 just ahead of me. Had I been alone, I probably would have had to stop and reorient my map with my compass before moving on. Or I suppose a skilled orienteering person would have simply read the contours, seen a small reentrant on the left and just run down the hill. As it was, I just charged blindly down the hill where the other competitor had confidently gone. Besides, Debbie Newell was on the course taking photographs here, and I wanted to appear to know what I was doing. I figured I'd stop at the bottom and locate myself, but by then I was in the parking lot and could see where I was. I crossed the lot and punched in at 15.

Then it was just a matter of following the marked route the 80 meters to the finish. I'm glad it was marked!

In summation, I have several things to be happy about. I didn't get hurt—no sprains, gashes, scratches or bruises. The new gaiters worked great; I crashed around with confidence. I successfully completed the course and I had fun. I also didn't have a complete "meltdown" like I had in my first event where I spent over forty minutes searching for one control point. And even though it took me 69 minutes to complete the course (which still placed me last in the standings), I did finish about 50 minutes faster than I did in my first competition at Forest Park. On the other hand, I have much to improve upon. I need to learn to make decisions on the move. And my map reading skills need help. If there weren't some roads and buildings to occasionally bail me out, you might have to send out the dogs to find me. On second thought, I think I've seen enough dogs.

John Hastings is a veteran runner, but novice orienteer. His articles appear frequently in Northwest Runner magazine.

Schedule of Events

MARCH

Sat 18 10am-noon	THE ULTIMATE ORIENTEER 1 , Short-O' - Magnuson Park, Seattle <i>45th St. Exit from I-5 east to Sand Point Way, follow north to park</i>	C	COC	1:5,000	Debbie Newell 425-488-3691
Sun 19 11am-1pm	Cornwall Park, Bellingham	C	CHUCKO		Terradan Landshild terradan@televar.com
Sat 25 3pm-5pm	Sacajawea State Park, Pasco	C	SACO		Frank Skorina 509-522-2770
Sun 26 10am-noon	Sacajawea State Park, Pasco	C	SACO		Frank Skorina 509-522-2770
Sat/Sun 25/26	Spring-O' - Camp Thunderbird, Sooke, BC.	B	VICO		

APRIL

Sat 01 Mass Start 11 am.	THE ULTIMATE ORIENTEER 2 , 1-hr Score-O' - Shoreview Park, Shoreline. Registration at 10:00, Mass Start 11am. <i>Head west from I-5 at the NE 145th St exit to Greenwood Ave. Turn north to Shoreline Community College.</i>	C	COC	1:5,000	Debbie Newell 425-488-3691
Sun 09 1-3pm	Wallula Junction, Pasco	C	SACO		Frank Skorina 509-522-2770
Sun 16 11am-1pm	Washington Park, Anacortes	C	CHUCKO		Bill Green wdkg@brainmap.med.umich.edu
Sat 22 10am-noon	THE ULTIMATE ORIENTEER 3 , Classic-O' - Priest Point Park, Olympia. <i>Exit 105B from I-5, head northwest on Plum St. Plum St. becomes East Bay Dr, follow to park.</i>	C	COC	1:10,000	Debbie Newell 425-488-3691
Sat 22 10am-noon	Pioneer Park, Walla Walla	C	SACO		Frank Skorina 509-522-2770
Sat 22 10am-noon	Howard Amon Park, Richland	C	SACO		Frank Skorina 509-522-2770

MAY - May 6 is National Orienteering Day! (see the USOF web site for additional information)

Sat 06 10am-noon	Newcomers Meet, Woodland Park, Seattle. <i>Take NE 50th St. Exit from I-5 west. Turn left into park just before Aurora Way.</i>	C	COC	1:5,000	206-783-3866
Sun 07 11am-1pm	Western Washington University, Bellingham	C	CHUCKO		Ken Klepsch 360-299-1010
Sat 13 11am-1pm	THE ULTIMATE ORIENTEER 4 (FINALE) , Long-O' Cle Elum Ridge, Cle Elum. <i>I-90 Exit 85, north across the freeway, then east on SR 10. Watch for signs.</i>	C	COC	1:15,000	Kean Williams 425-821-8936
Sat/Sun 20/21	Sage Stomp, Meadow Creek, Kamloops, BC.	A	SAGE		Doug Smith dsmith@mail.ocis.net
Wed 24 5:30-7pm	Kelsey Creek Park, Bellevue. <i>Head east from I-405 at the SE 8th exit, cross Lake Hills Connector onto SE 7th and follow O signs.</i>	C	SAMM		Dave Enger 425-822-6254
Sat/Sun 27/28	Newcastle Island, Nanaimo, BC. Summer Games Runoff	B	VICO		Marvin Eng eng@islandnet.com

JUNE

Sat/Sun 10/11	Inland Northwest Cup/Washington State Champs - Fishtrap Lake, Spokane	B	EWOC	1:15,000	John Beck beck@jepson.gonzaga.edu
Wed 5:30-7pm	Big Finn Hill Park, Kirkland	C	SAMM	1:5,000	Dave Enger 425-822-6254

JULY

Sat-Mon 1-3	Western Canadian Championships - Calgary, AB	A	FWOC	1:15,000	Bill Jarvis bjjarvis@nortelnetworks.com
Sat 08 10am-noon	Lynndale Park - Lynnwood. <i>Head west from I-5 at Exit 179 on 220th St. Turn north on 76th Ave. Turn east on 196th Ave, turn north on 68th Ave. Turn west on 189th Place to park.</i>	C	COC	1:5,000	Hotline 206-783-3866
Wed 19 5:30-7pm	Marymoor Park, Redmond. <i>Take SR 520 east. Take the Lake Sammamish Parkway exit and travel south to the park entrance</i>	C	SAMM	1:10,000	Dave Enger 425-822-6254

A - National meet
B - Major local meet
C - Regular local meet
R - Rogaine
X - Special event

Pacific Northwest Orienteering web site - www.pnwo.org
US O' Federation web site - www.us.orienteering.org

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First Class