



Bearing 315

The newsletter of the Cascade Orienteering Club

Third Quarter 2003

Registration still open for Six Degrees of Navigation Adventure Race

You still have time to enter the Six Degrees of Navigation Adventure Race before the early registration deadline. Experience the thrill of kayaking, mountain biking, orienteering, and trail running in and around St. Edward State Park in Kenmore.

Take advantage of the early registration fee (just \$80/person, which includes kayak rental, maps, a t-shirt, and a picnic lunch) by sending in your entry, post-marked by August 15. After August 15, the registration fee goes up to \$100/person. The final registration deadline is August 24. The field is limited to 100 individuals, so enter now. Online registration is also available (processing fees, paid to Active.com, apply).

See the event page on our web site for additional details: www.CascadeOC.org/Degrees/SixHome.html.

New Publicity Coordinator

Welcome to **Doug Hathaway**, Cascade's new Publicity Coordinator. Doug is a former member of the Husky Orienteering Club and is so new that that's all I know about him. More information about Doug and the rest of the board members

will appear in a future issue of Bearing 315. In the meantime, please welcome Doug and thank him profusely for volunteering for this critical position.

WIOL/Winter O' Series to Begin

The 2003 editions of the Washington Interscholastic Orienteering League and the Winter O' Series are set to begin on November 8 at Farrel-McWhirter Park in Redmond.

Both sets of meets take place concurrently. The WIOL courses are for school-age participants from elementary through high school, while the O' Series courses cater to the more "mature" orienteer.

This year, we will be using the SPORTident electronic punching system, which the club recently purchased and used successfully at Pacific North West Orienteering Festival in June. The complete preliminary WIOL/O' Series schedule is:

November 8	Farrel-McWhirter Park, Redmond
November 22	Marymoor Park, Redmond
December 6	Lincoln Park, West Seattle
December 20	University of Washington, Seattle
January 10	Pt. Defiance Park, Tacoma
January 24	Hamlin Park, Shoreline
February 14	Woodland Park, Seattle
February 21	Championships, Ft. Steilacoom, Tacoma

Check the website for the most up-to-date information.

Current COC Officers and Coordinators

President – Jennifer Knowles, 253-845-6588, jsknowles@msn.com
*Vice President – Eugen Groff, 206-985-2198, groffmarek@earthlink.net
Training/Volunteer Coordinator – Eric Bone, 206-634-2279, eric.bone@attbi.com
*Treasurer – Katie Sprugel, 206-365-8742, sprugels@att.net
Secretary – Ardis Dull, 206-364-4062, ardisdull@juno.com
Mapping Coordinator – Don Denbo, 206-366-0624, dwd6@mindspring.com
*Equipment Coordinator – Don Atkinson, 425-488-0270, dona@atmos.washington.edu
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Membership Coordinator – Jim Siscel, 425-778-7202, jsiscel@cmc.net
Publicity/Promotion Coordinator – Doug Hathaway, jose_cheung@yahoo.com
Land Use Coordinator – Steve Knowles, 253-845-6588
*Technical Coordinator – Bill Cusworth, 206-271-0652, cusworth@chem.washington.edu
E-punch Coordinator – Jennifer Knowles
*Patrick Kelly, 206-760-9554, patandlaureen@onebox.com

* Executive Board Member

Ballard Bike-O September 7

The annual Ballard Bike-O will take place on September 7. Patrick Kelly has designed 4 courses to choose from. The beginner course is 3.8k, followed by Course 2, "The Churches of Ballard," on which all controls are churches. Courses 3 and 4 will be "freestyle" courses: visit controls in any order. If you make it to all 19, you've done Course 4. Come back with 12-18 controls, and you've done Course 3. As in past years, rather than punching markers, you will be given questions to answer to prove you visited a control. Meet near the Ballard Community Center on the corner of N.W. 60th St. and 28th Ave. N.W.

Meet Results

Woodland Park Score-O' - April 19

Meet Director: Doug Sprugel
 Courses: Eugen Groff (with help from Eric Bone) • Registration: Bill Cusworth, Dean Vergillo • Start: Pat Kelly, Dave Petty, Jake Reeder, Eugen Groff • Finish: Don Atkinson, Jon Campbell, Dave Tallent, Doug Sprugel, Debbie Newell, Steve Frederickson, Peter Sprugel • Beginner Instruction: Katie Sprugel, Jennifer Knowles • Control Pickup: Dean Vergillo, Jake Reeder, Eugen Groff • Weather: cloudy and mild; not bad considering the forecast was for steady rain.

Course 1 (1.05 km, 7 controls)

Shannon Cortez	9:24
Travis Chielens	10:44
Sam Zarky	11:22
McCall family	14:02
Tim Voges	15:46
Ville Jarvenpaa	18:05
Kathy Hughes	19:56
Talbot	20:28
Stephanie Davis	21:19
Jared Davis	21:20
Daniel Brotter	23:40
Timothy Stitt	24:53
Daniel Stitt	25:55
Stephanie English	28:58
Toomas & Katrin Tennisberg	30:47
Margaret Bay	36:49
Lee Eggebroten	39:03

Course 2 (1.9 km, 12 controls)

Victoria Campbell/Carolyn McKnight	25:01
Stuart and Claire Bradshaw	30:29
Gasiewicz Gang	44:38
Brian Hoover	45:54
Visser	46:15
Kate Lawson	46:15
Stuart Rosenfeld	46:17
Doug Hathaway	52:41

Course 3 (2.55 km, 13 controls)

Gilluly	28:01
John Branhardt/Liz Mitchell	28:21
Alex and Jenny MacLeod	28:23
Tim and Scott Vargo	31:38
Dimitris/Sabrina	37:39
Brian Toki	38:15
Brian Hoover	45:43
Andrew Kaynen	48:25
Bruce McLay	48:26
Lynn Scott	49:03
McCall/K	52:25
Shannon Cortez	56:59
Darin Hoover	57:42
Sam Zarky	65:58
Darran May	82:01

Course 4 (Score-o, 18 controls, 45 min. limit)

Ultimate Orienteer #3

Name	Time	Pts.
Eric Bone	18:01	1000
Jon Campbell	18:42	963
Peter Golde	20:11	893
Dean Vergillo	21:18	846
Leif Anderson	21:58	820
Debbie Newell	22:16	809
Dave Tallent	22:17	809
Kyle Haddad-Fonda	23:56	753
Jake Reeder	23:59	751
Bill MacDonald	24:09	746
John Barnhardt	24:32	734
Don Atkinson	26:28	681
Targo Tennisberg	26:28	681
Hans Frederick	26:43	674
Jason Andrews	26:44	674
Aimee Munzi	26:49	672
Jennifer Knowles	26:55	669
A.J. Ritter	27:08	664

Dave Dummeyer	27:14	662
Manuel Schmitt	27:23	658
Tyler Frederickson	28:25	634
Robin Clark	29:01	621
Victoria Campbell	31:05	580
Chris Whitmyre	31:53	565
Patrick Kelly	33:57	531
Virginia Stratton	33:59	530
Colin Dietrich	34:45	518
Paul Cornish	35:06	513
Harvey Friedman	36:31	493
Philippe Nicolle	37:14	484
Don Denbo	38:07	473
Dave Petty	38:09	472
Rod Sternagel	38:13	471
Nick Matveev	41:25	435
Caroline McKnight	43:21	416
Gilluly	43:33	414

17 Controls

Bill Cusworth	19:08	378
Oyvind Naess	22:06	378

16 Controls

Mark Howlett	21:48	356
Ken Lew (2-cont. penalty)	46:37	356

15 Controls

Marion Slawiatynsky	31:02	333
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14 Controls

Steve Frederickson (1-control OT penalty)	45:13	311
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10 Controls

Katie Emmons	41:21	222
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8 Controls

Carl Ebeling (10-control OT penalty)	56:24	178
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7 Controls

Laura Brown	32:36	156
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6 Controls

Gordon Brown	41:33	133
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Cle Elum Ridge Long-O' - May 10

Meet Director: Jon Campbell
 Courses: Peter Golde
 Registration: Tori Campbell, Anna Urbanova
 Start: Don & Marsha Campbell
 Finish: Don Atkinson, Eugen Groff, Peter Golde
 Marker Pickup: Ardis Dull, Don Atkinson, Jon Campbell, Peter Golde

Course 1 (2.1k, 6 controls)

Chad Goucher	25:46
Antoine Perchellet	34:23
Kurt Evenstad	37:43
Audrey Seamons	46:54
Don & Marsha Campbell	65:03
Ville Jarvenpaa	65:10
Toomas & Katrin Tennisberg	126:52
David Miner	DNF

Course 2 (3.3k, 8 controls)

Nick Matveev	40:50
Anna Urbanova	42:33
Heidi McBohn	47:01
Kent Verbeck	52:53
Marion Slawiatynsky	53:45
Chad Goucher	55:04
Lee Eggebroten	55:37
Sally Dow	64:08
Pip Courbois	69:10
Jim Bogesvang	69:10
Tracy Whelen	71:22
Cherie Oakland	83:04
Heather Clarke	DNF

Course 3 (6.1k, 10 controls)

Don Atkinson	60:43
Dale Width	62:53
David Petty	72:32
Matej & Jana Dvorak	73:28
Dave Dummeyer	75:42
Nelson Harbour	85:04
Ardis Dull	86:58

Katie Sprugel	101:28
Abby Wolfe	108:15
Chuck Benson/Darran May	133:39
Heather Coyle	144:12
Scott Nucci/Brian Rimmel	147:19
Riggers	151:24
Ken Lew	159:40
Jon Connolly	171:10
Patrice Winter/Shannon Cortez/Tami Dunn	DNF
Chuck Georgia	MSP

Course 4 (9.4k, 13 controls) - Ultimate

Orienteer #4

Name	Time	Pts.
Eric Bone	54:29	1000
Bill Cusworth	63:37	856
Dave Enger	80:54	673
Jon Campbell	85:05	640
Eugen Groff	86:49	628
Steve Knowles	87:40	621
Ben Hall	89:09	611
Jennifer Knowles	91:25	596
Debbie Newell	93:22	584
Oyvind Naess	95:35	570
Targo Tennisberg	96:29	565
Dan Baird	97:47	557
Mac MacDonald	100:18	543
David Tallent	100:42	541
Robin Clark	104:52	520
Kean Williams	107:49	505
Dean Vergillo	108:04	504
David Parson	108:19	503
Rick Breseman	108:26	502
Michael Braun	108:30	502
Raimo Javenpaa	109:07	499
Jake Reeder	109:41	497
Steve Miner	118:58	458
John Lee	121:34	448
Tyler Frederickson	125:09	435
Victoria Campbell	126:41	430
Kyle Seifullen	153:14	356
Paul Cornish	154:59	352
Tom Glenn	156:44	348
Chris Whitmyre	158:01	345
Dan Milligan	158:45	343
Alan Chaffee	160:41	339
Rod Sternagel	213:22	255
C Sternagel		DNF

Pt. Defiance Park Classic-O' -

June 1

Meet Director: Pat Kelly
 Courses: Don Atkinson

Course 1 (7 controls)

Kelsey Breseman	15:48
Ted Schneider	16:25
Jodi Wilhelm	22:59
Marilyn Roy	23:51
Tim Finley	25:05
Anders Skog	26:04
Dana Borland	35:36
Bill Weis	35:46
Pat McCoid	40:01
Team 21	44:20
Katrin Tennisberg	46:38
Ville Jarvenpaa	48:19

Course 2 (10 controls)

Arne Skog	40:27
Heidi Bohn	62:58
Molly Enger	70:30
Robert Miller	72:15
Phil Nicolle	72:36
Madeline Enger	75:32
Sandy Kish Miller	79:31
Ted Schneider	81:15
Cheryl Marek	83:38
Ryan Breseman	90:46
Angie & Clara Frederickson	109:28
Carol Stumpf	166:07
Ardis Dull	MSP

Course 3 (k, 11 controls)- Ultimate

Orienteer #5

Bill Cusworth	39:33	1000
Jon Campbell	41:28	954
Mark Howlett	44:47	883
Steve Miner	45:24	871
Ben Hall	47:37	831
Bill MacDonald	48:56	808
Tyler Frederickson	49:16	803
Eugen Groff	50:30	783
Rick Breseman	50:40	781
Dave Parsons	51:06	774
Dave Enger	51:11	773
Will Enger	51:28	768
Peter Golde	52:24	755
Jennifer Knowles	52:41	751
Targo Tennisberg	53:26	740
Raimo Jarvenpaa	55:03	718
Jake Reeder	55:40	710
Alex MacLeod	58:02	682
Kean Williams	58:31	676
A.J. Ritter	58:39	674
Debbie Newell	59:03	670
Dave Miner	59:56	660
Dave Dummeyer	64:17	615
Mac MacDonald	65:03	608
Pat Kelly	69:03	573
Ginger Stratton	69:14	571
Tori Campbell	72:20	547
Don Denbo	83:49	472
Steve Frederickson	93:28	423
Ken Lew	108:37	364
Harvey Friedman	129:02	307
Marjorie Stratton	142:28	278
Robert Stratton	173:39	228
Nick Matveev	MSP	

Pacific Northwest Orienteering Festival - June 21-29

Western States Champs (Teaway Forks/Lick Creek) - June 21/22

PI Name	Club	Day 1	Day 2	Total
White				
F-10				
1 Velichko, Masha	CTOC	23:34	19:19	42:53
2 Breseman, Dana	COC	27:52	16:35	44:27
Kelly, Deanta	COC	64:45	dns	
M-10				
1 Sprugel, Peter	COC	41:14	19:11	60:25
M-12				
DeWeese, Zack	NEOC	dnf	dnf	
Yellow				
F-14				
1 Enger, Molly	SAMM	31:22	34:12	65:34
2 Breseman, Kelsey	COC	42:56	43:37	86:33
M-14				
1 Rattchenko, K.	CROC	48:42	52:06	100:48
F-Yellow				
1 McNeely, Gretchen	CROC	48:06	56:31	104:37
MacDonald, Karen	SAMM	135:17	dnf	
M-Yellow				
Fluegel, Stephen	WCOC	68:15	dnf	
Orange				
M-16				
1 Foubister, Scott	SAGE	54:04	67:14	121:18
2 Goodwin, John	WCOC	72:55	93:03	165:58
3 Breseman, Ryan	COC	120:32	98:36	219:08
F-Orange				
1 Bohn, Heidi	COC	110:32	122:16	232:48
2 Dow, Sally	None	175:25	174:59	350:24
Rupners, Ilze	GVOC	dnf	116:48	
M-Orange				
1 McNeely, Alan	CROC	83:30	149:59	233:29

Brown

F50+					
1 Mactaggart, Margo	GVOC	83:16	67:01	150:17	
2 Miller, Sandy	COC	92:03	90:08	182:11	
3 Pohl, Julie	CROC	76:18	114:34	190:52	
DeWeese, Rhonda	NEOC	dnf	101:09		
F55+					
1 Gagarin, Gail	CSU	55:18	65:38	120:56	
2 Kerr, Jennifer	GCO	77:25	133:50	211:15	
Stratton, Marjorie	COC	158:29	dnf		
F60+					
Moore, Linda	LVOC	dnf	dnf		
Lindeman, Nancy	BAOC	129:00	dnf		
F65+					
1 Donald, Shirley	KOC	62:57	99:35	162:32	
2 Bailey, Gill	VICO	71:04	139:09	210:13	
3 Gookin, Donna	SDO	108:07	112:11	220:18	
M65+					
1 Gookin, Edwin	SDO	45:34	56:07	101:41	
2 Bailey, Leigh	VICO	40:39	68:11	108:50	
3 Moore, Carl	LVOC	57:05	76:00	133:05	
M70+					
1 Lew, Ken	COC	78:08	120:14	198:22	
M-Brown					
Nicolle, Phil	COC	dns	58:26		
Green					
F35+					
1 Rutten, Donna	COC	83:03	93:31	176:34	
2 MacLean, Steph.	LAOC	105:58	109:05	215:03	
F40+					
1 Breseman, Eileen	COC	63:39	87:04	150:43	
2 Clark, Robin	COC	75:21	120:24	195:45	
3 Fluegel, Donna	WCOC	112:04	159:33	271:37	
4 Farrah, Terry	BAOC	128:24	48:57	277:21	
F45+					
1 Ellis, Margaret	GVOC	63:45	99:54	163:39	
2 Dull, Ardis	COC	75:08	108:33	83:41	
3 Wolfe, Abby	BAOC	79:55	112:21	92:16	
4 Whipple, Paula	ORCA	79:38	129:29	209:07	
M-18					
1 Enger, Will	SAMM	46:48	91:21	138:09	
2 Oram, John	GVOC	59:03	100:20	159:23	
Stratton, Larry	COC	129:01	dnf		
M50+					
1 Enger, Dave	SAMM	43:27	53:25	96:52	
2 Suter, Max	TSN	64:04	62:49	126:53	
3 Schuh, Michael	COC	63:08	86:01	149:09	
4 Goodwin, Peter	WCOC	79:28	74:51	154:19	
5 Kelly, Pat	COC	85:51	104:30	190:21	
6 Rogers, David	CROC	153:40	141:18	294:58	
7 Beck, John	EWOC	131:01	166:17	297:18	
M55+					
1 Gagarin, Peter	CSU	43:14	47:59	91:13	
2 Harbuck, John	EWOC	45:37	57:27	103:04	
3 DeWeese, Charlie	NEOC	50:41	67:09	117:50	
4 Miller, Robert	COC	62:24	75:57	138:21	
5 MacDonald, Mac	SAMM	65:38	89:35	155:13	
6 Coble, Scott	EWOC	73:53	97:36	171:29	
7 McCabe, Jim	CHUKO	95:28	117:42	213:10	
8 Martineau, Phil	MNOC	86:19	136:37	222:56	
9 Hobbs, Steven	NEOC	100:19	132:48	233:07	
10 Sprugel, Doug	COC	76:43	210:53	307:36	
Brown, Charlie	None	91:34	dnf		
Width, Dale	COC	49:07	dnf		
Ellis, Brian	GVOC	46:41	dnf		
M60+					
1 Kerr, Alex	GVOC	56:19	69:38	125:57	
2 Custer, Evan	BAOC	60:24	86:04	146:28	
3 Veler, Fred	EWOC	63:39	85:32	149:11	
4 Foubister, Murray	SAGE	85:28	109:53	195:21	
5 DeMoss, Harold	BAOC	82:54	114:50	197:44	
6 Donald, Scott	KOC	77:50	126:23	204:13	
7 Friedman, Harvey	COC	101:48	121:11	222:59	

M-Green

1 Drumm, Scott	CROC	66:41	101:13	167:54
Klepsch, Ken	CHUKO	dns	dnf	
Fluegel, Stephan	WCOC	dns	141:36	
Red				
F-21+				
1 Oram, Louise	GVOC	86:27	89:02	175:29
2 DeMoss, Penny	BAOC	86:43	98:08	184:51
3 Newell, Debbie	COC	106:46	141:36	248:22
4 Campbell, Victoria	COC	127:22	164:15	291:37
Stratton, Virginia	COC	152:35	dnf	
M35+				
1 Naess, Oyvind	COC	73:39	86:44	160:23
2 Golde, Peter	COC	75:56	108:02	183:58
3 Vergillo, Dean	COC	84:33	125:38	210:11
4 MacLean, Derek	LAOC	119:27	101:51	221:18
5 Hintz, Stew	GCO	123:14	166:56	290:10
M40+				
1 Lewis, Jeff	BAOC	67:31	81:09	148:40
Green, William	CHUKO	77:05	dns	
Skorina, Frank	SACO	74:13	dns	
Skog, Arne	COC	78:13	dns	
M45+				
1 Breseman, Rick	COC	71:21	78:42	150:03
2 Rogers, John	SAMM	73:11	85:58	159:09
3 Eberlein, Elis	RMOC	77:36	83:48	161:24
4 Hall, Benjamin	COC	71:22	96:17	167:39
5 Groff, Eugen	COC	80:55	90:26	171:21
6 Shahbazian, Charlie	CAOC	82:34	100:35	183:09
7 Williams, Kean	COC	92:45	94:14	186:59
8 Albinsson, Ove	GVOC	75:59	115:16	191:15
9 Eagleton, Jim	DVOA	77:24	124:45	202:09
10 Braun, Michael	None	106:28	116:01	222:29
11 Cashen, Steve	None	130:11	98:25	228:36
12 Poulsen, Mike	CROC	102:00	131:54	233:54
Whitmyre, Chris	COC	dnf	dnf	
M-Red				
Andrews, Jason	None	81:25	dns	
Blue				
M-21+				
1 Johansson, Magnus	GVOC	74:49	84:11	159:00
2 de St. Croix, Ted	GVOC	82:26	82:09	164:35
3 Velichko, Sergey	CTOC	84:18	86:57	171:15
4 Foubister, Robin	SAGE	95:55	115:04	210:59
5 Prior, Mark	HOC	107:23	122:13	229:36
6 Campbell, Jon	COC	106:47	137:14	244:01
7 Moore, Brian	RMOC	109:54	143:17	253:11
Tennisberg, Targo	SAMM	162:19	dnf	
Watson, Jeff	ORCA	123:26	dnf	
Riley, Wyatt	BAOC	92:58	dnf	
Jarvenpaa, Raimo	ITSU	dns	142:27	
Anderson, Leif	SAMM	124:22	dns	

Short-O, Fishtrap Lake - June 23

Blue - M21			
1 Eric Bone	COC		32:34
2 Sergey Velichko	CTOC		34:47
3 Wyatt Riley	BAOC		35:08
4 William Cusworth	COC		39:07
5 Jonathan Campbell	COC		45:19
6 Prior Mark	HCO		53:15
7 Targo Tennisberg	SAMM		54:57
8 Brian Moore	RMOC		56:13
9 John Lee	COC		OVT
Red			
F21			
1 Sharon Crawford	RMOC		49:43
2 Victoria Campbell	COC		54:11
3 Robin Clark	COC		63:36
4 Virginia Stratton	COC		89:24
Debbie Newell	COC		MSP

Bearing 315

M35

1	Derek Maclean	LAOC	60:17
2	Stew Hintz	GCO	62:16

M40

1	Steve Knowles	COC	34:03
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M45

1	Peter Gagarin	CSU	30:57
2	Benjamin Hall	COC	36:33
3	Rick Breseman	COC	37:37
4	Charlie Shahbazian	CAOC	39:26
5	Jim Eagleton	DVOA	39:46

GREEN

F35

1	Jennifer Knowles	COC	36:28
2	Stephanie Maclean	LAOC	60:19

F40

1	Eileen Breseman	COC	43:01
2	Terry Farrah	BAOC	59:22

F45

1	Ardis Dull	COC	60:40
2	Robinson Karen	EWOC	65:52

M18

1	John Oram	GVOC	40:56
2	Larry Stratton	COC	90:14

M50

1	Max Suter	TSN	38:53
2	Michael Schuh	COC	39:13
3	Dave Tallent	COC	39:43
4	Peter Goodwin	WCOC	42:03
5	Jim Thompson	BAOC	49:10
6	Donald Denbo	COC	51:59
7	David Rogers	CROC	100:16

M55

1	John Harbuck	EWOC	33:29
2	Scott Coble	EWOC	45:59
3	Mac MacDonald	SAMM	70:31

M60

1	Fred Veler	EWOC	43:34
2	Friedman Harvey	COC	74:13
3	Scott Donald	KOC	91:08

Brown

F50

1	Margo Mactaggart	GVOC	52:31
2	Julie Pohl	CROC	53:37

F55

1	Gail Gagarin	CSU	33:43
2	Jennifer Kerr	GCO	55:24
3	Marjorie Stratton	COC	OVT

F60

1	Linda Moore	LVOC	38:00
2	Nancy Lindeman	BAOC	73:22

F65

1	Shirley Donald	KOC	37:02
2	Gill Bailey	VICO	41:27
3	Donna Gookin	SDO	47:26

M65

1	Leigh Bailey	VICO	25:03
2	Edwin Gookin	SDO	29:16
3	Carl Moore	LVOC	33:05

M70

1	Kenneth Lew	COC	45:38
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Orange

M16

1	Ryan Breseman	COC	53:58
2	John Goodwin	WCOC	67:46

F Orange

1	Heidi Bohn	COC	79:48
2	Sally Dow	-	87:02

Yellow

F14

1	Kelsey Breseman	COC	26:08
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F Yellow

1	Karen MacDonald	SAMM	50:34
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Recreational

1	Paige&Craig Numata		34:56
2	Patrick Mitchell		38:35
3	Jennings Bacon		73:48
	Art Brennan	UNKNOWN TIME	

M14

1	Erik Skorina	SACO	45:34
2	Matt Skorina	SACO	DQ

White

F10

1	Masha Velichko	CTOC	17:06
2	Dana Breseman	COC	124:13

Recreational

1	Paige&Craig Numata		33:50
2	Jennings Bacon		36:05
3	Katrin Tennisberg		89:38
4	Patrick Mitchell	UNKNOWN TIME	

Goat-O, Riverside Park, Spokane - June 24

Goat - 20k

Goats were allowed to skip 2 controls

Name	Time	Skip
Bone, Eric	2:20:00	2, 9
Gagarin, Peter	2:37:59	9, 18
Cusworth, William	2:39:49	5, 18
Campbell, Jonathan	2:52:41	9, 18
Moore, Brian	3:01:37	none
Knowles, Steve	3:04:17	2, 11
Prior, Mark	3:04:17	2, 11
Shahbazian, Charlie	3:27:48	2, 11
Waite, Jim	3:37:45	2, 9
Crawford, Sharon	3:45:27	9, 18
Goodwin, John	3:45:27	9, 18
Bryant, Barbara	3:53:47	5, 18
Newell, Debbie	4:05:20	9, 18
Tallent, Dave	4:05:20	9, 18
Tennisberg, Targo	4:20:55	2, 8
Lee, John	4:40:50	11, 18
Campbell, Victoria	4:41:40	11, 18
Sturtevant, Dean	4:42:06	5, 16
Hintz, Stew	4:52:25	?
Breach, Michelle	4:52:25	?
Donald, Shirley	5:30:47	2, 5
Moore, Carl	5:30:47	2, 5
Moore, Linda	5:30:47	2, 5
Farrah, Terry	dnf	
Hall, Benjamin	dnf	
Maclean, Derek	dnf	
MacDonald, Mac	dnf	
Riley, Wyatt	dnf	

Kid - 11k

Kids were allowed to skip 1 control

Breseman Rick	1:37:55	7
Suter Max	1:59:10	11
Coble Scott	2:08:22	7
Clark Robin	2:14:46	7
Fluegel, Donna	2:22:49	7
Goodwin Peter	2:22:49	7
Breseman Eileen	2:23:51	7
Skorina Matt	2:23:51	7
Gookin, Donna	2:31:10	2
Gookin, Edwin	2:31:40	2
Dull Ardis	2:33:58	2
Thompson Jim	2:34:54	7
Oram John	2:41:50	13
Bailey Leigh	2:45:23	3
Lew Kenneth	2:45:47	2
Mactaggart Margo	2:47:14	7
Robinson Karen	3:03:09	2
Kerr Jennifer	3:06:10	13
Bohn Heidi	3:11:33	8
Fluegel, Stephen	3:44:15	11
Donald, Scott	dnf	
Rogers, David	dnf	
Pohl Julie	dnf	
Bailey Gill	dnf	
Stratton Marjorie	dnf	
Lindeman Nancy	dnf	

Trail-O, Riverside State Park, Spokane - June 25

Sec.
Correct(Timed)

Paralympic Class

1	Kijima, Hideto	6	86
2	Countryman, Charles EWOC	5	98

Open Class

1	Bone, Eric	11	9
2	Harbuck, John	10	5
3	Borrie, Bill	10	6
4	Riley, Wyatt	10	8
5	Coble, Scott	10	11
6	Crawford, Sharon	10	11
7	Sturtevant, Dean	10	12
8	Tallent, Dave	10	24
9	Fluegel, Stephen	10	44
10	Thompson, Jim	10	78
11	Knowles, Jennifer	9	9
12	Stratton, Virginia	9	11
13	Moore, Brian	9	17
14	Hintz, Stew	9	23
15	Newell, Debbie	9	26
16	Campbell, Jonathan	8	6
17	Knowles, Steve	8	10
18	Goodwin, Peter	8	13
19	Tennisberg, Targo	8	14
20	Robinson, Karen	8	17
21	Moore, Carl	8	18
22	Moore, Linda	8	18
23	Farrah, Terry	8	21
24	Gookin, Donna	8	25
25	Gookin, Edwin	8	33
26	Breseman, Eileen	8	35
27	Breseman, Dana	8	35
28	Suter, Max	8	62
29	Campbell, Victoria	7	13
30	Goodwin, John	7	16
31	Dull, Ardis	7	16
32	Prior, Mark	7	33
33	Hall, Ben/Clark, Robin7	44	
34	Gabrel, Katrin	7	58
35	Kerr, Jennifer	7	76
36	Breseman, Kelsey	7	118
37	Skorina, Matt	6	10
38	Stratton, Larry	6	13
39	Shahbazian, Charlie	6	67
40	Breseman, Ryan	5	10
41	Rogers, David	5	94
42	Donald, Shirley	5	96
43	Countryman, C.	5	98
44	Pohl, Julie	5	101
45	Stratton, Marjorie	4	22
46	Dixon, Mike	4	25
47	Lew, Kenneth	3	120
48	Countryman, Andrew	2	79
49	Donald, Scott	2	115
50	Lindeman, Nancy	No score	

Night-O, Riverside Park, Spokane - June 25

Name Time

Blue - M21

1	Bone, Eric	66:50
2	Riley, Wyatt	78:37
3	Prior, Mark	103:27
4	Campbell, Jonathan	114:27
5	Tennisberg, Targo	147:25

Red

F21

1	Campbell, Victoria	105:27
2	Crawford, Sharon	111:28
3	Stratton, Virginia	155:20

M35		
1 Hintz, Stew	121:13	
M40		
1 Skorina, Frank	69:27	
2 Knowles, Steve	83:30	
M45		
1 Shahbazian, Charlie	79:21	
2 Breseman, Rick	106:45	
M-Red		
1 Moore, Brian	72:33	
Green		
F35		
1 Knowles, Jennifer	97:09	
F40		
1 Breseman, Eileen	79:06	
F45		
1 Newell, Debbie	109:49	
M18		
Stratton, Larry	dnf	
M50		
1 Goodwin, Peter	79:47	
2 Tallent, Dave	84:48	
3 Suter, Max	93:06	
M55		
1 Coble, Scott	109:42	
M60		
1 Donald, Scott	136:44	
Stratton, Robert	dnf	
M Green		
1 Sturtevant, Dean	91:25	
2 Olsen, Guy	111:26	
Brown		
F50		
1 Dull, Ardis	57:54	
F55		
1 Dennis, Karen	86:45	
2 Stratton, Marjorie	120:32	
F65		
1 Donald, Shirley	102:09	
Group		
1 Kerr, Jennifer	96:31	
2 Pohl, Julie	96:31	
3 Lindeman, Nancy	121:43	
4 Rogers, David	121:43	
M70		
1 Lew, Kenneth	120:22	
Orange		
M16		
1 Cornish, Hunter	44:43	
M Orange		
1 Swenson, Leif	87:35	
Yellow		
F14		
1 Breseman, Kelsey	23:32	
Group		
1 Fluegel, Donna & Stephen	53:35	
M14		
1 Goodwin, John	17:27	
2 Breseman, Ryan	20:26	
Recreational		
1 Mitchell, Pat	122:01	
White		
M12		
1 Skorina, Matt	19:01	

Sprint-O, Thorn Creek, McCall, ID - June 27

Thanks to all participants in the mass-start Sprint to benefit the US Team!

Full-Sprint, 3.2km, 10 controls

Jon Campbell	24:15
Jan Ingebregtsen	24:48

Dan Meenehan	25:02
Thorsten Graeve	25:09
Targo Tennisberg	27:28
Charlie Shahbazian	27:35
Debbie Newell	27:37
John Goodwin	27:44
Max Suter	27:54
Victoria Campbell	27:55
Rick Breseman	28:18
Gene Wee	28:20
Mike Eglinski	29:39
David Tallent	29:44
Charlie DeWeese	30:41
Richard Neuberger	30:45
Peter Goodwin	35:02
Eileen Breseman	35:13
Rhonda DeWeese	35:27
Jim Thompson	35:45
Larry Stratton	36:12
Terry Farrah	36:19
Guy Olsen	36:23
Ed Gookin	36:27
Leigh Bailey	37:26
Scott Coble	37:46
Nancy Neuberger	38:00
Fred Veler	39:47
Hunter Cornish	40:45
Virginia Stratton	43:38
Donna Fluegel	43:47
Shirley Donald	43:56
Julie Pohl	44:57
Ken Lew	45:11
Ardis Dull	47:55
Gill Bailey	48:38
Linda Moore	49:03
Carl Moore	49:24
Scott Donald	57:48
Steve Fluegel	62:45
Marjorie Stratton	93:33
Jeff Black missed #7,	25:15
Short-Sprint, 1.95km, 7 controls	
Ryan Breseman	20:55
Masha Velichko	24:12
Mary Jones	26:24
Kelsey Breseman	30:41
Nancy Lindeman	36:44
Donna Gookin	36:59
Kathy Ashead	45:03
Jeri Allen	51:12
Toomas Tennisberg	91:13
Katrin Tennisberg	91:14

Bear Basin - McCall ID, June 28

Blue (16 10.060 km 345 m 16 C)

M -21+			
1 Hawkins, William	CSU	64:06	
2 Platt, Mikell	RMOC	68:12	
3 Dan Stoll-Hadaya	BAOC	69:46	
4 Bone, Eric	COC	69:50	
5 Zhyk, Sergei	DVOA	70:35	
6 Cusworth, William	COC	76:04	
7 Hall, Randy	DVOA	76:33	
8 Smith, Ross	CSU	80:29	
9 Riley, Wyatt	BAOC	80:43	
10 Walker, Daniel	CSU	83:07	
11 Moore, Brian	RMOC	86:23	
12 Cote, J-J	RMOC	89:21	
13 Campbell, Jonathan	COC	104:29	
14 Tennisberg, Targo	SAMM	106:10	
Everett, Mark	OK	dnf	
Red (7.260 km 230 m 16 C)			
F -21+			
1 Armstrong, Suzanne	CSU	68:42	
2 Williams, Karen	CSU	69:31	
3 Crawford, Sharon	RMOC	79:52	
4 Newell, Debbie	COC	85:25	
5 Ritzenhaller, Kristin	CTOC	109:11	
6 Campbell, Victoria	COC	162:53	

M 35+			
1 Eglinski, Michael	OK	63:02	
2 Graeve, Thorsten	BAOC	69:17	
3 Hintz, Stew	GCO	134:50	
4 Drumm, Scott	CROC	139:54	
M 40+			
1 Balter, Greg	DVOA	56:03	
2 Barlow, Neal	RMOC	58:39	
3 Knowles, Steve	COC	63:43	
4 Ahmed, Nadim	QOC	71:33	
5 Ingebregtsen, JP	RMOC	81:15	
6 Regan, Paul	HVOC	106:48	
M 45+			
1 Wolfe, Bruce	BAOC	59:02	
2 Shahbazian, Charlie	CAOC	66:38	
3 Gregg, Steve	BAOC	72:26	
4 Eagleton, Jim	DVOA	72:33	
5 Berling, Doug	RMOC	78:42	
6 Eberlein, Elis	RMOC	79:40	
7 Breseman, Rick	COC	84:23	
8 Poulsen, Mike	CROC	91:40	
9 Wyatt-Mair, Gavin	BAOC	100:00	
Barrett, Robert	CTOC	ot	
M Red			
1 Walker, Ken	CSU	58:10	
2 Granovskiy, Boris	CSU	61:22	
3 Black, Jeff	CTOC	100:38	

Green (5.320 km 170 m 12 C)

F 35+			
1 Knowles, Jennifer	COC	57:30	
F 40+			
1 Dickison, Peggy	OK	62:45	
2 Durand, Clare	LAOC	72:57	
3 Koehler, Nancy	UNO	75:35	
4 Jones, Mary	OK	77:54	
5 Farrah, Terry	RMOC	85:33	
6 Breseman, Eileen	COC	88:37	
7 Fluegel, Donna	WCOC	98:25	
F 45+			
1 Neuburger, Nancy	PTOC	79:12	
2 Dull, Ardis	COC	84:41	
Whipple, Paula	ORCA	dns	
F Green			
1 Stratton, Virginia	COC	105:00	
M -18			
1 Enger, Will	SAMM	58:57	
2 Stratton, Larry	COC	116:38	
M 50+			
1 Enger, Dave	SAMM	46:59	
2 Suter, Max	TSN	56:44	
3 Tallent, Dave	COC	62:53	
4 Schuh, Michael	COC	67:39	
5 Thompson, Jim	BAOC	70:47	
6 Goodwin, Peter	WCOC	72:01	
Rogers, David	CROC	dnf	
M 55+			
1 Gagarin, Peter	CSU	51:55	
2 Wee, Gene	OK	54:33	
3 DeWeese, Charlie	NEOC	55:52	
4 Neuburger, Richard	PTOC	76:25	
5 Corsano, Nick	BAOC	99:42	
6 Coble, Scott	EWOC	114:50	
M 60+			
1 Veler, Fred	EWOC	75:53	
2 Stratton, Robert	COC	2:31:41	
Donald, Scott	KOC	dnf	
M Green			
1 Olsen, Guy	HVOC	69:43	
2 Bergset, Dave	CTOC	94:00	
Didisse, Bob	CTOC	dnf	
Fluegel, Stephen	WCOC	dns	

Brown (3.680 km 105 m 9 C)			
F -18			
1 Wolfe, Lauren	BAOC	56:17	
2 Wyatt-Mair, Arwen	BAOC	88:32	

Bearing 315

F 50+

1	Pohl, Julie	CROC	84:45
	DeWeese, Rhonda	NEOC	dnf

F 60+

1	Moore, Linda	LVOC	54:02
2	Lindeman, Nancy	BAOC	178:04

F 55+

1	Gagarin, Gail	CSU	53:20
2	Kerr, Jennifer	GCO	66:49
3	Stratton, Marjorie	COC	176:31

F 65+

1	Donald, Shirley	KOC	55:46
2	Gookin, Donna	SDO	67:44
3	Bailey, Gill	VICO	84:13

M 65+

1	Gookin, Edwin	SDO	46:14
2	Bailey, Leigh	VICO	48:13
3	Moore, Carl	LVOC	67:54

M 70+

1	Lew, Kenneth	COC	87:18
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Orange (5.250 km 165 m 13 C)

M -16

1	Goodwin, John	WCOC	58:01
2	Cornish, Hunter	DVOA	64:59
3	Wyatt-Mair, Malcolm	BAOC	66:31
4	Bresemann, Ryan	COC	74:04
5	Rattchenko, Konstantin	CROC	88:02

F -16

1	Enger, Madeline	SAMM	123:38
	Varon, Vivi	LAOC	dnf

F Orange

1	Bohn, Heidi	COC	116:40
	Dow, Sally	None	ot

Rec Orange

1	Mitchell, Patrick	None	119:32
	Mastaler, Doug	None	dnf

Yellow (3.560 km 100 m 12 C)

F -14

1	Enger, Molly	SAMM	37:12
2	Bresemann, Kelsey	COC	53:39
3	Wyatt-Mair, Kelsey	BAOC	63:41
	Kewitt, Claire	LAOC	dnf

F Yellow

1	Ashead, Kathy	None	83:02
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Recreational

1	Troop 246	None	160:20
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White (2.150 km 55 m 8 C)

F -10

1	Velichko, Masha	CTOC	20:51
2	Bresemann, Dana	COC	40:05

M -12 W

	DeWeese, Zack	NEOC	dnf
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F -12 W

1	Koehler, Rachel	UNO	21:34
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Rec White

1	Cleves Family	None	41:18
2	Allen, Jeri	None	64:22

U.S. Relay Championships - McCall, ID - June 29

Time—individual time on leg; Pl—individual place on leg within category; Leg—configuration of controls (forked legs); cum—cumulative team time; Pl*—team place on leg within category

Relay 4 pts

Name	Time	Pl	Leg	Cum	Pl*
1 DVOA 1					155:41
Hall, Randy	25:26	1	A	25:26	1
Cornish, Hunter	35:47	6	B	61:13	3
Balter, Greg	47:10	1	C	108:23	1
Zhyk, Sergei	47:18	2	C	155:41	

2 CSU 2

Williams, Karen	31:18	5	B	31:18	5
Gagarin, Peter	29:31	1	A	60:49	2
Walker, Ken	47:49	2	D	108:38	2
Granovskiy, Boris	52:15	5	D	160:53	

3 CSU B

Walker, Daniel	29:50	3	B	29:50	3
Armstrong, Suzanne	30:37	2	A	60:27	1
Smith, Ross	56:31	4	B	116:58	3
Hawkins, William	44:58	1	B	161:56	

4 RMOC 1

Eberlein, Elis	29:52	4	A	29:52	4
Cote, J-J	33:39	4	B	63:31	4
Barlow, Neal	58:08	5	H	121:39	4
Platt, Mikell	51:03	3	H	172:42	

5 Cascade - Quad

Cusworth, William	34:49	7	B	34:49	7
Knowles, Jennifer	35:05	5	A	69:54	6
Campbell, Jonathan	60:11	6	E	130:05	5
Bone, Eric	53:12	6	E	183:17	

6 BAOC 4

Wolfe, Bruce	26:23	2	A	26:23	2
Wolfe, Lauren	60:12	10	B	86:35	8
Riley, Wyatt	54:45	3	E	141:20	6
Stoll-Hadaya, Dan	55:13	7	E	196:33	

7 Orienteer Kansas

Meenehan, Dan	33:43	6	B	33:43	6
Dickson, Peggy	36:07	7	A	69:50	5
Eglinski, Michael	75:33	8	D	145:23	7
Everett, Mark	52:04	4	D	197:27	

8 RMOC 2

Crawford, Sharon	46:16	8	B	46:16	8
Ingebrigtsen, JP	33:12	3	A	79:28	7
Berling, Doug	74:01	7	A	153:29	8
Moore, Brian	65:27	8	A	218:56	

9 CTCOC Local Yokels

Disse, Bob	89:17	10	A	89:17	10
Bergset, Dave	49:51	9	B	139:08	10
Black, Jeff	89:17	9	A	228:25	9
Ritzenthaler, Kristin	75:01	9	A	303:26	

10 VO Just For Fun

Fluegel, Donna	70:25	9	A	70:25	9
Olsen, Guy	41:45	8	B	112:10	9
Fluegel, Stephen	141:45	10	B	253:55	10
Regan, Paul	78:34	10	B	332:29	

Relay 8 pts

1 BAOC 8					274:47
Wyatt-Mair, Malcolm	47:16	1	A	47:16	1
Wyatt-Mair, Kelsey	101:22	6	B	148:38	5
Gregg, Steve	57:56	1	G	206:34	3
Graeve, Thorsten	68:13	1	G	274:47	

2 COC Team Breseman

Bresemann, Ryan	48:48	3	B	48:48	3
Bresemann, Kelsey	65:03	3	A	113:51	1
Bresemann, Eileen	84:04	4	C	197:55	2
Bresemann, Rick	76:53	2	C	274:48	

3 SAMM Team Enger

Enger, Madeline	47:18	2	A	47:18	2
Enger, Molly	89:37	5	B	136:55	3
Enger, Will	59:09	2	G	196:04	1
Enger, Dave	104:06	5	G	300:10	

4 CROC Big Muddy Relay Team

Rattchenko, Konstantin	52:31	4	A	52:31	4
Pohl, Julie	64:05	2	B	116:36	2
Drumm, Scott	109:03	5	C	225:39	4
Poulsen, Mike	95:15	4	C	320:54	

5 BAOC Runners of Rivendell

Farrah, Terry	72:09	5	B	72:09	5
Wyatt-Mair, Arwen	74:40	4	A	146:49	4
Corsano, Nick	116:35	6	F	263:24	5
Wyatt-Mair, Gavin	120:47	6	F	384:11	

Cascade - Octo

Tallent, Dave	dnf	A			dnf
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Campbell, Victoria	54:28	1	B		2
Newell, Debbie	72:05	3	F		1
Knowles, Steve	79:27	3	F		1

Relay Open (7)

1 De Win 'rs					276:09
Goodwin, John	48:47	3	B	48:47	3
DeWeese, Rhonda	61:05	4	A	109:52	3
Goodwin, Peter	79:39	1	H	189:31	2
DeWeese, Charlie	86:38	2	H	276:09	

2 3rd From The Top

Neuburger, Nancy	44:56	1	A	44:56	1
Jones, Mary	57:22	2	B	102:18	1
Neuburger, Richard	89:58	4	E	192:16	3
Wee, Gene	87:53	3	E	280:09	

3 Soupbone Express

Coble, Scott	57:06	5	B	57:06	5
Dull, Ardis	51:27	1	A	108:33	2
Eagleton, Jim	80:32	2	B	189:05	1
Shahbazian, Charlie	101:16	4	B	290:21	

4 Mostly Gorgeous

Gagarin, Gail	45:15	2	A	45:15	2
Koehler, Rachel	96:11	5	B	141:26	4
Koehler, Nancy	95:10	5	D	236:36	4
Ahmed, Nadim	70:58	1	D	307:34	

5 Team 10

Stratton, Robert	84:37	7	B	84:37	7
Stratton, Virginia	60:52	3	A	145:29	5
Lew, Kenneth	175:09	7	F	320:38	6
Rogers, David	168:10	5	F	488:48	

Desert Frogs

Thompson, Jim	79:16	6	B	79:16	6
Varon, Vivi	114:24	6	A	193:40	6
Durand, Clare	85:40	3	G	279:20	5
Suter, Max	dnf		G		

S & S

Donald, Shirley	56:53	4	A	56:53	4
Donald, Scott	dnf		B		
Gookin, Edwin	113:58	6	A		
Person, Miss Ing	dns		A		

Recreational

1 Bill Cleaves					47:35
Cleaves, Bill	47:35	1	A	47:35	
2 Doug Mastaler					54:51
Mastaler, Doug	54:51	2	B	54:51	

Seattle Night and Day Navigation Challenge - July 19

3 hour

Open

Pl.	Team Name	Pts.	Time*	Min.	OT
1.	South Whidbey Endurance		580		
	Matthew Simms, Charley Lewarne				
2.	Team Sunshine	540			
	Kean Williams, Eileen Breseman				
3.	Margaritaville	520	2:58:12		
	Elyse Bloxham, JP Greene				
4.	Greenlake Grinders	520	2:59:59		
	Alan Yamamoto, Bill Henry, Lisa Redburg, Loreen Sako				
5.	Team Breseman	500			
	Rick & Ryan Breseman				
6.	Patrick Kelly (veteran)	490			
7.	Feet First	480			
	David Levinger, Tom Bertulis, Anzelma Kumpyte				
8.	Chaotic Network	470			
	Jared, Janet, John Roach, Chinda Hopkins, and John Hrones				
9.	Ken Lew (veteran)	460			2
10.	SAMPO	350			
	Chris Vincent & Ken Moisberry				

11. **Arvia, Peter, & Sonia** 340
Arvia Morris, Peter Clitherow, & Sonia
12. **MadKawboys** 285
Nicholas Weber, Clayton Marcheen
13. **Chesaw** 240 2:48:05
Ron Jablonski, Colleen Jablonski, Cathy Osborne, & Larry Arnett
14. **Lee Eggebroten** 210
15. **Past Your Bedtime** 100 1
Andi, Anna-Maria, & Max Strasser, Dana Heller
Off The Map, 240
[Robert & Anne Brown, finished in 2:52:30]—
used Seattle street map, not knowing it was
against the rules, and were cool enough to admit
it!

Women & Mixed Veterans

1. **The Sopranos** 480
Debbie Newell & Lori Hope
2. **Fox Islanders** 460
Marilyn Roy and Jennifer & Christina Weis
3. **Don't Get Yurt** 330
Caroline Ponzini, Anna Burke, Genny Rice
4. **Giant Frogs** 220
Katrin, Toomas, & Oliver Tennisberg
5. **Hello?** 140
C Fraser & S White
6. **Strolling Seniors** 130 10
Lester Goldstein, Ramona Memmer (veterans)

Recreational

1. **Talkin' Eds** 220
Dwight & Joe Freund

7 hour

Men, Mixed, & Mens Veteran

1. **Naughty & Nice** 860
Heather Mittelstaedt, Curt Mueller
2. **Scuse Me, So Rude** 710 6:46:58
Eric Riggers, Erin Roach
3. **Where's Waldo** 710 6:48:40
Steve Hager, Jack Jones (veterans)
4. **Team Montrail** 660
Jeremy Ditto, John Connor, Jenny Uehisa
5. **The Wanderers** 560
William Carter, Kelly Fischbach, Phanida Pfinger, William Thier
6. **Portable Paint** 550
Steve Needham, David Leers, Peter Takamori
7. **Midnight Ramblers** 510
Nick Corsano, Liz Butterfield
8. **JennyRunners** 500 10
Jennifer Probala, Jim Probala, Kelly Spawn, Kenny Miyamoto

Women & Mixed Veteran

1. **The Bullettes** 560
Ellen Taylor, Angela Romig, Carrie Fergusson
2. **Team Inspiration** 490
Joan Weisberg, Doug Beyerlein (veterans)
3. **M&Ms** 420
Meghann McLinden, Megan Madsen

16 hour

Men

1. **Louie Louie** 1710
Jeff & David Lewis
2. **Dean & Steve** 1500
Dean Vergillo, Steve Gregg
3. **Body by Supply Corps** 1290
Doug Bass, Matthew Holman
4. **Old Europe** 940
Targo Tennisberg, Marcello Napolitano
6. **Intense Casualty** 500
Jeffrey Sloane, Robin Pang

Seattle Running Company, 770

Scott McCoubrey, Brandon Sybrowsky; team
retired with injury

Mixed

1. **Peace** 1480
John Lee, Barb Bryant
2. **The Islanders** 1350
Heidi Bohn, Bill Cusworth
3. **Wankers and Spankers** 1240
Karen Kost, Nate Aschenbrenner, Jim Boehmer, Julie Calhoun
4. **We'd Rather Be Naked!** 1055
Shannon Saylor, Charles Hawley
5. **Fabian's Spider Bite** 995
James Kilbourn, Ruth Carlon, Dominic Solari

*Elapsed time is used to break ties.

Lincoln Park - August 2

Meet directors: Katie and Doug Sprugel
Course Designer: Don Denbo
Registration: Katie Sprugel, Kean Williams
Starts: Doug Sprugel
Finish: Don Atkinson, Katie Sprugel, Peter Sprugel
Control Pickup: Don Atkinson, Bill Cusworth, Don Denbo, Pat and Bob Reddick, Doug and Peter Sprugel
Weather: glorious

Course 1 (1.24k, 7 controls)

Hurshid Urokov and Mike Schuh	16:16
Richardson Family	21:07
Mike, Naomi, Nathan, and Jill Klinge1	21:42
Toomas Tennisberg	23:10
Erik Steele	26:35
Alli Knowles	29:42
Jared Roach and Waylin Costello	45:47
Johnson Family	55:04
Logan Knowles	Map hike

Course 2 (2.46k, 10 controls)

Don Atkinson	23:07
Ryan Breseman	25:43
Madeline Enger	34:17
Molly Enger	39:10
Mike, Naomi, Nathan, and Jill Klinge	39:31
Ken Allison	53:32
Mike and Jon Richardson	55:29
Janet Roach	68:48
Johnson Family	74:43
Kristy and Becky Forgrave	85:50
John Noser/Jonathan, Gillian, and Peter Durkee	90:25
Norman Scheiner	106:14

Course 3 (4.87k, 20 controls)

Bill Cusworth	31:53
Jennifer Knowles	38:14
Dave Enger	38:22
Targo Tennisberg	38:45
Tyler Frederickson	40:44

Will Enger	41:12
Jake Reeder	41:39
Rick Breseman	45:22
Greg Whelan	48:17
A. J. Ritter	49:38
Dave Dummeyer	49:50
Debbie Newell	50:04
Oyvind Naess	50:16
Kean Williams	52:36
Ardis Dull	53:11
Katrin Tennisberg	60:07
Ken Lew	67:37
Paul Cornish	67:56
Dave Petty	69:48
Paul and Ian Richards	142:42
Shannon and Geeners Cortez	DNF

U.S. Short and Long

Championships - May 3/4

Mannsville, N.Y.

COC finishers

Short Champs - May 3

2. Ardis Dull	F50
4. Bill Cusworth	M35
5. Eric Bone	M21

Long Champs - May 4

2. Heide Bohn	F Yellow
3. Ardis Dull	F50
10. Bill Cusworth	M35
5. Eric Bone	M21

B.C. Championships

McQueen Lake, Kamloops, B.C. - May 17/18

COC Finishers

2. Dana Breseman	F10-12
4. Ardis Dull	F45-54
3. Ryan Breseman	M15-16
4. Eric Bone	M20-34
5. Kean Williams	M35-44
1. Ben Hall	M45-54
2. Rick Breseman	M45-54
10. Harvey Friedman	M55-64

World Orienteering

Championships

Rapperswil/Jona, Switzerland - August 4-9

COC Finishers

Long Distance Qualifier (9.4k, 410m climb, 21 controls)
27. Eric Bone

Eric also finished 28th of 37 in the first leg of the WOC relay held on August 9. Unfortunately, the US men's team was disqualified when the third-leg runner mispunched.



*This could be you if you enter the **Six Degrees of Navigation Adventure Race!***

The Ultimate Orienteer - Current Standings

		1	2	3	4	5	Total
1	Bone, Eric	COC	1000		1000	1000	3000
2	Cusworth, Bill	COC	821		378	856	2678
3	Campbell, Jon	COC	755	695	963	640	2672
4	MacDonald, Bill	COC	700	1000	746		2554
5	Golde, Peter	COC		762	893		2410
6	Frederickson, Tyler	COC	741	862	634	435	2405
7	Tennisberg, Targo	SAMM	717	865	681	565	2322
8	Knowles, Jennifer	COC		838	669	596	2258
9	Enger, Dave	SAMM	778			673	2224
10	Newell, Debbie	COC	711	685	809	584	2206
11	Hall, Ben	COC	759			611	2200
12	Reeder, Jake	COC	712	584	751	497	2173
13	Tallent, Dave	COC	738	607	809	541	2153
14	Vergillo, Dean	COC	754	479	846	504	2104
15	Jarvenpaa, Raimo		624	741		499	2083
16	Groff, Eugen	COC	612			628	2022
17	Bresemann, Rick	COC	726			502	2009
18	Parson, Dave	COC	626	609		503	2008
19	Miner, Steve	COC	626			458	1956
20	Ritter, A.J.	COC	610	368	664		1948
21	Haddad-Fonda, Kyle		483	660	753		1896
22	MacDonald, Mac	COC	528	697		543	1848
23	Williams, Kean	COC	616	545		505	1836
24	Clark, Robin	COC	658	477	621	520	1798
25	Campbell, Tori	COC	607	499	580	430	1734
26	Dietrich, Colin		443	738	518		1700
27	Dummeyer, Dave			417	662		1694
28	Kelly, Pat	COC	585		531		1689
29	Anderson, Leif		857		820		1677
30	Cornish, Paul		607	521	513	352	1641
31	Stratton, Virginia	COC	439	482	530		1583
32	Knowles, Steve	COC		795		621	1416
33	Enger, Will	SAMM	646				1415
34	Denbo, Don	COC	466	392	473		1411
35	Lee, John		517	371		448	1337
36	Baird, Dan			752		557	1310
37	Atkinson, Don	COC	607		681		1287
38	Frederick, Hans	COC	603		674		1277
39	Howlett, Mark				356		883
40	Frederickson, Steve	COC	494	299	311		1228
41	Friedman, Harvey	COC	426		493		1225
42	Sternagel, Rod	COC	441		471	255	1168
43	Lew, Ken	COC	348		356		1068
44	Naess, Oyvind				378	570	948
45	Whitmyre, Chris				565	345	910
46	Seifullin, Kyle		552			356	907
47	Petty, Dave	COC	366		472		838
48	Matveev, Nick				435		318
49	Barnhardt, John				734		734
50	Robeson, Stephen		709				709
51	Allemann, Bill	COC		696			696
52	MacLeod, Alex					682	682
53	Jason Andrews				674		674

54	Munzi, Aimee					672	672
55	Urban, Matej	COC			663		663
56	Miner, Dave					660	660
57	Schmitt, Manuel					658	658
58	Width, Dale	EOC			645		645
59	Gilmour, Andy	COC			640		640
60	Steuben, Anneliese				579		579
61	Bresemann, Eileen	COC			565		565
62	Dyer, Hilary				553		553
63	Kotecky, Roman				553		553
64	Staerk, Laila	COC			538		538
65	Kahan,				533		533
66	Selby, John				523		523
67	Vetere, Josh	SACO			509		509
68	Evans, Kim	COC			503		503
69	Braun, Michael					502	502
70	Jana Dvorak	COC			500		500
71	McKenzie, Bill	COC			490		490
72	Dull, Ardis	COC			485		485
73	Nicolle, Philippe					484	484
74	Bradshaw, Stuart				461		461
75	Stratton, Marjorie	COC			179	278	457
76	Miller, S.K.				454		454
77	Freeman-Benson, Bjorn				452		452
78	Bresemann, Ryan	COC			436		436
79	Queen, Ted	COC			426		426
80	McKnight, Caroline					416	416
81	Gilluly					414	414
82	Farah, Terry	BAOC			406		406
83	Siscel, Jim	COC			386		386
84	Bresemann, Kelsey	COC			382		382
85	Glenn, Tom					348	348
86	Van Gorder, R				345		345
87	Milligan, Dan					343	343
88	Chaffee, Alan					339	339
89	Slawiatynsky, Marion					333	333
90	Wolfe, Abby	COC			329		329
91	Coyle, Heather				267		267
92	Stratton, Robert					228	228
93	Emmons, Katie					222	222
94	Ebeling, Carl					178	178
95	Brown, Laura					156	156
96	Brown, Gordon					133	133

Meets in the 2003 Ultimate Orienteer Series

1 - Seward Park Short-O (March 8) • 2 - Lynndale Park Night-O (March 29) • 3 - Woodland Park Score-O (April 19) • 4 - Cle Elum Ridge Classic-O (May 10) • 5 - Long-O, location TBA (June 01)

Ultimate Orienteer Scoring System

The winner of each event receives 1000 points. Everyone else receives a percentage of 1000 points based on their time compared to that of the winner. For example, if the winner has a time of 25 minutes and your time is 50 minutes, you will receive 500 points. Your best 3 scores are combined for your total score.

Schedule of Events

AUGUST

16-24	Sage Stomp (including the Canadian Orienteering Championships Kamloops, BC	A	SAGE		Gill Bailey (250-477-4469) leighb@islandnet.com
Sat 30 8:00a	Six Degrees of Navigation Adventure Race St. Edward Park, Kenmore - kayaking, orienteering, mt. biking, trekking, etc.	X	COC	various	Debbie Newell (425-488-3691) dnewel@verizon.net

SEPTEMBER

* Sat 06 10:00a-noon	Cle Elum, Teanaway West From I-90 take exit 85 in Cle Elum. Go north across freeway, head east on highway 970. At junction with Highway 10, keep left, continue on 970 to Teanaway Road. Turn left onto Teanaway Rd., then left onto West Fork Teanaway Road. Follow signs to parking.	C	COC	1:15,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
Sun 07 10:00a-noon	Ballard Bike-O - meet at Ballard Community Center	C	COC	1:15,000	Harvey Friedman (206-784-2774) fnharvey@u.washington.edu
Sat 20 10:00a-noon	National Orienteering Day - Woodland Park, Seattle From I-5 take N.E. 50th St. exit and head west. Turn right into parking lot just before Aurora Ave. and follow signs to registration.	C	COC	1:5,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com

OCTOBER

Sun 05 10:00a-noon	North Seattle Community College, Seattle				Jennifer Knowles (253-845-6588) jsknowles@msn.com
* Sun 19 10:00a-noon	Bo Powell Memorial , Fort Casey State Park, Whidbey Island From Seattle, take Mukilteo-Clinton ferry to Whidbey Island. Head north on Highway 525 for about 20 miles, then turn left onto Highway 20 and follow signs to Ft. Casey State Park. From Olympic Peninsula, take Pt. Townsend-Keystone ferry. Turn left from ferry dock and follow signs to Ft. Casey State Park. From the north, from I-5, take Highway 20 exit westbound to Whidbey Island and follow to Ft. Casey State Park.	C	COC	1:5,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
* Sun 26 5:45p	Vampire-O , Woodland Park, Seattle For directions, see Sept. 20 meet.	C	COC	1:5,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com

NOVEMBER

* Sat 08 10:00a-noon	WIOL 1, O' Series 1 - Farrel-McWhirter Park, Redmond Take Highway 520 east to its end, continue on Avondale Rd., turn right onto Novelty Hill Rd., left onto N.E. Redmond Rd.	C	COC	1:3,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
* Sat 22 10:00a-noon	WIOL 2, O' Series 2 - Marymoor Park, Redmond	C	SAMM	1:10,000	Dave Enger (425-822-6254)

DECEMBER

* Sat 06 10:00a-noon	WIOL 3, O' Series 3 - Lincoln Park, West Seattle	C	COC	1:5,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
* Sat 20 10:00a-noon	WIOL 4, O' Series 4 - University of Washington, Seattle	C	COC	1:5,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
* Sat 27 10:00a-noon	Bog Slog - St. Edward State Park, Kenmore	C	COC	1:10,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com

* Pending land use permission - check web site

A - National meet
B - Major local meet
C - Regular local meet
O - Winter O' Series meet
W - Washington Interscholastic Orienteering League meet
R - Rogaine
X - Special event

Orienteering Web Sites

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>
Greater Vancouver Orienteering Club - <http://www.orienteeringbc.ca/gvoc/>
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://www.orienteeringbc.ca/sage/>
VictOrienteers O' Club - <http://www.orienteeringbc.ca/vico/>



Follow the signs to orienteering fun

Join the Cascade Orienteering Club E-mail List

COC's email list is used to announce upcoming events, post results of past events, make carpool arrangements, and discuss club business or orienteering in general. 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
- Send e-mail to: cascadeoc-subscribe@yahoogroups.com

To post a message

cascadeoc@yahoogroups.com

To unsubscribe

cascadeoc-unsubscribe@yahoogroups.com

To contact the list owner

cascadeoc-owner@yahoogroups.com

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First Class