

THE NORTHWEST ORIENTEER

Journal of the Northwest Orienteering Association



GENERAL INFORMATION FOR REGIONAL MEETS:

Unless otherwise stated, regional meets are as follows:

COURSES -- 5-6 courses, with typical lengths as follows:

White (2-3 km)	Green (3-4 km...technical)
Yellow (3-4 km)	Red (6-9 km)
Orange (4-6 km)	Blue (9-12 km)

AWARDS -- A small number of awards to top individual competitors.

An organizational trophy to the high-scoring organization.

COST -- \$5/both days; \$3/one day

Additionally, a late registration fee will be assessed to discourage a rush of late registrations. Don't be caught in the late rush...come early!

PREREGISTRATION / MORE INFO -- Call or write to the host club, giving your name, course, expected arrival time, and the meet date. Club addresses are in the newsletters.



REGIONAL MEETS:

7-8 May 1983 **THIRD ANNUAL OSUOC SPRING MEET** Arnold Ice Cave

SITE -- The vicinity of Arnold Ice Cave consists of mile after mile of rolling desert covered with sagebrush, juniper, and pine trees. Elevation: 4400-5100 ft. Topography is complex with hundreds of small depressions, reentrants, and spurs.

MAP -- black-and-white, 1:15000, contour interval 10 feet. Two maps compiled from the USGS 'Kelsey Butte' quad and USFS photos and orthophoto.

ACCOMODATIONS -- The meet area is less than thirty minutes from Bend, which offers numerous motels, groceries, restaurants, and entertainment. Campsites are available in the Bend area. An information packet by the Chamber of Commerce will be given to travelling participants at the meet site.

START TIMES -- Saturday 11 AM - 1 PM; Sunday 9 AM - 11 AM.

LOCATION -- turn off U.S. 97 approx. 4 miles south of downtown Bend, following Forest Service road signs 12 miles east to Arnold Ice Cave. See attached map.

11-12 June 1983 **SECOND ANNUAL SNOWMELT MEET** Oldenberg Lake

SITE -- Complex topogrpghy, sandy soils, numerous small lakes, and variable forests (from wide open pine forests to dense fir/hemlock forests). Elevation: 4800-5500 ft. This area is especially scenic this time of year.

MAP -- black-and-white, 1:15000, contour interval 20 ft. Basemap: USGS 'Crescent Lake' quad. Modified with USFS photos and crthophotos.

ACCOMODATIONS -- Forest Service campgrounds only. Nearest gas/groceries are 15 miles at a highway stop. Come fully prepared for a weekend camping trip.

START TIMES -- Saturday 11 AM - 1 PM; Sunday 9 AM - 11 AM.

LOCATION -- Start area is on the main east-west road approx. 1/2 mile south of Crescent Lake and 1 1/2 miles west of the railroad crossing. Follow signs to the Boy Scout Camp. See attached map.

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May-Jun 1983

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Gitte Larsen at the Washington
Interscholastic Championship held
at St Edwards State Park.

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NEXT ISSUE: July-August

DEADLINE: Wednesday, 15 June

Members of clubs affiliated with
the Northwest Orienteering Association
receive THE NORTHWEST
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Orienteering at Day Camp

Article reprinted from the O.R.A. Journal, Fall 1972, written by Beth Skelton.

DES PERES DAY CAMP

One fun experience we had was with a group of nine to twelve year-olds at Des Peres City Park. We divided the eighteen campers into two groups. With two or three leaders per group we could make sure that each child got the individual attention he needed to master the sometimes-scary-at-first compass.

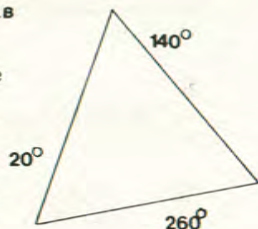
Taking Compass Bearings

First we talked about the parts of the compass, making sure that everyone knew what all the different arrows were: the direction-of-travel arrow, the magnetic north arrow, and the magnetic north needle. We practiced taking simple bearings and relating these to the surroundings. Which way are the lakes? North. What's behind us? South. They enjoyed figuring out for themselves how many degrees were between the tick marks on the compass and were soon challenging each other to take more difficult bearings, like 53° or 247° . Most picked this up quickly although there were a few younger kids who had a little trouble.

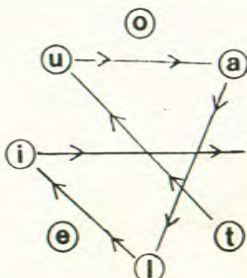
Bottle Cap Game

We still call it our "Bottle Cap Game" even though this time we used baby food jar lids--much easier for the kids to find. Each camper had his own jar lid marked with his name or a letter, which he places at his feet. Then they walked fifteen paces on three different bearings to see how close to their own lid they would finish.

You can use any number of paces as long as it's the same for each bearing. You can start with any bearing--then you add 120° each time, so the children end up walking an equilateral triangle. First I used 20° - 140° - 260° ; then the kids wanted to start on 57° , which proved a bit more challenging to my powers of addition!!



Silva Beginners' Compass Game



We use this game in our teachers' workshops. Each person follows a set of bearings to different flags around a circle, and keeps track of the different letters he comes to.

Lots of the kids liked doing this in pairs. One suggestion: Encourage them to do only one or two bearings, then come to you to check their progress on the answer sheet. There's nothing more frustrating than to follow all the bearings on your card, only to find you've done most of them wrong because the first or second one was wrong.

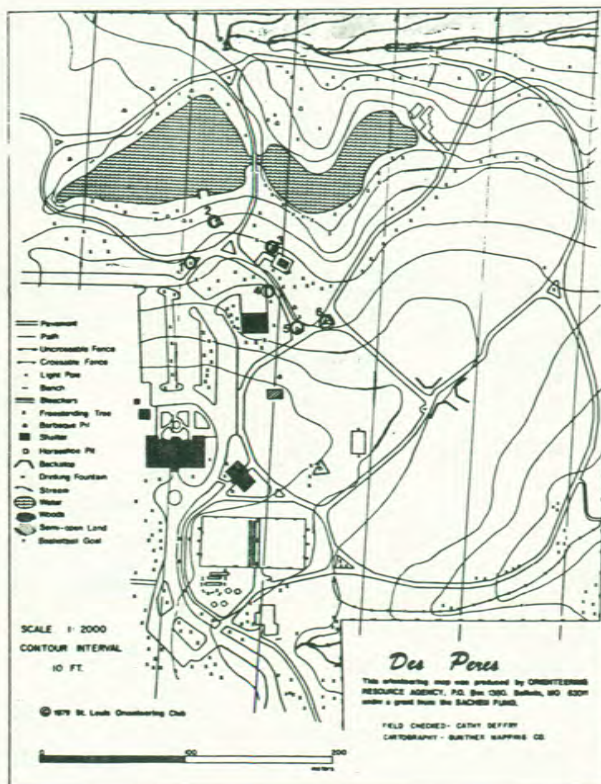
Map Game

Des Peres Park is almost all open, so when we passed out the map and started talking about it, the campers could actually see on the ground most of the things we found on the map, ie. bar-b-que pits, individual trees, shelters.

We had set out a number of paper plate markers, each with a letter on it and stuck into the ground with a nail. These were all marked with red circles on the maps. After finding the first ones together as a group, the kids excitedly dashed off on their own to find the rest.

Soon after the group had taken off, one child ran back to report, "The little kids threw one marker in the trash can!" This sort of thing can always be a problem in a highly used area, such as a playground or schoolyard. The most you can do is make the markers small, put them in remote corners of the park, and cross your fingers. The funny thing was, that every single child found the plate in the trash can! And they all unscrambled their seven letters to spell out "compass."

With many willing helpers we quickly got the plates picked up at the end and everything packed back in the car. We were tired, but the kids were still going strong. It was good to hear all their "thank-you's" and "good-byes." And it was even better to see them tugging on their counselor's sleeve, "When are we gonna do this again?"



Reduced copy of the map and course used for the Des Peres Day Camp. A Trim-O course would increase the use of such areas and the permanent markers could be used for day camp programs.

UNIVERSITY CITY DAY CAMP

Ruth Park in University City has a lovely wooded Nature Study Area. The warbles of the birds are interrupted only occasionally by the crashing sound of mis-directed golf balls from the nearby golf course.

In July, the older campers and their counselors came there for the day, to go on a marked route orienteering course through the woods and fields. We had done quite a bit of preparation for this, working with the counselors

in a pre-camp training session which introduced them to concepts of orienteering and compass and map games. The counselors then planned to do these games with their kids--modifying them to fit their setting, group size and age level. The counselors also came out to Ruth Park one afternoon to travel around the course, previous to bringing their campers there.

The course was set out on the ground with small brightly engineer's flags. Long streamers hung as markers. We placed the markers on a wide variety of features, first making sure they were distinct on the ground as well as on the map. (See accompanying map for route.) For beginning orienteers, trail, stream, fence and powerline junctions make good control sites.

As they got off the bus, the counselors handed out maps which were marked only with the "start." Then they took several minutes to look at the different things on the map. Walking around the course, as he came to each marker, each camper plotted his supposed location by placing an "X" on the map. In this way, each camper got to do his own "orienteering" but no one had a chance to get lost, and the counselors could keep their groups together.

This Nature Study Area could be used even more fully in the fall, winter, and spring months. With less dense vegetation, the marked route could lead off the trail to the ditches, reentrants, creeks, depressions, and other interesting features. A teacher could turn the "stops" into environmental education stations, and encourage individual exploration by their kids. It could be used as a field trip for science classes or as the perfect culmination of a map and direction unit in social studies. ▀

Reduced copy of the map and course used for the University City Day Camp. The potential of such small areas is unlimited when used for programs like that in the article, rather than as a location for regular club local events.

Ruth Park Nature Study Area



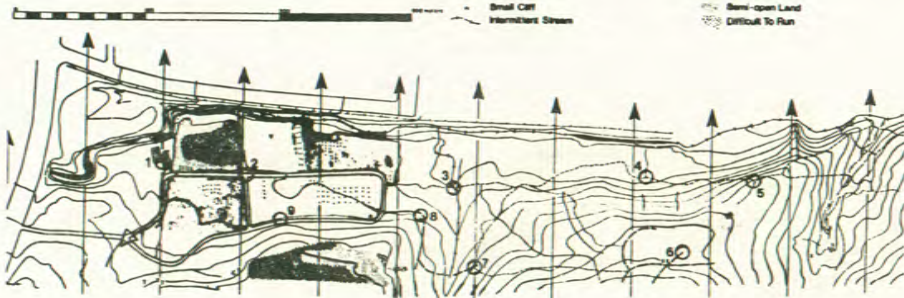
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SCALE 1:2400

CONTOUR INTERVAL 4 FEET

- Road
- Cart Track
- Foot Path
- Crossable Fence
- Stream, Wide Stream
- Farm Line
- Gully
- Steep Bank
- Shrub Cliff
- Intersecting Stream

- ▣ Shelter
- Intermediate Object
- ▽ Depression
- ▽ Distinct Overstanding Tree
- ▨ Orchard
- Log Pile
- ▨ Broken Ground
- ▽ Open Land
- ▽ Semi-open Land
- ▽ Contour To Run



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How would you like to have breakfast with the current United States Orienteering Champion - Eric Weyman? In your own kitchen, no less! Wheaties, that "Breakfast of Champions," is sponsoring a nationwide search for amateur champions. Six winners will be selected, each appearing on future editions of Wheaties cereal boxes. Just think, each morning Eric could be grinning at you and thousands of others across the kitchen table from the cover of Wheaties. Additional, you will be able to know all there is to know about orienteering as you read the cereal box over your first cup of coffee.

If Eric makes the top 50 vote getters list, USOF will get \$1.00 for each vote cast. If he is selected as one of the six finalist, by a panel of judges, USOF will receive an additional \$1,000 and Eric will appear on packages of Wheaties. Think of what such national publicity will do for Eric, USOF and orienteering not to mention how helpful the extra funds would be to USOF.

Here is what to do! Purchase the specially marked, "Search for Champions," boxes of Wheaties. Using the official ballot found inside, no reproductions allowed, fill in the following information. Our champion, Eric Weyman, whose address is R.D. 4, Box 140, Reading, PA 19606. The sponsoring organization is: U.S. Orienteering Federation (spell it out), address is P.O. Box 1039, Ballwin, MO 63011. All ballots must be post marked by July 15th. So vote as often as you can. If you send your ballot to Bob DeFer, USOF Director c/o USOF, he will credit your ballot to your club and forward it on to the contest. Bob is keeping track of which clubs send in the most ballots.

Making Simple Black & White Maps

MAKING A SCHOOLYARD MAP by Beth Skelton, reprinted from O.R.A.

A troop leader invited me to give a "talk" to her 2nd and 3rd grade Brownies on Orienteering. I have hundreds of maps, but what would a high quality, five color topographic map mean to an eight year old? Not much. So I decided to make a simple map of an area they were familiar with --- their school.

It's about a block square, almost all pavement, and very flat; not a prime area in the traditional O'ing sense. But it was perfect to give these young ladies the idea of how to relate a lot of confusing lines to what they could see in front of them.

I got a piece of blank paper, taped it to a hard-back book, and took that, a pencil (with a big eraser), and my compass up to the school. The first thing I did was figure out a scale. The easiest way is to use a relative scale. You can work with something like 20 paces for every inch on your map. Using this, you can get a map that's proportionally correct.

But I went a step farther to determine exactly what proportion my map was going to be. Knowing that my walking pace is 60 paces = 100 meters (working in metric is so easy), I figured out that if I used 6 paces to equal 1 centimeter I would get a map at a convenient scale of 1:1000. And it would fit perfectly on a sheet of 8½" X 11" paper.

Next I decide what I wanted to put on the map. At this scale, and in such an open area, the decision I arrived at was "everything" --- including the building doors, stairs, individual trees, and grass areas.

Now for the actual mapping. First I put on the magnetic north lines. Then starting in a well defined corner, I put on the fences, the buildings, and other dominant features. I used bearings and pacing as I moved slowly through the schoolyard. I was constantly taking bearings to and from the different objects to make sure they fit on the map like they fit on the ground. My eraser was very handy. Finally I made sure I had all the smaller objects in their proper places. It's really not hard to do this, though it may take a few tries to get everything right. It's worth it when those last two fences actually do meet each other in a perfect 90° corner!

This field mapping took about a half a day. Then I took my rough draft home and traced everything with a black ballpoint and a ruler. You can magic marker in the buildings or make ink stripes or whatever you can think of. I used a press-on dot screen from an art supply store because it's so easy to do and looks really nice. Finally I put on the legend, zexoxed some copies, and was off for my adventure with the Girl Scouts.

See the article in the Jan-Feb issue, titled 'An Orienteering Game for 3rd Graders' to learn how Beth put her new map to use. Making school maps is one of the best ways to get started in mapping. School maps are also something that the northwest could use alot more of. There are several reasons for this, beside it being a good way to be introduced to mapping.


Schools are the ideal setting to

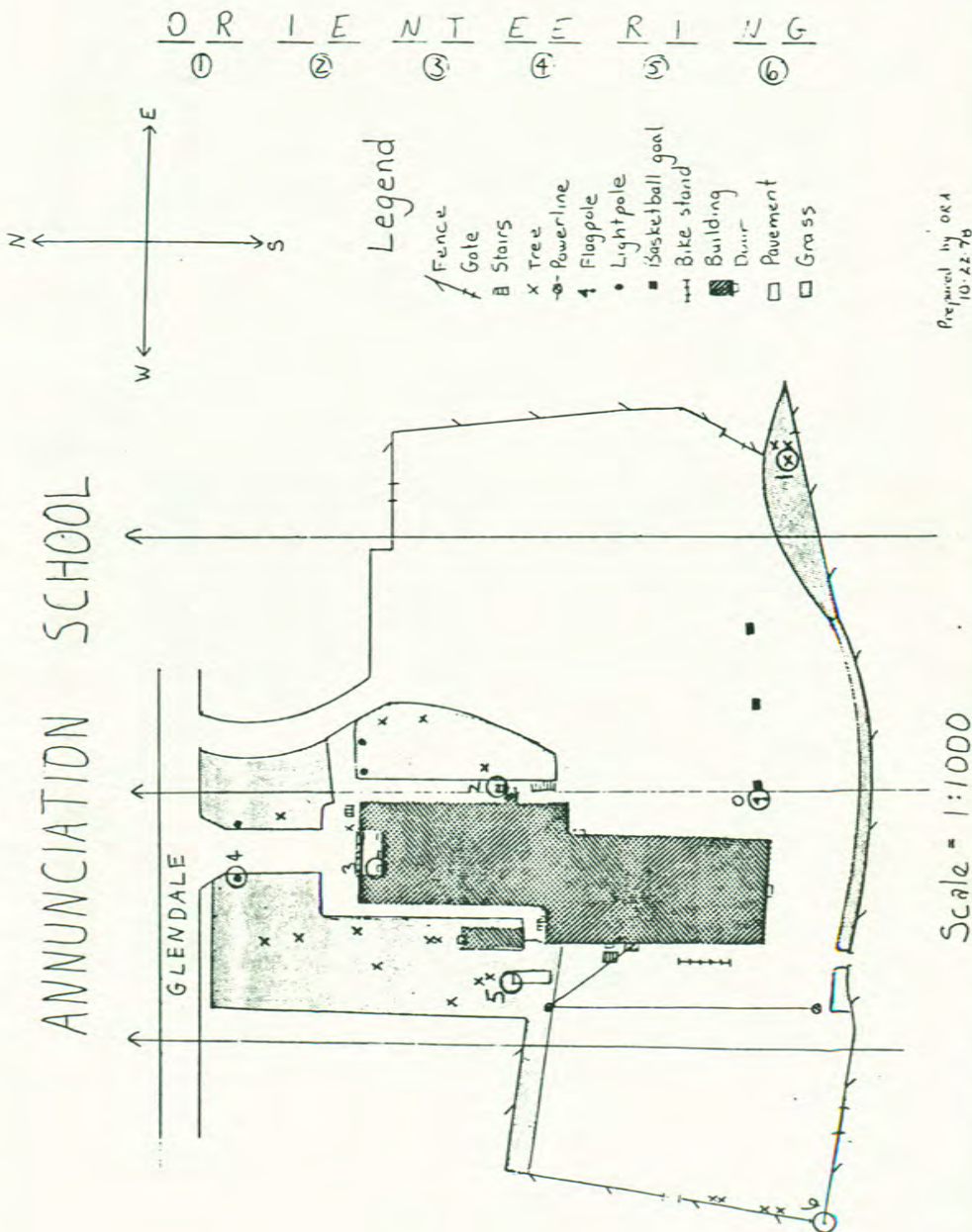
educate young people about orienteering. Students learn about maps in just about every grade and orienteering is about maps. What better way to help children understand what a map is, then to start with what they are familiar with - their own schoolyard. Schools are more likely to use a school map, as well as orienteering as a learning method, if a map of their school was already available. It does not have to be fancy, just

→

accurate enough to avoid confusion and clear enough to be legible.

In Part 2 of this series on Making Simple Black & White Maps we will look at how to use available engineer drawings and aerial photos to make school

maps. It's easier than you think. In the mean time, why not map one of the schools in your neighborhood and begin to get orienteering into the local schools. 



ROUTE CHOICES



Dan Waugh's route choice for Cle Elum red course, April 16.

start-1: noted where other runners had been heading at start; spent some time before starting guessing what boulder. After crossing into field, checked off the boulder at stream and headed to find tongue of open area to lead me to the control. Was a shade off to E but found it easily.

1-2: a straight shot to the clear area and then slowing a bit checking reentrants.

2-3. Up into the field as quickly as possible (already walking up the hills, as in vary bad shape). Aimed to hit the reentrant soon after entering woods on other side of road; then just follow reentrant up to where it splits. Two years ago on day 2, I took the wrong fork of the reentrant here (the control then was about in same place as in this meet); I remembered that mistake well and did not repeat it.

3-4. Why I made about a 5 minute mistake here is a mystery. I saw the two houses and headed between them, only to discover after some mucking around it was the wrong two. Sensed something not right as entering the woods, but did not stop to analyze what it was.

4-5. After botching the previous control, took my compass out for only time in course to check direction of fence I was using as hand-rail (I don't think it is properly mapped). Went down spur a bit too far to find easier way down the steep slope.



5-6. Went fairly slowly here keeping an eye out for beginnings of spur from slope on left. Came in a shade above control. Clayton, who started 10 min. after me, caught me here; Mark, who started ahead of me punched in about same time too.

6-7. Left stream bed early to be sure of contouring in to control and not going beyond it down below.

7-8. Pretty much a straight shot planning to use the road as a collecting feature and the clearing as attack point, which I hit straight on.

8-9. Building in field was good reference point; copse where control located visible from way off too.

9-10. Meant to stay a bit higher than I did. An annoying leg--lost distance to pond; expected control to be on root stock; so went below it before turning back and seeing control on snag north of

the pit.

10-11. Straight shot--keeping parallel to fence.

Overall impressions: course probably could have been made more interesting if the start had not been in middle of field. I assume that choice of start was even more limiting for the shorter courses. Problem with the field is that there is too much lost distance. True, as I did in going to no. 4, the lost distance can lull one into ceasing to think, with embarrassing results. First three legs were very reminiscent of day 2 from the first Cle Elum meet two years ago.

Probably should have done around 55 mins. or possibly slightly better, but Clayton made a 3-4 min. mistake on leaving no. 7, without which he still would have been way ahead.

LOCAL EVENTS



TEAM SCRAMBLE--Woodland Park

In order to make the competition more interesting than it was last year, team makeup will be limited by what is called a "team power index". This is determined by adding the power factors of each of the 4 members of the team. The power factor for each team member is determined by the level at which that individual usually and customarily participates--blue-6, red-5, green-4, orange-3, yellow-2, and white-1. In an attempt to balance the competition, the team power index must lie between 10-14 although 4 high-school orienteers will comprise a legal team with an assumed power factor of 12. The meet director will have final word on any power factor disputes.

The score course is set with 20 controls varying in distance from the start-finish area and in difficulty of placement. All teams and team members start at the same time. At the start, each team captain opens an envelope which contains 4 maps for the team members. The members of each team must then divide up the 20 controls in any way they see fit, as long as each team member is assigned

5 controls. Team members may leave the start area as soon as they know which 5 controls they are seeking. Team captains may not leave the area until they have turned in to the starter a master control list showing their team assignments. Each team member then visits the 5 controls assigned, returning to the finish ASAP, receiving an elapsed time. The team score then becomes the sum of the times of the 4 team members. Last year all who participated had a lot of fun, even the ones who took over an hour. Come on out and be assigned to a team. Bring a picnic lunch and relax with your new friends afterwards.

FUN TREK '83

The 4th annual FUN TREK will be held this year at Hamlin Park which is situated at N.E. 160th St. and 15th N.E. on 5 June 1983 starting at 10:00. This will be on a new 1:7500 map of a fairly open park. Bring a picnic lunch and enjoy the good (we hope) weather with fellow club members and North End families new to orienteering. Prizes to the lucky winners.

CLUB NEWS

COC

Lost in the shuffle last issue was a list of the new executive board of C.O.C. In addition to the 4 elected members, the coordinators are--- mapping-Debbie Newell, membership-Barbara Pedersen, training-Lorna Williamson, equipment-Brad Payne, WIOL-Dan Waugh and publicity-Steve Uhrich. We are still looking for a promotion coordinator and a ride coordinator to help arrange carpools to meets this season. If you need a ride or can offer a ride to any of the meets, please call Harvey at LA 43437 until we find a regular ride coordinator. A big club such as Cascade should be able to have as many or more members attend a Nisqually meet as Nisqually members attend Cascade meets--sharing rides also helps people get to know other club members.

Anyone who has attended more than 3 meets should think about volunteering to help with meet administration, course design, mapping, promotion or even just plain typing. With the current club membership and presenting 2 meets a month as is our practice, we should only have to help out at a meet every 6 months. Generally, those who feel confident about course setting are also the ones most likely to be able to map new areas so in order to produce more maps we need to get more people involved in course design and course setting. Admittedly, not everyone is cut out for course design and/or mapping (even with good instruction) but anyone can help with timing or registration or hauling equipment to or from a meet.

It requires time to design a decent course and hang all the markers in their proper places so next time a marker is mishung and the course setter also has to do timing, etc., think twice before criticizing the poor overworked individual. We don't want Cascade to evolve like SDOC where Bill Cookin

does all the work. If we don't want to drop back to only 1 meet per month, we definitely need more volunteers. Call Harry at 283-6498 to volunteer to help at a meet or to learn what else needs doing. Connie Suthoff's article in the March/April issue of the 'Northwest Orienteer' tells what you may expect.

If you don't have time to help at a meet, you can still try to attend 10 to 15 meets a year and bring someone else with you. It would be great to have 100 or more registrations at each meet.

To avoid duplication of effort, in particular, postage costs that other clubs might have to pay to exchange newsletters with all the northwest clubs, a Cascade O. C. member will write a column reviewing whatever newsletters have been received.

The current list of newsletters received at P. O. Box 31375, Seattle 98115 since the first of the year are, in no special order, Orienteer Kansas, BAOC bulletin, The Possum's Tale, San Diego O.C. news, Hudson Valley Navigator. Anyone planning a trip to any of their regions who wants orienteering news of that region, contact me at LA 4-3437 for schedule or phone numbers. These newsletters and O'USA back issues are all available for borrowing.

Most of the newsletters all contain, in addition to event schedules and results listings, news of their members who went to national or international meets, and pleas for more people to volunteer at all sorts of club events.

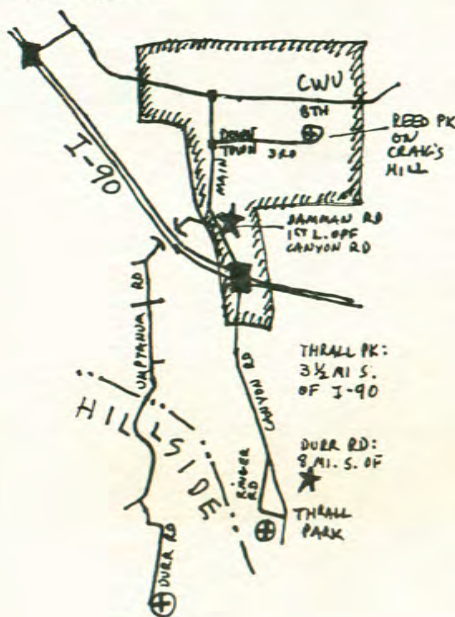
The feature article for this edition is from the Hudson Valley Navigator and is called 'Beating the poltergeists and cretins to the punch' by Jamie Kamlet. It is a quite entertainingly written account of how punches and/or control markers are stolen and

suppositions about the thieves' intelligence and ancestry. It then presents detailed plans for countering the problem by using chlorox bottles as markers and very ugly hand-made punches. Anyone wanting a copy of this worthwhile 2-page article, send me a stamped, self-addressed long envelope.

EOC

EOC is back on its regular event and meeting schedule. We meet the second Wednesday of each month at 7:30 p.m. in the CWU Student Union Building, and hold events the weekend following.

On March 20th we had a mapmaking clinic at Thrall Park. Using a master map provided by Will Sperry, the area was divided up into sections, with each person taking an area. We mainly added point and line details. The area is long and narrow. Lying beside the Yakima River, it is flat and subject to seasonal flooding. We may have to invent a symbol to describe this. The first meet on this map, should it be ready, will be held August 14th. The map will be black and white, no contours and 1:5000.



April 16th saw the first? Kittitas Valley Orienteering Festival.

I have been in contact with the Ellensburg High School PE Department. They are working up an orienteering unit for their classes. We hope to produce a decent black and white map of the high school and surrounding area. We are tentatively planning a meet for them at Reed Park May 3rd.

Our next meet will be held on Will Sperry's new Durr Road map May 15th. The location is 8 miles south of Ellensburg (see map). The map is 1:15 km, black and white, no trees, lots of contour lines.

COC expressed interest in holding a 2 day meet in the Kittitas Valley this fall. Possibly one day on Durr Road and one day on Cle Elum Ridge.

EOC is about out of maps of the Ridge and may try to get the eastern half reprinted, possibly extending to the east of the present map.

NO

Welcome to three new memberships: the Wingard family, Joel, Cindy, Tyler, Gabe and Adiza in Gig Harbor; Dan Cole in Olympia and Thomas Wood a student in Yelm.

A reminder that the following memberships expire in May or June (check your mailing label) and this is your last issue of The Northwest Orienteer: Linda Joy Hendrick, Everett & Verlyn Harris and the Backlund family.

Yelm High School has formed a student orienteering club and Connie Sutthoff is their faculty advisor. Marc Olson, who did very well in the Washington Interscholastic League, has been promoting the sport at the school by giving a presentation on orienteering in his English class.

NEXT ISSUE

Making Simple Black & White Maps - Part 2
Incorporating Orienteering in School Programs
Course Planning - Part 1

RESULTS



St. Edward Park Relays. February 27

Mike Schuh designed the courses and with the assistance of the Hendricks and Harry Morgan and Leslie Duncan ran what we really should have more of (since relays are such fun). The meet featured an innovation for COC--radio controls that enabled participants to follow the progress of their teams. Thanks go to a local amateur radio group for their help (details not available as this is being typed).

Since the courses involved in some cases very slight variations (to discourage following), often controls were located very close together. This led to wrong punching and DQ for two teams. A mismarked map victimized Roosevelt's no. 2 runner. In the preannounced classes, the winners were B. C. Twits (teams had to have at least one woman) and Palouse Empire No. 1.

LONG COURSE: 1. Nisqually Orienters (Ed Pekowski--24:00; 29:21; Tom Hardin--66:45; 76:25; Mark Sheahan--100:10; 113:26; Clayton Smith--130:45; 138:51); 2. Mongudai (Craig Leed--25:00; 33:15; Bill Algair--57:30; 65:32; Brad Payne--95:20; 110:16; Bill Algair--133:32; 144:15); B. C. Twits (Brent Benedek--24:35; 33:16; Peter Smith--67:40; 76:01; Mary Rooszendaal--100:00; 123:04; Gregg Moss--144:45; 156:44); 4. Cascade OC (Harvey Friedman--48:55; 61:41; Debbie Newell--105:50; 113:29; Dale Width--140:00; 152:10; Dan Waugh--168:30; 178:56).

MEDIUM COURSE: 1. Palouse Empire No. 1 (James Kerr--32:30; 48:14; Rick Crow--70:20; 79:46; David Kinkaid--100:00; 110:24); 2. Cascade OC (Kathy Newell--49:40; 62:22; Marina Waugh--101:20; 111:02; Russell Price--157:00; 174:19); also: Nathan Hale HS (Dave Steele--24:50; 32:18; Mike McCool--66:50; 73:53; Geoff Dillard--86:50; 92:25)--DQ; B. C. Twerps (David Moss--31:20; 48:46; George O'Keefe--69:35; 86:49; Terry Courchene--106:10; 112:08)--DQ; Palouse Empire No. 2 (Todd Johnson--34:45; 48:08; Dave Saffold--missed first radio control; 101:54; Bob Loudon--123:40; 130:26)--DNF; Roosevelt HS (Janet Piehl--31:30; 48:30; Jessica Hirschfelder--DNF; Michelle Everett--DNS).

MT. PISGAH

6 MAR

The fourth in a series of new maps produced by OSUOC was introduced at this Sunday meet staged at Mt. Pisgah, near Eugene. The 1:15000 map proved to be, like each of the previous three maps produced this year,

the best map produced to date. The weather, however, was the worst to date, as indicated by the low attendance of just thirteen participants.

Jeff Lewis originally designed four courses (including an 8.5 km + 2000 ft climb blue course); however, gusty winds and a driving rain while setting controls proved so demoralizing that the longest course was scrapped. As it happened, the brave souls who arrived at the meet felt their efforts were too great to run the white course, so all entries were on the orange and red courses.

Winner of the red course (6.3 km + 1400 ft climb, 9 controls) was Wayne Patterson (81:32) followed by Peter Kehoe (106:10). Recreational entries included Scott Linn and Harry Bell.

The Orange Course (3.4 km + 800 ft climb, 7 controls) was won by Tom Edsall (54:25), followed by John Shea (62:28), Neal Jaarsma (72:18), Joe Hallett (76:16), Larry Wilson (79:25), and Paul Knutzen (80:00). Recreational entries included Eve Lonnquist, Pat Forgey, and David Clifton-Smith.

ROBINSWOOD PARK - March 6, 1983

Sammamish Orienteering Club
New 5-color map of this delightful park in Bellevue and courses by Dave Enger. Timing and organization by Glen and Len Englund. On-site O' promotional assistance by Harvey Friedman.

Course 1 - 2km 1) Larry 56:56

Course 2 - 2km 1) Roger Mertens 20:00 2) Jeff Kelley-Clarke 26:46 3) Ardis Dull 37:23 4) Hunter party of 3 38:22 5) Carol Mockridge 45:22 6) Bill Maiden 45:27 7) Eric Englund 56:04 8) Conklin party of 4 87:41

KELSEY CREEK PARK - April 2, 1983

Sammamish Orienteering Club.
New 5-color map and courses by Dave Enger. Meet directed by Glen Englund. On-site O' promotional assistance by Harvey Friedman.

Course 1 - 2 km, 10 controls

1) Mark Hartinger (2nd course) 17:12 2) Wendy Tucker 30:35 3) Robert Carlson and Charles 31:20 4) Bob Rein 35:20, Roger Mertens and Bev, Robert Engleman, Linda Lammer and Debbie Bergemann, George and Jennifer Bukota, the Ritz family of 4, Barbara Kennedy with Kristi and Greg

Course 2 - 2 km, 10 controls

1) Roger Mertens (2nd course) 26:35 2) Mark Hartinger 29:12 3) Wendy Tucker 77:30 4) Bob Rein 79:00

Twenty people enjoyed a rare day of sunny weather at a meet hosted by the Orienteering Club of Corvallis. In spite of the meet being during OSU's Spring Break, attendance was quite good, mostly as a result of a large attendance by local Boy Scouts. The Scouts not only participated in the meet, but two of them, Dan Suggs and Shawn Brittain, set the white course with Dirk Bodily. Two other courses were set by Pete Kehoe.

The Red Course (5.6 km + 800 ft climb, 8 controls) had only three entries. Jeff Lewis was the sole competitive entry with a time of 43:31. Recreational entries included John Shea and Scott Linn. Unfortunately, one control was misplaced.

Winner of the Orange Course (4.3 km + 380 ft climb, 7 controls) was Neal Jaarsma (73:55). Dirk and Melody Bodily finished in 133:30, followed by Shawn Brittain and Dan Suggs. Eve Lonnquist and Lynn Baker were recreational entries.

Kyle Christenson (78:30) and Eric Briggs (79:30) had the best times on the white course (3.2 km + 300 ft climb, 7 controls). Joel Christenson (119:30), Matt Stephani (119:30), Steve Simon (123:30), George DeLair (124:45), Kenneth Hart (155:30), and Howard Suggs (155:30) also competed. Tom & Louise Sheffield were recreational entries.

OAK CREEK

9 APR

A week of warm, sunny weather mysteriously disappeared overnight leaving cold, wet skies for twelve brave orienteers. This meet sponsored by OSUOC featured a new 1:15000 map and courses set by Jeff Lewis. Originally, four courses were designed including a 9.0 km + 1600 ft climb blue course. However, as happened at Mt. Pisgah, the early morning weather was so demoralizing that the longest course was scrapped.

The only entry on the red course (6.3 km + 1040 ft climb, 9 controls) was Wayne Patterson whose time of 91:11 included the removal of five controls.

Most entries were on the orange course (4.6 km + 700 ft climb, 8 controls) which was won by John Shea in 63:36. Other times included Bryan Grigsby (70:12), Tim Harris (85:49), Eve Lonnquist (89:21), and David Truitt ((95:32). Recreational entries included Tom Wykes, Randy Pratt, Steve Marlatt, Tom Hamley, and John McKeon.

Sole entry on the yellow course (3.4 km + 400 ft climb, 7 controls) was Rob Gibbs (89:09).

April showers and wildflowers made for an interesting and much enjoyed "Easter egg hunt" sponsored by OSUOC. Twenty-eight people chose among three courses set by Jeff Lewis on a new, modified version of the 1:10000 OSU Horse Center map.

To celebrate Easter, chocolates were given to all entries and winners were awarded gift certificates for ice cream cones. These awards were made possible through generous donations by the Corvallis Bimart store and Olga's Homemade Ice Cream Store.

The advanced entries were treated to a score course. As many as twenty controls, each worth five points, were to be found at random under a 60-minute time limit. One point was subtracted for each minute (or fraction) over one hour. Of six entries, Wayne Patterson scored 85 points to win followed by Peter Kehoe (70), Tom Edsall (45), Neal Jaarsma (34), John Shea (32), and Pat Forgey (23).

Intermediate entries ran the yellow course (3.3 km + 480 ft climb, 8 controls). Joe Hallett, visiting from Powers, OR, won with a time of 45:08. Other times were: Lee Welch & Francis Colomb (55:35), Rob Aiken (64:10), Paul Knutzen (66:08), Eve Lonnquist (67:47), Rob Yancey & Tim Harris ((80:51), Timothy Marvin (95:19), and John McKeon (107:44). Recreational entries included Steve Marlatt, Tom Wykes, and David Truitt.

The white course (1.4 km + 120 ft climb, 7 controls) was won by Rob Yancey & Tim Harris, OSU students, with a time of 34:10. Other times included Chuck Hedges (35:10), and Chris & Sheryl Roach (41:42). Recreational entries included Tom Hamley, Larry Law, Lyle Moe, John Sieveking, Libby Bailey, and Joyce Thompson.

BIG BASIN 'A' MEET

Anyone who likes orienteering in St Edwards State Park will want to consider going down to Big Basin Redwoods State Park in California for the Bay Area Orienteering Club's two day Class A meet on 25-26 June. They have learned from their last meet there 2 years ago, which I competed in, and will have shorter courses due to the steepness and ruggedness of the terrain and the complaints of previous entrants. Just think of a bigger St Edwards without the nettles and brambles and you will have an idea of how wonderful it is to orienteer there even if you take more time than you think you should. I have a few registration forms if anyone needs one.

- Harvey Friedman, COC

RESULTS

3.26.83

FORT STELLACOOM COUNTY PARK, TACOMA

NOVICE 1) Tim Hankins & Louie Guizzetti, YHSOC 23:36 2) Dan Cole & Sue Sauvage 38:20 3) Nathan & Rachel Tharp, NO 43:42 4) Diana Shotsman & Chris Rohder, YHSOC 146:16

INTERMEDIATE 1) Michel Tharp, NO 49:32 2) Connie Sutthoff, NO 65:55 3) Bill Algaier, NO 90:12 4) Tim Hankins & Louie Guizzetti, YHSOC 96:42 5) Craig Olson, YHSOC 103:17 6) Robert Lovell & Garry Amandes 111:45 7) Diane Bailey & friend 149:58 **Judy Graversen-Algaier, NO, earned a humanitarian award, she was several controls into the course when she came upon a lost young lad. It appears that the youngster was visiting a family who lives nearby the park when he decided to follow the paperboy and in the process got himself disoriented in the park. Judy got the young lad back to familiar terrain and then continued the last part of the course.

U. of W., 10 April 1983

Novice, 2.1 km., 8 controls
23:00 Susan Aspinwall 23:40
Joan Loper & Sue Davidson 25:50
Clemmesen, Fletcher & Taylor
27:55 William T. Gay 30:12
Janet Piehl 30:48 Robert
Carlson 34:11 Aaron Tate 36:29
Anne & Jacob Sutthoff 54:45
Rick Casault 57:39 Bill Proctor
58:42 Lesley Duncum 82:54 Arvin
Argosa 86:55 Jason Kester 95:45
Todd Fairweather
Intermediate, 4.3 km., 8 controls
37:37 Kevin Flanagan 45:24
Clemmesen, Fletcher & Taylor
48:43 Sandy Kish Miller 81:58
Maren Leed 84:28 Aaron Tate &
Friends 90:13 Bill Fritz & Dan
Abbott 93:44 Kathleen Kelley &
Jim Dowdell DNF--Chris Nunes,
John Keuper

Runners, 7.4 km., 20 controls
58:20 Harry Morgan 68:23 Brad
Payne 70:51 Susan St. John
70:58 Geoff Dillard 73:05
Debbie Newell 73:07 David Owens
80:33 Craig Leed DQ--Robert
Miller

Sunshine and showers alternated during the Cascade Orienteering Club's U. of W. campus introductory orienteering meet held on 10 April 1983. The courses were designed and set by COC president Harvey Friedman and club members Harry Morgan, Susan St. John, Leslie Duncum, Sandy Kish Miller and Debbie Newell helped with meet

administration. Special thanks go to Clemmesen, Fletcher and Taylor for bringing in the control markers as they ran the intermediate course-- it was their second course course of the day and they had excellent time none-the-less.

RIDGE MEET

EOC held a meet on Cle Elum Ridge April 16th. The meet was a success in all respects: all went smoothly, there was a large number of entrants, none of the markers was mislocated, and the weather was ideal.

The meet was virtually up to Class B standards. There were 3 courses: a red course, 6.55 km and 11 controls; a yellow/orange course, 3.45 km and 7 controls; and a white course, 1.67 km and 6 controls.

Sixty-three people/groups participated: 16 of them ran two courses for a total of 79 courses run. The meet was about the maximum size a club/group the size of EOC is capable of running. All the members participated in putting on the event. Addie Graaf handled registration smoothly. JoAnne Sperry was on ground zero as starter and finisher. A meet this size should split the two functions, but EOC only owns one watch. Will Sperry vetted the two short courses and spent a lot of time instructing beginners. Steve Stoneback vetted much of the red course and filled in at the start-finish area. Pam Zupan and Barry Carruthers also assisted at start-finish. Sally Evans made the finish ribbons which the meet director neglected to bring to the meet. They will be mailed to their owners. Sally, Addie and JoAnne manufactured the abundant refreshments. Special Thanks to Addie's young crew for running the refreshment stand. Kent Verbeck, along with Bill Algaier of NO, picked up markers. Harvey Friedman of COC responded to a last minute emergency call and supplemented our map supply. Dale Width was meet director and course setter.

COC and NO each brought a large crew. The Bertings of OUBC probably travelled the farthest to the meet. The Hodgsons and the Norbergs travelled the shortest distance: the meet was run on

their land. A good turnout from Ellensburg was encouraging. Bill Smith of EOC brought an anthropology class to the meet with about 15 people.

The major problem on the courses themselves was on yellow/orange #7. A last-minute switch of markers was made and the control cards were not updated until several people had left.

The weather was warm and sunny. An occasional breeze necessitated use of rocks and tape to keep things from becoming airborne, and helped cool the faster participants. The two shorter courses were mostly on open ground; the red did get into some shade.

WHITE COURSE - MALE

1. Jim Kimberling, WCOC 25:53; 2. John Benson, AC 30:20; 3. Dan Cole, NO 30:42; 4. Steve Holm, AC 33:33; 5. Gordon Crane, WCOC 39:31; 6. Steve Lipsky, AC 41:09; 7. Frank Otte, AC 44:29; 8. Dave Coupe, AC 48:48; 9. Stan Hart, AC 54:26; 10. V. & D. Bendsen, EOC 70:50

WHITE COURSE- FEMALE

1. Gehrt/Korberg, PHOC 23:00; 2. Robinson/Roeder 28:34; 3. Judy Algaier, NO 28:42; 4. Blackburn fam. 28:45; 5. Jackie Cook, AC 33:33; 6. Liz Whitaker, WCOC 36:10; 7. Shari Banchero, AC 41:09; 8. Van Auker/Mchargue, AC 41:37; 9. Lorri Morse, AC 44:29; 10. Anna Foley, AC 50:48; 11. Connie Reid, AC 53:48; 12. Coleen Bittinger, AC 54:26; 13. Mia Barbara, COC DNF.

YELLOW/ORANGE COURSE-MALE

1. Frank Otte, AC 34:37; 2. Kent Verbeck, EOC 34:49; 3. Dan Cole, NO 37:07; 4. Bruce Kelly, NO 39:13; 5. Glenn Englund, SOC 44:00; 6. Arnold Kay, COC 44:36; 7. William Smith, EOC/AC 53:56; 8. John Benson, AC 56:46; 9. Barry Carruthers, EOC 57:02; 10. Doug Norberg, PHOC 64:27; 11. David Coupe, AC 67:07; 12. Bill Fritz, COC 98:29; 13. Myron Rife, 109:23.

YELLOW/ORANGE COURSE - FEMALE

1. D. Moushegian, NO 46:25; 2. Kirsten Halvorsen 46:40; 3. Liz Whitaker, WCOC 54:03; 4. Pam Zupan, EOC 57:02; 5. Hodgson/Norberg, PHOC 58:44; 6. Marina Waugh, COC 63:22; 7. Connie Reid, AC 71:07; 8. Lorri Morse, AC 75:20; 9. Lavon Martin, COC 76:06; 10. Jackie Cook, AC 76:38; 11. Van Auker/Mchargue, AC 82:14; 12. Barbara Petite 98:51; 13. Chris Newsum 114:23; Coleen Bittinger DNF, Anna Foley DNF.

RED COURSE - MALE

1. Clayton Smith, NO 53:06; 2. Roger Mertens, COC 55:41; 3. Dan Waugh, COC 60:22; 4. Chris Hawkins, COC 61:49; 5. Bill Algaier, NO 66:12; 6. Mark Hartinger, COC 68:45; 7. Gary McCausland, NO 69:05; 8. Terry Bering, OUBC 72:59; 9. Michel Tharp, NO 75:53; 10. Rob Bering, OUBC 78:07; 11. Rick Vaughn, EOC 79:36; 12. Pat Bering, OUBC 80:11; 13. Will Sperry EOC 98:09; 14. Woody Woodcock, WCOC 100:53; 15. Bruce Kelly, NO 102:00; 16. Harvey Friedman, COC 102:19; 17. Jim Kimberling, WCOC 109:26; 18. Steve Holm, AC 110:06; 19. Ted Doan, WCOC 110:37; 20. Jack Hodgson, PHOC 112:25; 21. Harry Whitaker, WCOC 124:37; 22. Joe Schneider, COC 178:38; 23. Robert Nagy 190:02.

RED COURSE - FEMALE

1. Jean Davis, COC 84:49; 2. Debbie Newell, COC 88:19; 3. Connie Suthoff, NO 108:21; 4. Anne York, COC 127:47.

WCOC - Windy City OC; PHOC - Pine Hills OC; AC - Anthropology Class, CWU.

KICKER HILL SOUTH, FT LEWIS 4.24.83

ADVANCE - Men 5090m 10controls 1) Jeff Lewis, OSUOC 34:59 2) Dan Waugh, COC 38:29 3) Peter Kehoe, COC 50:21 4) Bob Forbes 54:17 5) Mark Hartinger, COC 55:37 6) Mike Tharp, NO 57:18 7) Chris Hawkins 73:06 8) Jim Harrison 98:50 9) Greg Alderete 124:59 and Tom Hardin, NO 124:59 10) Harvey Friedman, COC 139:15 11) Bill & Judy Algaier, NO 142:21 12) Rife Myron 155:30

ADVANCE - Women 1) Debbie Newell, COC 70:14 2) Ann York, COC 82:31 3) Linda Mayhak & Denine Kaatz, YHSOC 151:09

INTERMEDIATE 3660m 9controls 1) Rob Gibbs, COC 52:04 2) Nathan Tharp, NO 88:35 3) Dan Cole, NO 113:53 4) Chris Newson 148:50

NOVICE 2070m 7controls 1) Tom Wood, NO 27:56 2) Rachel, Nathan, Meadow-Lee Tharp & Tori Kjer 31:27

MAP HIKERS Barbara Krell, Wendy & Steve McClure, Ed Pekowski & family, Clyde Brown & family, Charles & Perki Martof, Elaine Giedrys, Sherri Jackson.

WONDERWOOD PARK, LACEY 4.9.83

NOVICE 1250m 1) Henrik Petersen 13:07 2) Nathan Tharp, NO 18:07 3) Judy Graversen-Algaier, NO 20:17 4) Greg Brown 21:24 5) Rachel & Meadow Tharp, NO 22:23

STAR MEMORY 10controls 1) Mike Tharp, NO 15:19 2) Nathan Tharp, NO 19:54 3) Bill Algaier, NO 32:00 4) Henrik Petersen, YHSOC 32:06 5) Rachel & Meadow Tharp, NO 72:34

EVENTS



DATE/TIME	CLUB	TYPE	EVENT/LOCATION	MAP	CONTACT PERSON
TUES, MAY 3	BOC	C	Reed Park, Ellensburg, WA	1:1,200 B&W	Dale Width (509) 925-5873
SAT/SUN MAY 7/8	OSUOC	B	3rd ANNUAL SPRING MEET Arnold Ice Cave, near Bend, OR	1:15,000 B&W	Wayne Patterson (503) 754-5482
SAT/SUN MAY 7/8	PEOC WSU	B	HATTER CREEK near Harvard, ID	1:15,000 Color	WSU Army ROTC
SAT, MAY 14	SOC	C	Marymoor Park, Redmond, WA W Lake Sammamish Parkway NE	1:10,000 B&W	Len Englund (206) 746-3822
SAT, MAY 14 12-2:00	NO	I	Come-And-Try-It St Martins College, Lacey, WA	1:10,000 B&W	Gary McCausland (206) 352-5542
SUN, MAY 15 11-1:00	BOC	C	Durr Road south of Ellensburg, WA	1:15,000 B&W	Steve Stoneback (509) 968-3028
SAT, MAY 28 10-12:00	COC	S	Ballard Bike-O start @ Rainier Bank @ 22nd NW & 56th NW	1:15,000 B&W	Harry Morgan (206) 283-6498
SUN, MAY 29 12-2:00	NO	C	Fort Steilacoom County Park Tacoma, WA	1:10,000 B&W	Clayton Smith (206) 474-5675
THU, JUN 2 7-9:00pm	SOC	M	Map & Compass Clinic Eddie Bauer, Bellevue Square, Bellevue, WA		Eddie Bauer Store
SAT, JUN 4 12-2:00	NO	I	Evergreen State College Olympia, WA	1:7,500 B&W	Gary McCausland (206) 352-5542
SAT, JUN 4 12:00 +	SOC	C	Redmond Games Festival Farrel-McWhirter Park, Redmond, WA Old Redmond RD (NE 102nd Pl) N of Novelty Hill Rd NE	1:3,500 Color	Len Englund (206) 746-3822
SUN, JUN 5 10-12:00	COC	C	Fun Trek 83 - Hamlin Park, Seattle NE 160th St & 15th NE Prizes to winners	1:7,500 B&W	Harry Morgan (206) 283-6498
SAT, JUN 11	OABC	A	Fort Rodd Hill Victoria, B.C. Canada		Dennis Feboruk (604) 592-5739
SAT/SUN JUN 11/12	OSUOC	B	2nd ANNUAL SNOWMELT MEET Oldenberg Lake, OR	1:15,000 B&W	Wayne Patterson (503) 754-5482
SUN, JUN 12 11-1:00	BOC	C	Flying Horseshoe Ranch Cle Elum, WA	1:5,000 Color	Barry Carruthers (509) 968-3212
SAT, JUN 18	OABC	A	Brandywine Provincial Park Whistler, B.C. Canada	1:15,000 Color	Pat Berting (604) 594-6730
SUN, JUN 19	OABC	R	Lost Lake Whistler, B.C. Canada		Marc McMillan (604) 596-3877
SAT, JUN 25 10-12:00	COC	R&I	Woodland Park, Seattle, WA N 50th Street entrance	1:3,000 Color	Harvey Friedman
SAT/SUN JUN 25/26	BAOC	A	CALIFORNIA CHAMPIONSHIP Big Basin Redwoods State Park, CA	1:15,000 Color	SASE to NWOA
SUN, JUN 26 12-2:00	NO	C	Priest Point Park Olympia, WA	1:7,500 B&W	Gary McCausland (206) 352-5542



DATE/TIME	CLUB	TYPE	EVENT/LOCATION	MAP	CONTACT PERSON
SUN, JUL 10 11-1:00	COC	B	CRYSTAL SPRING 10mi E of Snowgumie Pass, Exit 62 B&W car pool @ Albertson @ 9:30am Eastgate area off I-90	1:15,000	Harry Morgan (206) 283-6498
SUN, JUL 10	OABC	A	Savona-Sass Peepre Memorial Event		Afan Jones (604) 687-3333
SAT, JUL 16 12-2:00	NO	I	Come-And-Try-It Steel Lake Park, Federal Way, WA		Clayton Smith (206) 474-5675
SUN, JUL 17	OABC	A	Paradise Meadows Courtenay, B.C. Canada		Jack Sapruff (604) 539-6220
SAT, JUL 23 11:00am	NO	R/B	EVERGREEN RELAYS Fort Steilacoom County Park, Tacoma, WA	1:10,000	Clayton Smith (206) 474-5675
SUN, JUL 24 10-12:00	NO	B	EVERGREEN O-CUP Fort Steilacoom County Park, Tacoma, WA	1:10,000	Clayton Smith (206) 474-5675
SAT/SUN JUL 30/31	OABC	A	B.C. Summer Games UBC Research Forest, Haney, B.C. Canada		Charlie Fox (604) 533-3352
SAT/SUN AUG 27/28	NO	B	PACIFIC NORTHWEST ORIENTEERING FESTIVAL Fort Lewis, WA		Clayton Smith (206) 474-5675
SUN, SEP 4	OABC	A	Paradise Meadows Courtenay, B.C. Canada		Jack Sapruff (604) 339-6220
TUE, SEP 6	OABC	A	Helliwell Park Hornby Island, B.C. Canada		Jack Sapruff (604) 339-6220
SAT, SEP 10	COC	S	LONG-O	1:30,000	Harry Morgan (206) 283-6498
SAT/SUN SEP 17/18	OABC	A	B.C. Championships Kamloops, B.C. Canada		Afan Jones (604) 687-3333
SAT/SUN OCT 1/2		A	U.S. CHAMPIONSHIPS Cable, Wisconsin	1:15,000 Color	SASE to NWOA
SAT/SUN OCT 8/9	EOC COC	B	DURR ROAD CLE ELUM RIDGE	1:15,000 1:15,000	

- EVENT TYPE:
- A USOF or COF sanctioned national event. Results of US events are submitted to USOF for inclusion in the US National Ranking System. Awards presented.
 - B Regional event. All classes will be offered including novice and beginner. Results used for the Regional Ranking System. Awards presented.
 - C Local event usually very social. Limited classes/courses.
 - I Introductory/Instructional/Novice event. These events are for newcomers and novice orienteers to introduce them to the sport and provide instruction.
 - T Training event. These are for more experienced orienteers above the novice level.
 - M Indicates meetings, workshops, clinics, etc.
 - R Relay event.
 - S Special event: Score, Novelty, Bike, Canoe, Long-O, Mountain Marathon, etc.
 - SKI Ski-O event.

GENERAL NOTES: Unless otherwise noted, all events have an open registration/start period between the hours indicated in the DATE/TIME column.
All clubs in the Northwest Orienteering Association honor each others club membership status for the 'club member discount' fee, bring your club membership card to other club events for this benefit.

AVAILABLE FROM

NORTHWEST ORIENTEERING ASSOCIATION



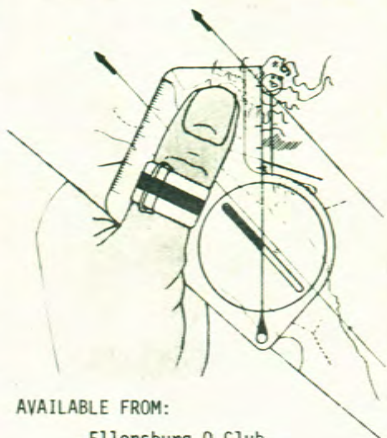
- * USOF Bumper Sticker \$.50
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AVAILABLE FROM:

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Ellensburg, WA 98926

\$12 plus \$1 postage & packing

USOF ANNUAL CONVENTION UPDATE

Take a washboard of ancient metamorphic rock. Cover the steep ridges in longleaf pine and blackjack oak. Populate them with possum, rabbit, deer, assorted snakes and orienteers. Now you have the Oak Mountain Park setting for the 1983 USOF Annual Convention hosted by Vulcan OC of Birmingham, Alabama on March 10-13. - Syracuse OC newsletter.

Bruce Wolfe (Bay Area OC) was one of the newly USOF BOD members. The new USOF officers are: Al Smith (St Louis OC) President; Bob DeFer (SLOC) Executive Secretary; Doug Whitney (Delaware Valley OC) VP-Administrative; Per Stensby (Backwoods OK) VP-Competition; Joanne Gunther (SLOC) VP-Education/Promotion; and Mike Schuh (Cascade OC) Recording Secretary.

NORTHWEST ORIENTEERING ASSOCIATION
PO Box 1582, Tacoma, WA 98401

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