

# BEARING 315

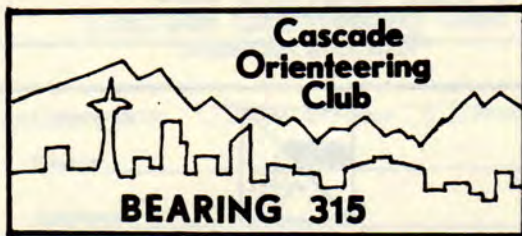
Newsletter of the Cascade Orienteering Club



MAY/JUNE 1982







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VICE PRESIDENT/ MEET COORDINATOR	Dan Waugh	(w)543-4686 (h)365-1810
SECRETARY	Nancy Lewis	772-2664
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PUBLICITY	Mark Hartinger	242-3985
PROMOTION	Mike Schuh	answering serv. 783-3960

## from the President

The April 12 club meeting opened with a lively presentation on route choice, using examples from the December meet at St. Edwards Park. This was a preview of the in-depth type of discussions and learning experiences planned for the two-day workshop in Tacoma on May 22-23. Plan on attending. Also, call any of the officers with items you would like to hear about at the workshop.

The second part of the club meeting was spent on budget discussion and adoption. The Board has taken a position of cautious optimism, planning on a conservative budget but with some optional items that would sparkle up our image (such as a slick brochure and fancy Club patches) that we will pursue if the income picture improves. Here's a summary of the budget:

INCOME	
Membership	600.00
Meet Registrations	1300.00
Compass Rentals	20.00
T-shirt sales	50.00
Map Sales	10.00
Concessions	50.00
Map sponsorship/advertising	600.00
PNWOF loss payment by EOC	105.00
	<hr/> 2735.00

EXPENSES	
Newsletter	1022.00
Meets	185.00
Club Patches	400.00
(would create income also which is not listed)	
Mapping (based on four 8½ x 11 color maps)	713.00
Equipment	75.00
Publicity	60.00
Administration	241.00
	<hr/> 2696.00

*Jean*

## Editorial Comment

What happened the last time you experienced a problem or mistake on a course you were running? Did you run up to the meet director or course setter as soon as you crossed the finish line to air your grievance or worst yet tell everyone within ear shot of the problem?

For the sake of the sport, wait at least ten minutes before talking to anyone about it and then only after you have given it some serious map study and thought. If you still feel there is a problem, seek out the meet director and/or course setter and discuss the situation with them. Give them the courtesy of hearing about it first. In a sport such as ours, where everything depends on volunteer work on the part of someone, don't make their job any more difficult or possibly discourage them from volunteering their time and effort again in the future. Let's not take each other for granted.

If you find something being done at a meet differently from what you expected, stop and think before you speak. Is your expectation reasonable? Can we expect the same from a local meet (class C) that is to be expected of a large national level meet (class A)? Consider all that one or two people have to do to plan, organise, set-up, administer, conduct, and take-down for just a local club meet.

You can get more out of a meet by being better prepared. Take a number of items with you when you go to any meet besides the usual running clothes. Inside your sport bag, do you usually find such items as a waterproof red pen, extra compass, plastic map case, extra shoe lace and a few simple first aid items? It is often the little things that makes an event either a good experience or a bad one.

Technical errors in meets are another area where we all can learn a few things. Whether it be a class A, B or C meet, technical mistakes happen on behalf of the meet organisers, hopefully not at all at a national level meet but maybe more than we like at the local club event. As long as there is a small number of club members doing so much there is going to be technical problems at local events for two main reasons; 1) with so few people organising events, there is usually one person doing the course planning, master maps, control description sheets and course setting. When one person is doing all that in their spare time, there is room for mistakes, and 2) as new people take on some of the meet organizational tasks, they are going to make mistakes due to lack of experience. As more people become involved in organising meets, the experienced people can spend more time helping, teaching, and sharing their experience with the newer people. In the long run we have more people doing less work than they had to and technical problems become a thing of the past.

Next time you are at a meet and experience a problem which caused the meet to fall short of your expectations,

Continued on page 8.

COVER PHOTO: Post-mortem over the map at an event at Bear Brook State Park, MA hosted by NEOC. Photo by Jean Davis.



# Schedule of upcoming events

**GENERAL INFORMATION** - Unless otherwise noted, novice (white), intermediate (yellow and/or orange), and advanced (green and/or red and/or blue) courses will be available at all COC meets. Registration and start times occur from 10:00 am until 12:00 noon unless noted otherwise. The fee is usually \$1.50 per map for COC members (show club card) and \$2.50 per map for non-members. Instruction for beginners is always available at all events. For more information and carpooling to distant meets call Dave Enger at 455-5320 (office) or write CASCADE ORIENTEERING CLUB, PO BOX 31375, Seattle, WA 98103. A limited number of compasses are available on a rental basis at registration.

## SUNDAY, MAY 2 - UNIVERSITY OF WASHINGTON CAMPUS

Park in lot N-4, north end of campus off 45th St. Start area in front of (SE) of Denney Hall, located just south of the parking lot. Beginners and intermediate courses and something special for the advanced runners. Information: Dan Waugh, 365-1810 (H); 543-4686 (W).

## SAT/SUN, MAY 8/9 - COW CREEK, OREGON - CLASS B

OC of Corvallis, 2-day total time event about 45 mi east of Bend, OR. Map: 1:15,000 B&W, 20ft contours. Courses: yellow through blue. Awards: Individual & Club Information: Wayne Petterson, (503) 754-5492 or SASE to the Editor for a meet flyer.

## MONDAY, MAY 10 - COC EXECUTIVE BOARD MEETING

Host: Debbie Newell, 15625 42nd Ave, S, Apt #15, Seattle, near Southcenter Shopping Center.

## SUNDAY, MAY 16 - CANOE/KAYAK ORIENTEERING - FOSTER ISLAND

Something new in the Northwest! Registration will be at the UW waterfront Activities Center, behind (SE) the football stadium, where there is parking in lot E-12. NOTE EARLY START TIME: 9:00 AM--necessary to ensure that you get a canoe (unless you bring your own). In addition to the regular meet fee, you will pay for canoe rental (\$1.10/hr. for UW students; \$1.65/hr. for others). Competitors will go in pairs and should figure on 1.5-2 hrs. If you bring your own canoe/kayak, be sure to have the legally required flotation devices (one per person); if not should rent them. Courses will probably involve a combination of canoeing and land orienteering. Information: Dan Waugh, as above.

## SAT/SUN, MAY 15/16 - TUNNEL MOUNTAIN, BANFF, BC

OABC, Full range of competitive and beginner courses.

## SATURDAY, MAY 22 - FORT STEILACOOM COUNTY PARK, TACOMA

Novice, intermediate and score courses. Registration and start: 12:00 - 1:00pm. Information: Clayton Smith, 474-5675(H), Nisqually Orienteers.

## SUNDAY, MAY 23 - GREENDALE, FT LEWIS

Registration/start: 12:00-1:00pm. Follow signs from the intersection of Rt 7 and Rt 507 (Roy Y), south on Rt 507 approx 5 miles to signs indicating a turn into the start area. Meet director: Clayton Smith, 474-5675(H).

## SATURDAY, MAY 22 - ORIENTEERING WORKSHOP

Fort Steilacoom Community College, Portable Classroom P-14. Time: 4:00-7:00pm. Workshop coordinator: Clayton Smith, 474-5675(H).

## SATURDAY, MAY 22 - NIGHT MEET - FORT STEILACOOM PARK

Tacoma, Nisqually Orienteers. Registration begins at 8:00pm at the entrance to the park. Course setter: Mike Schuh. Meet director: Dorothy Moushegian-Smith, 474-5675(H).

## SAT/SUN, JUNE 12/13 - OLDENBERG LAKE, OREGON - CLASS B

Orienteering Club of Corvallis, 2-day total time event. Information: OCC, MU East, Corvallis, OR 97331.

## SATURDAY, JUNE 12 - FUNTREK '82 - FERRELL MCWHIRTER PARK

This Redmond park (19200 NE 102nd Place) is a great place to bring kids; there will be a special course that even small children can do on their own. Also, regular intermediate course and probably a "blank map" course for advanced orienteers to practice pacing and compass work. Excellent color map. Information: Dan Waugh.

## SATURDAY, JUNE 26 - WOODLAND PARK - SUMMER PARKS SERIES

The first of a summer series co-sponsored with the Seattle Park Department, with individual awards after three meets and team prizes for the relay event at the end of August. Meet at the picnic shelter near the south end of the park. Meet Director: Tony Paulson, 367-5387 (H); 442-5436 (W).

## SAT/SUN, JUNE 26/27 - ALBERTA CHAMPIONSHIPS, CALGARY - OABC

## SUNDAY, JUNE 27 - COME AND TRY ORIENTEERING

Wonderwood Park, Lacey - Nisqually Orienteers. Novice and intermediate courses. A Technical Training Session for the experienced orienteer will start at 10:30am. Training session: Clayton Smith, 474-5675(H). Meet director: Pat Malloy, 491-0606(H), 491-0857(W).

## SATURDAY, JULY 10 - VOLUNTEER PARK - SUMMER PARKS SERIES

The second of the summer series, on a new map of a new area for us. Look for the red and white O signs when you enter the park. Information: Dan Waugh.



# ROUTE CHOICES

"One of my longest and most discouraging experiences on a COC course." "Anything with 120 min. winning time is not a RED course." "Yuck! Mud and slime." A monster in St. Edward's Park? Perhaps. Can the Dr. Frankenstein who created it learn something from a post-mortem route choice? You bet; maybe you the reader can too.

Dec. 27, the woods wet, trails slippery, pens for copying courses freezing so they won't write; the "red" (let's make that "advanced"--purple?) course, 6.3 km. First four finishers: Clayton Smith (121.00), Stein Sandven (126.25), Mike Schuh (133.88), Dave Enger (158.60)--all experienced, all but S familiar with the park, S (who consumes hills for breakfast) alone in regular training. Course setter--inexperienced; map--dreadful and in need of massive revision.

S-1: a good leg, distinct route choice. S speaks for the rest: "This first part of the course is important because what I learn about the map and terrain here is going to be decisive for my later route choices." He chose to check out vegetation differences, testing the large reentrant and once in the woods running along the vegetation boundary. C and M found it easier to plan ahead while on the trail, but noting vegetation in the direction of No. 7.

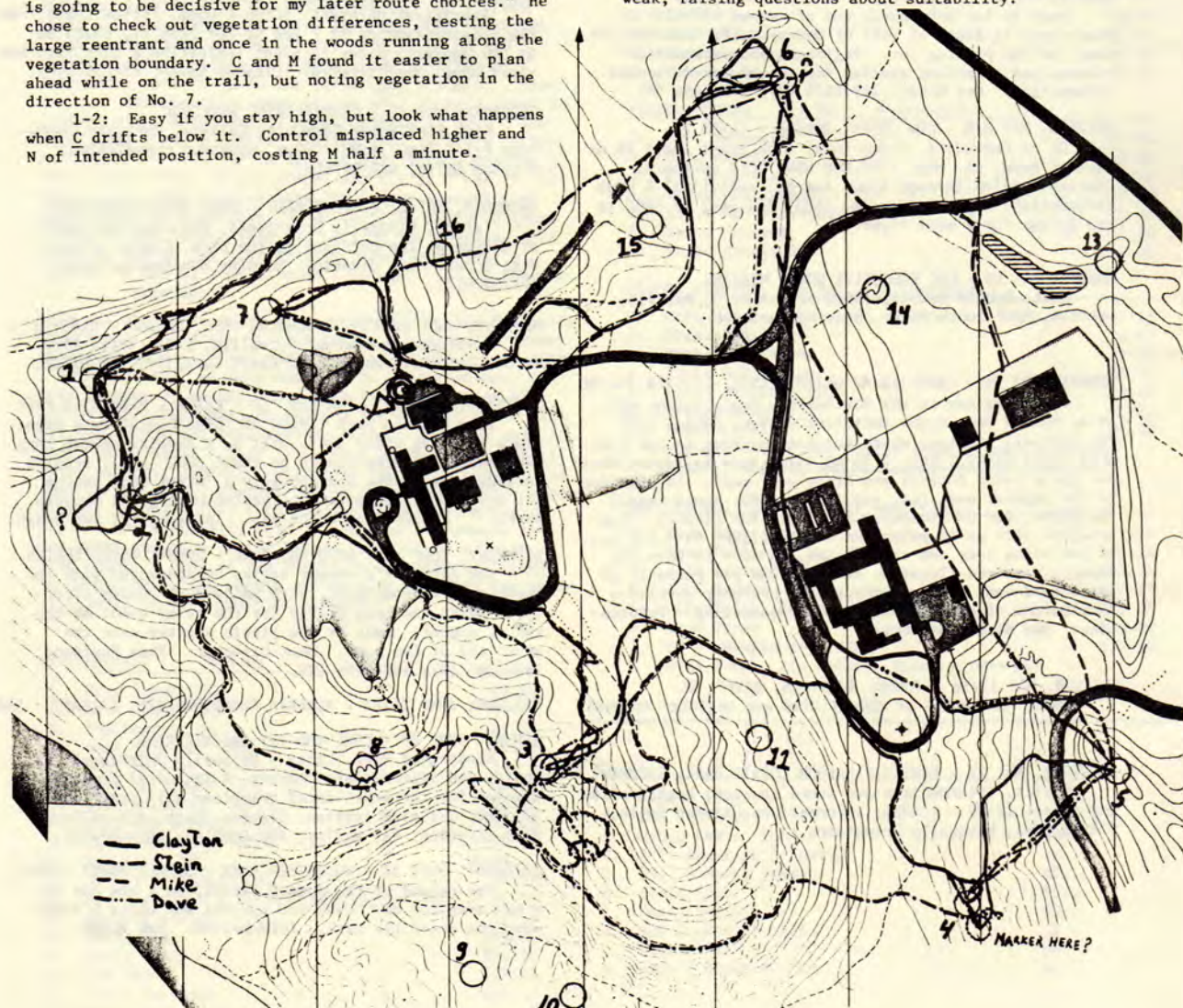
1-2: Easy if you stay high, but look what happens when C drifts below it. Control misplaced higher and N of intended position, costing M half a minute.

2-3: In his post-meet comments, C noted better course would have been 2-8-3; D in fact ruined his run by assuming 8 to be 3 and failing to find latter from below. The safe route is to come down spur from knoll, but S (as in many of his choices) more direct and probably faster. A leg 8-3 would have avoided bad dog-leg.

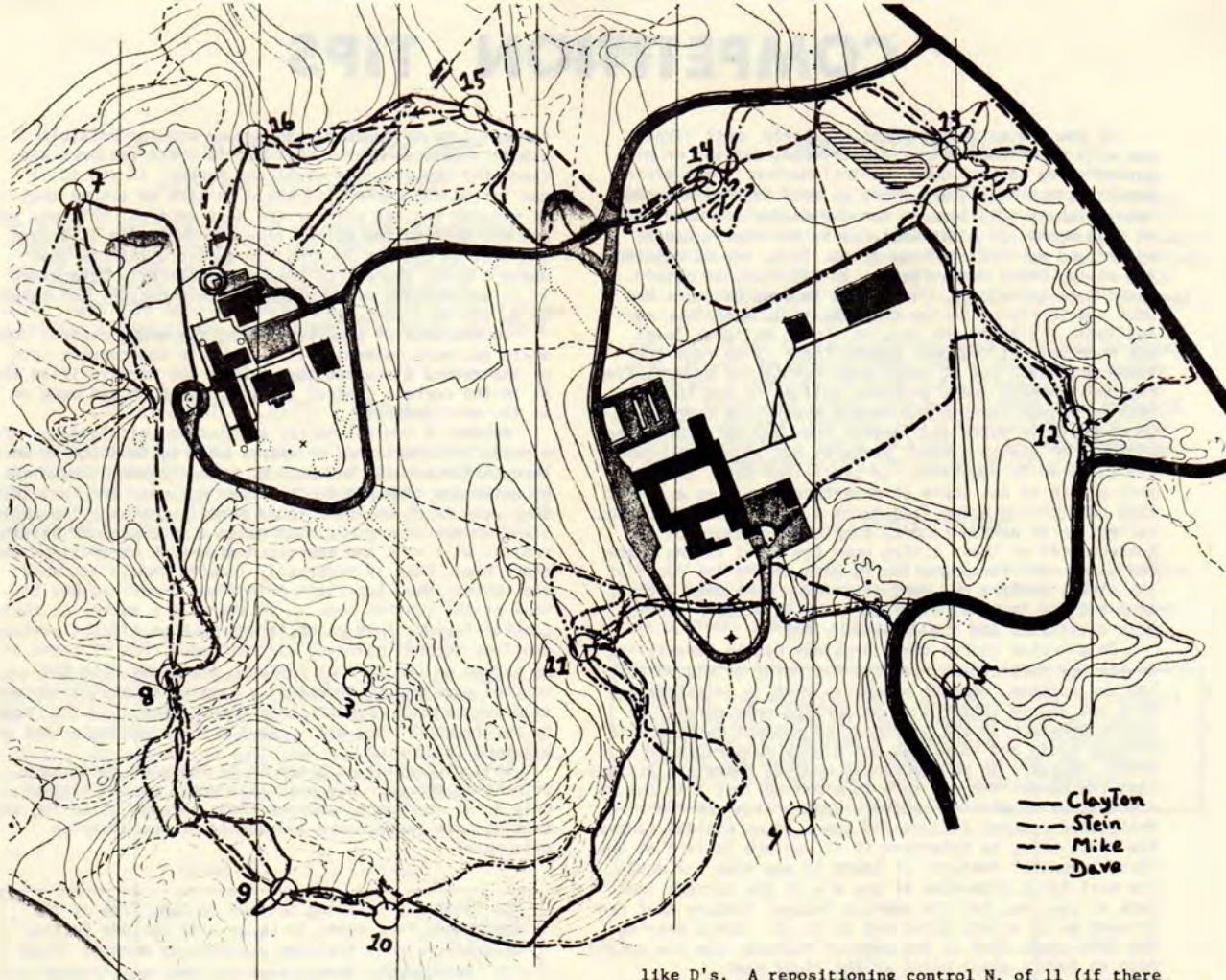
3-4: C and D could not find trail at top of ridge due to leaves on ground. S later regretted not taking rte. others did; was trying to avoid immediate climb from 3. This cost him, as he drifted to edge of map where control 4 probably misplaced in poorly mapped area (only on collecting controls did I use S's approach and discover the problem; my previous approaches had been more from N).

4-5: Wasted, energy-consuming leg unless sets up meaningful problem for next one (C notes 4-13-6 better).

5-6: Reasonable rte. choice on ends, but lost distance in middle. Road tempting, but climb steeper than map suggests. S and M possibly faster, latter esp. if had gone up spur to E. corner of field and avoided the muck NE of pump house. Control location challenging (C and M lost time here, latter up to 5 min.), but map weak, raising questions about suitability.







6-7: Where the smart orienteer profits from the course having been copied all on one map (rather than having a map change for the second loop). S probably slower than rest to 7, but scouts way to 16. C used knowledge gathered on way to 1 about runnability of last stretch into control.

7-8: Using earlier experience, S chose to stay in white leaving 7, but made costly error forcing climb back up to 8. Had 8 been farther W., would have set up over/around choice for 9 (as I had originally wanted).

8-9: Weak (vague) control location, nullifying C's technically excellent approach off small spur. M's approach via pit the one I used in placing the control, though I thought placement *vis-à-vis* spur correct.

9-10: Useful only if contributes to rte. choice problem on next leg and prevents dog-leg out of previous control. Both 9 and 10 dangerously close to edge of map, but point feature of 10 OK.

10-11: C notes "possible dog-leg leaving 11 for someone attacking 11 from the trail bend"; rtes. by M and D--QED. One of good small features used in previous meets; as D's error shows, requires care unless you attack from trail bend. Map needs more detail here.

11-12: I wanted to tempt a direct approach to 12 but did not anticipate the terrible dog-leg in a rte.

like D's. A repositioning control N. of 11 (if there were a feature for it) would have eliminated dog-leg there and might have set up better rte. choice.

12-13: One of better rte. choice problems in course, but a bit unfair to those approaching from S. since unmapped reentrant to E. of control an unanticipated trap. S regretted he had not taken M's rte.

13-14: Also a good leg requiring care. Fastest approach probably from road; error of S and C avoidable by aiming off to W. Did not anticipate dog-leg problem.

14-15: Rte. choice good; tired runners (S wasn't?) choose trail. Direct approach risks unmarked slow run.

15-16: Easy to drift S. of pit; C avoided this by looking for spur to E. of it.

Lessons learned: 1. Weak map means extra time field checking course; even then can never overdo the field checking. Avoid rut of thinking about one or two possible approaches to control; assume many and check accordingly. No excuse for so many dog-legs, although in given case with few runners, did not spoil the day.

2. Try to keep in mind key legs of course with really good problems. In making changes along the way, I weakened what had originally been some good ideas.

3. Be sure to have map change if course overlaps in way to help plan later rte. choice. Here a water control at point of map change would have been good--as C reminded me, even on a cool day, 2 hrs. dehydrates.



# COMPETITION TIPS

If you are attending meets regularly, most likely you will experience either a misplaced, missing or mis-marked(wrong control code) control marker. These errors happen at national level meets as well as regional and local club events, less so for the former and more often at club meets. In a national event, the course can be voided and national ranking points lost, not to mention the disappointed participants. In addition, an unfair element is introduced - luck, and in some cases it has been a determining factor over physical, mental or navigational skills in the results. For a national level and hopefully at regional events there is no room for these problems. But at local club events and understaffed regional events, these problems will exist due to the lack of enough experienced people organizing events. Local meets in parks and forests near populated areas are victims of stolen control markers. But in both instances the solution is education. In the latter case, the general public is not aware of orienteering and as a result that odd looking nylon flag makes a nice addition to ones collection of unusual items, completely unaware of the consequences of their action upon the event taking place. The other need for education is also within the ranks of the club's members. We need to develop more meet organizers, both in terms of experience and in numbers. In the mean time, what can the competitor do?

On a novice course these problems can be devastating to the new participant, even to the point of discouraging any further interest or involvement in orienteering. Here the course setter must be particularly careful to insure accuracy in the placement of control markers with correct codes and in places not highly vulnerable to theft. However, on more advanced courses there are actions that the competitor can take to minimize lost time due to a misplaced or missing control. Upon arrival at the designated control feature and there is no control marker, the first thing to determine is if you are in fact at the correct control feature. If there is any room for doubt, you must first determine if you are in the correct spot. Look at your map for the nearest natural feature that can be used as an attack point and go to it. Take a bearing and pace-count back to the control feature, now you should have no doubts about being at the right spot.

Ok, now you know that the control is missing, could it be misplaced on a nearby similar control feature? Assuming the course setter had placed the marker on the

correct type of feature, study your map for possible similar features nearby. Set off to these features and check for the possible misplaced marker. If you still don't find the marker, it would be safe to assume that it is missing and set off for the next control. This way you are not beating the bushes like everyone else is around the control feature looking for a control marker that doesn't exist there. You have systematically determined if it was missing or misplaced (within reason) and moved on to the next control.

In the case of a marker having the wrong control code, again you must determine if you are in the correct spot by the method discussed above. Once you have verified that it is the correct control feature, punch in and move on to the next control.

Whether a control marker be missing, misplaced or mis-marked, an experienced orienteer will systematically work through the problem and move on, not allowing themselves to waste any time due to their own actions. The last thing they want to do is loose their mental concentration while still on the course. In most cases a misplaced or missing control will void the course. A mismarked control, on the other hand, that is accurately located should not void the course. Many top-class orienteers never bother to look at the control code -- if there is a marker at their control feature they punch in and move on without wasting precious seconds checking control codes. Now if there is no marker on the correct feature, then they note the control code and systematically eliminate possible answers as discussed and move on. They do not need a control code to verify where they are -- that's the confidence that we all need to develop.

This discussion is based on my learning these same principles the hard way over five years of competition, only to be confirmed numerous times through observing and talking with experienced and top-class Scandinavian orienteers.

- C. Smith

The Technique Training Session on June 27th at the Wonderwood Park event in Lacey will include further discussion and a training exercise on control 'finding' techniques. Normal meet fee and registration at 10:00am with the training session starting at 10:30.

## ROUTE CHOICES from page 5.

4. If you are not hanging all the controls personally, be sure to have flagging properly marked so that others can (note good advice in Apr. '82 OUSA).

5. Avoid indistinct edges of map. Even if map accurate, runner should not be severely penalized for small error that takes him off of it; nor should choice of attack points be restricted.

6. Provide realistic estimate of course difficulty if it does not conform to rules for normal color designations. I had estimated 1.5 hrs. (of itself too much for "red"); I should have known better after running Anne's "orange" course the week before the meet-- it took me 40 min., about half the winning time, but I knew the control locations and the park. Don't do

unto others that which you haven't the fortitude to try yourself (I never could face my red course after doing the orange one....). Places such as St. Edward's and Big Basin place physical demands on runners that the course setter must take into account.

7. On an upbeat note, for all the flaws, those who ran the course found it a worthy challenge. We do have an accessible park that can test the experienced runner in a way many of our parks do not. Now all we need is the new map to show accurately some of that wealth of unmapped detail.

Thanks to Anne for the hours field checking and to all who ran for giving me rtes. and comments.

Dan Waugh



# 0 SHORTS

## USOF BOARD OF DIRECTORS NOMINATION FROM COC

Mike Schuh has been selected by the USOF Nominations Committee as a nomination to the USOF Board of Directors. Mike was one of six nominations selected by the committee out of 13 people that they considered. This years USOF Annual Convention in Terre Haute, Indiana will elect five of the nominations to a three year term.

## CHRISTIAN YOUTH LEARN 0

Debra McDonald arranged a special event for leaders of a Christian youth group at St. Edward's Park on February 21th. Leaders who attended included Gordy Anderson, Rob Duyker, Gary Stack, Don Snow, Steven Sanchuck, Eric Lider, Barb Miller, Kathy Savage, Ron Rohrer, Ann Lider, Dave Taylor, Martha Stein, and Anne Kelsey.

## COURSE PLANNING AT AGE 6

Never too young for course setting? Max Waugh (who celebrated his sixth birthday at a party a month later that included orienteering at Discovery Park) spent his time at the Camp Long meet designing courses. As one can see from his red course, he has inherited some of his father's sadism in such matters.... The Xes are bushes and the asterisks are mud, so he says. Mud at Camp Long?

## MOUNTAIN MARATHON

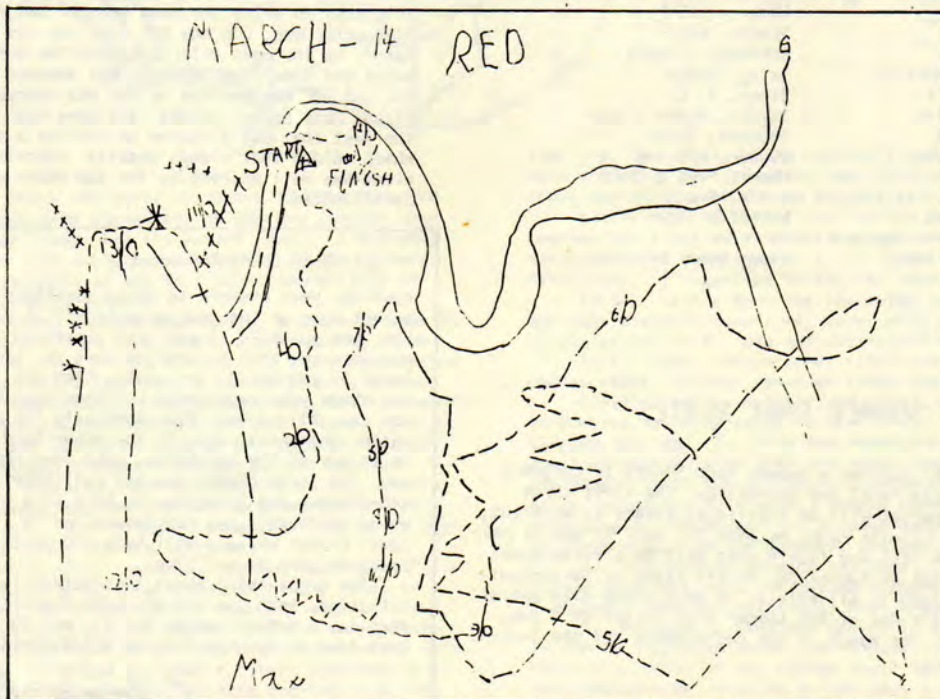
A mountain marathon is a 2-day mountain navigation race. The aim of the event is to promote high standards for all who make expeditions into the hills, testing their fitness, navigational skill, and general ability to cope in unknown mountain terrain. This unique event is for teams of two who carry their own food, clothing, and camping equipment for the duration of the event.

COC will organize a mountain marathon this year on October 3-4. It will be modeled after the BC Mountain Marathon which was first held in 1978 and has been based on the highly successful annual Karrimor International Mountain Marathon in Great Britain. COC's Mountain Marathon will have two courses, approx 10-15km/day and about 20km/day. Look for complete details in the next issue.

## CORRECTION

The last issue of BEARING 315 reported in error that Dave Enger's national ranking earned him a Silver Award. It should have correctly read that it earned him the Bronze Award which is being ranked within the top 30%.

DEADLINE FOR MATERIAL TO BE INCLUDED IN THE JULY-AUGUST NEWSLETTER IS JUNE 16. Mail photos, articles, short stories or information of 0 interest to Clayton Smith, Bearing 315 Editor, P.O. Box 1856, Tacoma, WA 98401. The next issue will be a special regional edition.





## LAST ISSUE OF NEWSLETTER FOR SOME

If your name is listed below, your membership for 1982 has not been renewed and this is your last issue of the club's newsletter. Renew now and don't miss the next information packed issue of BEARING 315. The next issue will be a special edition. Besides receiving this newsletter, current club members receive a discount on meet fees. Use the renewal form on the back of this issue.

Annin, Marnie	Marriott, Christopher
Barton, Keith	Marshall, Gwyneth & Dianna
Berting, Pat	Meyer, Dave
Boy Scout Troop 173	Meyring, Max
Boy Scout Troop 367	Mitcham, Robert
Boy Scout Troop 636	Morgan, Pat
Brown, Holly	Moy, Mabel
Brown, Mary M.	Nitardy, Paul
Butterfield, Billie	Nolte, Karl E.
Cate, Esko	Parsons, Herb
Cockle, Stephen	Patterson, Becky
Cooper, Robert & Gvn	Patterson, Gabriel & Christine
Corliss, Robert	Paulson, Anthony J.
Cox, Chuck	Perlman, M.
D'Asaro, Eric	Pernack, Cheryl
Dean, Peggy	Poole, Jim
del Moral, Shari	Powell, Walbridge J.
DeSantis, Donald & Camille	Ransom, Dana
DeVore, Andrew	Remington, Joan
Eggers, Kathleen	Rennie, Bruce & Robyn
Farash, Arthur L. CW3	Riggs, Al
Fritz, Bill & Marianne	Roedell, Michael & Carlyn
Gauthier, Paul	Rykken, Jessica
Goings, Jeanne	Saint Georges School
Hasling, Kenn	Sandwick, Robert
Huber, Elaine	Schweild, Abe
Jacobsen, Dwight	Simons, Tim
King, Dennis	Sjogren, Al
King, Frank	Skarin, Bob
Knapp, LeRoy	Sternagel, Craig
Koenig, Bob & Marcia	Stieg, Donna
Kraus, Diane, E.	Stone, J. E.
Kuipers, JoEllyn	Taylor, Randy & Beth
Lacey, Richard	Thomson, Karen
Landreville, Suzy	Turner, William
Lantz, Sue	Wemer, Fred & Cris
Larson, David G. & Lois	Wolfe, Bruce
Littrell, Linda	Wyckoff, Frank
MacDonald, Gary, Debra & Lorna	Yang, Ben
Madsen, Karen Ann	

## SUMMER PARK SERIES

Cascade OC will sponsor a Summer Park Series in conjunction with Seattle Parks and Recreation. The first three meets of the series will be individual events at Woodland, Volunteer and Lincoln Parks on June 26, July 30 and 31 respectively. The last and fourth meet will be a relay event at Woodland Park on August 28. Certificates of participation will be given to all entries at each event with awards presented at the end of the Summer Park Series on a cumulative basis. Dan Waugh is the coordinator for the series.

## N.A.C. AND C.O.C. UPDATE

The Manitoba Orienteering Association of Canada has scheduled 12 continuous days of orienteering encompassing the Canadian O Championship and the North American O Championships.

AUGUST 11 - Training event	Winnipeg
12 - A meet	Hartney
13 - Training day	"
14 - COC Day 1 **	"
15 - COC Day 2 **	"
16 - Relay meet	"
17 - B meet	Roseisle
18 - A meet **	Carberry
19 - B meet	"
20 - Training day	"
21 - NAC Day 1 **	"
22 - Nac Day 2 **	"

\*\* Meets used for awards for 5-Day O-Ringen.

Top-rated International Elite orienteers will compete in the Manitoba events. Øyvind Thon, two times World Champion, and Brit Volden, current World Woman Champion runner up, both from Norway will be competing in the COC as well as Eric and Ann Westerlund of Sweden. Eric is a top-class elite orienteer and Ann has placed in Swedish National and World Championships, both as an individual and in the relays.

## HATTER CREEK CLASS B MEET

Just prior to press time, news was received on the 2-day Class B meet at Hatter Creek, Idaho on April 24/25. Mark Hartinger, Dave Enger and John Huth from COC along with Peter Kehoe, Gregg Ferry and Jeff Lewis from OCC made the trip east to enjoy the good weather and run on an updated four color map. COC and OCC tied for the Meet Champion Award, so the meet officials used the teams total time to break the tied score and OCC was awarded the Meet Champion. COC and OCC members ran on the Red course with Jeff Lewis, first; Dave Enger, second; and John Huth, fourth. Despite the fact that day 2 course on Red had a technical problem which voided that's days results, reports were that the event was well enjoyed by the two dozen or so people who participated.

### EDITORIAL COMMENT from page 2.

consider your answers to these questions; Is it fair to expect more of the meet organizers? If your answer is Yes, ask yourself if you have organized a similar event and were you able to provide what you are expecting from them? If you answer Yes again, then ask yourself if you can share your experience and knowledge with them? If you can still answer Yes, then help the meet organizers rather than criticize. On the other hand if you answered No to any of the questions, take your comments home with you. The first chance you get call your club's event coordinator and volunteer to help at a club event. Keep doing that until you can answer Yes to all three questions. Either way you will help rid meets of those very problems that no one likes.

The great thing about this method is that in either situation, both you and the meet organizers will go home that day a better person for it, not to mention what has been done to further develop orienteering.

*O-Regards, Clayton*



# MEET RESULTS

## CARKEEK PARK

February 27

This was the first attempt that I know of in the Cascade Club to run a route orienteering course. Some lessons learned: 1) It is a valuable training exercise which sharpens one's sense of where one is on the map.

2) It requires a lot of time to set up the course because numerous streamers must be placed in the woods, preferably not in an exactly straight line.

3) There were not enough streamers at the Carkeek meet and competitors took too much time looking for where to go next.

4) The number of controls that will be on the course should be announced. At the Carkeek meet, the competitors came to the last control but had no way of knowing they were done except for the fact that they couldn't spot any more streamers and so they returned to the finish area.

Meet assistants: Harvey Friedman

Anne York

Meet director: Jean Davis

### WHITE 1 km 8 controls

1. Steve Ellis	43:00
2. Larry Cheatham	43:11
3. Max & Marine Waugh	53:21
4. Sharon Ellis	64:24
5. Vic & Linda Rantala	105:00

### YELLOW 1.6 km 7 controls

1. Mike Schuh	(no punch card turned in)	23:36
2. Eric D'Asaro		30:42
3. Brad Payne		31:40
4. Lorna Williamson		35:00
5. Jessica Rykken		38:36
6. Scott Elich	(no punch card turned in)	45:05
7. Ron Purbaugh		45:49
8. Diane Magasich		49:12
9. Barbara Pedersen		52:00
10. Nancy Lewis		58:30
11. Maggie Barnicut		86:19
- Mike Meins		DNF

### ORANGE SPECIAL (route orienteering)

Dan Waugh	38:34	Control #4 off 14mm
penalty	14	
	52:34	

D. Newell	42:13	Control #2 off 15mm
		#4 off 5mm
penalty	24	#7 off 4mm
	66:13	

M. Waugh	77:02	Control #2 off 8mm
penalty	11	#3 off 3mm
	88:02	

Anne York	57:20	Control #4 off 3mm
penalty	6	#5 off 3mm
	57:20	

Ran the course backwards and missed #7  
DNF

## CAMP LONG

March 14

The first meet in a new area for COC drew 32 orienteers, no rain and some sunshine. Camp Long is quite small but sufficiently brushy and hilly to allow some interesting control placement. Our patented PNW mud adds challenge, especially on the trails. The new 1:2400 b/w map (the color version has been drafted and should be ready for our next meet here) caused some confusion because of its small scale. On the eve of his departure for Norway, Stein Sandven designed the courses, which Tor Torreson and I then field checked. The green course featured a new master map after the seventh control. Thanks to Dan Waugh, Harvey Friedman and Anne York for their help.

Eric D'Asaro

### WHITE COURSE 1 km. 6 controls

1. Scott Jones	24:17
2. Maggie Barnicut and Francis Miller	24:25
3. Susan Aspinwall	25:06
4. Anderson Family	30:01
5. Max and Marina Waugh	34:25
6. Tom Johnson	47:02
Frank Hernandez--DNF	

### YELLOW COURSE 2.4 km. 10 controls

1. Scott Jones	38:06
2. Mark Hartinger	42:08
3. Scott Elich	44:35
4. Diane Magasich	45:12
5. Francis Miller	49:58
6. Marina Waugh	60:31
7. Carol Johnson	62:10
8. Maggie Barnicut	64:31

### GREEN COURSE 3.8 km. 15 controls

1. Mike Schuh	42:23
2. Scott Elich	59:47
3. Harry Morgan	61:21
4. Mark Hartinger	62:00
5. Joan Gamble	66:47
6. Debbie Newell	67:02
7. Anne York	76:15
8. Harvey Friedman	76:57
9. Jim Golden	80:19
10. Lorna Williamson	81:05
11. Bill Taylor	83:00
12. Brad Payne	93:05
13. Barbara and Gary Pedersen	98:27
14. Nancy Lewis	153:00
Jean Davis--DNF	

Scott Elich	49:20	Control #2 off 16mm
penalty	19	#4 off 3mm
	68:20	
Missed #7 somehow		
	DNF	

H. Friedman	82:22	Control #4 off 5mm
penalty	8	#7 off 3mm
	90:22	

Didn't punch card  
DSQ



# MEET RESULTS

## FORT STEILACOOM COUNTY PARK

MARCH 27

Driving up to the entrance to Fort Steilacoom County Park early Saturday morning I was amazed at all the activity. There was cars, vans and RV's everywhere, not to mention the hundreds of athletes walking and running back and forth on the play fields. The large banner that no one could miss as they drove into the park proudly proclaimed that this was the site of a large soccer play off. As we drove along the park road we were flanked to the left with several rows deep of campers and RV's parked on the grass and to the right were a couple of dozen soccer fields all busting with activity as young soccer players warmed up for the upcoming championship matches. I drifted in and out of reality and a dream world as we continued to drive down the road. At times I saw hundreds of soccer players warming up on the soccer fields and then in a haze I saw hundreds of orienteers warming up on the large open field.....someday.....somewhere that hazy vision will be very clear and distinct right before me. I know, because it wasn't the first time I had a similar feeling, and in every instant in the past what I saw in such as hazy became reality at some future time. It was always exactly as I saw it, almost as if I was looking into the future through some time tunnel or something. As we left the soccer players behind us and turned into the parking lot where we were going to set up the start/finish area for the day's events, in the back of my mind I thought.....someday.....somewhere!

This was the first event to be organized by the Nisqually Orienteers. I quickly started to set a novice and intermediate course that was redesigned the night before after I found out that we were not able to borrow as many control markers as we had hoped. The first person on the novice course was able to start a few minutes later than planned, while the intermediate runners were not able to start until about a hour later than planned. My appreciation to their patience. Despite a few light showers and some strong winds, several people came from Seattle (COC) as well as a van full from Pullman (WSU-Palouse Empire OC). It was especially good to see some new people to the sport who live in the Tacoma/Lacey/Olympia/South King County - home of the Nisqually Orienteers. Thanks to Nancy Lewis, Tom Hardin and my wife, Dorothy for their assistance in meet administration.

- C. Smith

### INTERMEDIATE 4.5 Km

1. Mike Schuh COC	43:58
2. Dave Enger COC	**46:--
3. Tom Hardin NO	47:33
4. Jeff Heilman PEOC	50:48
5. Dave Saffold	54:--
6. Mark Hartinger COC	56:12
7. Dave Richards PEOC	58:47
8. Jennifer George PEOC	59:55
9. Ed O'Shaughnessy PEOC	**60:00
10. Ann York COC	**68:--
11. Harvey Friedman COC	74:13
12. Ron Cleveland & Dorothy Moushegian NO	85:18
13. Manuela Winter PEOC	87:14
14. Scott Shaw	108:06
15. Monty Smith	109:18
16. Jim Shaw	112:13
17. Rosie Harrison	122:20

## SEWARD PARK

March 28

About 30 registrants, including visitors from Pullman and Ellensburg, participated on a day that even saw the sun appear. Course setters John Vraspir and Peter Guttorp followed the example from last year of having two maps for the red course, so that it didn't have to cross itself. Apologies for misprinted control code on the clues for the yellow course. Thanks for meet assistance to Les Brisbois, Scott and Steve Stull, Jean Davis, June Morita and the crew from Pullman.

Peter Guttorp

### WHITE COURSE 1.9 km. 7 controls

1. Thor Sorensen	19:45
2. Ryan Hileman	31:05
3. Anderson family	60:36
4. Max and Dan Waugh	64:16

### YELLOW COURSE 2.5 km. 9 controls

1. Thor Sorensen	37:22
2. Ryan Hileman	40:36
3. Les Brisbois	51:50
4. Lorna Williamson	62:18
5. Scott and Steve Stull	78:20
6. Carol Johnson	85:28
7. Rosie Harrison	139:02

### ORANGE COURSE 3.0 km. 10 controls

1. Mark Hartinger	47:25
2. Diane Magasich	76:15
3. Barbara Pedersen	77:30
4. Lorna Williamson	84:27
5. David Saffold, PEOC	89:25
6. Marina Waugh	91:25
7. Nancy Lewis	92:00
Jennifer and Chris George (PEOC), Dave Richards (PEOC), Manuela Wohter (PEOC)--DNF	

### RED COURSE 5.9 km. 19 controls

1. Dave Enger	75:55
2. Tony Paulson	81:25
3. Jeff Heilman, PEOC	103:14
4. Joan Gamble	117:17
5. Dale Width, EOC	119:56
6. Brad Payne	140:08
7. Ed O'Shaughnessy, PEOC	157:38
Mike Schuh, Jim Golden, Scott Elich--DNF	

### NOVICE

1. Eugene Elzy	30:--
2. Ron Cleveland	35:--
3. Nancy Lewis COC	40:--
4. Bill Anderson & Family	46:--
5. Bill & Marcy Eckmann	47:--
6. Scott Shaw	52:--
7. Monty Smith	59:--
8. Bob & Kristin Skrin	65:--
Dean Mills	65:--
9. Leni & Bruce Skarin	68:--

\*\* missed one control - mismarked on master map.



## DISCOVERY PARK

April 10

Beautiful weather encouraged 35 people to register for the novice, intermediate and score courses. As an attraction for kids, the novice course was a "Holy Eggs" event, with paper eggs hung on each control for each finisher to collect and exchange for candy eggs. [Ed. note: The dozen members of Max Waugh's birthday party had a ball with the course. How about treating your kids to an orienteering birthday party? The club will be happy to design a special event for the occasion.] The score course was a challenging one--31 possible points for 19 controls and a 30-minute time limit. Only one finisher reached all the controls, but with a 9-minute time penalty.

Thanks to Keith Barton for the courses, and to Steve Uhrich, Roger St. John, Mike Schuh, Dave Enger and Marina Waugh for meet assistance.

Susan St. John

### NOVICE

1. Colin Green and Mike Fialkow	7:25
2. Peter Golde	11:36
3. Gail Stone	14:27
4. Wyckoffs	14:32
5. Ian McCrystal	19:50
6. Waugh team 1	20:58
6. Waugh team 2	20:58
8. Holli and Rae-Lyn Allen	22:17
9. Josh Yang	25:31
10. Robert Clark	27:49
11. Scott Stull	33:37

### INTERMEDIATE

1. Mike Fialkow	25:09
2. Lorna Williamson	29:05
3. Rob Corkran	29:50
4. Alistair Borchert	31:26
5. Brad Payne	33:42
6. Colin Green	33:45
7. Diane Magasich	34:20
8. Maggie Barnecut	35:58
9. Al Sjogren	39:58
10. Wyckoffs	40:54
11. Roger St. John	41:13
12. Ian McCrystal	41:53
13. Peter Golde	46:10
14. Robert Clark	47:21
15. Steve Stull	47:34
16. Josh Yang	51:52
17. William Anderson	52:53
18. Mark Balderrama	55:15

### SCORE

	points
1. Mark Hartinger	26
2. Jeff Kelly-Clarke (9 minute penalty)	22
3. Kent Verbeck (3 minute penalty)	21
4. Corrie Fiedler	20
6. Lorna Williamson (1 minute penalty)*	20
6. Benjamin Yang	19

## WONDERWOOD PARK

April 17, 1982

Lacey

Lacey Parks & Recreation and the Nisqually Orienteers joined resources to sponsor the first orienteering meet in Wonderwood Park in Lacey. A black and white, 1:2,500 map of the 40 acres community park was used. Two different novice courses of approx 1.6 Km each with 10 controls was set. The score course used all 20 controls that were set throughout the park and was a good control picking training exercise. How was the park? Debbie Newell called it "wonderful", hummmmm was that how ie got it's name? The event made news coverage in two Lacey-Olympia newspapers. Thanks to Jim Sheler in addition to Alex Shaw and Mike Hansen from Boy Scout Troop 438 who handled meet registration (while working on their Orienteering merit badge). Thanks also to Linda Hendricks for timing, Clayton Smith for course setting and Mike Schuh for assistance in novice inst instruction.

- Pat Malloy

### NOVICE COURSE 'A' 1570 meters 10 controls

1. Anders Backlund, Jr	23:46
2. Diane Kraus	28:49
3. Alison Berryman	31:22
4. Arthur Morse	31:49
5. Dorothy Moushegian & Ron Cleveland	33:11
6. Anders Backlund, Sr	33:24
7. Steve Erwood & Rita Venz	37:05
8. Vickie Graham	37:47
9. Rae-Lyn & Holli Allen	44:34
10. Mark Allen & Marti Handler	50:13
11. Carol Cumming	51:01
12. La Rae Ross	59:07
- Jason Bergman	(62:10) DNF

### NOVICE COURSE 'B' 1630 meters 10 controls

1. Vicki Graham	21:10
2. Ken Worthy	34:58
3. Trudy Raleigh, Jan DeLong & Paula Hoffman	35:21
4. Jan Stewart	38:30
5. Judy Phelps	40:58
6. Gerald Lundt	41:06
7. Pam Holden	44:36
8. Fabritus Family	52:56
9. Bob & Marcia Phelps	57:21
10. Jim Bennett	65:40
11. Brenda Patterson & Steve Manger	107:19
- Eric Bergman	(48:09) DNF

### SCORE

	20 controls
1. Mike Schuh	15:01
2. Mark Hartinger	19:30
3. Debbie Newell	21:30
4. William Anderson	28:26



# Cascade Orienteering Club

MEMBERSHIP APPLICATION

Check one: ☐ New Member ☐ Renewal

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

☐ Family \$10.00 ☐ Individual \$7.00 ☐ Associate (under 18 years) \$4.00

If family membership, list other members;

\_\_\_\_\_  
\_\_\_\_\_

Send application and check payable to the Cascade Orienteering Club by mailing to COC, PO Box 31375, Seattle, WA 98103

Time Dated Material

Cascade  
Orienteering  
Club  
P.O. Box 31375  
Seattle, WA 98103

BULK MAIL



\*\*\*\*\* STOP PRESS \*\*\*\*\*

Due to the newsletter's budget, which limits the size of each issue, there was not sufficient space to print the two articles on 'Family Orienteering' and 'Intercollegiate & Junior Scholastic Orienteering'. Both articles will be published in the next issue.

- Editor

## United States Orienteering Federation

APPLICATION FOR MEMBERSHIP

Date \_\_\_\_\_

I hereby apply for membership in the United States Orienteering Federation. I understand that I am entitled to all benefits of the organization, including membership in the International Orienteering Federation.

LAST NAME	FIRST NAME	SEX	YEAR BORN

[If a family membership, please list other members]


ADDRESS		PHONE (   )	
CITY	STATE		ZIP
LOCAL USOF CLUB			

A. I am applying as (check one): ☐ a member of a USOF club ☐ a member-at-large

B. Check type of membership and pay either	club rate	-or- at-large rate
<input type="checkbox"/> individual.....	\$8.00	\$10.00
<input type="checkbox"/> student (age 18 or younger).....	\$4.00	\$ 5.00
<input type="checkbox"/> family.....	\$12.00	\$15.00
<input type="checkbox"/> lifetime (individual).....	\$125.00	\$125.00
<input type="checkbox"/> contributing (minimum amount).....	\$40.00	\$40.00

C. Check one: ☐ new member ☐ renewal TOTAL AMOUNT \$ ENCLOSED

D. Please send application with a check payable to the UNITED STATES ORIENTEERING FEDERATION, and mail to: USOF, PO Box 1039, Ballwin, MO 63011. (note: memberships expire one year from date of receipt by USOF. For renewals, membership is for one year from the expiration date shown on the front of your card.) 12/81

The United States Orienteering Federation is constantly trying to better serve its members but to do that takes money. In addition to membership dues, donations to the Federation are always welcome. All contributions are deductible from your federal income taxes under IRS section 501 (c) 3. As an added incentive, for any donations of \$20 or more, you will receive ORIENTEERING USA by first class mail for the next year.

"YES, I would like to help. Sign me up as a sponsor of 0-USA. Enclosed is:  
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