

Bearing 315

The newsletter of the Cascade Orienteering Club

April-June 2002

Cascade Celebrates 25th Year



Early Cascade organizers, circa 1980. From left: Tom Stewart, Einar Storackers, Len Englund, and Bo Powell.

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* Executive Board Member

This year marks COC's 25th anniversary. In each issue of Bearing 315, we'll be printing historical photos and maps of early Cascade events. If you have any photos, maps, or historical accounts of Cascade's early days that you would like to see in the newsletter, please send them to me at the address below (or via e-mail at dnewel@gte.net).

Debbie Newell
6216 N.E. 154th St.
Kenmore WA 98028

We will also include a special 25th anniversary celebration at this year's annual club dinner, scheduled for November. If you have any brilliant ideas you would like to see included at the dinner or in the newsletter, please let me know.

The Ultimate Orienteer Series Continues

It's not too late to participate in the Ultimate Orienteer series, which has 3 events remaining: Score-O, Classic-O, and Long-O. On the longest course at each UO event, you receive points based on your finish time, with your best 3 scores added together to determine the male and female "Ultimate Orienteer." See the schedule page for details about remaining Ultimate Orienteer events.

4 Cascade Members Named to US Orienteering Team

Four Cascade members were recently named to the 2002 US Standing Orienteering Team. Members of the Standing Team are eligible to be selected for World Cup and World Championship Teams.

Eric Bone, the current top-ranked US orienteer, was named to the men's "A" team, while **Eileen Breseman**, **Jennifer Knowles**, and **Debbie Newell** were named to the women's "C" team. Congratulations to all 4 US Team members.

New COC E-mail List

Thanks to Technical Coordinator Bill Cusworth, Cascade has joined the electronic age with a club e-mail list. The list will be used for upcoming event announcements, results of past events, carpool arrangements, and discussions about club business or orienteering in general. Although it is a Cascade OC club list, anyone interested in orienteering in the Puget Sound area will probably want to join in order to keep up to date on the latest event news and discussions. To limit spam, you must subscribe to the list in order to receive and post messages.

To subscribe to the list

- Visit <http://groups.yahoo.com/group/cascadeoc/> OR

Race Series Debuts

Justin Yeager, Cascade member and avid adventure racer, has put together a series of navigation races to be held in the El-lensburg area this spring and summer. Events in the **Summit Series** will include trail running, trekking, hiking, and cross country navigation.

Each event will test participants' physical stamina and mental toughness in some of the most rugged and magnificent terrain in Washington State. Participants, encouraged to race as teams, will find themselves fording rivers, ascending peaks, traversing ridge lines, descending into ravines, enduring the scorching desert heat or fighting the frigid rain of the Cascades, all in an effort to finish the race. Not all will complete the event; some will lose their way, and others will become physically or emotionally drained with no desire left.

2-Hour Navigational Challenge: 3-6 miles

This series is for beginners, those who wish to learn and have fun with wilderness navigation. Participants will have an opportunity to learn basic map and compass skills at a pre-race workshop and then test their skills while developing confidence navigating on a course that is shorter and less difficult than the 6-hour challenge.

6-Hour Navigational Challenge: 15-20+ miles

This series is designed to test the navigational ability and endurance of individuals and teams. Courses and race formats will be designed to produce circumstances similar to those encountered in an adventure race. It is strongly recommended that competitors be familiar with USGS topographic maps and compass use.

For more information or to register, please call Justin Yeager at 253-709-8232 or visit www.northwest-adventures.com.

Meet Results

Ft. Steilacoom Park, Tacoma -

January 26

Meet Director: Kean Williams

Course Designer: Jon Campbell

Registration: Tori Campbell

WIOL Registration: Don Denbo

Start: Rick Breseman, Dave Tallent, Hans Frederick,

Bill Allemann, Jon Campbell

Finish: Don Atkinson

Marker Pickup: Eric Bone, Ken Lew, Dave Petty, Dave Tallent

Course 1 (1.8k, 6 controls)

Teresa Selby	25:03
Cole	48:04
Dana Breseman	49:29

Course 2 (2.4k, 6 controls)

Allen Grenz	30:19
Tomas/Michael Corey	40:44

Course 3 (4.2k, 8 controls)

Doug Sprugel	46:29
Katrin Gabrel	47:50
Adrienne Lopez	49:17
Vincent Huber	51:55
Erica Larson	53:49
Clara Frederickson	69:37
Ann Glenn	72:31

Course 4 (6.0k; 10 controls) - O' Series

Eric Bone	35:10	100
Dave Tallent	39:07	95
Mark Howlett	39:47	92
Jan Urban	40:06	90
Debbie Newell	42:11	100
Peter Golde	44:45	89
D Parsons	46:58	88
Hans Frederick	48:57	87
Arne Skog	49:06	86
Don Atkinson	49:16	85
Bill Allemann	49:48	84
Kevin Welton	50:39	83
Dan Baird	50:43	82
Targo Tennisberg	50:46	81
Jennifer Knowles	51:48	95
Sean Conto	51:54	80
Rick Breseman	53:00	79
John Selby	54:46	78
Dave Hull	57:33	77
Tyler Frederickson	58:06	76
Brian Gruber	58:26	75
A.J. Ritter	60:07	74
Patrick Kelly	62:18	73
Mike Schuh	62:54	72
Tori Campbell	63:39	92
Kean Williams	66:12	71

Paul Shanahan	71:09	70
Don Denbo	71:55	69
Virginia Stratton	76:30	90
Harvey Friedman	82:13	68
Jim Siscel	82:50	67
Dave Petty	83:02	66
Steve Frederickson	88:20	65
Ken Lew	90:25	64
John Virnig	91:12	63
Chris Grunewald	107:14	62
Sorensens, M & L	107:14	
Jeff Power	DNF	
Adam Jackson	DNF	

Hamlin Park, Shoreline - February 9

Weather: Cold, with light cloud cover and occasional sun breaks.

Meet Directors: Katie and Doug Sprugel

Courses: Kean Williams

Site set-up: Jan Urban, Matej Urban, Anna Urbanova

Start: Jan Urban, Pat Kelly, Katie Sprugel, Paul Wade

Finish Crew: Don Atkinson, Ardis Dull, Bill Reichert,

Doug Sprugel, Ben Sprugel, Sean Conto, Ann

Glenn, Jennifer Knowles, Paul Wade

Registration: Jim Siscel, Eileen Breseman, Virginia

Stratton

Beginner Instruction: Mike Schuh, Virginia Stratton

WIOL Registration: Don Denbo

Control Pickup: Eugen Groff, Kean Williams, Cheryl

Marek, Peter Sprugel, Pat Kelly, Kyle Seifullin

Course 1 (1.2 km, 11 controls)

Logan Knowles	32:37
Gretchen Balkman	34:50
Holly Eggleston	36:27
Ryan Barr/Matt Hazel	37:48
Pat Maley	71:37
Robert VanLeuven	75:04
Cyndy Clarkson	DNF

Course 2 (1.2 km, 10 controls)

Ann Glenn	18:48
Mike Kanaga	21:38
David Cannon	27:12
Ryan Barr/Matt Hazel	31:00
Madison and Emily Eich	35:49
Matt Hollinger	35:57
Andy Bennett	37:12
Keith Rankins	40:09
Sam Barcklow	43:17
Bob Peppin	48:28
Robert VanLeuven	49:31
Raquel Latham	61:59
Brian Davis	63:33
Wade Lauritzen	67:18

Kate Lawson	71:07
Sarah Schwab	85:16
Laura, Adam and Bridget	90:56

Course 3 (1.8 km, 12 controls)

Adrienne Lopez	38:18
Jared and Kevin Geddes	40:52
Mike Kanaga	40:55
Erynn Hart, Marie Salmi	40:57
Sarah Shanahan	41:01
Aaron and Nick Austin	44:40
Ann Glenn	45:55
Rockwell Moulton	45:56
Katrin Gabrel	46:11
Sandy Kish Miller	46:43
Colin Stevens	50:10
David Hart	51:05
Julie Bennett	52:24
Cathy Lauritzen/Martha Yarbough	65:60
Bob and Pat Reddick	69:54
Marjorie Stratton	72:48
Margie Bone	74:26
Sue and Holly Kuestner	75:17
Mike Case	75:29
Clara and Angie Frederickson	75:59
Dawn Mottershead	84:19
Alex Kuestner/Ian Heusser/ Daniel Schue/Nathan Birnbaum	90:02
Warren Berry	104:29
Jeff Hess	MSP
Sam Barcklow	MSP
Vince Huber	MSP
Rolf Kuestner	MSP
Charles Milstead	MSP
Gordy Getz and Nick Perkins	DNF
Erica Larson	DNF
Connie Amundsen/John Kanetomi	DNF

Course 4 (6.0 km, 24 controls) - O' Series

Eric Bone	38:52	100
Jan Urban	44:07	95
Mark Howlett	46:47	92
Hans Frederick	47:57	90
Bill Allemann	50:43	89
Dan Baird	52:24	88
Jon Campbell	54:20	87
David Tallent	54:33	86
Ben Hall	56:15	85
Debbie Newell	57:09	100
Don Atkinson	57:10	84
Brian Gruber	57:17	83
Steve Knowles	57:23	82
David Parsons	59:24	81
Sean Conto	59:34	80
Jennifer Knowles	60:42	95
Eugen Groff	62:39	79
Olivier Cpot	64:52	78

Robert Miller	65:18	77
Eileen Breseman	67:40	92
Tyler Frederickson	68:01	76
Ben Nachtrieb	69:32	75
Anneliese Steuben	69:43	90
Steve Frederickson	71:18	74
Kevin Welton	71:57	73
Tom Jarecki	73:06	72
Targo Tennisberg	73:31	71
Curtis Creager	75:10	70
Mac MacDonald	76:54	69
Bill MacDonald	77:43	68
Patrick Kelly	78:09	67
Robin Clark	78:44	89
Donald Denbo	80:43	66
Ardis Dull	82:25	88
Cam Jones	85:09	65
Mark Ellison-Taylor	85:23	64
Jake Reeder	86:18	63
Victoria Campbell	87:46	87
Bryan Sandoz	94:03	62
Paul Shanahan	94:40	61
John Valente/Jeff Jones	95:00	
Jim Sisco	98:48	60
Dave Petty	101:09	59
John Selby	101:52	58
Cheryl Marek	102:14	86
Harry Morgan	106:11	57
Kyle Seifullin	108:16	56
Terry Bryant	111:41	55
Harvey Friedman	114:11	54
Larry and Marie Sorenson	148:05	
Larry Eich	MSP	
Alex MacLeod	MSP	

O' Series/WIOL Championships, Magnuson Park, Seattle - February 23

Meet Director: Jan Urban
 Course design: Katie Sprugel
 Course setting: Katie & Doug Sprugel
 Registration: Don Denbo, Dave Petty, Patrick Kelly
 Start: Bill Allemann, Kathy Murray, Anna Swanson
 Finish: Don Atkinson, Sandy Kish-Miller, Eugen Groff, Lindsey Tomlinson, James Sweeney, hris Waggoner, Doug Sprugel
 Control pickup: Eric Bone, Patrick Kelly, Katie Sprugel, Anna, Matej and Jan Urban

Course 1 (1.9k, 8 controls)

Natascha Mueller	20:47
Bull	21:02
Maria Bohn	25:26
Picciano (1)	41:56
Picciano (2)	46:43
Gene & Fran Baker	90:35
Cook & Cram	DNF

Course 2(2.1k, 9 controls)

Lynne Erickson	38:53
Ian Courtage	39:54
Bob & Pat Reddick	44:22
Scott Hall	49:56
Eich	55:33
Becky Forgrave	56:40
Robert Sewer	64:10
Zachary & Paul Wade Lauritzen	73:20
Chris & Lori Erickson	Map Hike

Course 3 (3.7k, 12 controls)

A. Springer	31:32
Katrin Gabrel	36:34
Adrienne Lopez	42:24
Ann York	42:25
Lori Sabado	46:08
Margie Bone	56:08
Kuestner	58:50
Marjorie Stratton	61:31
Angie Frederickson	63:42
Holly & Sue Kuestner	67:29
Dawn Mottershead	67:33

Course 4 (4.2k, 10 controls) - Winter O' Series Championships

Eric Bone	20:21
Mark Howlett	24:29
Hans Frederick	24:41
William Cusworth	25:10
Jan Urban	25:46
Peter Golde	27:03
Dan Baird	27:42
David Parsons	28:22
Debbie Newell	28:42
Targo Tennisberg	28:56
Anneliese Steuben	29:10
Bill Allemann	29:46
Larry Eich	29:48
Don Atkinson	30:13
Ben Nachtrieb	30:36
David Tallent	31:10
Ben Lischner	31:41
Tom Jarecki	31:48
Tyler Frederickson	32:23
Kean Williams	32:25
Brian Gruber	33:06
Olivier Clot	33:32
Patrick Kelly	34:01
Alex MacLeod	34:25
John Selby	34:59
Tara Matthews	35:14
Curtis Creager	36:45
Mark Ellison-Taylor	38:16
Dave Petty	39:20
Cheryl Marek	39:32
Vincent Huber	39:40
Mike Schuh	40:00
Jake Reeder	40:57
Ben Emmons	41:23
Virginia Stratton	42:31
Ardis Dull	43:39
Don Denbo	45:12
Ken Lew	46:49
Harvey Friedman	46:57
Jim Sisco	50:41
Terry Bryant	51:23
Gillian Woodward	51:34
Gordon Hom	78:37
Lindsey Ferris	78:38
Raquel Latham	116:29

Ultimate Orienteer #1 - Priest Pt. Park, Olympia - March 2

Meet Director: Eric Bone
 Courses: Eric Bone
 Control Placement: Eric Bone, Don Atkinson
 Setup: Don Atkinson, Debbie Newell, Dave Tallent, Matej Urban, Jan Urban
 Registration: Debbie Newell
 Start: Rick Breseman, Kean Williams
 Finish: Don Atkinson, Jan Urban, Anna Urbanova
 Control Pickup: Eric Bone, Don Atkinson, Oyvind Naess

About 30 participants enjoyed mild, sunny weather for Short-O, the first event in this year's Ultimate Orienteer series. Thanks to the several people who helped put on the event and to anyone else who helped that I've forgotten to acknowledge here.
 --Eric Bone

Course 1 (1.68k, 9 controls)

Anna Urbanova	COC	40:00
Stefanie/Christopher /Eric Lund		49:05

Course 2 (3.23k, 12 controls)

Jonas Karlsson	54:13
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Course 3 (3.15k, 14 controls) - Ultimate Orienteer #1

		Pts
Jon Campbell	COC	37:10 1000
Jan Urban	COC	38:37 962

Debbie Newell	COC	46:01 808
Mark Howlett	COC	46:21 802
Rick Breseman	COC	48:53 760
Oyvind Naess	COC	51:03 728
David Tallent	COC	51:13 726
Patrick Kelly	COC	53:23 696
Don Atkinson	COC	54:04 687
Targo Tennisberg	SAMM	55:03 675
Kean Williams	COC	59:22 626
Jeff Adams	Sea 1	59:29 625
Mac MacDonald	SAMM	60:30 614
Katrin Gabrel	SAMM	71:28 520
Victoria Campbell	COC	73:11 508
Jeff Power, Blue Best, Adam Jackson		74:28
Ardis Dull	COC	75:44 491
John Virnig	SACO	77:17 481
Ben Nachtrieb	Sea 1	78:14 475
Mark Ellison-Taylor	Husky	79:07 470
Matej Urban	COC	81:56 454
Kyle Haddad-Fonda		84:09 442
Virginia Stratton	COC	91:59 404
Ken Lew	COC	105:49 351
Vincent Huber	COC	113:10 328

Ultimate Orienteer #2 - Volunteer Park, Seattle - March 23

Meet Director: Eric Bone Courses: Eric Bone Registration: Don Atkinson, Patrick Kelly Setup: Don Atkinson Start: Dave Petty, Eric Bone Finish: Don Atkinson Control Pickup: Eric Bone, Patrick Kelly Miscellaneous assistance: Mark Howlett, Debbie Newell, Dave Tallent

About 50 participants enjoyed mild, fair weather for this rare night event. —Eric Bone

Course 1 (1.3k, 9 controls)

Gillian Woodward	Seattle One	10:26
Ryan Breseman	COC	15:55
Kate Chan	COC	17:56
Gillian		18:40
unknown		22:09
Whitmyre (group of 4)		24:33
Matt	map hiker	
Jamie Smith (8 controls)		19:57
Julianne Lamsek (8 controls)		27:00

Course 2 - Sprint (3.1k, 15 controls)

	Club	Time	Pts.
Bill Cusworth	COC	19:21	1000
Jan Urban	COC	19:46	979
Mark Howlett	COC	21:04	919
D. Parsons	COC	24:44	782
Jeff Jones	COC	26:22	734
Rick Breseman	COC	26:49	722
Tom Jarecki	COC	26:56	718
Ben Nachtrieb	Sea. 1	27:48	696
Eileen Breseman	COC	28:10	687
Patrick Kelly	COC	28:46	673
Jamie Smith		29:52	648
AARC (group of 5)	AARC	30:14	
Curtis Creager		30:56	626
Matej Urban	COC	32:04	603
Don Denbo	COC	32:20	598
Chad LynnDell Olson		34:32	560
Targo Tennisberg	SAMM	36:16	534
David Tallent	COC	36:26	531
Debbie Newell	COC	36:36	529
Mark Ellison-Taylor	Husky	37:33	515
Virginia Stratton	COC	39:13	493
Dave Petty	COC	40:56	473
Vince Huber	COC	42:24	456
Jared M. Frenzel		43:00	450
Ted Queen	COC	44:21	436
Katrin Gabrel	SAMM	45:04	429
Erica Larson		45:37	424
Ken Lew	COC	52:24	369
Harvey Friedman	COC	55:28	349
Don Atkinson	COC	MSP	0
Kean Williams	COC	DNF	0

O' Series Final Standings (best 4 results)

Women	Club	1	2	3	4	5	6	7	Total
Debbie Newell	COC	—	—	95	95	100	100	100	395
Jennifer Knowles	COC	100	95	100	—	95	95	95	390
Eileen Breseman	COC	95	92	—	100	90	—	92	379
Ardis Dull	COC	92	—	89	90	92	—	88	363
Victoria Campbell	COC	—	—	90	—	88	92	87	357
Cheryl Marek		90	87	88	89	89	—	86	356
Virginia Stratton		—	86	86	88	—	90	—	350
Anneliese Steuben		—	100	—	—	—	90	—	190
Sandy Kish Miller	COC	—	90	87	—	—	—	—	177
Tara Matthews	COC	—	—	92	—	—	—	—	92
Cindy Dennis		—	—	—	92	—	—	—	92
Ginny Allemann		—	89	—	—	—	—	—	89
Robin Clark		—	—	—	—	—	89	—	89
Michelle Sung		—	88	—	—	—	—	—	88
Michelle Moisher		—	—	85	—	—	—	—	85
Marjorie Stratton		—	85	—	—	—	—	—	85

Men	Club	1	2	3	4	5	6	7	Total
Eric Bone	COC	—	100	100	100	—	100	100	400
Jan Urban	COC	100	95	95	95	88	90	95	385
Dave Tallent		—	—	80	92	100	95	86	373
Eugen Groff		95	86	88	86	90	—	79	359
Peter Golde	COC	—	92	89	—	84	89	—	354
Rick Breseman	COC	—	89	90	89	82	79	—	350
Don Atkinson	COC	88	79	81	88	85	85	84	346
Brian Gruber		—	85	85	90	76	75	83	343
Kevin Welton	COC	92	—	77	87	81	83	73	343
Mike Schuh	COC	84	88	74	—	83	72	—	329
Bill Allemann	COC	83	—	—	—	72	84	89	328
Sean Conto		—	81	87	—	—	80	80	328
Targo Tennisberg		90	—	—	75	74	81	71	320
Kean Williams	COC	—	92	72	66	79	71	—	314
Don Denbo	COC	82	84	70	63	68	69	66	305
Ben Lischner	COC	—	80	78	84	60	—	—	302
John Selby		77	65	61	80	66	78	58	301
Tom Jarecki		—	76	73	78	—	—	72	299
Patrick Kelly	COC	81	71	—	73	71	73	67	298
Mac MacDonald		—	—	67	79	80	—	69	295
Larry Eich		—	60	75	74	75	—	—	284
Mark Howlett	COC	—	—	—	—	95	92	92	279
Harvey Friedman	COC	76	70	60	—	—	68	54	274
Jon Campbell		—	—	92	—	92	—	87	271
Ken Lew	COC	78	62	—	65	61	64	—	269
Jim Sisco	COC	—	78	62	61	59	67	60	268
Paul Shanahan		—	—	66	64	64	70	61	264
Hans Frederick	COC	—	—	—	—	86	87	90	263
Dave Petty	COC	—	73	0	60	63	66	59	262
Kyle Seifullin		—	59	68	76	—	—	56	259
Terry Bryant		—	61	63	67	67	—	55	258
Ben Hall		—	—	—	83	89	—	85	257
Dan Baird		—	—	—	—	77	82	88	247
David Parsons		—	—	—	—	65	88	81	234
Tyler Frederickson		—	—	—	77	—	76	76	229
Robert Johnson		79	77	64	—	—	—	—	220
Arne Skog		—	—	83	—	—	86	—	169
Steve Knowles	COC	—	—	—	—	87	—	82	169
Justin Yeager	COC	—	83	—	85	—	—	—	168

Joel Yeager	COC	—	82	—	81	—	—	—	163
Dave Hull		—	—	—	82	—	77	—	159
Gerry Croteau		—	75	82	—	—	—	—	157
Roy Colven		85	72	—	—	—	—	—	157
A.J. Ritter		—	—	—	—	78	74	—	152
Olivier Cpot		—	—	69	—	—	—	78	147
Ben Nachtrieb		—	69	—	—	—	—	75	144
Steve Frederickson	COC	—	—	—	—	—	65	74	139
Daniel Kirkpatrick		80	58	—	—	—	—	—	138
Jake Reeder		—	—	—	72	—	—	63	135
Brian Sandoz		—	—	—	—	70	—	62	132
Tom Clyner		—	—	59	—	62	—	—	121
Dale Width	EOC	89	—	—	—	—	—	—	89
Paul Magnus	COC	—	87	—	—	—	—	—	87
Scott Peppin		87	—	—	—	—	—	—	87
Oyvind Naess		86	—	—	—	—	—	—	86
Tyler Patterson		—	—	86	—	—	—	—	86
Dan Wahl		—	—	84	—	—	—	—	84
Jeff Jones		—	—	79	—	—	—	—	79
Robert Miller	COC	—	—	—	—	—	77	—	77
Roman Kotecky		—	—	76	—	—	—	—	76
Ed Pottharst	COC	—	74	—	—	—	—	—	74
Aaron Williams		—	—	—	—	73	—	—	73
Scott Robeson		—	—	—	71	—	—	—	71
Ted Queen		—	—	71	—	—	—	—	71
Chris McKinley		—	—	—	70	—	—	—	70
Curtis Creager		—	—	—	—	—	70	—	70
Brandon Tegtmeyer		—	—	—	69	—	—	—	69
MacLeod		—	—	—	—	69	—	—	69
Bill MacDonald		—	—	—	—	—	68	—	68
Mark Gosney		—	—	—	68	—	—	—	68
Rob Knudsen		—	68	—	—	—	—	—	68
MJ Eich		—	67	—	—	—	—	—	67
Mike Oras		—	66	—	—	—	—	—	66
John Schmitt		—	—	65	—	—	—	—	65
Cam Jones		—	—	—	—	—	65	—	65
Marshall Will		—	64	—	—	—	—	—	64
Mark Ellison-Taylor		—	—	—	—	—	64	—	64
Gordon Horn		—	63	—	—	—	—	—	63
John Virnig		—	—	—	—	63	—	—	63
Chris Grunewald		—	—	—	—	62	—	—	62
Stephen Burr		—	—	—	61	—	—	—	61
Paul Rogers		—	—	59	—	—	—	—	59
John Valentine		—	—	58	—	—	—	—	58
Jerry Howe		—	57	—	—	—	—	—	57
Matt Kowalczyk		—	—	57	—	—	—	—	57
Harry Morgan		—	—	—	—	—	57	—	57
Dave Reynolds		—	—	56	—	—	—	—	56

Meets in the 2001-2002 Winter O' Series

- 1 - Lynndale Park, November 3
 - 2 - Lincoln Park, November 17
 - 3 - Farrel-McWhirter Park, December 1
 - 4 - Pt. Defiance Park, December 15
 - 5 - Shoreview Park, January 12
 - 6 - Ft. Steilacoom Park, January 26
 - 7 - Hamlin Park, February 9
- Championships - Magnuson Park, February 23, Seattle

Ultimate Orienteer Current Standings

Name	Club	1	2	Total
Jan Urban	COC	962	979	1941
Mark Howlett	COC	802	919	1720
Rick Breseman	COC	760	722	1482
Patrick Kelly	COC	696	673	1369
Debbie Newell	COC	808	529	1336
Dave Tallent	COC	726	531	1257
Targo Tennisberg	SAMM	675	534	1209
Ben Nachtrieb	Seattle One	475	696	1171
Matej Urban	COC	454	603	1057
Jon Campbell	COC	1000	—	1000
Bill Cusworth	COC	—	1000	1000
Mark Ellison-Taylor	COC	470	515	985
Katrin Gabrel	SAMM	520	429	949
Virginia Stratton	COC	404	493	897
Vincent Huber	COC	328	456	785
Dave Parsons		—	782	782
Jeff Jones		—	734	734
Oyvind Naess	COC	728	—	728
Ken Lew	COC	351	369	721
Tom Jarecki		—	718	718
Don Atkinson	COC	687	0	687
Eileen Breseman	COC	—	687	687

Jamie Smith		—	648	648
Kean Williams	COC	626	0	626
Curtis Creager	COC	—	626	626
Jeff Adams	Seattle One	625	—	625
Mac MacDonald	SAMM	614	—	614
Don Denbo	COC	—	598	598
Chad Olson		—	560	560
Victoria Campbell	COC	508	—	508
Ardis Dull	COC	491	—	491
John Virnig	SACO	481	—	481
Dave Petty	COC	—	473	473
Jared M. Frenzel		—	450	450
Kyle Haddad-Fonda		442	—	442
Ted Queen		—	436	436
Erica Larson		—	424	424
Harvey Friedman		—	349	349

Meets in the Ultimate Orienteer Series

- 1 - Priest Pt. Park Short-O, March 2
- 2 - Volunteer Park Night Sprint-O, March 23
- 3 - Ft. Casey Score-O, April 6
- 4 - Teanaway Forks Classic-O, May 11
- 5 - Trollhaugen Long-O, June 15

School League Final Standings

Course 1 - Female

Anna Urbanova	HKEL	100	100	95	100	100	100	0	400
Dana Breseman*	WDMT	95	95	100	92	-	-	95	385
Caroline Wade*	SCD	-	-	-	95	95	-	92	282
Molly Enger	LAKV	-	-	-	-	-	-	100	100

Course 1 - Male

Charles Motzer*	SCD	-	-	100	-	-	-	-	100
George Dolack*	SCD	-	100	-	-	-	-	-	100

Course 2 - Female

Madeline Enger*	INTC	100	-	100	100	-	100	100	300
Kelsey Breseman	WDMT	92	100	95	95	-	-	90	290
Mary Steagall*	BREJ	90	-	90	92	-	-	92	274
Steara Cutler*	BREJ	89	-	89	-	-	-	95	273
Lindsey Wilson*	INTC	95	-	-	-	-	-	-	95
Amy Woodruff*	SCD	-	95	-	-	-	-	-	95
Shanna Brown*	EXPL	-	92	-	-	-	-	-	92
Bonnie Stinson*	INTC	-	-	92	-	-	-	-	92
Natasha Kippenhan*	EVHR	-	-	88	-	-	-	-	88
Heather Porter*	BREJ	88	-	-	-	-	-	-	88
Moria Spencer*	BREJ	-	-	-	-	-	-	-	0
Emily Wilson*	INTC	-	-	-	-	-	-	-	0

Course 2 - Male

Ben Sprugel*	SCD	100	100	-	100	-	100	95	300
Greg DePretto*	BREJ	95	92	100	89	-	-	88	287
James Johnson*	BREJ	92	-	90	90	-	-	90	272
Steffen Robinson*	BREH	-	89	87	92	-	-	89	270
Kevin Breece*	BREJ	89	90	89	-	-	-	-	268
Brian Colella*	INTC	-	-	95	-	-	-	100	195
Charles Brooks*	BREJ	-	95	92	-	-	-	92	187
Robert Blackard*	EVHR	-	-	88	95	-	-	-	183
Caleb Hull	OHCE	90	-	-	-	-	-	-	90
Ian Getman*	MARH	-	-	86	-	-	-	-	86
Randy Ascanio*	MARH	-	-	85	-	-	-	-	85
Joshua Reed*	INTC	-	-	-	-	-	-	-	0

Course 3F

Karen Case	BURH	-	88	100	100	100	-	-	388
Hilary Dyer*	TOJH	-	100	95	90	90	-	100	385
Kristine Greaby	MARH	100	90	-	92	92	-	-	374
Barbara Welch*	BURH	92	84	90	89	95	-	90	367
Aimee Munzi	BREH	-	95	88	85	86	-	95	364
Della Suttles*	BURH	89	80	80	88	89	-	-	346
Tera Brockman	TOJH	-	87	89	81	84	-	0	341
Alison McClain	MPHS	88	78	-	83	81	-	-	330
Hailey Young	TOJH	-	-	86	95	85	-	0	266
Charisse Johnson	BREH	85	92	87	-	-	-	-	264
Ashley Blais	BREH	-	89	-	82	-	-	92	263
Amanda Sandberg	SKHS	84	81	-	-	88	-	-	253
Angela Ellingsen*	SKHS	90	-	79	-	83	-	-	252
Kristen Jensen*	MPHS	87	76	-	80	-	-	-	243
Sonja Hamill*	MARH	-	73	77	78	-	-	-	228
Alicia Todd*	SKHS	-	-	-	86	-	-	88	174
Lih Kuhlman*	BREH	-	85	-	87	-	-	-	172
Amanda Layton*	SKHS	-	-	-	84	87	-	-	171
Amy Miller	TOJH	-	86	83	-	-	-	-	169
Heather Jeffcoat*	TOJH	-	82	85	-	-	-	0	167
Alyson Hunt*	TOJH	-	83	84	-	-	-	-	167
Muriah Penrose*	SKHS	-	-	78	-	-	-	89	167
Patricia Rodriguez*	BURH	-	74	92	-	-	-	-	166
Jessica Foster*	MARH	-	-	-	79	82	-	-	161
Brittany Bingham*	TOJH	-	79	82	-	-	-	0	161
Rachel Rank*	SKHS	95	-	-	-	-	-	-	95
Brandy Montgomery	BREH	86	-	-	-	-	-	-	86
Caitlin Wollaston*	TOJH	-	-	81	-	-	-	-	81
Nicole Carlsen	MARH	-	-	-	-	80	-	-	80
Jessica Long*	BREH	-	77	-	-	-	-	-	77
Melissa Olsen*	MARH	-	-	76	-	-	-	-	76
Jessica Wyant*	MARH	-	75	-	-	-	-	-	75
Jessica Erwin*	EVHR	-	-	-	-	-	-	-	0
Paloma Castruita	EVHR	-	-	-	-	-	-	-	0
Rachel Kerstad*	EXPL	-	-	-	-	-	-	-	0
Barbara Camero*	BURH	-	-	-	-	-	-	-	0
Alicia Gomes*	EVHR	-	-	-	-	-	-	-	0

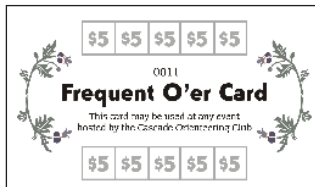
Course 3M

Jeff Robeson	TOJH	95	100	-	92	100	-	100	395
William Enger	INTC	88	-	95	89	95	100	95	385
Jeffrey Wilkinson	SKHS	100	86	92	84	90	-	85	368
Matej Urban	HKEL	92	90	89	77	84	92	0	363
Stephen Robeson	TOJH	90	89	90	86	86	-	89	358
Greg Schuy	SKHS	83	88	69	100	74	-	82	353
Chris Parsons	BREH	87	84	-	88	89	-	88	352
Kyle Haddad-Fonda*	LKHS	-	79	87	58	85	95	76	346
Stephen Layton	SKHS	-	92	88	82	-	-	80	342
Tristan Guindon	SKHS	81	80	58	83	-	90	79	334

Sean McBride	SKHS	72	87	86	72	-	-	87	332
Derrick Neshem	BREH	-	75	64	87	92	-	77	331
Joeseeph Docker	BREH	86	67	-	74	76	-	81	317
Kory Rose	MPHS	78	83	74	56	81	-	-	316
Chris Field	MPHS	-	81	79	73	80	-	-	313
Tyler Hoops*	TOJH	84	82	-	62	58	-	83	311
Jake Murray	MPHS	79	78	77	75	-	-	-	309
Tyler Oswald	SKHS	-	76	60	85	-	-	86	307
James Roach*	TOJH	82	58	-	-	69	-	92	301
Ryan Lee	MPHS	61	74	80	52	71	-	-	286
Daniel Martin	MPHS	75	63	-	80	66	-	-	284
Gregory Latham	BURH	65	-	76	68	75	-	-	284
Brian Sanchez*	SKHS	66	50	84	78	-	-	-	278
Adam Preston	MPHS	77	43	70	66	63	-	-	276
Clinton Billen*	MARH	-	56	65	71	78	-	-	270
Christopher Noble	BURH	58	62	73	-	-	-	76	268
Joseph Suttles*	BURH	70	54	55	50	87	-	-	266
Mike Green	MPHS	71	41	-	76	77	-	-	265
Leif Anderson	BREH	-	70	100	95	-	-	-	265
Sergio Gingerich*	SKHS	55	65	75	67	-	-	-	262
Andrew McDavid	TOJH	89	-	-	90	82	-	-	261
Ryan Breseman	WDMT	69	40	83	69	-	-	-	261
Timothy Torresin*	SKHS	56	72	71	57	-	-	-	256
David Maina*	TOJH	-	55	81	51	67	-	-	254
Josh Vetere	TOJH	85	85	82	-	-	-	-	252
William Bulpett	MPHS	52	68	-	59	68	-	-	247
Cameron Young*	TOJH	-	59	78	53	55	-	0	245
Steffen Stacy*	SKHS	53	-	-	60	53	-	78	244
Jonathan Placido*	BREH	-	53	67	47	-	-	74	241
Adam Goit	BREH	-	71	85	-	83	-	-	239
James McDowell*	MARH	74	51	59	46	-	-	-	230
Elijah Docker	BREH	-	30	66	65	60	-	-	221
Michael Langman	SKHS	-	50	-	81	-	-	84	215
Reid Baughman*	TOJH	76	57	-	79	-	-	-	212
Joel Turley*	TOJH	80	73	-	-	59	-	-	212
Geoff Lewis	MARH	-	48	54	44	61	-	-	207
Brian Fassio*	SKHS	64	-	-	49	88	-	-	201
Jon Roe*	EVHR	73	61	-	63	-	-	-	197
Jason Turk*	MPHS	63	-	-	61	65	-	-	189
Zachary Cramer*	MARH	62	60	-	-	64	-	-	186
Shawn Gardner*	MARH	59	-	56	-	70	-	-	185
Kaelin Pester*	MPHS	-	-	57	70	57	-	-	184
Todd Martin*	SKHS	68	49	-	55	-	-	-	172
Zachary Aho	BREH	-	77	-	-	-	-	90	167
Randy Ascanio*	MARH	49	38	-	-	79	-	-	166
Ryan Garcia*	MARH	-	34	51	-	72	-	-	157
James Gagner*	SKHS	54	32	-	64	-	-	0	150
Justin Waller*	BURH	-	33	49	-	62	-	-	144
Jonathan Anderson*	MARH	45	36	63	-	-	-	-	144
Ian Getman*	MARH	48	46	-	48	-	-	-	142
Michael Hawks	SKHS	60	-	68	-	-	-	-	128
Joe Miller*	BREH	-	66	62	-	-	-	-	128
Mathew Schwer*	BURH	42	23	-	-	54	-	0	119
Aaron Holmes*	SKHS	-	-	61	-	56	-	-	117
R. Sarmiento-Brook	BREH	-	45	72	-	-	-	-	117
Kevin Schireman	EVHR	67	39	-	-	-	-	-	106
Timothy MacCarthy*	EVHR	50	52	-	-	-	-	-	102
Derek Foster*	MARH	47	-	52	-	-	-	-	99
Robert Spies	TOJH	-	95	-	-	-	-	-	95
Kyle Helton*	BURH	-	29	50	-	-	-	-	79
Justin Jennings	BREH	-	-	-	-	73	-	-	73
Larry Stratton*	BURH	-	64	-	-	-	-	-	64
Marcus Perillo*	CURH	57	-	-	-	-	-	-	57
Kristeffe Canilang*	SKHS	-	-	-	54	-	-	-	54
James Ryan	SKHS	-	-	53	-	-	-	-	53
Christopher Bridges*	SKHS	51	-	-	-	-	-	-	51
Chris Summers*	CURH	-	47	-	-	-	-	-	47
Mike Smith*	MARH	46	-	-	-	-	-	-	46
Christopher Dotson*	CURH	-	-	-	45	-	-	-	45
Robert Blackard*	EVHR	-	44	-	-	-	-	-	44
Zach Schacht*	BURH	44	-	-	-	-	-	-	44
Robert Cohee	MARH	43	-	-	-	-	-	-	43
Robby Delgado*	MPHS	-	42	-	-	-	-	-	42
Walter Baker	EXPL	-	37	-	-	-	-	-	37
Jesse Thurston*	EXPL	-	35	-	-	-	-	-	35
William Wilkerson*	CURH	-	28	-	-	-	-	-	28
Joeseeph Morton	BREH	-	27	-	-	-	-	-	27
Rodney VanDeGrift*	BURH	-	26	-	-	-	-	-	26
Luke Sanders*	BURH	-	25	-	-	-	-	-	25
Eli Carpenter*	BURH	-	24	-	-	-	-	-	24
Galen Ballinger*	CURH	-	22	-	-	-	-	-	22
Anthony Hammond*	EVHR	-	-	-	-	-	-	-	0
Monty Stratton*	BURH	-	-	-	-	-	-	-	0
Michael Nelson*	CURH	-	-	-	-	-	-	-	0
Eric Swanson*	CURH	-	-	-	-	-	-	-	0
Juan Sanchez*	BURH	-	-	-	-	-	-	-	0

Frequent O'er Card

Prepay your entry to Cascade events and get a bonus, too. For \$50, you will get a card like this. To pay for an event, just have one of the boxes punched. After you've used up all 10 boxes, give the card to the registrar for a bonus \$5 meet credit. To purchase a card, contact Debbie Newell (425-488-3691, dnewel@gte.net). These cards are only valid at Cascade O' Club events.

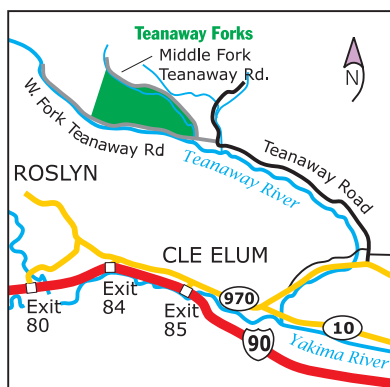


Location Maps

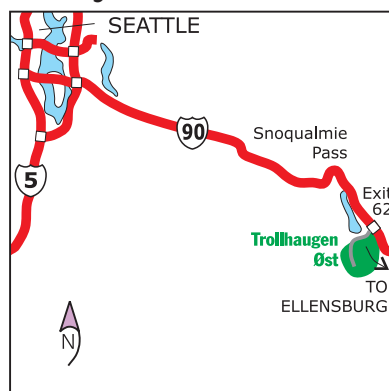
Woodland Park



Teanaway Forks



Trollhaugen Øst



Fort Casey Event Information

The Ft. Casey score-o event on April 6 will feature a mass start at 11:00 a.m. The information below should help you get to the meet on time.

Driving time from Clinton to Ft. Casey - 26 miles: allow 45 minutes (see map below).

Ferry Times

Mukilteo-Clinton

Sailing time 20 minutes

Any of the following boats should get you to Ft. Casey in time for the 11:00 a.m. mass start. You may have to wait for a boat, so take that into consideration.

6:00am
7:00am
8:00am
8:30am
9:00 am
9:30am (not much time to spare, though!)

Clinton-Mukilteo

Boats leave approximately every ½ hour until 10:30 p.m., and then at 11:30 and 12:30.

Current Fares

Vehicle & Driver

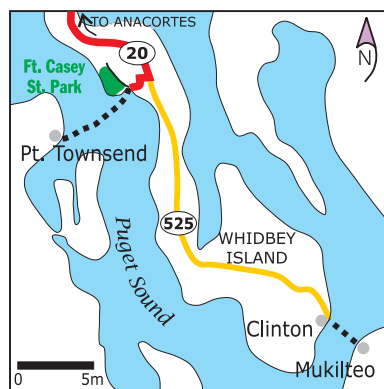
Regular	\$5.00
Senior/Disabled	\$4.30

Passengers

Regular	\$2.70
Senior/Disabled	\$1.30
Youth	\$1.90
Bicycle Surcharge	\$.90

Motorcycles and large vehicles have different fare structures.

Ft. Casey State Park



Schedule of Events

APRIL

Sat 06	Ultimate Orienteer 3 (Score-O) - Ft. Casey, Whidbey Island	C	COC	1:5,000	Eric Bone (206-634-2279) eric.bone@attbi.com
mass start 11a	Mukilteo-Clinton ferry, north on Highway 525				
13/14	Bennington Lake, Walla Walla	C	SACO		Frank Skorina (509-522-2770) frank@skorina.com
3-4pm/9-11am	same courses on both days				
Sun 21	Marymoor Park, Redmond	C	SAMM	1:10,000	Dave Enger (425-822-6254)
10am-noon	N. end of Lake Sammamish				

MAY

Sat 04	National Orienteering Day event - Woodland Park	C	COC	1:5,000	Rick Hood (425-640-8134) rick@hoodcs.com
10am-noon					
Sat 04	National Orienteering Day event - Marymoor Park, Redmond	C	SAMM	1:10,000	Dave Enger (425-822-6254)
10am-noon	N. end of Lake Sammamish				
04/05	National Orienteering Day events - Rooks Park, Walla Walla	C	SACO		Frank Skorina (509-522-2770) frank@skorina.com
3-4pm/9-11am	same courses both days				
Sun 05	National Orienteering Day event - Cornwall Park, Bellingham	C	CHUKO		Terradan Sagewynd terradan@televar.com
★ Sat 11	Ultimate Orienteer 4 (Classic-O) - Teanaway Forks, Cle Elum	C	COC	1:15,000	Eric Bone (206-634-2279) eric.bone@attbi.com
11am-1pm	I-90 east exit 85, north on Highway 970, left on Teanaway Rd., follow o-signs				
11/12	Sacajawea State Park, Pasco	C	SACO		Frank Skorina (509-522-2770) frank@skorina.com
3-4pm/9-11am	same courses both days				
Sat-Mon	Sage Stomp, Kamloops	B	SAGE		
18-20					
Sat/Sun	Newcastle Island, Nanaimo, BC	B	VICO		
25/26	http://vico.oabc.bc.ca				
Wed 29	Robinswood Park, Bellevue	C	SAMM		Dave Enger (425-822-6254)
5:30-7pm					

JUNE

Sat/Sun	Fishtrap Lake - Fishtrap, WA • www.pnwo.org	B	EWOC		John Beck beck@gem.gonzaga.edu
01/02	Chamna Preserve - Richland, WA • www.saco.org		SACO		Frank Skorina frank@skorina.com
Sat/Sun	Short Course event				Fred Veler
15/16	Kalispell, MT				
★ Sat 15	Ultimate Orienteer 5 (Long-O) - Trollhaugen Øst, Stampede Pass	C	COC	1:15,000	Eric Bone (206-634-2279) eric.bone@attbi.com
11am-1pm	I-90 east, exit 62, follow signs				
Sun 16	Bullfrog Flats, Cle Elum	C	SAMM		Dave Enger (425-822-6254)
10am-noon					
Wed 19	Big Finn Hill, Kirkland	C	SAMM		Dave Enger (425-822-6254)
5:30-7pm					
26-30	Midnight Sun Orienteering Festival - Whitehorse, Yukon www.icefield.yk.ca/www/yoa/	A	YOA		yoa@icefield.yk.ca
29-30	Tahoe 2-Day - Burton Creek, Lake Tahoe, CA www.baoc.org/sched/s02/s020629n.html	A	BAOC		Steve Beuerman (408-739-9376) beuerman@ix.netcom.com

JULY

06-14	Asia-Pacific Orienteering Carnival www.apoc2002.com	A			registrar@apoc2002.com
16-17	North American Rogaine Championships Kamloops, BC	R	SAGE		
Wed 17	Luther Burbank Park, Mercer Island	C	SAMM		Dave Enger (425-822-6254)
5:30-7pm					
19-28	Rocky Mountain 1000 Days - Laramie, WY www.geocities.com/Colosseum/Stadium/7418/	A	RMOC		Bob McBride (719-687-1076)
Sun 21	Ballard Bike-O	C	COC		Harvey Friedman (206-784-2774) fnharvey@u.washington.edu
10am-noon					

AUGUST

Wed 07	Howarth Park, Everett	C	SAMM		Dave Enger (425-822-6254)
5:30-7pm					
17-18	Western States Championships - Thorn Creek, McCall, ID http://velichko.home.mindspring.com/HHH2002/	A	CTOC	1:15,000	Sergey Velichko (207-377-4213) savelichko@micron.net

★ Pending land permission - check web site for latest information

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

Pacific Northwest Orienteering web site - www.pnwo.org
US O' Federation web site - www.us.orienteering.org
Chuckanut Orienteers - www.televar.com/~maryse/chucko.htm
City of Trees O' Club - <http://velichko.home.mindspring.com/ctoc>
Columbia River O' Club - www.croc.org
Foothills Wanderers O' Club - <http://gumbi.com/fwoc>
Husky O' Club - <http://students.washington.edu/run>
Oregon Cascades O' Club - www.geocities.com/orca_orienteering
Sacajawea Orienteers - mutiny.cbvcp.com/saco
Sage Orienteers - <http://sage.oabc.bc.ca>
Victorienteers O' Club - <http://vico.oabc.bc.ca>



Follow the signs to orienteering fun

Bearing 315
c/o Cascade Orienteering Club
PO. Box 31375
Seattle WA 98103

First Class