

Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

July/August 1998

1998 Pacific Northwest Orienteering Festival

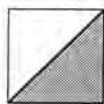


U.S. Classic Championships • U.S. Relay Championships
Cle Elum, Washington

Registration deadline for competitive US Champs events at Cle Elum is **July 25th**. Recreational folks are welcome to register right up to the day of events August 7th, 8th and 9th. Of course, early registration by all is much appreciated by organizers!

Almost all volunteers are going to be able to run as well as help out. But, there are some positions that necessarily would conflict with competing. Like placing water on the courses or driving a shuttle for older and younger folks. So... if you have friends or family members that do not intend to compete, but would like to help out, please ask them to contact me: breseman@msn.com or (425) 483-6592. Thank you!

Rick Breseman
Meet Director



News and Notes

USOF 1997 Rankings

Bill Cusworth, USOF Rankings Coordinator

For those of you who have been waiting for the 1997 USOF Rankings, I am happy to report that I have made great progress in the last few weeks and have processed all US and Canadian

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A-meets (this is the first time that all Canadian A-meets have been included). I have calculated rank points for the Blue and Red courses and I have determined USOF member status and credit days for M21A and F21A only. I am currently working on the other courses and classes and estimate them to be finished July 6. In the interest of keeping this message short, I have included below just the top 10 in the M21A & F21A classes. The full list is available at: http://weber.u.washington.edu/~bill3/usof_rankings.html

Rank	Name	Club	# Races	Rank Pts	Time Rank
M21A (Blue course)					
1	Mikell Platt	RMOC	5	104.3	67:05
2	Andy Dale	CROC	4	99.9	70:03
3	James Scarborough	BAOC	5	95.8	73:05
4	Eric Bone	COC	7	94.9	73:46
5	Vladimir Gusiatsnikov	OCIN	23	94.6	73:59
6	Andreas Cruiger	NTOA	5	93.0	75:17
7	Mihai Veres	SVO	14	92.4	76:32
8	Michael Eglinski	OK	8	91.4	76:32
9	Joe Brautigam	WCOC	8	90.5	77:18
10	Greg Balter	HVO	22	88.7	78:57
F21A (Red course)					
1	Peggy Dickison	OK	9	76.8	78:08
2	Pavlina Brautigam	WCOC	13	76.1	78:48
3	Sandy Stripp	AL	6	69.8	86:00
4	Sharon Crawford	RMOC	20	68.8	87:12
5	Kris Harrison	QOC	12	67.9	88:19
6	Beatrice McBride	RMOC	8	67.8	88:33
7	Karen Muffatti	WCOC	10	67.5	88:49
8	Penny DeMoss	BAOC	9	64.7	92:41
9	Karen Williams	DVOA	5	63.5	94:26
10	Debbie Newell	COC	8	62.3	96:19

1998 Nike World Masters Games

Glen Cafferty, Orienteering Commissioner

The Nike world masters are desperately trying to attract additional orienteers to the World Masters Games, 10-14 August, in Portland Oregon and Goldendale Washington. In addition to offering complementary registration to all Officials (we still need additional volunteers), they are offering a limited number of complementary registrations to orienteering groups of two or more orienteers.

Registration forms can be downloaded and printed from the website, "<http://www.worldmasters.org>".

Books on O

Harvey Friedman, Cascade Orienteering Club

With many new folks recently joining Cascade O. C., it is time to once again list books readily available at bookstores.

1. Be expert with Map and Compass by Born Kjellstrom 1976 Charles Scribner's Sons ISBN 0-684-14270-8 excellent for beginners, written at level for Boy Scouts
2. The Penguin Book of Orienteering by Roger Smith 1982 Penguin Books --- for adult beginners, contains British O history
3. Orienteering for Sport and Pleasure by Bengtsson and Atkinson 1977 The Stephen Greene Press ISBN 0-8289-0270-4, available at many branches of Seattle Library, more detail on how to improve your skills than 1) & 2)
4. Orienteering by John Disley 1978 Stackpole Books ISBN 0-8117-2023-3 --- similar level as 3), similar British style as 2)
5. Cross-country Navigation by Phillips, Phillips, & Foley 1989 --- written by Australian rogainers, it may still be available locally

There are more specialized books which folks who go to Class A meets have brought back with them or they are available by mail from the O vendors such as A&E Enterprises or Orienteering Unlimited.

Sacajawea does Training!

Frank Skorina, Sacajawea Orienteers

Sacajawea Orienteers' most used map is our newest map. First printed in April 1998, it is in Columbia County, Washington (pop. 4000) and travel to a big town is a 75 mile trip to Walla Walla or slightly longer to Pullman. The map covers a modest 0.15 square km at a scale of 1:2000 and is printed in a single color.

The map is of the Camp Wooten Environmental Learning Center on the Tucannon River in the Umatilla National Forest. School districts often rent the camp for the better part of a week, frequently for their 5th or 6th graders. I help out those schools by introducing the kids to map reading and the hunting for orange and white flags.

My instruction is fairly basic. I wipe their puzzled looks off their faces by explaining what orienteering is. I entertain them with the "Orienteering, All Welcome" video. I show them equipment and maps and orienting. And by

that time I hope they are squirming in their seats to do an eight-control score-O.

This year I have had three groups for a total of 388 participants, and have one group scheduled for the fall. I try to balance helping the schools and introducing more of the masses to orienteering with taking a day off of work. So far it is working and it is great fun to be with the kids.

Date	School District	#
April 23, 1998	Dayton, Touchet, Starbuck	102
May 7, 1998	North Franklin County	165
May 27, 1998	Prosser	121

Help Wanted

Interested in a career in mapmaking? Walker Associates has a position available in their graphics editing department. Looking for someone with experience in AutoCAD, OCAD, or MicroStation. Send resumes to:

Walker Associates, Attn: David Tomita
12652 Interurban Av. S.
Seattle, WA. 98168
fax: 206-244-2333
or e-mail: walkemap@walkemap.com



Upcoming Events

University of Washington: Canoe and Foot Orienteering

On Sunday July 12, we will have a combined foot/canoe orienteering event using both the Union Bay and University of Washington Maps. You can do either the land course, or the canoe course or make a duathlon and do both. Land courses will be beginner (0.7 Km), and short and medium intermediate (3 and 4.2 Km) Canoe rentals are available at the University Waterfront Activities Center (WAC), for \$5.00 per hour for non students. You can rent a canoe anytime after 9 am on Sundays. The WAC is located on the eastern side of the University parking lots E11 and E12 which are on the south side of Husky stadium. There is normally no charge for UW parking on Sundays. Starts will be just southwest of the WAC, near the climbing rock, from 10 am till noon. Meet Director and Canoe Course: Rick Hood. Land Courses: Don Atkinson



Presidents Column

by Rick Hood, COC President

While there are many great O options this summer, COC is really gearing up for the United States Orienteering Federation Championships, hosted by us August 7-9 on our new maps in the Cle Elum area. This event will be a lot of fun, whether your aim is to shoot for a championship medal, to meet orienteers from across the US, or to just enjoy a great course on a good map. We really hope you are planning to be a part of this event.

So, sign up now. If you need a form or have some questions, please call Bill Cusworth at (206) 789-1346. Better yet, if you would like to help, please call Rick Breseman at (425) 483-6592.

Congratulations to Eric Bone. He must have a thing for "vice". Not only is he the VP of COC, but he has just recently been elected the VP for Competition for our national organization, USOF. (It is also rumored that he watches "Vice-Squad" on TV.)

Speaking of congratulations, USOF gave a big "thumbs up" to Mike and Vivien Fritz. The national organization president, Gary Kraght, awarded Mike and Vivien a "President's Award" for outstanding volunteerism at the Veteran's World Cup last fall in Minnesota. (You can pass along your own congratulations: Mike and Vivien will be working the finish at the US Champs next month.)

Changing directions, you might have noticed our hotline machine has been acting up a bit; sorry for this. As soon as we find a machine that will meet our needs, we will replace it. (You might be interested to know that the state orienteering organization, WSOA, was kind enough to award us a grant to do such.) Meanwhile, when you call (206) 783-3866, the main mailbox will have the information about our next few meets.

Oh, there is some truth to the rumor that Bearing 315 Editor, Don Denbo, will be including some photos of the US Champs in the next issue. However, the BEST way to experience the champs is first hand; see you there.



Meet Results

Western Washington University

April 26, 1998

Bellingham, WA

Chuckanut Orienteering Club

Meet Director: Ken Klepsch
Course Setter: Roger Mertens
Registration: Johanne Klepsch
Timing: Johanne Klepsch
Permission: Tjalling Ypma

This meet didn't make the March/April 315 in time. However, the local publicity was sufficient that I thought we would get a better turnout. We also plan on contouring and updating this map, really! Thank you Halters. Roger Mertens took his first shot at designing and setting courses; he performed well under pressure. For those of you that don't know Roger, one of his many volunteer activities is working with Greyhound Pets, Inc. Finding homes for these gentle, retired racers is a real labor of love.

Course 1 (5 controls)

Johanne Klepsch	20:24
Lisa Halter & children	31:18

Course 3 (13 controls)

Ken Klepsch	36:55
Howard Halter	37:17

Moran State Park

May 2, 1998

Orcas Is., WA

Cascade Orienteering Club

It was a beautiful sunny yet cool day up top Mt. Constitution. Robert and I placed 27 controls and participants had 90 minutes to find as many as they could in any order they wished. Several runners nearly got all controls. Penalty for arriving back late was one control per minute overtime. As course designers our goal was to set up a choice of legs and make it challenging by using one of a set of parallel features.

There is no easy way to set beginner courses, in this area, so we held a training clinic for those just starting out in orienteering. I want to commend all the juniors who participated in this meet. Moran State Park is a very challenging area due to the fact that the map has a lot of detail. All of the Juniors did very well with this tricky navigation. Thanks to all those listed below who volunteered their efforts.

Meet Director: Sandy Kish Miller
Course Design: Robert Miller/Sandy Kish Miller
Registration: Bill Cusworth
General Help: Marjorie Stratton
Marker Pickup: Don Atkinson, Lawrence Griffith, Bill Cusworth, Paul Hoopman, Tracy Doherty, Tony Lathan, Jim Doggett, Sarah Lillis, Travis Egbert, Anna Orr, John Faubion, Ginger Stratton, Peter Golde, Dan Waugh

Participant	#	time	Score
Jan Urban	26	85:24	26
Paul Hoopman	25	88:25	25

Rick Breseman	25	90:40	25
Peter Golde	23	89:50	23
Bill Cusworth	25	93:50	22
Don Atkinson	21	90:50	21
Ardis Dull	15	83:45	15
Dan Waugh	14	88:45	14
John Faubion, Jim Doggett	15	92:00	13
Kean Williams	13	89:45	13
Travis Egbert, Lawrence Griffith	12	77:20	12
Robert Stratton	10	86:05	10
Ken Lew	10	90:25	10
Larry Stratton	9	86:05	9
Jerry Huges, Tony Latham	8	85:45	8
Chris Franklin	7	84:40	7
Tracy Doherty	12	95:30	7
Sarah Lillis	12	95:30	7
Ginger Stratton	10	94:00	6
Anna Orr	10	94:00	6

Beginner Clinic (5 controls)

Ryan Breseman
Greg Latham
Lisa Latham
Marjorie Stratton

Washington Park

May 3, 1998

Anacortes, WA

Chuckanut Orienteering Club

Meet Director: Ken Klepsch
Course Setter: Bill Green
Registration & BBQ: Johanne Klepsch
Timing: Bill Green & Roger Mertens
Control Pickup: Bill Cusworth, Tracy Doherty, Sarah Lillis

With great weather and a contingent coming back over from Moran State Park, this was the most enjoyable event I've worked with CHUCKO. Bill Green took the heat off of me by designing and setting the courses, printing legible description sheets, and eliciting feedback from the participants. Everyone waited to see if Bill Cusworth could overtake Paul Hoopman for top finisher on Course 4. Despite finding the local brewpub the night before, Bill surged ahead by 3:25. We wouldn't mind combining this event with Moran St. Park again.

Course 1 (1.9 km, 6 controls)

Mark Nihart	32:45
Ryan Breseman	42:56

Course 2 (2.7 km, 8 controls)

Paul Sissel	34:23
Don Denbo	50:22
Tyler Fredrickson	55:12
Minor family	79:00
Linda Leja	90:19
Forgrave family	117:00
Vargo family	124:10

Course 3 (3.6 km, 10 controls)

Fred Veler	52:28
Neil Smith	69:08
Sandy Kish-Miller	80:20
Erik Pearson	80:52
Sarah Lillis	82:13

Tracy Doherty	82:13
Lael Smith	82:56
Harvey Friedman	86:30
Bruce McAlister	95:38
Michael Pope	99:50
Anna Orr	107:12
Doug Sohn	110:00
Ypma family	169:20
Larry Keller	193:50

Course 4 (5.1 km, 13 controls)

Bill Cusworth	65:59
Paul Hoopman	69:24
Roy Parker	79:19
Debbie Newell	81:54
Robert Miller	86:00
Rick Breseman	91:12
Kean Williams	105:04
Chris Franklin	105:08
Ken Lew	120:00

Rooks Park

May 10, 1998

Walla Walla, WA

Sacajawea Orienteers

Meet Director & Course Setter: Frank Skorina

The facilities at Rooks Park did not actually open for a few days, but along the road leading into the park, there are plenty of parking places and a good place to set up meet central from the back of a van. This means that the starts were slightly off the north end of the map. For the advanced course, I placed control No. 9 just a few meters from the southern end of the map. This psychological ploy of requiring participant to completely traverse a whole map did not slow Sergey Velichko, as he showed a superior physiological and cerebral capacity, blazing through the advanced course in 42:42 for an average rate of 5:42 per km.

To put this into perspective, imagine running along on flat pavement at a nice 5:00 per km (8:00 per mile) clip. Now take away the pavement and replace it with knee high grass between a few trails in rolling hills. Your way is not marked (no crossing guards here) so you need to carry a map with the 14 check points listed. Now add 15% to 30% to the distance because the best route may not be the bee-line. Would that increase your average rate by more than 42 seconds per km? It certainly would mine.

Velichko, coming from Boise, wanted to make the most of his trip so was not content with just the advanced course. He also did the intermediate and made a run on the beginners course, finishing with an unofficial time of just over 8 minutes.

Also on the long course was first time orienteer Adam Fyall, a Benton County planner and triathlete, training for the Canadian and Swiss Ironmans. He gave up on two controls citing a lack of patience, something perhaps lacking in triathlon training. Club member Chris Howard also missed a control, needing to arrive home not too much later than his promised arrival time.

On the intermediate course, WW High School Freshman Mark VanDonge needed to make up some of Mrs. See's PE classes due to an emergency

appendectomy earlier in the year. Dan Varheis came up from Pendleton and used the course to loosen up his hips and joined local Dennis Mahaffery. It was the first meet for the three and we hope to see them again soon.

We also welcome the Hamilton family as new members.

Advanced Course (7.5 km, 14 controls)

Sergey Velichko	42:42
Chris Howard (11)	DNF
Adam J. Fyall (3,13)	DNF

Intermediate Course (4.4 km, 12 controls)

Mark VanDonge	46:34
Roberta Fothergill	59:40
Dan Varheis	139:00
Sergey Velichko (2nd course of day)	(26:49)
Matt See (10)	DNF
Gayle See (10)	DNF
Dennis Mahaffery (10)	DNF

Beginners Course (1.7 km, 8 controls)

Darci, Dan, Zak Hamilton, & Donna Kennedy	32:15
Erik, Matt, Russell Skorina, & Holly Howard	34:41
Andrea Anderson	37:21

Wallula Junction

May 23, 1998

Wallula, WA

Sacajawea Orienteers

Meet Director & Course Setter: Ivar Husa

Ivar served us up a grand meet on a new map with long, real long courses. There were lots of minutes on the advanced and intermediate courses with everyone enjoying at least two hours of navigation under sunny, breezy skies.

Advanced Course (12 km, 18 controls)

Frank Skorina	120
Bob Gruel	129
Michel Billaux	136
Sonny Elsasser	152

Intermediate Course (7 km, 14 controls)

Kim Oakes	120
Liliane Billaux & Christine Lecoeuvre	131
Darci, Dan Hamilton, & Donna Kennedy	150
J. Marie Lemaitre (10)	DNF

Beginners Course (1.7 km, 8 controls)

Erik Husa	37
Christine Husa & Sue Husa	55
Anais Lemaitre & J. Marie Lemaitre	57
Kris Giraldin & Neal Giraldin	68

Bullfrog Pond

May 23, 1998

Cle Elum, WA

Sammamish Orienteering Club

Meet Director: Dave Enger

Course Setter: Jan Urban

Marker Set-out: Jan Urban, Mark Howlett

Registration: Sandy Miller, Bob Reddick

Timing: Mark Howlett, Carl Moore, Kean Williams

Control Pick-up: Mark Howlett, Dave Enger, Bob Reddick

Course 1 (6 controls)

Molly, Madeline, Will Enger	29:01
Nancy Orr	32:02
K.T. Aldrich	34:26
Bobby Seidensticker	34:50
Karen MacDonald	37:35
Chris Plunkett	43:40
Marilyn Knudsen	43:50
Ben Sprugel	48:45
Beth, Ellie, Dana Rogers	66:30
Bob Reddick	DNF

Course 2 (3.3km, 7 controls)

Ardis Dull	45:47
Knut Olson	50:44
Dave Petty	62:55
Chris Plunkett	63:25
Nancy Orr	78:44
Pat, Deanta, Laur Kelly	78:45
Kay & Turk Forsyth	101:50
Jim Howey, Alice Owen	131:40
K.T. Aldrich	133:28
Marilyn Knudsen	DNF

Course 3 (6.6km, 11 controls)

Dale Width	68:34
Adam Smith	71:36
Scott Donald	83:41
Kean Williams	95:58
Scott Coble	96:31
Stewart Bradshaw	107:04
Ken Lew	113:55
Jim Sisco	116:29
Katie Sprugel	121:42
Shirley Donald	123:42
Linda Moore	137:50
John Beck	139:52
Chris Franklin	152:0
Doug Sprugel	DNF
Bob Seidensticker	DNF
Anna Orr	DNF
John Faubion	DNF
Tony Latham	DNF
Jerry Hughes	DNF
Paul Sisco	DNF
Ian Butler	DNF
Michael Pope	No Time

Course 4 (9.0km, 17 controls)

Paul Hoopmann	85:15
Rick Breseman	86:38
John Rogers	88:44
Sergey Velichko	95:02
Peter Golde	119:42
John Harbuck	123:19
Don Atkinson	124:32
Mac MacDonald	137:38
Robert Miller	162:02
Eileen Breseman	170:15
Rob Knudsen	221:20
Bill Cusworth	DNF

Bullfrog Flats

May 24, 1998

Cle Elum, WA

Sammamish Orienteering Club

Meet Director: Dave Enger

Course Designer: John Sincock

Marker Set-out: Dave Enger

Water Control Set-out: Mark Howlett

Registration: Sandy Miller

Start Timing: Bob Reddick, Carl Moore

Finish Timing: Mark & Wanda Howlett

Control Pick-up: Mark Howlett, Dave Enger, Bob Reddick

Course 1 (2.3km, 20m climb, 8 controls)

Kelsey Breseman	40:10
Dana Breseman Team	No Time

Course 2 (4.2km, 40m climb, 9 controls)

Knut Olson	44:13
Molly, Madeline, Will Enger	75:09

Course 3 (6.0km, 90m climb, 11 controls)

Mark Howlett	39:42
Linda Moore	69:45
Scott Donald	71:53
Shirley Donald	73:08
Kent Verbeck	79:12
Ken Lew	79:46
Doug Sprugel	85:29
Patrick Kelly	85:30
Anna Orr	90:36
Nancy Orr	92:49
John Beck	101:16

Course 4 (9.2km, 140m climb, 18 controls)

Eric Bone	53:39
Bill Cusworth	61:43
Sergey Velichko	66:31
Paul Magnus	69:33
Rick Breseman	74:46
Dave Enger	76:30
Robert Miller	76:45
John Harbuck	84:54
Scott Coble	96:37
Don Atkinson	99:30
Eileen Breseman	101:32
Adam Smith	DNF
Mac MacDonald	No Time

Ros*Elum Ridge

June 6, 1998

Cle Elum, WA

Sammamish Orienteering Club

Meet Director: Dave Enger

Course Setter: Fred Veler

Registration: Bob Reddick

Timing: Mark & Wanda Howlett

Refreshments: Bruce McAlister

Water Control Set-out: Mark Howlett, Fred Veler

Control Pick-up: Bob Reddick, Mark Howlett, John Harbuck, Fred Veler

Course 1 (2.5km, 75m climb, 9 controls)

Tim & Amy	54:00
Ann Davidson	98:50
Larry Stratton	102:40
Cory E. Franzmeier	106:40
Jerry & Lance	121:40
Ryan Breseman	146:04

Course 2 (3.15km, 170m climb, 8 controls)

Roberta Fothergill	74:40
Harvey Friedman	77:53
Carl Moore	82:04
Tim & Amy	83:54
Bruce McAlister	DNF

Course 3 (5.7km, 220m climb, 10 controls)

Dave Enger	59:58
Alex Kerr	74:58
Don Atkinson	87:15
Linda Moore	96:50
Rob Knudsen	98:50
Michael Schneiderman	99:41
Scott Donald	102:43
Knut Olson	104:12
Don Denbo	108:35
Shirley Donald	115:48
Sandy Miller	132:50
Chris Franklin	146:45
Karen Robinson	183:20
Ken Lew	195:04
Jon Karakowski	DNF
Marjorie Stratton	DNF

Course 4 (7.8km, 220m climb, 10 controls)

Sergy Velichko	63:18
Paul Hoopmann	70:04
Rick Breseman	73:07
Jan Urban	75:19
Kristen Ritzenthaler	82:16
Mark Howlett	83:58
John Rogers	87:32
Eileen Breseman	93:29
Charlie DeWeese	99:08
John Harbuck	103:51
Daniel Pittman	113:22
Peter Golde	115:31
Robert Miller	116:40
Kean Williams	157:40

Kent Verbeck	108:33
S K Miller	127:06
Karen Robinson	127:10
Ken Lew	161:05
Chris Plunkett	178:58
Don Atkinson	DNF
Harvey Friedman	DNF
Chris Franklin	DNF
Knut Olson	DNF
Roberta Fothergill	DNF
Aaron Charlop	DNF
Daniel Pittman	DNF

Course 4 (7.8km, 16 controls)

Sergy Velichko	65:28
Eric Bone	70:10
Kristen Ritzenthaler	89:13
John Rogers	90:16
Charlie DeWeese	90:18
Paul Hoopman	91:20
Bill Cusworth	94:08
Rick Breseman	94:50
Dave Enger	105:21
Jan Urban	105:24
Robert Miller	106:40
John Harbuck	109:23
Kean Williams	115:28
Scott Donald	133:51
Eileen Breseman	153:42
Shirley Donald	176:58
Mark Howlett	DNF

**1998 Inland Northwest Orienteering
Cup and Washington State Champs
Riverside State Park
June 20-21, 1998
Spokane, WA**

Eastern Washington Orienteering Club

Meet Director: Dan Fears
Course Designer: John Beck
Registration: Theresa Fears
Start: Karen Robinson, Sandy Kish Miller
Finish: Gary Thorne, Chris Bunch, Melissa McLassen

Results: John Harbuck
Vetting and control hanging: Dave and Kristin Ritzenthaler

Control pickup: Barbara Jackson, Dave and Kristin Ritzenthaler

Potluck picnic: Susan Bates Harbuck

Day1 Day 2 Total

Course 1 (2.1 km, 2.4 km)

M-12			
#Ben Robinson	28:42	22:36	51:18

Novice

Gary Whelpley	21:25
David & Evan Johnson	30:44
Elaine, Eileen & Jane Johnson	33:17
Brad Guidinger	47:55

Midge McGilvray, Map hiker

Course 2 (2.8 km, 3.2 km)**F Open**

Karen MacDonald	56:48	88:23	145:11
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M Open

Dusty Thomas	46:47	99:48	146:35
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Course 3 (4.4 km, 5.2 km)**F-16**

#Kristin Harbuck	93:58	120:15	214:13
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F55-

Shirley Donald	61:21	74:15	135:36
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F Open

Amy Burgess	83:51	81:56	165:47
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Open

Jennifer & Dennis Strohmeier, Map hikers	131:23
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M55-

#Fred Veler	49:29	57:56	107:25
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Michael Schneiderman	58:15	67:58	126:13
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Scott Donald	81:20	70:57	152:17
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M65-

#Knut Olson	67:40	80:22	148:02
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Ken Lew	71:43	76:24	148:07
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Clas Roing	86:38	84:14	170:52
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M Open

Colby Jackson	60:55	DNF	
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Willie Blazer	DNF	DNF	
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Course 4 (5.2 km, 5.6 km)**F-21-**

@#Debbie Newell	54:20	59:54	114:14
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Marjolein Schat	108:12	93:20	201:32
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Roberta Fothergill	75:52	147:29	223:21
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F35-

#Karen Robinson	74:49	90:24	165:13
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Christine Franklin	83:43	103:08	186:51
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F45-

Sally Riggers	143:06	DNF	
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M45-

#John Harbuck	50:03	51:12	101:15
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Robert Miller	56:01	53:46	109:47
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Dave Tallent	53:35	61:51	115:26
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Bill MacDonald	64:40	74:23	139:03
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Mike Gonnella	72:57	103:38	176:35
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Carl Moore	79:35	104:56	184:31
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Marshall Nelson	123:50	132:40	256:30
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M Open

Bill Borrie	67:52	68:26	136:18
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Ralph Olson	81:44	95:13	176:57
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Ed Robinson	100:27	107:52	207:52
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Course 5 (7.2 km, 6.6 km)**M-21-**

@#Andy Dale	55:55	47:00	102:55
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Eric Bone	53:34	50:01	103:35
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Bill Cusworth	58:36	54:08	112:44
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Sergy Velichko	56:47	57:02	113:49
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Erik Osborn	68:01	70:23	138:24
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Jon Fewster	71:37	76:13	147:50
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Marcus Shell	169:14	100:05	269:19
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M35-

#Jan Urban	62:25	62:23	124:48
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Paul Hoopman	64:25	60:31	124:56
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Mark Hartinger	79:56	65:23	145:19
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Gene Trahern	110:02	92:27	202:29
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Kean Williams	129:04	77:01	206:05
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Roman Kotecky	114:43	107:47	222:30
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Rick Breseman	DNF	79:44	
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@Inland Northwest Cup winners

#Washington State Champ

The Tongue

June 7, 1998

Cle Elum, WA

Cascade Orienteering Club

Course Setter: Anne York

Meet Director & Vetter: Peter Golde

Registration: Beth Walker

Map Printing: Don Denbo

Start: Don Atkinson; Chris Franklin

Finish: Paul Hoopman; Bruce McAlister; Kent Verbeck

Control Pickup: Peter Golde, Paul Hoopman; Don Atkinson; Margie Bone; Eric Bone; Ardis Dull

Course 1 (1.2km, 4 controls)

Kyle Noyce	9:30
William Enger	12:43
Peter House	19:06
Larry Stratton	20:00
Matej Urban & Ryan Breseman	23:50
Kyle Noyce & Eric Noyce	36:50
Ed Ambauer & Matt Spencer	42:19
Trish Charlop	44:10

Course 2 (2.7km, 7 controls)

Dave Petty	31:25
Margie Bone	61:29
Peter & Sam House	78:24
Marjorie Stratton	82:08
Chris & Caroline McGregor	90:30

Course 3 (4.9km, 12 controls)

Fred Veler	70:22
Alex Kerr	76:27
Carl Moore	90:18
Ardis Dull	96:44
Linda Moore	98:57
Stuart Bradshaw	101:08

Where and what are these Orienteering Clubs?

The Orienteering clubs listed here are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue and Redmond) area, while Cascade (the largest club) operates in the greater Seattle area. Ellensburg is centered in that town, Sacajawea is based in the Tri-Cities area, and Chuckanut O.C. is based in Bellingham. Husky Orienteering is for University of Washington students, faculty, and staff. Cascade and Sammamish clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains; the other clubs hold events in their areas. Membership is open to everyone, and entitles you to event discounts, club voting rights, and includes a subscription to Bearing 315, published six times per year.

What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for loan (with deposit) at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair of socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

Rick Hood	President/Environmental	425-640-8134
Eric Bone	Vice-President/Training	206-634-2279
Sandy Kish Miller	Treasurer	206-782-1437
Ardis Dull	Secretary	206-364-4062
Bill Cusworth	Executive Board/Mapping	206-789-1346
Don Denbo	Executive Board/Newsletter	206-366-0624
Peter Golde	Executive Board	425-452-9205
Debbie Newell	Executive Board	425-488-3691
Jim Sisco	Executive Board	425-778-7202
Don Atkinson	Equipment	425-488-0270
Aaron Charlop	Memberships	206-935-8742
Eileen Breseman	Publicity and Promotion	425-483-6592
Richard Staudt	Hotline	206-748-1074
Vacant	Volunteer Coordinator	

Sammamish Officers and Coordinators:

Dave Tallent	President	425-488-3691
John Sincock	Vice President	425-822-3621
Valerie Enger	Treasurer	425-822-6254
Dave Enger	Mapping Coordinator	425-822-6254
Jan Urban	Memberships	425-402-7225

Event fees are charged on a per-registration basis: two people running together with the same map and punch card pay a single fee. Additional maps are available; the charge varies depending on the map. Fees vary, but the following are typical fees for local ("C") events with color maps. "A" and "B" meets, state championships, rogaines, and other events will cost somewhat more.

Orienteering Club Membership Application

- ☐ Cascade O.C. ☐ Sammamish O.C.
☐ Ellensburg O.C. ☐ Sacajawea O.C.

Name _____

Address _____

Home phone _____ Work (opt.) _____

E-mail _____

Family Members _____

Optional Information: _____

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

- | | | | |
|---|------------------|--------------------------|--------------|
| Event Participation | Improving Skills | Writing | Teaching |
| Event Organization | Map Making | Publicity | Coaching |
| Course Setting | Field Checking | Exploration of new areas | |
| <input type="checkbox"/> Family or Group | | | \$15.00/year |
| <input type="checkbox"/> Individual | | | \$10.00/year |
| <input type="checkbox"/> Associate (under 18) | | | \$5.00/year |
| <input type="checkbox"/> Newsletter only [COC only] | | | \$6.00/year |

Mail this form, along with payment, to one of:

Cascade Orienteering P.O. Box 31375 Seattle, WA 98103 —OR—	Sammamish Orienteering P.O. Box 3682 Bellevue, WA 98009 —OR—
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Ellensburg Orienteering c/o Kent Verbeck 1361 Nelson Siding Rd. Cle Elum, WA 98922	Sacajawea Orienteers c/o Frank Skorina 116 Stanton Walla Walla, WA 99362
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Other Club Contacts:

Frank Skorina, Sacajawea Orienteers	509-522-2770
Kent Verbeck, Ellensburg O.C.	509-674-2755
John Beck, Eastern Washington O.C.	509-838-7078
Scott Drumm, Columbia River O.C.	503-261-1493
Eric Bone, Husky O.C.	206-634-2279
Ken & Joanne Klepsch, Chuckanut Orienteers	360-299-1010
Carl Moore, Nisqually O.C.	253-756-5739

Club members (any club)	\$4.00
Non-club members	\$5.00
Junior (under 18)	\$3.00
Families	map fee only after first two

Upcoming Orienteering Events

Call the Hot Line at 206-783-3866 (or the website at

<http://www.eskimo.com/~halter/orienteering/pnw.html>) for latest information and details

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Contact</i>
JULY 1998					
Sun, Jul 12 10 am – noon	UW Waterfront Activities Center, Seattle WA. Canoe and/or Foot O'. From Highway 520, take the Montlake/UW exit and follow the signs at the entry to the UW parking lots south of Husky stadium.	X	COC		206-783-3866
Sat, Jul 18 9 am – 10 am	Rooks Park, Walla Walla. Take Mill Creek Road off SR 12 east of Walla Walla.	C	SACO	1:10000	Frank Skorina 509-522-2770
Sat, Jul 18 10 am – noon	Farragut State Park, Athol, ID. From Coeur D'Alene, ID, take Highway 95 north to Athol, ID. Go east on Highway 54 to the park entrance.	C	EWOC	1:10000	John Harbuck 208-263-9894
Wed, Jul 22 5:30 pm – 7 pm	Luther Burbank Park, Mercer Island, WA. Exit I-90 at the Island Crest Way exit. Travel north one block to 26th St., head east to park.	C	SAMM	1:5000	206-783-3866
Sat-Mon, Jul 25–27	Canadian Championships & Short Distance Championships , Logan Lake, BC.	A	GVOC		Charlie Fox 604-533-3352
Tues, Jul 28	Canadian Relay Championships , Kamloops, BC. Grasslands map.	A	GVOC		Martin Pardoe 604-732-8731
Thu, Jul 30	Rogaine - 4 hr model event, Kamloops, BC	R	SAGE		Peter Mair 250-835-8616
AUGUST 1998					
Sat/Sun, Aug 1–2	North American O' Championships , Aspen Grove, BC.	A	VO		Alan Philip 250-478-3659
Tues/Wed, Aug 4–5	3rd World Rogaine Championships , Merritt, BC.	R	SAGE		Jim Fulton 250-376-4500
Fri, Aug 7 10 am – 4 pm	The Tongue Training, Cle Elum, WA. Leave I-90 at Exit 85 and travel northeast on hi-way 970 for 7 mi. Turn left on Teanaway Road and continue for 7 mi until you reach the West Fork Teanaway Road.	C	COC	1:15000	206-783-3866
Sat, Aug 8	US Championships , Teanaway Forks, Cle Elum, WA. (See above)	A	COC	1:15000	206-783-3866
Sun, Aug 9	US Relay Championships , Lick Creek, Cle Elum, WA. (See above)	A	COC	1:15000	206-783-3866
Mon/Tue/Thur/Fri Aug 10, 11, 13–14	World Masters Games , Portland, OR.	X	CROC		Terradan Landchild 206-783-3866
Tue, Aug 11 5:30 pm – 7 pm	Powell Butte, Portland, OR. CROC Champs . From I-205, take Powell or Division EASTBOUND to 162nd Ave, turn south.	C	CROC	1:10000	Terradan Landchild 206-783-3866
Sat, Aug 22 10 am – noon	Manito Park, Spokane, WA. Kids Week Event . Eastbound I-90, exit 280 stay in right lane and continue east s to Stevens. Westbound I-90, Exit 280A go east on 3rd Ave 4 blocks to Stevens. Take Stevens south, staying in the left two lanes to Grand Blvd. Continue south to the park opposite 18th Ave.	C	EWOC	1:5000	John Beck 509-838-7078
Sun, Aug 30 10 am – noon	Ros*Elum Ridge, Cle Elum, WA. Exit I-90 at Exit 80, then head north about 2 miles. Turn right towards Cle Elum on Highway 902.	C	SAMM	1:15000	206-783-3866
Sun, Aug 30 3:30 pm	WSOA Meeting.	X	WSOA		Kent Verbeck 509-674-2755
SEPTEMBER 1998					
Sun, Sep 13 11 am – 1 pm	Champoeg State Park, Newburg, OR. From I-5 or I-205 south of where they rejoin south of Portland, follow signs from I-5.	C	CROC		Terradan Landchild 206-783-3866
Sun, Sep 13	Ballard Bike O', Seattle, WA.	X	COC		206-783-3866
Sun, Sep 20 1 pm – 3 pm	Rooks Park, Walla Walla, WA. (see above for directions)	C	SACO		Frank Skorina 509-522-2770
Sat, Sep 26 10 am – noon	Farragut State Park, Athol, ID. From Coeur D'Alene, ID, take Highway 95 north to Athol, ID. Go east on Highway 54 to the park entrance.	C	EWOC		John Beck 509-838-7078
Sun, Sep 27 10 am – noon	Lake Sammamish State Park, Issaquah, WA. Exit I-90 at Exit 15. Head north on 17th Ave NW towards park. Turn left onto NW Sammamish Rd. Travel about 0.4 miles and watch for signs.	C	SAMM	1:10000	206-783-3866

COC: Cascade Orienteering Club
EWOC: Eastern Washington O.C.
VO: Victoria Orienteers
GVOC: Greater Vancouver

SAMM: Sammamish O.C.
CHUCKO: Chuckanut
CROC: Columbia River O.C.
SACO: Sacajawea Orienteers

A: National Meet
R: Rogaine
B: Major Event
SAGE: Sage Orienteering Club, Kamloops B.C.
C: Regular Local Meet
X: Special Event

United States Orienteering Federation

P.O. Box 1444

Forest Park, GA 30298

MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

As a U.S. Citizen or U.S. Resident, I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the IOF. Please print.

Date _____ Yr. Born _____

Name _____

Address _____

Home Phone (____) _____ - _____

If family membership, list other persons:

Name	Year Born
_____	_____
_____	_____
_____	_____

Member of a chartered club? Club _____

☐ Individual \$25 member of a chartered club

☐ Individual \$30 at-large

☐ Family \$30 members of a chartered club

☐ Family \$35 at-large

☐ Student \$10 (21 & under)

☐ Junior \$5 (18 & under/no vote/no magazine)

☐ Individual Life \$450 ☐ Family Life \$540

For mailing O/NA overseas (except APO & FPO):

☐ \$5 extra surface ☐ \$25 extra airmail

What is USOF?

Often in this newsletter, or in orienteering conversation, you will hear references to "yousoff," and you may have seen the magazine "Orienteering/North America." But why do they need so much money, you ask? We charge \$10/year for local dues, so why should it cost an extra \$25 to join an organization that doesn't seem to do much? The answer, of course, is that USOF does quite a bit.

The largest part of USOF dues goes for the O/NA subscription. This is not only a great source of information, it is well written and edited, and has many articles of general interest on health, exercise, and training. From time to time, we reprint articles from O/NA, and there are always copies available at major meets and club meetings. Most of the rest of USOF dues goes to pay for insurance. Although we, as individuals, might be willing to waive insurance, virtually all land owners, both public and private, require insurance as a precondition even to talking about using their land for orienteering. USOF members get a small rebate, about \$2 per national meet, to help balance out the insurance, but, basically, USOF subsidizes our meets. Without USOF, I doubt that either Cascade or Sammamish could afford the insurance to hold another meet.

So we encourage you not only to join your local club, but to join and support USOF. The magazine along is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501c(3) corporation. Which means that donations, including costs, are fully tax deductible. JOIN NOW!

Bearing 315 is
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Seattle, Washington 98103
(206) 783-3866



If your label is marked with high-lighter, your membership has lapsed!