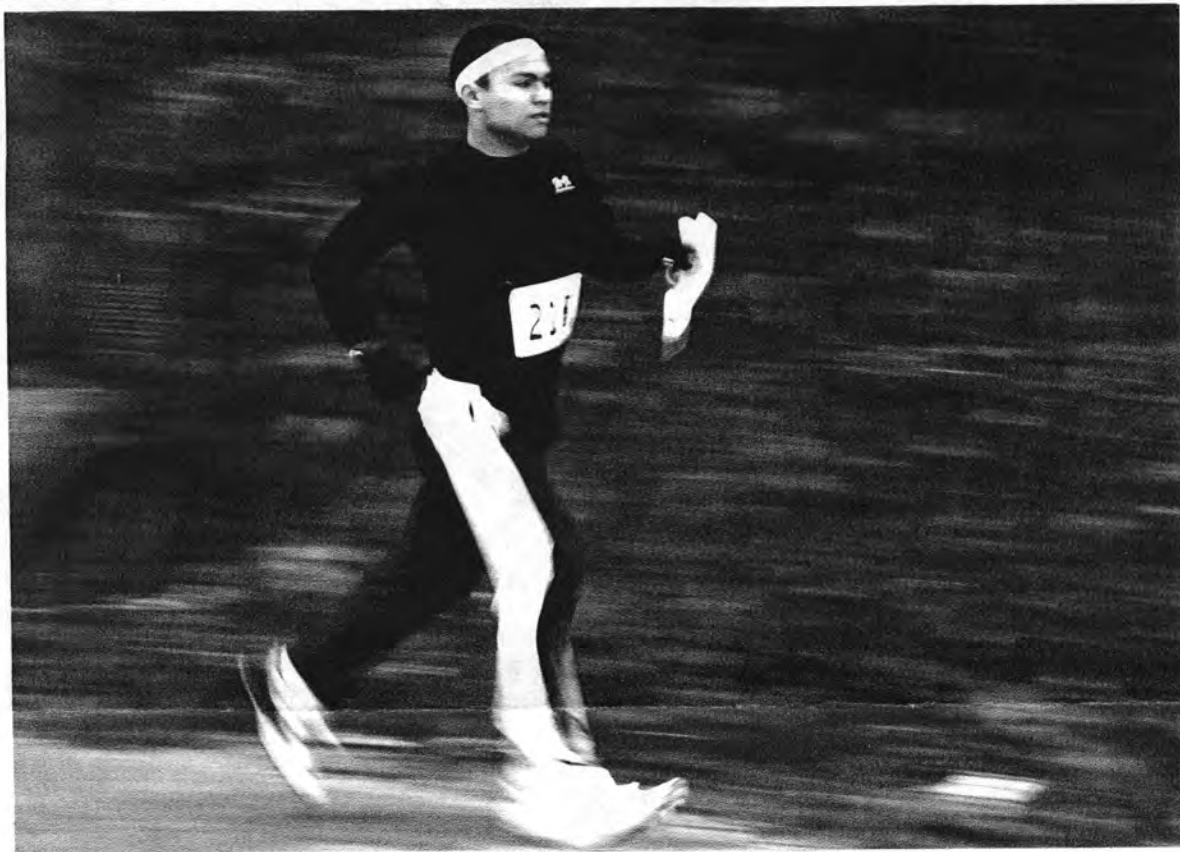


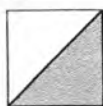
Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

Spring 2006



Cholo Cirulado on his way to a control during the 2006 WIOL Championships



Upcoming Events

The Ultimate Orienteer

Debbie Newell

Mark your calendar for this series of 5 fun events beginning in March. Try 5 different forms of orienteering at 5 different locations - Score-O', Classic-O', Night-O', Short-O', and Long-O'.

On the longest course at each event, you (individuals only) will receive points for your placing. Your best 3 scores will be combined to determine if you are The Ultimate Orienteer. If an event

is cancelled or a course disallowed, the number of scores counted may be reduced.

All events will include beginner and intermediate courses. Please see the Events page for more details about each event.

Scoring

The winner at each event receives 1000 points and everyone else receives points based on the percent behind the winner's time. For example, if the winner has a time of 25 minutes and your time is 50 minutes, you will score 500 points.

2006 Ultimate Orienteer Events

March 18	Classic-O	Pt. Defiance Park, Tacoma
April 1	Night-O	Hamlin Park, Shoreline
April 29	Short-O	Lord Hill Park, Snohomish
May 6	Score-O	Ft. Steilacoom Park, Tacoma
June 10	Long-O/ Goat	Cle Elum area

Copyright 2006, Cascade Orienteering Club. Permission is given to reproduce for the promotion of orienteering. Bearing 315 is published four times each year by Cascade Orienteering Club. Submissions for the next issue **must be received by June 30, 2006**. Send submissions to Don Denbo at dwd6@mind-spring.com or mail to 2138 N 186th St., Shoreline, WA, 98133.

Five Kinds of Fun

Following are short descriptions of the five types of orienteering offered during this year's Ultimate Orienteer Series. There are other variations of orienteering, but these are the ones we are currently using. In all types except Score-O, you must visit the controls in a specified order.

Short-O

As its name implies, this is a short, fast course characterized by short control legs. Quick route choices and accurate navigation are emphasized in short-o.

Score-O

An event with a mass start, each control on a score-o course is worth a particular number of points. Generally, the more difficult controls (because of their navigational difficulty or distance) are worth more points than easier controls. Competitors collect as many points as possible within a specified time limit. Point penalties (for example, 10 pts/minute) are assessed for those returning after the time limit. This is the only race in the series where you are allowed to visit controls in any order.

Night-O

Night-o, not surprisingly, is an event held in the dark. Control locations which seem easy during the day can become difficult by the light of a head lamp or flashlight.

Classic-O

A "normal" point-to-point orienteering course which follows the recommended guidelines for winning times.

Long-O

Long-o is characterized by long legs and long course lengths. The winning time for a long-o course is generally about 50% longer than a "normal" orienteering course.

Goat

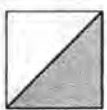
A "goat" event is a special variation of long-o in which you must visit controls in order, but are allowed to skip one or more (quantity designated by the organizers, but your choice which one(s) to skip). Other course variations may also be allowed. Goats are mass-start events and generally have a 3-hour time limit. Fun and following are encouraged, but not required. For more information about

goat events, visit the "official" goat site, www.billygoat.org.

Six Degrees of Navigation Sprint Adventure Race July 29, 2006



Join us for our 4th annual sprint adventure race, this year taking place in and around Lord Hill Park, just outside Snohomish. Test your mind and body in a challenging combination of sports disciplines, including kayaking/canoeing (optional), orienteering, mountain biking, and trail running. We'll also throw in some special tests just to make it interesting. The common thread is navigation: all participants must find their way from checkpoint to checkpoint using a map and compass. With a projected winning time of 4 hours, Six Degrees of Navigation is an adventure race that any motivated participant can complete. For more information about Six Degrees, check out our web site.



Training

Three O-Tips

Jennifer Knowles

CART

This is a mnemonic for your approach to running any race leg.

C = Control: what is the feature and on what side is the control hung.

A = Attack Point: find one! Make it easily findable and as close to the actual control as possible.

R = Route: how will I get to the attack point? Make yourself find at least 2 possible routes for each leg. Compare the routes, then choose and go! If you can make yourself do this, you will find better routes than you see on your first glance.

T – Technique: what speed should I run for this leg or portion of the leg? In general terms, you run faster to the attack point, then check your speed and go slowly into the control. This part of the mnemonic tries to get you thinking about how much speed you can safely use for a given leg or portion of leg. This also addresses things like aiming off, pacing and using a catching feature—all that are important orienteering techniques.

Use CART for every control. It makes your approach systematic, and you'll be less likely to make a mistake.

Know how to RELOCATE!

This means realizing you're making a mistake and knowing how to correct it.

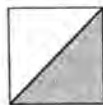
- **STOP!** Physically stop moving.
- Identify last **KNOWN** location on map.
- Talk through what you did after that known location. Sometimes if you haven't been paying attention you don't know what you've done, so skip this step.
- Look around. Think about what you see (cliff up the hill; stream behind me, reentrant just ahead) and try to find yourself on the map. Don't move yet!
- Look at the map and think about where the control is.
- **NOW MOVE** towards the control! Go more slowly than you think you should and don't try to "make up time," as this is a recipe for disaster. If you haven't been able to find yourself on the map, you should either go back to your last know location, or climb a hill (last resort) to get a look around.

There are other ways to relocate. This may not work for every one. The point is, have a system!

Run Your Own Race!

This means ignore other orienteers. Even the ones you **KNOW** are on your course. Even the ones who are "better" than you and could give you a "boost" into the

next control. Even great orienteers make mistakes, and the one you decide to follow could be due to make his/hers! Stay focused on your map and your plan. This is the path to orienteering happiness!



WIOL

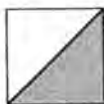
24th Year of Washington Interscholastic Orienteering League (WIOL)

Jim Siscel, WIOL Director

The 24th year of WIOL has very successfully concluded with the Championship Meet at St. Edward State Park on February 18th. A big thank you to all Cascade Orienteering Club (COC) members who have helped put on the meets during the past four months. Without these volunteers the season would not have happened. Ben Hall did an outstanding job running the E-Punch system during the meets and getting the meet results on line very quickly. Mike Schuh's work on the WIOL website kept the information for WIOL participants current and up-to-date.

We had snow at Celebration Park and a JROTC drill competition on the Hamlin Park date, which kept some from being able to compete. Then we had to cancel the Bridle Trails meet for safety because of high winds that toppled many trees across the trails. Even with these hindrances we averaged 140 starts at the six season meets. We had 145 starts at the championship meet. The total starts for the seven meets were 986. There were 183 season participants and 45 day of meet participants.

I want to thank the coaches and parents from the fourteen schools that participated in the season. I want to thank the parents of individual students who participated in the season. Thank you to Brianne O'Neil and Joshua Glazier from Bremerton NJROTC who handed out start times each week. Your support helped make this extra-curricular activity successful.



News and Notes

Good Products for Poison Ivy

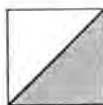
*From <http://www.progressivefarmer.com>
From Staff Reports*

Pharmacist Coyet Lowery says two new products on the market have helped him avoid the itchy rash of poison ivy while working and hunting on his family's Georgia farm. Like most people, his sensitivity to the urushinol oil in poison ivy, oak and sumac has increased over the years, so he doesn't enter overgrown areas without first applying a lotion-like preventive called IvyBlock. Afterward, he washes his clothes, tools and hands with Tecnu Outdoor Skin Cleanser.

IvyBlock by EnviroDerm is a poison ivy, oak and sumac protectant that prevents the oils from reaching skin and causing a rash. It has to be reapplied every four hours for best protection, but convenient 1-ounce bottles are easy to carry around.

Tecnu Outdoor Skin Cleanser removes poison ivy, oak and sumac oils from exposed skin to prevent a rash if you wash within 24 hours of exposure. The cleanser also can be used to clean tools, clothing, boots, shoelaces and pets that have been contaminated by the oils. Because the oils can have effect up to a year on clothing or tools, cleaning them from these contaminated items can help you avoid a secondary contact.

Both IvyBlock and Tecnu Outdoor Skin Cleanser are available at most drug and discount stores, such as Wal-Mart. For more information about product availability, call EnviroDerm (IvyBlock) at 1-800-991-3376 and Tec Labs (Oak-N-Ivy cleanser) at 1-800-482-4464.



Presidents Report

by Jim Siscel, COC President

We have successfully completed the 24th season for the Washington Interscholastic Orienteering League (WIOL), please see that report below. COC has had eight equivalent A level orienteering meets

over the past four months. A big thank you to all who helped make this season successful.

Volunteers are what make COC work. We have had many new faces helping out during the past six months. We need to have other members who enjoy the sport and activity of orienteering to please volunteer as well. One and a half hours of volunteer time earns you an appreciation coupon, which lets you have a free entry to a future meet. We have set our volunteer schedule so you can volunteer and still participate at the meet.

I would like to suggest that all COC members help at every third meet they attend. After helping three times at such jobs as registration, start, finish, e-punch issue, control pickup, members should volunteer to co-direct or set courses at a meet. Learning the basics of meet organization is easy when working by the side of an experienced meet director. After co-directing a local meet, members should volunteer to be a meet director.

Of critical importance are the positions of Meet Director and Course Setter. If we don't have volunteers for these two positions we cannot have meets. If these positions are not filled one month before a meet we will have to cancel that particular meet. We have experienced Meet Directors and Course Setters who are very willing to mentor new volunteers for these positions. This has occurred during the past four months. We need club members to volunteer for these positions for the Ultimate O Season. Please contact Debbie Newell our Event Coordinator to volunteer.

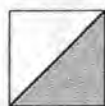
The Board of Directors has decided to upgrade our SportIdent Epunch equipment to the newest version. This upgrade will make it easier for the Epunch Coordinator and Course Setter to do their jobs.

I would like to thank Ben Hall, our Epunch Coordinator, for the outstanding job he has done over the past two years running the Epunch system for 30 meets. Without Ben and the Epunch system I would have not wanted to be in charge of checking 250-300 punch cards to be sure everyone punched correctly. Ben has asked to step down as Epunch Coordina-

tor. He is willing to work with a new volunteer for this position to train him/her. Without the availability of the Epunch system COC will not be able to put on the quality meets that we have over the past two years. I urge someone or two someones to step forward and take the Epunch Coordinator position.

We need a Land Use Coordinator. This person contacts the landowner of the scheduled meet area and gets permission to use the land area for the meet. We need a Volunteer Coordinator who organizes the volunteers for each meet and passes their names on to the Meet Director.

Yes, this is a volunteer based organization without volunteers we can't have the excellent orienteering meets that have been occurring. Please volunteer for one of the above three positions. Let me know which one you would like to fulfill.



Meet Results

2005 WIOL #4

Hamlin Park

December 17, 2005

Shoreline, WA.

Cascade Orienteering Club

Site set-up: Don Atkinson, Jim Sissel

Registrations: Sue Kuestner, Kean Williams, Terry Farrah, Ardis Dull, Rolf Kuestner

Start crew: Marjorie Stratton, Pat Kelly, Paul Cornish, AJ Ritter, Dave Petty

Epunch: Jana Dvorak, Harvey Friedman, Ben Hall

Control pickup: Bill & Wyatt Allemann, Kerie

Raymond, Terry Farrah, Eric Bone, Don Atkinson, Doug Sprugel

Course Vettors: Kerie Raymond, Eric Bone

Course Setters: Doug and Katie Sprugel

Meet Directors: Katie and Doug Sprugel

December 17 dawned clear and cold for the 4th WIOL meet of the year. Course Setters & Meet Directors Doug and Katie Sprugel were out in the woods at 7:30am, setting the first controls. After a few missed starts (I'm sure that stump was here yesterday! How the heck do I get this post into the frozen ground without bending it?) things went smoothly. Vettors Kerie Raymond and Eric Bone went out around 9:30. Eric pre-ran course 5 and Kerie took on the challenging task of checking all the controls on courses 3, 4A and 4B that weren't on course 5 (in other words, a sort of a

score-O approach to vetting). Fortunately, everything was in order, or at least close (whew!). It turns out being both meet directors and course setters works out well except for about half an hour on the day of the meet when you need to be in the woods and in the start area simultaneously, which is awkward if you don't have Hermione's Time Turner (inside joke for Harry Potter fans).

Turnout was good for a WIOL meet this close to the holidays. We had 133 WIOL participants and 132 public registrants. Everyone finished in good spirits and seemed to enjoy the courses. On Courses 4 and 5, thanks to Jim Sissel's efforts, we were able to use the woodlot south of Shorecrest High School. Jim got permission for us to use it and then did some quick map updating to make it more usable for orienteering. Doug and I used this to make each of the upper courses a mix of detailed orienteering in the early part of the courses with some "runner's" legs towards the end of the courses.

Winning times were as follows:

Course	Len (km)	WIOL Winning Time	Public Winning Time
1	1.2	10:31	9:21
2	1.8	20:27 boys 22:42 girls	26:14
3	2.7	28:17	42:33
4G	3.8	33:32	42:50
4B	4.1	29:12	
5	4.5		24:22 Men 35:55 Women

Thanks to all the volunteers who made the meet happen!

2005 WIOL #5

Priest Pt. Park

January 7, 2006

Tacoma, WA.

Cascade Orienteering Club

Meet directors: Don Atkinson and Jim Sissel

Course setter: Chris Whitmyre

Starts: Oyvind Naess, Soren Olsson, Ken Lew, Matej Urban

Finishes and Computer Coordination: Ben Hall, Jana Dvorak, Harvey Friedman, John Lee, Doug Sprugel

Registration: Ardis Dull, Pat Kelly, Mike Olsson, Anna Urbanova

WIOL Registration: Laurel Suttles

Beginner Instruction: Mike Schuh

Marker pickup: Chris Whitmyre, Callie Wade, Judy Borish, Stan Borish, Sue, Holl, and Rolf Kuestner

Course 1 Public (1.2 km, 8 Controls)

Cathy Hall(2)		14:04
Delphine Lallemand		19:15
Leroy Smith(2)	COC	22:40
Judy Borish	COC	22:42
Mary Theiler		25:19
Lisa Thomas(2)		26:55
Chuck Overby		51:43
Toomas Tennisberg	SAMM	53:25
Jo Ingram		mp/dnf
Sarah Milligan(3)		mp/dnf

Course 2 Public (1.8 km, 9 Controls)

Sarah Rogers		24:34
Nancy Bauer	COC	25:57
Bryan Colela		26:27
Nick Matveev		27:06
Jaimee Miller		41:07
Leroy Smith(2)	COC	42:44
Grant Erickson(2)		48:02
Emma Howey		53:02
Tim Block		58:25
Callie Craig		mp/dnf
Chris Miller		mp/dnf
Alan Harvey		mp/dnf

Course 4 Public (3.9 km, 11 Controls)

Jason Allmaras	KILO	42:31
Reid Mayfield	KILO	42:31
Glen Wallace(2)		45:53
Justin Allmaras		49:31
Reserve		50:16
Ardis Dull	COC	52:40
Harvey Friedman	COC	58:56
Ken Lew	COC	63:29
Eric Jarvey	KILO	64:42
Anne York	COC	67:22
Robert Stratton	COC	67:37
Della Suttles(3)	COC	68:45
Sally Dow	COC	71:35
Kelly Richards(2)		71:55
Fred Veler	SAMM	72:16
Allan Richter(1)		73:33
Kate Lawson(2)	COC	78:07
Juliana Goh(2)		81:27
Libby Dermenstein	COC	81:31
Marjorie Stratton	COC	84:14
Ian Skyles(2)		96:20
Mike Williams		127:38
Brandon Skyles(1)		135:16
Bob Schinske(1)		mp/dnf

Course 5 Men (4.3 km, 14 Controls)

Ben Legg	ORCA	41:22	100
Rick Breseman	COC	47:33	95
Glenn Rogers	COC	48:08	92
Matt Hayes	COC	49:57	90
Justin Yeager	COC	50:12	89
Ben Hall	COC	50:19	88
Dave Miner	COC	51:17	87
Oyvind Naess	COC	51:34	86
Targo Tennisberg	SAMM	52:00	85

Jake Reeder	COC	52:54	84
Tyler Frederickson	COC	53:48	83
Dave Enger	SAMM	54:29	82
Alex Frank		54:30	81
Mike Miller	COC	55:01	80
Steve Miner	COC	59:16	79
Kean Williams	COC	60:37	78
Patrick Nuss	OK	64:38	77
Dave Tallent	COC	67:18	76
Chris Ramsborg		68:27	75
Don Atkinson	COC	69:14	74
Joel Yeager	COC	70:44	73
Dave Dummeyer	COC	72:36	72
John Lee	COC	73:45	71
Brian Gruber	COC	79:35	70
Pat Kelly	COC	84:46	69
Robert Rhodes		86:14	68
Steve Frederickson	COC	87:31	67
Brandon Belgin	COC	88:14	66
Terry Bryant	COC	89:24	65
Andrew Gilmour	COC	102:55	64
Nelson Harbour	COC	104:11	63
3Ron Kiel(3)		108:34	
Rolf Kuestner	COC	109:26	62
Jeff Evans		119:52	61
Morgan Elliott		mp/dnf	
James Howey	COC	mp/dnf	

Course 5 Women (4.3 km, 14 Controls)

Jana Dvorak	COC	60:36	100
Debbie Newell	COC	67:43	95
Linda Noble	COC	69:35	92
Katrin Tennisberg	SAMM	74:25	90
Sue Kuestner	COC	74:54	89
Georgia Daniels	COC	83:57	88
Kerie Raymond	COC	116:22	87
Shannon Cortez	COC	132:12	86
Nancy Wong(3)		mp/dnf	

2005 WIOL #5**Shoreview Park****January 21, 2006****Shoreline, WA.***Cascade Orienteering Club*

Meet director: Kerie Raymond (mentored by Harvey Friedman)
 Course setter: Don Denbo
 Starts: Don Dermenstein, Rick Breseman, Anne York, Saumon Goshtasebi
 Finishes and Computer Coordination: Jana Dvorak, Ben Hall, Harvey Friedman, Mike Schuh
 EPunch Rentals: John Lee, Red Robinson, Doug Sprugel, Debbie Newell
 Registration: Marjorie Stratton, Eileen Breseman, Dave Petty, Mike Olssen
 WIOL Registration: Jim Sissel, Brianne O'Neil, Joshua Glazier
 Beginner Instruction: Mike Schuh
 Course Vetting: Fred Veler
 Marker pickup: Nikolay Nachev, Don Denbo, Kerie Raymond,
 Students from Mariner H.S. who also helped take down and pack up

Course 1 Public (1.1 km, 9 Controls)

Jill Klinge(3)	COC	13:51
Lisa Thomas(4)		14:36
Ryan Johnson(3)		15:16

Mary Theiler	COC	15:52
Deanta Kelley	COC	17:30
Sophia Orlando		19:06
Marissa Dominguez		23:06
Chasen Hacking		28:05
Alicia Nordal		41:59
Oliver Tennisberg	SAMM	54:54

Course 2 Public (1.6 km, 8 Controls)

Clint Anderson	COC	10:44
Chris Reynolds		11:48
Rob Hill(3)		13:05
Steven Diamond(2)		13:26
Kirstin Piquette	COC	13:46
Colm McCormick(2)		16:29
John Olson(5)	COC	17:46
Macy Ratliff	COC	18:15
Justin O		19:05
Jim Mills(2)		19:47
Brian Guillen(2)		20:18
Tim Oleary(2)		21:00
Nancy Bauer(3)	COC	21:11
Gage C		21:54
Kelley Thoug		22:52
Colm McCormick		26:06
Mike Olsson	COC	27:48
Ian Moo		33:32
Lynn Miranda		34:57
Alicia Nordal		36:34
Marissa Dominguez		59:10
Elan Ebeling		124:31
Keith Kelley(2)		mp/dnf

Course 4 Public (2.9 km, 12 Controls)

Fred Veler	SAMM	40:15
Ann Davis(2)		44:23
Gerald Allmaras		44:29
Becky Forgrave	COC	44:52
Dave Petty	COC	46:00
Lorin Jovag		46:28
Chris Reynolds(2)		49:54
Harvey Friedman	COC	52:29
Red Robinson(2)		56:53
Jason Allmaras	KILO	58:52
Mark Hamalian		59:05
Sally Dow	COC	59:25
Jo Spencer	COC	64:04
Brianna Hartzeoo		67:16
Lee Bradley(3)		67:16
Jen Bell		67:26
Bob Stratton	COC	68:01
Shawn Wagner		71:50
Jerry Richards		73:42
Natascha Mueller		73:42
Libby Dermenstein	COC	76:57
Ian Moo		77:25
Kelly Richards(2)		95:31
Darian Davis		99:52
Mike Williams		111:33
John Lebo		116:32
Mark Bingham		mp/dnf
Markus Vonprause(2)		mp/dnf
Sarah Miner(2)		mp/dnf
Clara Frederickson	COC	mp/dnf
Katherine Ratliff	COC	mp/dnf
Chasen Hacking		mp/dnf

Course 5 Men (4.1 km, 16 Controls)

Roger Michel	COC	34:01	100
Nikolay Nachev	COC	36:11	95
Mat Urban(2)	COC	36:46	
Rick Breseman	COC	37:26	92
Oyvind Naess	COC	38:38	90
Alex Frank		40:11	89
Bruce Christopherson	COC	40:39	88
Glenn Rogers	COC	41:53	87
Targo Tennisberg	SAMM	42:45	86
Tyler Frederickson	COC	43:14	85
Dave Enger	SAMM	44:10	84
Aaron Rinn		44:50	83
Jake Reeder	COC	48:18	82
Patrick Nuss	OK	50:19	81
Pat Kelly	COC	53:34	80
Steve Miner	COC	54:28	79
Dave Tallent	COC	55:38	78
Chris Whitmyre	COC	58:40	77
Franz Amador(2)		58:51	
Andrew Gilmour	COC	59:02	76
Chris Ramsborg		59:22	75
John Lee	COC	60:28	74
Tim Milberger		61:22	73
Carl Ebeling		61:51	72
Steve Frederickson	COC	62:11	71
Brad Schafer		62:40	70
Brian Piquette	COC	63:32	69
Gerry Croteau	COC	63:45	68
Terry Bryant	COC	71:01	67
Nelson Harbour	COC	71:40	66
Kean Williams	COC	73:14	65
Jim Sissel	COC	81:34	64
Brandon Belgin	COC	83:29	63
Greg Whelan	COC	89:54	62
Troy Trimmer	COC	95:01	61
Ken Lew	COC	97:19	60
Rolf Kuestner	COC	100:08	59
Ben Hall	COC	mp/dnf	
Richard Wood		mp/dnf	
Nick Merrill(3)		mp/dnf	
Tony Slama		mp/dnf	
Tom Clymer	COC	mp/dnf	

Course 5 Women (4.1 km, 16 Controls)

Debbie Newell	COC	52:23	100
Jana Dvorak	COC	56:32	95
Linda Noble	COC	58:19	92
Katrin Tennisberg	SAMM	62:53	90
Maria Romero		67:52	89
Angela Douglass		69:14	88
Jenny Pearson(2)		77:12	
Susan Anderson	COC	78:57	87
Sue Kuestner	COC	83:18	86
Melissa Phillips		88:16	85
Lisa Thomas		114:44	84
Eileen Breseman	COC	mp/dnf	
Cristi Horning		mp/dnf	
Athea Croteau	COC	mp/dnf	

2006 WIOL/O' Series Championships**St. Edward State Park****February 18, 2006****Kirkland, WA.***Cascade Orienteering Club*

Meet director: Debbie Newell
 Course setter: Nikolay Nachev
 Starts: Don Dermenstein, Rick Breseman, Tony Amort,
 Ann Amort, Don Atkinson
 Finishes and Computer Coordination: Jana Dvorak, Ben Hall,
 Harvey Friedman, Doug Sprugel, Sue Kuestner
 Registration: Eileen Breseman, Anne York, Mike Olsson, Ryan Robinson
 E-card issue: Ardis Dull
 Announcing: Mike Schuh
 WIOL Registration: Jim Sissel
 Beginner Instruction: Dave Tallent, Doug Sprugel
 Course Vetting: Fred Veler
 Marker pickup: Nikolay Nachev, Debbie Newell, Dave Tallent

Course 1 Public (1.3 km, 8 Controls)

Marsha & Megan Walker(2)	17:12
Nick Graan	18:42
Lewis Page(2)	19:00
Marshall Suttles(2)	20:01
Forest Davis	23:11
Pamela Baker-Kozicki	25:13
Donna Roddy	35:26
Toomas Tennisberg	SAMM 35:55
Deanta Kelly	39:07
Jo Ingram(3)	42:29
Mary Barton(3)	mp/dnf

Course 2 Public (2.1 km, 9 Controls)

Richard Wood	24:42
Doiug Wyat	33:43
Marshall Suttles(2)	41:01
Brian Nopp	Bremerton 43:18
Justin Bliss	Bremerton 43:19
Gene Yore	44:33
Anna Boyer	47:19
April Osborne(3)	57:53
Jill Kensinski(4)	59:48
Ryan Johnson	61:58
Laurel Webster(4)	COC 64:23

Course 4 Public (3.7 km, 11 Controls)

Gerry Croteau	COC	63:15
Don Dermenstein	COC	65:58
Nick Matveev		68:42
Ardis Dull	COC	69:36
Athea Croteau	COC	70:32
Della Suttles		70:50
Harvey Friedman	COC	73:18
Dave Petty	COC	73:29
Emily Murray(2)		76:37
Darian Davis		77:11
Derek Brown		77:19
Sarah Miner		80:02
Natascha Mueller		80:14
Greg Wallace		82:51
Robert Davis(2)		85:13
Steven Diamond		90:33
Kirstin Piquette		92:26
Yulia Shtern(2)		93:16
Amy Derocher		93:25
Marc Hamalian		106:16
Maria Romero(2)		106:25
Marjorie Stratton	COC	112:48
Kate Lawson(2)	COC	120:20
Patricia McCormick(3)		147:16
Robert Robinson		147:39

Mike Williams mp/dnf

Course 5 Men (4.2 km, 15 Controls)

Glenn Rogers	COC	41:47
Rick Breseman	COC	43:49
Dave Enger	SAMM	44:44
Roger Michel	COC	45:53
Aaron Rinn		46:18
Greg Whelan	COC	48:50
Matt Hayes		49:41
Ruaraidh Stenson		50:08
Steve Miner	COC	50:32
Jake Reeder	COC	52:18
Targo Tennisberg	SAMM	52:53
Kean Williams	COC	56:32
Patrick Nuss	OK	57:36
Bill Allemann	COC	57:53
Dave Tallent	COC	59:55
Ben Hall	COC	60:11
Tyler Frederickson	COC	61:44
Dave Dummeyer	COC	61:51
Robert Miller	COC	63:06
Chris Ramsborg		63:10
Pat Kelly	COC	65:34
Steve Frederickson	COC	66:31
Chris Whitmyre	COC	66:32
John Lee	COC	67:01
Richard Wood		68:41
Brian Piquette	COC	70:05
Robin Smith		71:42
Tony Slama		78:50
Will Denmen		79:15
Franz Amador		79:34
Don Atkinson	COC	80:09
Terry Bryant	COC	82:10
Michael Burton		86:03
Nelson Harbour	COC	93:46
Fred Veler	SAMM	94:06
Rolf Kuestner	COC	94:32
Jon Libo(2)		104:01
Colin Campbell(2)		108:28
Troy Trimmer	COC	mp/dnf
Drew McCurdy(3)		mp/dnf
Jusdan Pang		mp/dnf
Bryan Nomler		mp/dnf
Jim Boyesvang(2)		mp/dnf

Course 5 Women (4.2 km, 15 Controls)

Anneliese Steuben	COC	49:06
Debbie Newell	COC	54:29
Jana Dvorak	COC	57:12
Linda Noble	COC	59:39
Eileen Breseman	COC	61:12
Katrin Tennisberg	COC	66:32
Angela Douglas		77:50
Susan Anderson	COC	84:21
Sarah Bruce		84:44
Sue Kuestner	COC	87:08
Jen Bell		114:02

2006 Ultimate Orienteer #1

Classic-O

Pt. Defiance Park

March 18, 2006

Tacoma, WA.

Cascade Orienteering Club

Meet Director: Don Atkinson
 Course Designer: Glenn Rogers
 Course Consultant: Mike Schuh
 Starts: Chris Whitmyre
 Finishes and Computer Coordination: Ben Hall, Debbie Newell, Rolf and Sue Kuestner
 Registration: Jim Sissel, Ardis Dull, Dave Petty, Geoff Noble
 Beginner Instruction: Mike Schuh
 Marker Setting: Mike Schuh, Don Denbo
 Marker pickup: Sid Whaley, Steve Miner, Nikolay Nachev, Ardis Dull, Don Atkinson

Course 1 Public (1.6 km, 8 Controls)

Cholo Circulado	Bremerton	11:04
Luke Dewhirst		22:19
Franklin Ridgeway		30:59
Robert Bartell		40:30
Yili Hsia(2)		47:57
Michael Rogers		48:10
Rick Olson(2)		52:06
Toomas Tennisberg	SAMM	57:03
Deanna Franklin(3)		69:15
Elizabeth Lindstrom		94:01
Tony Williams(2)		dnf

Course 2 Public (3.0 km, 10 Controls)

Joseph Spencer(2)	EAS	35:55
Amy Springer	COC	35:56
Greg Wallace	COC	39:14
Tracy Whelen	Washington MS	39:36
Dave Petty	COC	40:15
Scott Moon	Bremerton	41:44
Geoffrey Martin-Noble	Lakeside	42:32
Tom Clymer	COC	43:32
Lisa Nordlund		46:51
Harvey Friedman	COC	47:24
Marc Hamalian		47:50
Frank Wilson		51:16
Ron Kiel		53:42
Sarah Rogers	COC	55:36
Robin Wyatt-Stone		55:44
Leroy Smith(2)	COC	56:00
Franklin Ridgeway		56:48
Michael Corey		57:22
Doug Wyatt		58:35
Luke Dewhirst		61:33
Melody Rhodes		61:42
Mike Olsson	COC	63:09
Mark Bingham(2)		65:46
Cheryl Rogers	COC	67:06
Angie Frederickson(2)		67:43
Robert Bartell		68:06
Libby Dermenstein	COC	69:38
Cathy Hall		73:18
Breana Hall	Bremerton	91:58
Jaimee Miller		100:42
Emma Howey(2)	COC	103:05
Brian Piquette	COC	103:53
Harold Ishoy(2)		109:04
Mike Williams		dnf
Christian Koczarsky	Woodinville Mont	dnf
Rachel Ellis	Woodinville Mont	dnf
Jo Ingram(2)		dnf
Chris Miller		dnf
Maggie Vennanica(3)		dnf
Elisa Rose	Bremerton	dnf

Course 3B Public (6.0 km, 14 Controls)

Arne Skog	COC	55:08
Nick Parsons	Bremerton	61:02
Cholo Circuloso	Bremerton	67:04
John Fink	Bremerton	69:07
Lindsay Womeldorf		70:07
Don Atkinson	COC	70:09
Luis Deffit	Bremerton	70:52
Justin Bliss	Bremerton	77:00
Cristi Horning		77:53
Ann Davis	COC	80:16
Terry Bryant	COC	80:32
Derek Denny-Brown		82:11
Tisha Niernan	COC	83:53
Catherine Olsson	Lakeside	84:26
Chris Gerard		86:44
Nick Matveev		90:22
Logan Fink	Bremerton	90:36
Geoffrey Morgan		91:36
Martina Salomonsen	Bremerton	92:45
Ardis Dull	COC	96:34
Brandon Belgin	COC	96:53
Marieke Steuben		99:05
Sarah Martin		99:18
Ted Queen		99:27
Todd Detwiler		100:54
Sally Dow	COC	101:45
Chad Davis	COC	101:49
Tony Amort(4)	COC	104:25
Gregory Skyles	COC	105:40
Don Dermenstein	COC	106:01
Harry Morgan		108:14
Rolf Kuestner	COC	109:50
Colin Campbell(2)		116:48
Samantha Stryker(2)		129:22
Ken Lew	COC	149:02
Jim Howey	COC	dnf
Joseph Spekel		dnf

Course 3 Men (8.0 km, 22 Controls) - Ultimate Orienteer

Andy Dale	ORCA	58:07	1000
Nikolay Nachev	COC	64:22	903
Matt Hayes	COC	67:40	859
Dave Enger	SAMM	68:46	845
Alex Frank	COC	69:28	837
Ryan Van Gorder		70:32	824
Mike Miller	COC	70:55	820
James Roach	COC	71:10	817
Steve Miner	COC	72:30	802
Dave Miner	COC	72:30	802
Targo Tennisberg	SAMM	73:16	793
Aaron Rinn	COC	73:55	786
Rick Breseman	COC	74:16	783
Bruce Bassett	COC	74:49	777
David Parsons	COC	75:14	772
Tyler Frederickson	COC	75:28	770
Oyvind Naess	COC	76:04	764
Patrick Nuss	OK	80:05	726
Ryan Breseman	Inglesmoor	81:16	715
Jake Reeder	COC	81:44	711
Arne Lund		90:29	642
Chris Whitmyre	COC	90:57	639
Michael Braun	COC	92:06	631
Greg Whelan	COC	92:13	630
Dave Dummeyer	COC	93:21	623
Tony Slama(2)		93:29	

Dale Width	COC	94:14	617
Andrew Niernan	COC	97:03	599
Aaron Binger(2)		100:08	
Steve Frederickson	COC	102:04	569
Nick Graan		102:40	566
Darian Davis	COC	103:04	564
John Lee	COC	111:55	519
Lyndon Heywood	COC	119:05	488
John Lebo		120:23	483
Fred Veler	SAMM	123:58	469
Robert Rhodes		dnf	

Course 3 Women (8.0 km, 22 Controls) - Ultimate Orienteer

Anneliese Steuben	COC	81:41	1000
Georgia Daniels	COC	83:04	983
Debbie Newell	COC	87:04	938
Eileen Breseman	COC	94:59	860
Holly Kuestner	Lakeside	100:49	810
Marissa Roecks	Woodinville Mont	104:54	779
Susan Anderson	COC	107:05	763
Kelsey Breseman	Woodinville Mont	109:52	743
Shannon Porter		115:40	706
Linda Noble	COC	118:43	688
Shannon Cortez	COC	122:04	669
Sue Kuestner	COC	123:50	660
Maria Romero		129:07	633
Jennifer Van Gorder		dnf	
Vivian Bliss(2)	COC	dnf	

2006 Ultimate Orienteer #2**Night-O****Hamlin Park****April 1, 2006****Shoreline, WA.****Cascade Orienteering Club**

Meet director: Debbie Newell
 Course setter: Don Denbo
 Starts: Don Atkinson, Chris Whitmyre, Harvey Friedman
 Finishes and Computer Coordination: Mike Schuh, Yumay Chang, Mike Olsson, Ben Hall
 Registration: Jim Sissel, Oyvind Naess, Terry Farrah, Roger Michel
 Marker pickup: Don Denbo

Course 1 Public (0.8 km, 8 Controls)

Jon Lebo		15:27
Laurie Beck	COC	18:24
Rick Olson		21:51
Linda Noble	COC	22:12
Chuck Collins(6)		28:23
Elizabeth Pierce(2)	Marysville	28:53
Ronald Lindsay(3)		38:24
Thomas Spencer		mp/dnf

Course 2 Public (1.3 km, 10 Controls)

Ardis Dull	COC	21:16
Dave Petty	COC	27:39
Sarah Rogers	Kopachuck MS	39:20
Tracy Whelen	Washington MS	39:47
Bill Allemann (Pack 76)(2)	COC	40:23
Kirstin Piquette	COC	41:09
Rolf Kuestner(2)	COC	48:15
Lorin Jovag	COC	55:07

Cheryl Rogers	COC	71:07
Cherry Wu	EAS	98:49

Course 3 Public - Men (2.2 km, 14 Controls)

Eric Bone	COC	19:33	1000
Roger Michel	COC	21:33	907
Nikolay Nachev	COC	23:04	848
Ben Hall	COC	26:58	725
Glenn Rogers	COC	28:27	687
Alex Frank	COC	28:35	684
Matej Urban	Bothell	28:35	684
Oyvind Naess	COC	28:45	680
Patrick Nuss	OK	31:10	627
Mike Schuh	COC	31:17	625
Peter Golde	COC	31:45	616
Jake Reeder	COC	32:53	595
Tyler Frederickson	COC	33:45	579
Ryan Breseman	Inglesmoor	34:52	561
Brian Piquette	COC	37:26	522
Robin Smith		38:18	510
Brandon Belgin	COC	41:18	473
Rick Breseman	COC	41:27	472
Chris Whitmyre	COC	44:56	435
Aaron Rinn	COC	45:10	433
Kean Williams	COC	47:58	408
Don Willets	COC	48:41	402
Fred Veler	SAMM	49:21	396
David Parson	COC	50:28	387
Darian Davis	COC	52:44	371
Colin Dietrich	COC	55:48	350
Don Atkinson	COC	65:18	299
Jim Sissel	COC	68:03	287
Ken Benoit		71:27	274
Joseph Spencer	COC	78:49	248
Tom Hartley(3)		81:07	
Colin Campbell		81:40	239
Steve Frederickson	COC	85:04	230
Todd Detwiler		91:27	214
Doug Wyatt	COC	96:37	202
Ken Lew	COC	129:43	151
Ron Kiel		mp/dnf	
Robin Wyatt-Stone	COC	mp/dnf	
C. Milsted		mp/dnf	

Course 3 Public - Women (2.2 km, 14 Controls)

Anna Urbanova	Skyview JH	28:55	1000
Jana Dvorak	COC	28:58	998
Eileen Breseman	COC	39:01	741
Ann Davis(2)	COC	40:39	
Marissa Roecks	Woodinville Mont	41:27	698
Kelsey Breseman	Woodinville Mont	42:46	676
Shannon Cortez	COC	45:29	636
Debbie Newell	COC	48:59	590
Holly Kuestner	Lakeside	51:57	557
Cristi Horning	COC	67:17	430
Natascha Mueller(2)		71:57	
Sue Kuestner	COC	74:53	386
Susan Anderson	COC	77:32	373
Kelly Richards(2)	COC	77:52	
Sally Dow	COC	mp/dnf	
Terry Farrah	BAOC	mp/dnf	
Vivian Bliss	COC	mp/dnf	
Kim Andersen		mp/dnf	
Maria Romero		mp/dnf	

2006 Ultimate Orienteer Series Current Standings (best 3 results)

Women

Name	Club	1	2	Total
Eileen Breseman	COC	860	741	1601
Debbie Newell	COC	938	590	1528
Marissa Roecks	Woodinville Mont.	779	698	1477
Kelsey Breseman	Woodinville Mont.	743	676	1419
Holly Kuestner	Lakeside	810	557	1367
Shannon Cortez	COC	669	636	1305
Susan Anderson	COC	763	373	1136
Sue Kuestner	COC	660	386	1046
Anneliese Steuben	COC	1000	--	1000
Anna Urbanova	Skyview JH	--	1000	1000
Jana Dvorak	COC	--	998	998
Georgia Daniels	COC	983	--	983
Shannon Porter		706	--	706
Linda Noble	COC	688	--	688
Maria Romero		633	--	633
Jennifer Van Gorder		604	--	604
Cristi Horning	COC	--	430	430

Men

Name	Club	1	2	Total
Nikolay Nachev	COC	903	848	1751

Alex Frank	COC	837	684	1521	Michael Braun	COC	631	--	631
Oyvind Naess	COC	764	680	1444	Greg Whelan	COC	630	--	630
Patrick Nuss	OK	726	627	1353	Mike Schuh	COC	--	625	625
Tyler Frederickson	COC	770	579	1349	Dave Dummeyer	COC	623	--	623
Jake Reeder	COC	711	595	1306	Dale Width	COC	617	--	617
Ryan Breseman	Inglemoor	715	561	1276	Peter Golde	COC	--	616	616
Rick Breseman	COC	783	472	1255	Andrew Nierman	COC	599	--	599
Aaron Rinn	COC	786	433	1219	Nick Graan		566	--	566
Chris Whitmyre	COC	639	435	1074	Brian Piquette	COC	--	522	522
Andy Dale	ORCA	1000	--	1000	John Lee	COC	519	--	519
Eric Bone	COC	--	1000	1000	Robin Smith		--	510	510
Darian Davis	COC	564	371	935	Lyndon Heywood	COC	488	--	488
Roger Michel	COC	--	907	907	John Lebo		483	--	483
Fred Veler	SAMM	469	396	865	Brandon Belgin	COC	--	473	473
Matt Hayes	COC	859	--	859	Kean Williams	COC	--	408	408
Dave Enger	SAMM	845	--	845	Don Willets	COC	--	402	402
Ryan Van Gorder		824	--	824	David Parson	COC	--	387	387
Mike Miller	COC	820	--	820	Colin Dietrich	COC	--	350	350
James Roach	COC	817	--	817	Don Atkinson	COC	--	299	299
Steve Miner	COC	802	--	802	Jim Siscel	COC	--	287	287
Dave Miner	COC	802	--	802	Ken Benoit		--	274	274
Steve Frederickson	COC	569	230	799	Joseph Spencer	COC	--	248	248
Targo Tennisberg	SAMM	793	--	793	Colin Campbell		--	239	239
Bruce Bassett	COC	777	--	777	Todd Detwiler		--	214	214
David Parsons	COC	772	--	772	Doug Wyatt	COC	--	202	202
Ben Hall	COC	--	725	725	Ken Lew	COC	--	151	151
Glenn Rogers	COC	--	687	687					
Matej Urban	Bothell	--	684	684					
Arne Lund		642	--	642					

COC Officers and Coordinators:

Jim Siscel	President/Membership	425-778-7202
Jennifer Knowles	Vice-President	253-845-6588
Don Atkinson	Treasurer/Exec Board/Equipment	425-488-0270
Ardis Dull	Secretary	206-364-4062
Don Denbo	Executive Board/Newsletter	206-366-0624
Peter Golde	Executive Board/Mapping	
Debbie Newell	Executive Board	425-488-3691
Sue Kuestner	Executive Board	
Eric Bone	Training	206-634-2279
Terry Farrah	Publicity	
vacant	Volunteers	
vacant	Land Use	

Join the Club

Membership in the Cascade Orienteering Club entitles you to discounted meet fees, voting rights, and a quarterly club newsletter.

To join the club, please send your completed application, with payment, to:

COC Membership
c/o Jim Siscel
19322 73rd Place West
Lynnwood, WA 98036
425-778-7202

If you have questions about membership, please contact the membership coordinator: Jim Siscel.



membership application

Date _____ ☐ New ☐ Renewal

Name _____

Address _____

City _____ State _____ Zip _____

Home phone _____ Work _____

E-mail _____

Family membership names _____

Type of membership:

☐ Family/group
☐ Individual
☐ Associate (under 18)
☐ Newsletter only

\$20.00/yr

\$14.00/yr

\$5.00/yr

\$6.00/yr

Upcoming Orienteering Events

Go to the website at <http://www.CascadeOC.org/>
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>
MAY 2006					
Sat, May 6 mass start time TBA	Ultimate Orienteer #4, Score-O, Ft. Steilacoom Park, Tacoma. From the north, take I-5 exit 129, head west on 74th St., continue as road veers left to become Custer Rd. Turn west (right) onto 88th St., continue as it joins Steilacoom Blvd. Continue west on Steilacoom Blvd. past park entrance, then turn south (left) onto Farwest Dr. Turn left into Pierce College campus and follow O' signs to registration. http://www.CascadeOC.org/	C	COC	1:10000	dnewel@verizon.net
Sat-Sun, May 13-14	Big Muddy Rogaine, Antelope, Oregon. http://www.croc.org/events/rogaine2006/bigmuddy2006.php	R	CROC	1:24000	email@croc.org
Sat-Mon, May 20-22	Sage Stomp, Merritt, BC. http://www.orienteeingbc.ca/sage	A	SAGE	1:10000 1:15000	mcbruno@telus.net
Sat, May 27	Crossroads Street Scramble, Bellevue. http://www.streetscramble.com/	X			terry@mergeo.com
JUNE 2006					
June 2-4	Barebones, Smoky Lake, Alberta http://www.barebones.ca/Barebones%202006/barebones_2006.htm	A		1:15000	adrianz@barebones.ca
Sat, June 10 10 am - noon	Ultimate Orienteer #5, The Mountain Goat, Long-O, Teanaway Forks. From I-90 take exit 85 in Cle Elum. Go north across the freeway and head east on highway 970. At junction with Highway 10, keep left and continue on 970 to Teanaway Road. Turn left onto Teanaway Road, then left onto West Fork Teanaway Road. Follow signs to parking. http://www.CascadeOC.org/	C	COC	1:15000	dnewel@verizon.net
Sat, June 17	Everett Sreet Scramble, Everett. http://www.streetscramble.com/	X			terry@mergeo.com
JULY 2006					
Sat, Jul 1	Ballard Street Scramble, Seattle http://www.streetscramble.com/	X			terry@mergeo.com
Sat/Sun, July 22/23	Seattle Night and Day Challenge, Capitol Hill http://www.nightanddaychallenge.com/	X			terry@mergeo.com
Sat, July 1	Spring Runoff - British Columbia Alkali Lake, Skookumchuck http://koc.kics.bc.ca/index.html	C	KOC		sven10@telus.net
Sat, July 2	Spring Runoff - British Columbia Sylvan Lake, Cranbrook http://koc.kics.bc.ca/index.html	C	KOC		sven10@telus.net
Sat, July 3	Spring Runoff - British Columbia 2 sprints, Kimberley http://koc.kics.bc.ca/index.html	C	KOC		sven10@telus.net
Sat, July 29	Six Degrees of Navigation Adventure Race http://www.CascadeOC.org	C	COC		dnewel@verizon.net
AUGUST 2006					
Aug 9-20	Rocky Mountain 1000-Day, Wyoming and Colorado Includes 2006 US Classic Championships http://www.geocities.com/Colosseum/Stadium/7418/	A			
Sat, Aug 26	Puyallup Street Scramble, Puyallup http://www.streetscramble.com/	X			terry@mergeo.com

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

SAMM: Sammamish O.C.
KOC: Kootenay Orienteering Club
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

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Seattle, Washington 98103
(206) 783-3866

SEATTLE WA 981

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Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

Summer 2006

25 Years of WIO!

Presidents Report

Jim Sissel, Cascade President

The fall and winter orienteering season are right around the corner. The National Orienteering Day is scheduled for Saturday, September 16th. This is the day that orienteering clubs across the country invite interested people to come out and try the sport of orienteering. Cascade's meet will be a Woodland Park. In October we will have 3 meets. Sunday, October 15th, will be a benefit for the US Interscholastic Championship travel fund. This meet will be on an enhanced USGS map in the area of Hyak Lake just west of Snoqualmie Summit on I-90 in the Hyak skiing area. Next on October 21st is what we are terming our Founder's Day Meet. This meet will honor Cascade's founders. It will be at Ft. Casey on Whidbey Island. On Sunday evening, October 29th is our fun Halloween meet "The Vampire O". Come to Lymndale Park in Lymndale and bring your garlic and wooden stake to ward off the Vampires.

Starting the first Saturday in November and continuing through February on the first and third Saturday of each month will be the Winter O/WIO! season. The locations are published in the newsletter. These are big meets drawing 250 participants or more. This is a time when we need many volunteers to help perform the different duties to have an orienteering meet. Jana Dvorak has agreed to be Meet Director for all of these meets and we are giving her a monetary stipend to do the job. We felt this was necessary to provide consistency at these large meets. So when you see emails from her asking for volunteers please respond. If you volunteer for a minimum of 1 1/2 hours you will receive an appreciation coupon that you can use for free entry at a later meet.

On Saturday, March 3 we will have another benefit for the US Interscholastic Championships travel fund at Lymndale Park in Lymndale. Both of the benefit meets will be staffed by youth orienteers. One of the courses will have partners using their cell phones to find the controls in the park. There will be regular courses for those that spend enough time on their cell phones during the week and want a day off.

Finally due to the fact that we did not have anyone volunteer to be Meet Director or Course Setter the COC Board voted to cancel the orienteering meet in the Cle Elum area scheduled for

Washington Interscholastic Orienteering League

Jim Sissel, WIO! Director

This is the 25th Year of the Washington Interscholastic Orienteering League (WIO!). We had tremendous participation last year. There were 319 individual participants, teams from 14 schools and participants from 25 schools. I expect that we will grow again this year from inquiries that I have been receiving. Because of the numbers we will provide 6 WIO! courses—elementary, middle school, junior varsity boys and girls, and varsity boys and girls. At the same time and participating on some of the same courses there will be four courses for regular orienteers participating in the Winter O season.

During the past summer three of the WIO! varsity girls traveled with their families to Europe and participated in meets in Sweden, Austria, and Germany. On the WIO! website you can read Catherine Olsson's and Tori Borish's experiences. (www.wiol.org)

Many of the WIO! participants are aiming for the US Interscholastic Orienteering Championships March 31/April 1 in northeastern Maryland. Last year 24 WIO! participants went to the Championships in North Carolina. You can read about Holly Kuestner's, Tori Borish's, Matej Urban's and Catherine Olsen's very interesting experiences on the WIO! website. Their experiences were published in the June/July issue of Orienteering North America.

If any adult orienteer knows a young person who you think might enjoy orienteering bring him/her to a meet before the season and see if the orienteering experience is exciting for him/her. If they are excited encourage them to become a WIO! participant. Registration information can be found on the WIO! website.

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Breseman-Hall Death Match 2005 to 2025

Meet Name	Date	Winner's Time	Ben's Time	Rick's Time	Ben's score	Rick's Score
Shoreview	1/8/2005	0:54:58	0:54:58	0:56:15	1000.00	977.19
Anza Borrego Day 1	1/15/2005	0:51:20	0:51:20	1:06:04	1000.00	776.99
Anza Borrego Night	1/15/2005	1:26:15	1:39:10	1:26:15	869.75	1000.00
Anza Borrego Day 2	1/16/2005	1:50:08	1:50:08	2:02:18	1000.00	900.52
Anza Borrego Maze	1/17/2005	0:44:13	0:44:13	0:47:59	1000.00	921.50
South Surrey Prologue	1/30/2005	0:17:01	0:17:01	0:21:39	1000.00	785.99
South Surrey Long	1/30/2005	0:52:08	0:52:08	0:54:05	1000.00	963.94
Forest Park	2/5/2005	0:32:58	0:32:58	0:39:38	1000.00	831.79
Texas Shootout Day 1	2/19/2005	1:48:12	1:49:18	1:48:12	1000.00	1000.00
Texas Shootout Day 2	2/20/2005	1:38:01	2:01:27	1:38:01	807.05	1000.00
Ft. Steilacoom WIOI Champs	2/26/2005	0:31:48	0:31:48	0:33:36	1000.00	946.43
Hamlin Park Short-0	3/12/2005	0:25:00	0:25:00	0:27:04	1000.00	923.65
Marymoor Park	3/20/2005	0:45:25	0:45:25	0:57:31	1000.00	789.63
Lord Hill	4/30/2005	1:17:16	1:19:38	1:17:16	970.28	1000.00
Priest Pt	5/14/2005	1700.00	1660.00	1700.00	976.47	1000.00
Sage Day 1	5/21/2005	0:57:02	0:57:02	1:06:38	1000.00	855.93
Sage Day 3	5/23/2005	0:17:36	0:17:36	0:24:26	1000.00	720.33
Lick Creek	6/5/2005	1:58:38	1:58:38	2:03:31	1000.00	960.46
WIOI 1 Lincoln Park	11/5/2005	0:32:45	0:35:24	0:32:45	925.14	1000.00
WIOI 2 Marymoor	11/19/2005	0:33:31	0:33:31	0:33:51	1000.00	990.15
WIOI 3 Celebration Park	12/3/2005	0:26:49	0:27:50	0:26:49	963.47	1000.00
WIOI 5 Priest Pt. Park	1/7/2006	0:47:33	0:50:19	0:47:33	945.01	1000.00
WIOI 6 Shoreview Park	1/21/2006	0:37:26	DSQ	0:37:26	500.00	1000.00
WIOI Champs St Edwards	2/18/2006	0:43:49	1:00:11	0:43:49	728.05	1000.00

Saturday, September 23rd. We have a policy to cancel a meet if the two above positions are not filled within 4 weeks of the meet.

We did not want to take this action. Volunteers are the backbone of Cascade Orienteering Club. But in order for the club to have an active orienteering schedule we need members to step forward and fill these two important positions. If you haven't done one of these two positions previously there are several of us who will mentor you through your first time. During the Winter O/WIOL season we definitely will need Course Setters.

Switching to my Membership Coordinator that I would like to explain the membership renewal procedure. Every two months beginning in January I send out a letter that your membership is due in that two month time period. Two months after your membership expires I send a reminder. One month later if you have not renewed you are dropped from the membership list. Now this works pretty good except when I take a long vacation in the

by Rick Breseman

Breseman-Hall Death Match

News & Notes



Ed. Note: I stumbled upon this competition while looking for Ben Hall's web site. I thought the club might be interested in seeing how two members have a long term friendly competition. So I asked Rick and Ben what it was all about. Here is Rick's reply.

Friendly, my ass!

Ok, that was just to set the tone - supporting picture attached (see above).

Over the years, (decades, now?) Ben has developed this irritating habit of cycling in and out of the sport. Each time he re-enters he is beatable if I have a decent

his grave stone regarding the loser.

Each year the loser for the year owes the winner a dinner (though I have yet to pay). Winner over the next twenty years gets to put some derogatory comment on

points awarded in any case.

Rules: Every time we run the same course at a competitive event the winner is awarded 1000 points - loser's points are scaled to winner's time. Minimum of 500

Over the years we have had some excellent competitions, with several determined by the narrowest (1 second) of margins. So the plan was cooked up for the Death Match.

woods.

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Meet Results

2006 Ultimate Orienteer #3: Short-O

Lord Hill Park, Snohomish
April 29, 2006

Cascade Orienteering Club

Meet director: Roger Michel
Course setter: Don Atkinson
Epunch Coordinators: Rolf and Sue Kuestner
Starts: Oyvind Naess, Rick Brescman
Finishes and Computer Coordination: Ben Hall, Mike Olsson, Rolf Kuestner, Sue Kuestner
Registration: Don and Libby Dermenstein, Ardis Dull, Debbie Newell
Beginner Instruction: Chris Whitmyre
Parking: Jake Reeder, Kerie Raymond, Eric Bone
Marker pickup: Steve Miner, Georgia Daniels, Eric Bone, Don Atkinson

Course 1 Public (1.1 km, 7 Controls)

Bradley Davis	14:59	SAMM	46:33
Colin Dietrich(2)	17:39	SAMM	36:20
Candace Kaiser	24:23	SAMM	27:23
Duane Veler	24:23		
Toomas Tennisberg	27:23		
Oliver Tennisberg	46:33		

Course 2 Public (2.2 km, 9 Controls)

Julie Farris mp/dnf

Course 3 Public (3.4 km, 14 Controls)

Shannon Kelliher	30:18	COC	34:21
Ann Davis(3)	34:21	COC	34:31
Frank Wilson(2)	34:31	COC	45:37
Libby Dermenstein	45:37	COC	47:11
Wendy Hodson	47:11	COC	51:15
Stephanie English	51:15	COC	61:36
Natassia Kimbrough	61:36	COC	69:44
Judy Bonish	69:44	COC	
Mike Williams(2)		COC	
Connie Savio(2)		COC	

Course 4 Men(3.6 km, 16 Controls)

Janice Klaffn	38:40	Woodinville Mont.	42:09
Jordan Lindquist	42:09	Woodinville Mont.	42:15
Gabrielle Lindquist	42:15	Woodinville Mont.	46:22
Greg Wallace(2)	46:22	COC	47:03
Don Dermenstein	47:03	COC	56:25
Doug Wyatt	56:25	COC	57:37
Ardis Dull	57:37	COC	63:45
Dave Petty	63:45	COC	67:36
Robert Davis	67:36	COC	84:56
Mark Bingham(2)	84:56	COC	
Cristi Homing		COC	
Nick Matveev		COC	

Course 4 Men(3.6 km, 16 Controls)

Eric Bone	22:58	COC	23:47
Alex Frank	23:47	COC	24:29
Ben Hall	24:29	COC	26:16
Matej Urban	26:16	COC	26:53
Roger Michel	26:53	COC	27:13
Oyvind Naess	27:13	COC	27:55
Rick Brescman	27:55	COC	28:01
Jake Reeder	28:01	COC	28:37
Nikolay Nachev	28:37	COC	29:26
Patrick Nuss	29:26	COC	30:47
Ryan Brescman	30:47	COC	31:02
Dave Enger	31:02	COC	31:25
Kean Williams	31:25	COC	32:36
Bruce Christopherson	32:36	COC	33:42
Theo Browne	33:42	COC	35:09
Bruce Bassett	35:09	COC	35:34
Targo Tennisberg	35:34	COC	37:52
Peter Golde	37:52	COC	38:42
Mike Schuh	38:42	COC	38:43
Steve Miner	38:43	COC	39:09
David Parsons	39:09	COC	40:12
Cholo Circulado	40:12	COC	40:22
Chris Whitmyre	40:22	COC	41:39
Dave Dummeyer	41:39	COC	42:35
Tyler Frederickson	42:35	COC	50:26
Don Willis(2)	50:26	COC	52:47
Greg Whelan	52:47	COC	53:53
Joseph Spencer	53:53	COC	
Colin Dietrich		COC	

2006 Ultimate Orienteer #1 Classic-O at Pt. Defiance Park March 18, 2006, Tacoma, WA.



Nick Graan	420	COC	54:43
Chris Gerard	410	COC	56:04
Darian Davis	395	COC	58:07
Doug Sprugel	381	COC	60:20
Steve Frederickson	359	COC	63:42
Brandon Belgin	344	COC	66:42
Colin Campbell(2)	336	COC	67:12
Terry Bryant	328	COC	70:05
Ken Benoit	318	COC	72:09
Rolf Kues	191	COC	120:29
Jon Lebo	mp/dnf		

Course 4 Women (3.6 km, 16 Controls)

Debbie Newell	1000	COC	33:51
Jana Dvorak	894	COC	37:52
Holly Kuestner	823	Lakeside	41:09
Manissa Roocks	793	Woodlin Mont.	42:41
Tori Bonsh	778	Lakeside	43:29
Anna Urbanova	769	Skyview JH	44:01
Georgia Daniels	709	COC	47:45
Ina Balutina	704	COC	48:06
Karin Tennisberg	571	SAMM	59:17
Sue Kuestner	560	COC	60:24
Kelsey Breseman	535	Woodlin Mont.	63:17
Shannon Cortez	458	COC	73:50
Sarah Martin	458	COC	73:55
Vivian Bliss(2)	313	COC	95:32
Susan Anderson	108:11	COC	108:11
Kerie Raymond	mp/dnf		
Breana Hall	mp/dnf		
Linda Noble	COC		

2006 Ultimate Orienteer #4: Score-O

Ft. Steilacoom Park, Tacoma

May 6, 2006

Cascade Orienteering Club

Meet director: Kerie Raymond

Course setter: Fred Veler

Epunch Coordinator: Vivian Bliss

Starts: Anne York, Ardis Dull

Finishes and Computer Coordination: Ben Hall,

Vivian Bliss

Registration: Sandy Kish Miller, Robert Miller

Marker pickup: Don Atkinson, Eric Bone

Beginner 22 C 1300 Pts

Stephanie English	COC	55:19
Derrick Sanders		67:52
Robert Bartell	COC	70:36
Ron Herr		71:50
Jo Ingram		115:07

Score-O 45:00 min 22 C 1300 Pts

Name	Club	Points	Time	Pty	Score
------	------	--------	------	-----	-------

Eric Bone	COC	1225	49:49	-50	1175
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Targo Tennisberg	SAMM	1300	60:55	-160	1140
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Ben Hall	COC	1300	62:19	-180	1120
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Roger Michel	COC	1300	64:00	-190	1110
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Mike Miller	COC	1100	48:55	-40	1060
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Rick Breseman	COC	1300	69:18	-250	1050
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Nikolay Nachev	COC	1275	67:06	-230	1045
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Bruce Christopherson	COC	1050	45:27	-10	1040
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Dave Enger	SAMM	1300	70:25	-260	1040
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Peter Golde	COC	1300	72:28	-280	1020
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Debbie Newell	COC	1050	49:05	-50	1000
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Patrick Nuss	OK	1025	48:48	-40	985
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Jake Reeder	COC	950	44:12		950
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Tyler Frederickson	COC	975	49:26	-50	925
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June 10, 2006

Teanaway Forks, Cle Elum

Cascade Orienteering Club

Meet director: Debbie Newell

Course setters: Peter Golde (Goal and Kid), Mike

Schuh (Beginner)

Epunch Coordinator: Ben Hall

Starts: Dave Tallent, Debbie Newell

Finish: Dave Tallent, Ben Hall

Registration: Kerie Raymond, Marjorie Stratton,

Bill Cusworth

Marker pickup: Don Atkinson, Ryan VanGorder,

Jennifer VanGorder, Jean-Francois Guertin, Matt

Gill, Robin Smith, Yumay Chang, Katie

Beginner (3.7k, 9 controls, 125m

climb)

Libby Dermenstein

Judy Bonsh/Yili Hsia

www.CascadeOC.org

68:00

76:00

2006 Ultimate Orienteer #5: Long-O

Marjorie Stratton

COC

75

49:13

-50

25

Robert Bartell

COC

225

46:31

-20

205

Robert Miller

COC

675

90:33

-460

215

Davis Kiel

225

41:28

225

Andrew Spencer

EAS

250

41:16

250

Danielle Spencer

EAS

275

41:07

275

Tracy Whelen

Wash MS

275

39:53

275

Frank Wilson

300

44:36

300

Sally Dow

COC

300

40:04

300

C Mistled

300

37:23

300

Ken Lew

COC

425

51:38

-70

355

Federica Oliver

400

49:00

-40

360

Ardis Dull

COC

425

44:42

425

Harvey Friedman

COC

425

43:49

425

Susan Anderson

COC

425

43:38

425

Lukas Corey

COC

425

43:33

425

Doug Wyatt

COC

475

48:02

-40

435

Chris Oliver

450

45:45

-10

440

Tim Milberger

575

55:45

-110

465

Greg Wallace

500

47:40

-30

470

Dave Petty

COC

500

47:13

-30

470

Don Dermenstein

COC

500

45:55

-10

490

Sandy Miller

COC

525

47:29

-30

495

Joseph Spencer

EAS

500

44:27

500

Darian Davis

COC

500

41:22

500

Jim Sisel

COC

550

41:13

550

Colin Campbell

COC

550

41:08

550

Kerie Raymond

COC

700

58:42

-140

560

Mike Schuh

COC

950

79:06

-350

600

Jon Lebo

600

44:25

605

Chris Gerard

COC

625

46:10

-20

645

Dave Dummeyer

COC

675

47:10

-30

645

Brandon Belgin

COC

825

60:10

-160

665

Ron Kiel

675

44:12

675

Reid Earmhardt

700

44:24

700

Connie Savoie

700

44:22

700

Wdm Mt

725

45:58

-10

715

Jon Karakowski

825

49:3

-50

775

Chris Whitmyre

COC

800

46:38

-20

780

Chris Ramsborg

800

46:03

-20

780

Aaron Vanderwaal

800

44:50

800

Don Atkinson

COC

800

43:32

800

Kean Williams

COC

825

45:11

-10

815

Steve Miner

COC

875

47:34

-30

845

Ron Kiel (3)
330:00
Kelsey Breseman Woodinville Mont.
COC
mp/dnf
Susan Anderson
COC
mp/dnf
Jean-Francois Guentien
COC
mp/dnf
Jared Roach
COC
mp/dnf
Jennifer VanGorder
dnf
Jim Prohala
dnf

6° of Navigation

2006 Results
Lord Hill Park, Snohomish
July 29, 2006
Cascade Orienteering Club

Meet Director: Debbie Newell

Course: Dave Tallent
Marker Placement: Dave Tallent, Peter Golde
Marker Pickup: Dave Tallent, Dave Petty, Ken Lew, Terry Farrah, Don Atkinson
Volunteers: Steve Wort (kayak leg), Jim Siscl, Don Atkinson, Lori Hope, Janie, Katie Sprugel

Course with Kayak

Solo Female
Powerhouse/Hammer
7:53:55
Blonde Moment
7:57:40
Solo Male
Determined to Finish
DNF

2-Person Coed

5:26:40
The Pusher and Data
KitsapAR.com
6:58:36
Law and Order
8:41:06
Conway Pack
DNF
Team Hyak
DNF

2-Person Male

Unlittered
6:06:35
Old Soldiers
6:29:44
GD Navigation
6:46:05
Compass Cousins
7:03:58
4-Person Coed
5:18:50

Course without Kayak

num Mud & Flesh Wounds
5:18:50

Solo Male

Ambiguously Disgruntled
4:53:29
Extreme Detour
7:00:55
2-Person Female
Crazy Librarians
DNF

2-Person Male

Thoba.com
4:11:50
Turkey Sandwich
6:19:59
Twisted Odyssey
6:33:43
4-Person Coed
4:20:02

Cascade's 2006 Ultimate Orienteer Series

Final Standings (best 3 results)

Women

Name	Club	1	2	3	4	5 Total
Debbie Newell	COC	938	590	1000	1000	1000
Ina Balutina	COC	779	698	793	715	737
Marissa Roocks	Woodin Mont.	810	557	823	715	737
Holly Kuestner	Lakeside	743	676	535	—	—
Kelsey Breseman	Woodin Mont.	—	998	894	—	—
Jana Dvorak	COC	—	1000	769	—	—
Anna Urbanova	Skyview JH	—	—	—	—	1769

www.CascadeOC.org

Name	Club	1	2	3	4	5 Total
Eric Bone	COC	1000	1000	1000	—	3000
Ben Hall	COC	725	938	953	929	2820
Nikolay Nachev	COC	903	848	803	889	1000
Targo Tennisberg	SAMM	793	—	646	970	2707
Roger Michel	COC	907	854	945	—	2706
Alex Frank	COC	837	684	966	793	2596
Rick Breseman	COC	783	472	823	894	2593
Jake Keeder	COC	711	595	820	809	2557
Dave Enger	SAMM	845	—	740	885	2554
Oyvind Naess	COC	764	680	844	—	2535
Patrick Nuss	OK	726	627	780	838	2344
Ryan Breseman	Inglemoor	715	561	746	778	2239
Tyler Fredericksen	COC	770	579	787	428	2136
Steve Miner	COC	802	—	593	719	2114
Peter Golde	COC	—	616	607	868	2091
Kean Williams	COC	—	408	731	694	1961
David Parsons	COC	772	387	591	536	1932
Chris Whitmyre	COC	639	435	571	664	1874
Dave Dummeyer	COC	623	—	569	549	1741
Mike Schuh	COC	625	—	593	511	1729
Mike Miller	COC	820	—	—	902	1722
Ryan Van Gorder	COC	824	—	—	—	1656
Matt Hayes	COC	859	—	—	779	1638
Bruce Christopherson	COC	—	—	704	885	1589
Matej Urban	COC	684	—	874	—	1558
Steve Fredericksen	COC	569	230	359	564	1492
Bruce Bassett	COC	777	—	653	—	1430
Darian Davis	COC	564	371	395	426	1414
Theo Browne	COC	—	—	702	—	1391
Brandon Belgin	COC	473	—	344	566	1383
Aaron Rinn	COC	786	433	—	—	1219
John Lee	COC	519	—	—	—	1169
Chris Ramsborg	COC	—	—	—	664	1132
Jon Karakowski	COC	—	—	—	467	1127
Joseph Spencer	EAS	—	248	435	426	1109
Dale Widh	COC	617	—	—	483	1100
Greg Whelan	ORCA	630	—	—	—	1085
Andy Dale	COC	—	—	455	—	1000
Nick Graan	COC	566	420	—	—	986
Don Atkinson	COC	299	—	410	515	980
Chris Gerard	COC	—	—	—	681	925
Jon Lebo	—	—	—	—	408	919
Robin Smith	—	—	—	—	511	908
Mike Cummer	—	—	—	—	398	896
Fred Veler	SAMM	469	396	—	—	865
Tim Millberger	COC	—	—	—	396	864
Bill Cusworth	COC	—	—	—	824	824
James Roach	COC	817	—	—	—	817
Dave Miner	COC	802	—	—	—	802
Colin Dietrich	COC	—	350	426	—	776
Jim Siscl	COC	—	287	—	468	755
Mikhail Pekour	COC	—	—	—	—	692
Glen Rogers	COC	—	687	—	—	687
Aaron Vanderwaal	COC	—	—	—	681	681
Ken Lew	COC	151	—	—	302	644
Arne Lund	COC	—	—	—	—	642
Michael Braun	COC	631	—	—	—	631

[illegible]

Six degrees of Navigation participants try kayaking and mountain biking.

Upcoming Orienteering Events

Go to the website at <http://www.CascadeOC.org>
for latest information and details

Date/Time Location and Comments Type Club Map Contact

SEPTEMBER 2006

Sat, Sep 16 Woodland Park, Seattle (National Orienteering Day event; courses for novices, children, and families) C COC dnewei@verizon.net

Sun, Sep 17 OSU meet, Corvallis, OR C COC

Sat, Sep 23 Catherine Creek meet, White Salmon, WA C CROC <http://www.forestrunner.com/orca/>

Sun, Sep 24 Mt Douglas, Victoria, BC C VICO

Sun, Sep 24 GVOC Club Champs, Sprint & Long, Vancouver, BC B GVOC

Sun, Sep 24 250 480-7380 Roger Macleod

Sun, Sep 24 604 734-1810 Marta Green

Sun, Oct 1 Lake Sammamish State Park, Issaquah C SAMM

Sun, Oct 15 Hyak Lake, Snoqualmie Pass, WIOL Benefit orienteering on an enhanced USGS map X COC Sally Dow sallydow@ix.netcom.com

Sat, Oct 21 Founders Day, Ft. Casey State Park, Whidbey Island C COC Bill Cusworth cusworth@chem.washington.edu

Sun, Oct 22 Deep Cove, 2 sprints, North Vancouver, BC Sprint GVOC

Sun, Oct 29 Vampire O, Lymndale Park, Lynnwood X COC Jim Siscel 604 734-1810

5:30 pm <http://www.CascadeOC.org/>

NOVEMBER 2006

Sat, Nov 4 WIOL 1. Lincoln Park, Seattle C COC Jim Siscel

10am - noon <http://www.CascadeOC.org/>

Sat, Nov 18 WIOL 2. Magnuson Park, Seattle C COC Jim Siscel

10am - noon <http://www.CascadeOC.org/>

DECEMBER 2006

Sat, Dec 2 WIOL 3. North Sea-Tac Part, Sea-Tac C COC Jim Siscel

10am - noon <http://www.CascadeOC.org/>

Sat, Dec 16 WIOL 4. University of Washington, Seattle C COC Jim Siscel

10am - noon <http://www.CascadeOC.org/>

Sat, Dec 30 Bog Slog, St. Edwards State Park, Kirkland C COC Jim Siscel

10am - noon <http://www.CascadeOC.org/>

JANUARY 2007

Sat, Jan 6 WIOL 5. Fort Steilacoom Park, Tacoma C COC Jim Siscel

10am - noon <http://www.CascadeOC.org/>

Sat, Jan 13 WIOL 6. Seward Park, Seattle C COC Jim Siscel

10am - noon <http://www.CascadeOC.org/>

FEBRUARY 2007

Sat, Feb 3 WIOL 7. Fire Mountain Boy Scout Camp, Mt. Vernon C COC Jim Siscel

10am - noon <http://www.CascadeOC.org/>

Sat, Feb 17 WIOL Championships, Pt. Defiance Park, Tacoma C COC Jim Siscel

10am - noon <http://www.CascadeOC.org/>

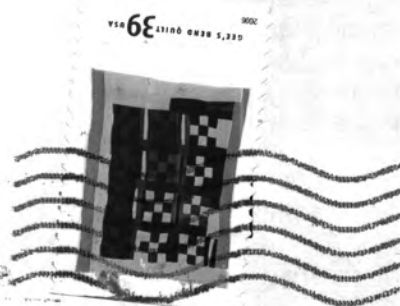
COC: Cascade Orienteering Club SAMM: Sammamish O.C. A: National Meet

EWOC: Eastern Washington O.C. KOC: Kootenay Orienteering Club R: Rogaine

VICO: Victoria Orienteers CROC: Columbia River O.C. B: Major Event

GVOC: Greater Vancouver SAGO: Sacajawea Orienteers SAGE: Sage Orienteering Club, Kamloops B.C.

OCOK: Oregon Cascades Orienteering Klub



SEATTLE WA 981
14 SEP 2006 PM 8 T

Cascade Orienteering Club
Post Office Box 31375
Seattle, Washington 98103
<http://www.CascadeOC.org>

Bearing 315 is
Published by:



membership application

Date _____ ☐ New ☐ Renewal

Name _____

Address _____

City _____ State _____ Zip _____

Home phone _____ Work _____

E-mail _____

Family membership names _____

- Type of membership:
- ☐ Family/group \$20.00/yr
 - ☐ Individual \$14.00/yr
 - ☐ Associate (under 18) \$5.00/yr
 - ☐ Newsletter only \$6.00/yr

Join the Club

Membership in the Cascade Orienteering Club entitles you to discounted meet fees, voting rights, and a quarterly club newsletter.

To join the club, please send your completed application, with payment, to:

COC Membership
c/o Jim Siscel
19322 73rd Place West
Lynnwood, WA 98036
425-778-7202

If you have questions about membership, please contact the membership coordinator: Jim Siscel.