

Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

May/June 1998

1998 Pacific Northwest Orienteering Festival



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

• This is a reminder that the PNW O Fest, 1998 version, featuring the US Champs is coming up! Cheapest entry goes to those who register by April 30. All details on the website at <http://weber.u.washington.edu/~run/usch98> Please encourage newcomers and intermediate runners/walkers to come and remind them that there will be a warm-up model event August 7.

• Planning for the PNW O Fest, 1999 version, is well underway. It will be hosted by Sammamish and Cascade and will feature 4 days of A-meets with a chase start the final day. This event is scheduled for July 21-25, 1999 on maps in the Cle Elum area. Key personnel, thus far: Dave Tallent, Mark Howlett, Howard Halter, Rick Hood, Peter Golde, Bill Cusworth, Katie Sprugel, Don Denbo.

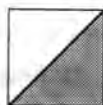
• Volunteers always welcome and needed! We could still use some help in '98 and, of course, in '99. For those that might hesitate due to lack of experience, may I suggest a "trainee" role with a veteran in '98 leading to even more fun in '99! Contact me or any of the folks listed above. Thanks!

Rick Breseman, Meet Director '98 Fest, Event Coordinator '99 Fest

Camping

A note about camping at the event center: Camping is available at the event center at any time, however, the extra amenities pro-

vided by the organizers will only be available on Friday and Saturday nights (8/7 & 8/8). On these 2 nights, the camping amenity fee is applicable but all other nights are free.



Upcoming Events

COC Club Meeting on June 14

COC is hosting a club meeting at the Coco's in Lake Forest Park on June 14 and all are welcome. There will be an informal, buy-your-own dinner, from 5pm to 6pm. After dinner Bill Cusworth will show a British 'O' video and Eric Bone will discuss 'O' techniques. Then at 6:30 we shift to the COC board meeting proper. All are welcome to stay, but you are also most welcome to just come for the social aspects.

1998 Nike World Masters Games - Orienteering Events

Are you looking for something to do between the US Championships in Cle Elum, WA (Aug 7-9) and the Rocky Mt. 1000-Day event in Wyoming (Aug 15-23)? Well, look no farther! The entry deadline for the 1998 NIKE World Masters Games is fast approaching - if you are interested in participating in this year's Games, please request your application soon!

When: August 10-14, 1998

Where: Portland, Oregon USA

Events: August 10th - Training Event

(Washington Park/Hoyt Arboretum, Portland OR)

August 11th - Short Course

(Powell Butte Nature Park, Portland OR)

August 13th & 14th - 2-day classic event, with 9 courses

(Brooks Memorial State Park, Goldendale WA

approx. 2 hrs. east of Portland, OR)

Sponsoring club: Columbia River Orienteering Club

Maps: Hoyt Arboretum mapped in 1996 by John Britton. Powell Butte and Brooks mapped by George Kirkov. [Brooks map is IOF standard and brand new!]

Application deadline: May 31st, 1998

Cost: \$200.00 This fee includes:

- Entry fees for all orienteering events
- Commemorative shirt, duffle bag and many promotional items from sponsors
- Commemorative World Masters Games program
- Free admission to all other World Masters Games competitions (as a spectator...!)
- Participation in the Games' opening and closing ceremonies
- Bus transportation to event locations (bus passes within the Portland area on Aug 10th and 11th, and shuttle bus from Goldendale, WA to the event site on Aug 13th & 14th)
- Huge All-Athletes' Party at the Portland Convention Center

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For groups of ten or more athletes, a 10% group discount is available. Please contact the 1998 NIKE World Masters Games office (see below) for more details.

How to get your application:

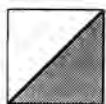
Download a copy from the 1998 NIKE World Master's Games Web site at: <http://www.worldmasters.org>, or write/call the Games at: 1998 NIKE World Masters Games 55 SW Yamhill Portland OR 97204 phone: (503) 226-1998 FAX: (503) 226-7700

For more information, call the World Masters Games headquarters at the above telephone number, or send email to: info@worldmasters.org

For information on accommodations and activities in the Goldendale, WA area (where the Aug 13th/14th orienteering events will be held), please visit the Klickitat County Web site, at: <http://www.klickitatcounty.org> Or call them at: Klickitat County Visitor Information (800) 785-1718 Goldendale Chamber of Commerce (509) 773-3400

If you are going to be at the World Masters Games or in the area during the Games and would like to act as a volunteer for any or all orienteering events, please contact Gordon Bowen at gordonb@europa.com.

Thanks - and we hope to see you at the Games!



Training

Eric Bone, COC Training Coordinator

It's Springtime. That means the days are lengthening, the weather is nice, and it's time to unwind after work with some mid-week orienteering. Four training meets are coming up, providing the perfect opportunity to learn new skills or hone the ones you already have, so you can get the most out of the many great out-of-town events this Spring and Summer on the East side of the Cascades and in B.C. Many beginning and intermediate orienteers have been very active in the Winter season and early Spring events. The first field session, at Woodland Park, is devoted to helping these orienteers upgrade their orienteering abilities, so that they will be prepared to

join in the fun of heading over the pass or North of the border for some of the quality warm-weather meets. There will also be a presentation at the [June Cascade Social Dinner and Meeting at Cocos] on the differences and (mostly) similarities between the local meets we're all used to and meets farther afield, including the U.S. Championships.

See you in the forest!

Eric Bone, COC Training Coordinator

Here's a rundown of what's in store:

Wed. 20 May, 6-7:30 p.m. Woodland Park Eric Bone 206-634-2279 ebone@u.washington.edu. This will be a few "in the field" activities to prepare beginning and intermediate orienteers for the Spring and Summer out-of-town events. But of course, advanced orienteers and rank novices are welcome, also!

Wed. 27 May, 6-7:30 p.m. Magnuson Park Bill Cusworth 206-789-1346 bill3@halcyon.com. This will be an orienteering technique training session. All levels are welcome.

Wed. 10 June, 6-7:30 p.m. Woodland Park Eric Bone 206-634-2279 ebone@u.washington.edu. This will be an orienteering technique training session. All levels are welcome.

Sun. 14 June, 6-6:30 pm at COC meeting at Coco's. I will present some of the differences and similarities between in-town and out-of-town meets for local orienteers who want to "make the leap" into orienteering a little farther afield.

Wed. 1 July, 6-7:30 p.m. Magnuson Park Eric Bone 206-634-2279 ebone@u.washington.edu. This will be an orienteering technique training session. All levels are welcome.



News and Notes

Outdoor Adventure Fair Report

Frank Skorina

The Outdoor Adventure Fair at the Walla Walla YMCA was a success. The big hit was the orienteering course in the gym (and the 2-for-the-price-of-1 certificate finishing award) where we had about 40 participants, almost all kids. We gave away 75 SACO brochures and a number

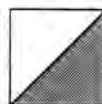
of USOF "Orienteering, the Sport of a Lifetime" brochures. Many were excited about local maps and the level of detail compared to a hiking map. We talked a lot about what is orienteering.

Many things in our booth did not seem to generate interest. Most people ignored the "Orienteering, All Welcome" video and only one group watched it for more than 15 seconds. It did not have the excitement of the BMX video across the way. (Does a video exist showing all sorts of people, at all different kinds of events, all smiling, and set to music?) The ONAs and Skogsports were not cracked open and only a few copies Bearing 315 were taken. No one commented on the sharp, green Washington State Orienteering suit hanging up behind us. I brought in a couple of 7 foot potted trees which, with a control hanging on each, was a nice touch. I think we could have had an even better response if one of us was in front of the table.

We will see if anyone will come to a meet because of this, but at least Ivar and I had fun and there are a few less people in Walla Walla who do not know what orienteering is.

Announcement

If you are a meet director for a meeting in the greater Seattle area, we invite you to update mailbox three of the orienteering hotline so there is the best possible information exchange. The general rule of thumb is to wait until meet that appears on the schedule before yours is over. If you want help with your first message or need the "top secret code" please just call Richard Staudt, the "Voice of the O Hotline" and "new father" since the day after the Woodland Park meet at (206) 762-2826 or email him at rstaudt@ibm.net.



Presidents Column

by Rick Hood, COC President

Thanks to you, 1998 is running smoothly. As noted elsewhere, we had a great turnout at the Woodland Newcomers' Event and are building toward the USOF Championships here in our own backyard this August 7th to 9th in the Cle Elum area.

Before then, though, there are some super orienteering opportunities in Washington, British Columbia, and Oregon. (Please refer to the schedule page on the inside backcover, call the hotline, or visit the PNW Webpage.) There is only one thing better than having you at these meets and that's introducing a friend to O and bring him or her along.

One of the very positive things that we have all noticed is that even though this past successful WIOL season is officially over, we are getting a good turnout of high school orienteers and well as coaches and parents coming to Spring meets. Now that's success, wouldn't you say?

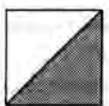
(A bit of WIOL history. Dan Waugh was instrumental in getting the league started -- the trophy bears his name. Besides being an avid climber and orienteer, Dan is also a history professor and is returning to climb and trek in China this summer for research. So if another school league should pop up in a remote high country village in China...)

Again our thanks to everyone who has helped at an event this year. If you haven't volunteered or aren't sure what's involved or just want more info, please don't hesitate to call me at (425)640-8134 or Eric at (206) 634-2279. One of our goals is to "spread the fun" and make it easier to both volunteer and run. In this vein, Sandy Kish Miller and Bill Cusworth are working on a set of simple yet standard checklists for meet staff that will be bundled in a packet given to each COC meet director. These are, of course, works in progress, that will make their debut this year.

Another big item is that Mike Fritz, along with Vivien Fritz, Sandy Kish and Robert Miller, and Don Denbo, just completed a strategic review of the club, which the board will be making good use of this spring and summer. One of their key points was to put in place an approach that would ensure that our local meets are consistently well run. (Of course, they provided key suggestions at many levels in support of this, as well as doing an assessment of the club.)

Two closing points: everyone is always welcome at the COC board meetings (the June meeting will again be at COCO's in Lake Forest Park and feature a program)

or to make comments, raise issues, or volunteer at any time. Just call the person listed on the club page that best fits your interest, or call me. Also, while COC produces this newsletter and this year I am serving as president, the Bearing 315 is hopefully viewed as a means of exchanging information, results, articles among all orienteers in the Pacific Northwest. So please feel both free and encouraged to write something up and send it in to Don Denbo, whom we are fortunate to have as editor this year.



COC Strategy

COC Strategy Group Recommendations

Don Denbo
Sandy Kish Miller
Robert Miller
Vivien Birtwistle Fritz
Mike Fritz, chairman

The following is a summary of the presentation that Mike Fritz gave at the last COC board meeting. If you have any questions or comments please feel free to contact any of the COC board members or Strategy Group members (names are listed in the back of this newsletter).

COC Strategy Group Charter

- Recommend longer term strategies for the club
- Make sure all recommendations are practical and achievable
- Define an on-going process for strategic planning

Current COC Assessment

- Strengths
 - WIOL
 - OCAD usage
 - Elite competitors
 - Newsletter
 - Club camaraderie
 - Environmental awareness
 - Concept of annual 'O festival
- Weaknesses
 - Personnel resources
 - Need to reach out to first and second timers
 - Meet processes vary widely, complicated
 - Need clearer responsibilities/approval process
 - Current financial condition

- Lack of purpose before major A meet commitments
- Individual vs. club goals

Major Recommendations

- Club Mission - "to run consistently good meets"
 - Strategy 1 - Develop simpler meet procedures
 - Strategy 2 - Develop board procedures with financial awareness
 - Strategy 3 - Focus on the care and feeding of our volunteers and members

Strategy 1 - Develop simpler meet procedures

- Procedures can be defined for all the functions - meet direction, course setting, vetting, greeting, registrations, start, finish, results
- Within each function, procedures can be defined for core tasks, standard tasks, and recommended tasks
- Procedures can be defined in terms of "what" has to get done, and "how" it could be done
- We aren't necessarily creating new procedures, but documenting what's working best today

Course Vetting - "the What"

- Core tasks before meet
 - Verifying accuracy of every control location
 - Verifying viability of most probable route choices
 - Advising course setter on control, route changes
- Core tasks during meet
 - Helping course setter set controls, water
 - Being on call for control emergencies

Course Vetting - "the How"

- Preferred way
 - Verifying controls
 - check every control from at least two locations, including most probable route choice
 - verify streamer control code
 - Placing controls for meet
 - hang each bag at least waist height using a slipknot

Registration

- Core tasks during meet
 - Getting each competitor onto the right course
 - Getting all the basic information and money from each competitor, and

providing them with all needed equipment

- Moving competitors though as quickly and friendly as possible

Start

- Core tasks during meet
 - Identifying/recording every person that goes out and their start time on master list
 - Writing start time on score card and verifying all other information is right
 - Getting each competitor out on the right course at the right time

Meet Direction

- Core tasks before meet
 - Obtaining land permission
 - Securing all meet personnel and equipment
 - Checking on the design of all courses
- Core tasks during meet
 - Delegating all meet work to volunteers
 - Managing any meet emergencies
 - Training and moving volunteers through their job assignments
- Core tasks after meet
 - Doing all the post meet paperwork
 - e.g. Results, Moneys, Thank-you's
 - Getting all the meet equipment and supplies back for the next meet director

Course Setting Guidelines

- Focus on find the way vs. finding the control
- Remove the luck out of control locations
 - e.g. Try not to set any controls in thick green
- Check the field to make sure it's what you expected from the map
- Finishing is fun - courses should be challenging, but also allow everyone to finish
- Bring them back alive - white courses can never be too easy

Strategy 2 - Develop board procedures with financial awareness

- Develop and manage annual calendars
 - develop annual calendar of board tasks - budget, newsletter publication, *ad hoc* committee review, major decision points

- develop event schedule 2-3 years out - major events and themes for minor events
- Gain financial control by creating/monitoring an annual budget
 - membership income, newsletter, mapping projects, equipment purchases, meets
- Identify what decisions need board approval
 - Size of mapping project, budget for A-meets, special events, expenditures over budget
- Delegate tasks
 - Documentation of meet procedures, mapping decisions, publicity, schedule (recruit a meet scheduler), newsletter, outside group requests
- Revisit club strategy every 6 months

Strategy 3 - Focus on care and feeding of our volunteers and members

- Ask for volunteers!
 - New orienteers and club members may be shy
 - Schedule ahead, get people lined up for future events
- Create a "culture" of volunteerism
 - Active, well rounded orienteers help put on meets
 - Volunteer skills will improve 'O skills
 - Create new volunteer evangelist position

At the Meet

- Keep the volunteers happy
 - Take into account what the volunteer wants
 - Give good concise directions
 - Schedule breaks for long meets
 - Lots of encouragement and thanks at the meet
 - Happy volunteers is a core task of the meet director

Recognition

- Report all help and positions in meet results
- Annual summary of volunteers in Bearing
 - summary includes name, position, # of times
- Annual awards for outstanding participation
 - Levels of certificates (15, 10, 5 events)

Getting Volunteers to Come Back

- Meet director is key
 - Responsive to volunteers needs

- Clear directions, variety of jobs
- Answer questions
- Record all help and positions
- Enable volunteers to participate in meet
 - Create schedule so everyone can run

Members

- 'O skill building at meets, training events, and class room forums
- More communication about meets, training, and board activities

COC Strategy On-going Process

- Every 6 months do an incremental review of the current strategy
- Every 12 months create a new strategic plan



Meet Results

Lynndale Park

March 1, 1998

Lynnwood, WA

Cascade Orienteering Club

Meet Director: Jim Siscel
 Courses: Rick Hood
 Marker Placement: Jim Siscel
 Registration: Jan Faulds
 Starts: Mark Hartinger, Neil Smith
 Finishes: Neil Smith, Kean Williams
 Marker Pick-up: Paul Magnus
 Brownies, Cookies, & Muffins: Bruce McAlister
 Weather: Rainy and Drizzly from marker hang out to marker pick-up.

The rumor that the next time I design courses for Lynndale that each of the loops will only have two controls but there will be 8 loops is not true. (I, however, am partial to Fred V.'s course setting approach that, on average, longer legs do usually provide for more route choice; that is why each of the loops only had four controls this time around. I think even small not-technical terrain parks can be fun and exciting for O, if we design in route choice; do you agree? Of course, it helps a lot if the map is current and accurate.)

Now the rumor about moving the former Drunken Charlie 6 hour rogaine to Lynndale and putting out 6 new controls each hour is most definitely not true; if it is moved we would go for a full 24 hours. (Actually, we will be looking at DCL this fall to see what orienteering possibilities are still there.)

Thanks also to everyone that came to Lynndale and ran in spite of the liquid sunshine.

Rick H, Course setter

Beginner Course (5 controls and 0.6km)

Grant Guiles	10:13
Lisa Halter & Kids	11:45
Ralph & Linda Sweet	12:00
Andrew and Allison Hartinger	13:10

Ryan Breseman 13:20
Michael Pope 16:30
Short Relay (2 loops, 8 controls, one map exchange, and 1.85km)

Doug Miller & Will Blakemore	30:40
Jennifer Tollison	55:24
Beth Walker	66:10
Kristy Forgrave	84:46
Ralph & Linda Sweet	116:10

Long Relay (4 loops, 16 controls, 3 map exchanges, and 3.85km)

Jan Urban	27:03
Eric Bone	27:30
Paul Hoopman	29:14
Debbie Newell	29:41
Paul Magnus	31:00
Rick Breseman	31:03
Peter Golde	37:19
Fred Veler	37:36
Howard Halter	38:16
Kean Williams	41:52
Robert Miller	43:10
Mac McDonald	43:22
Sandy Kish Miller	43:25
Dave Tallent	45:20
Don Atkinson	50:35
Larry Pedersen	51:21
David Guiles	52:04
Ardis Dull	54:53
Ken Lew	59:48
Harvey Friedman	60:02
Tania Anderson & Scott Ostrander	68:03
Dan Diamond	68:36
Chris Franklin	70:47
Shannon Peckham	72:50
Larry Keller	74:57
Melissa Phillips	75:02
Randy Brasfield	85:53
Bob McKinney	122:20

(Note: Eric Bone made his run after running to the meet from his home on 50th N which is 50th to 205th in King County and 238th to 189th in Snohomish County, JS)

O O Denny Park

March 15, 1998

Kirkland, WA

Samamish Orienteering Club

The weather was cool and partly cloudy. Although there was no rain, the course was wet from rain the night before. This was the first meet on the new map.

Meet Director: Bruce McAlister
Course Setter: Dave Enger
Registration: Pat Reddick
Timing: Bob Reddick
Pickup: Dave Enger

Course 1 (0.62 km, 5 controls)

Ryan Breseman & Roy	8:45
Madeline & Molly Enger	11:26
Trudy Rolla	11:54

Kathy McDonald	13:15
Bobby Seidenstricker	18:50

Course 2 (1.31 km, 7 controls)

Grant Guiles	25:27
Danielle La Villa & Vince	36:58
Madeline, Molly, Will Enger	41:23
Tom Longen	43:00
Sally Riggers	45:30
Fernne Rosenblatt	46:48
Mike Parkis	46:49
Bob & Pat Reddick	49:00
Jeremy Nihart	49:50
Trudy Rolla & Eric, Max, Nicholas	61:00
Forgrave Family	67:44
Bobby Seidenstricker	DNF
Danny Craven	DNF

Course 3 (3.61 km, 10 controls)

Bob Seidenstricker	58:40
Vivian Fritz	66:58
Chris Franklin	71:00
Ardis Dull	75:02
Ken Klepsch	75:42
Harvey Friedman	81:27
Dan Diamond	82:52
Scott Dickson	82:52
Paul Siscoel	91:13
Jim Siscoel	97:26
Michael Pope	168:10

Course 4 (5.36 km, 12 controls)

Anton Kravchuk	62:40
Paul Hoopmann	67:03
Jan Urban	70:02
Rick Breseman	71:26
Arnie Skog	72:39
Jan Vrana	76:50
Debbie Newell	81:06
Eileen Breseman	85:39
Kean Williams	86:03
Fred Veler	94:10
Don Atkinson	94:43
David Tallent	99:45
Marcus Shell	106:48
Rob Knudsen	107:10
Roger Rosenblatt	108:35
Glen Gordon	123:30
Don Denbo	125:49
Ken Lew	142:02
Larry Keller	OT
Jerry Pearson, Martin Richardson	DNF
David Guiles	DNF
Mike Fritz	DNF

Sacajawea State Park

March 28-29, 1998

Pasco, WA

Sacajawea Orienteers (SACO)

Meet Director: Ivar Husa
Course Setter: Ivar Husa
Participants: 38

What a great weekend for a romp on the woods! There were sunny skies, a light breeze, seasonable temperatures, and friendly early spring vegetation.

This meet was originally scheduled for Sunday, but a request was made and we decided to add a Saturday session with the same courses. It was very successful with our largest crowd ever at this venue, split evenly between the two days.

The top of the result lists were garnered by Boise residents. Sergey Velichko ran over the competition, embarrassing all of the local hot shots, then, as if that was not enough, he blasted through the intermediate course as his cool down for the long ride home. That man should be fined! Roberta Fothergill sailed through the 1 km beginners course in her first meet. Outside of the advanced course, many of the participants were scouts from Richland, Kennewick, and Benton City. These guys know how to find their way.

Our next meet is in two weeks (Sat. Apr. 11) at Bennington Lake in Walla Walla. We'll see you there.

Beginners 1.0 km, 6 controls

Roberta Fothergill	7:00
Eric Halgren	7:30
Marcus Arthur, Riley Mather, and Adam Field	7:40
Nick Bare	8:20
Jordan Hyrkas	8:50
Robert Pruitt	10:10
Kevin Conway	10:50
Dallin, Jason, Jaime, and Jim Field	13:30
Nate Yoder and Erik Skorina	15:18
Andy Rodeman	18:00
Ashley, Chris, (and Dad) Collopy	20:14
Ben Holland	24:15
Keven Wohlwend, Josh Lacy, and Dale Steinbach	30:40

Intermediate 4.4 km, 8 controls

Sergey Velichko	19:40
Scott Miller and Nick Bare	39:18
Kevin Conway, Eric Halgren, Jordan Hyrkas	53:08
Dallin, Jason, Jaime, and Jim Field	57:12
Josh Holland	69:00
Jared Evans and Chris Norman	87:00
Vince Drake	89:20
Andy Rodeman	*
Keven Wohlwend, Josh Lacy, and Dale Steinbach	*
Sean Challe and Derek Drake	**

Advanced 5.9 km, 14 controls

Sergey Velichko	32:30
Frank Skorina	42:10
Bob Gruel	49:52
Michel Billaux	61:00
Sonny Elasser	66:48
Todd Brown	68:23
Scott Drumm	81:55
Steve and Andy Weakley	**

* - Only found the first four controls due to group time constraints. ** - Missed a few controls.

Woodland Park**April 4, 1998****Seattle, WA***Cascade Orienteering Club*

Meet Director: Rick Hood

Courses: Anne York

Registration: Bill Cusworth and Ardis Dull

Newcomer Instruction: Jim Sisco, Don Atkinson,
and Ryan Breseman

Additional Instruction: Dave Tallent

Starts: Harvey Friedman

Finishes: Eric Bone

Youth Course: Eileen, Kelsey, and Dana
Breseman

Refreshments and Food Service: Bruce McAlister

COC's annual Woodland Park meet was great fun. Anne's progressive courses were fast and the food that Bruce prepared was super. Even the weather cooperated. The only less the idea part was there were some delay checking in, given the turnout was so good. So next year well will have 4 registration lines and maybe even an "express registration" option. Again, thanks to everyone that came or helped out and made the day so successful.

About the courses: the first three courses were designed to be progress, in support of the newcomer's approach. Course 4 was an all-controls course using the course 2 and 3 controls. (Also, the finish clock was exactly one minute early, so a minute was added to all times to make them correct.).

Course 1 -- 0.7km & 5 Controls

Chris Butz	05:32
Liz Demasiao & Jeff Jennings	07:32
Mickey McGowan	08:03
Mary Loarie	08:12
Kelly Beeken	08:16
Leslie Ewell	08:32
Martha Magana	09:48
Tony & Barbara Sanfulla	11:35
M Smith	11:46
Dale & Kerissa Scott	12:45
Sandy Moffet	14:18
Michael Parkis	14:38
Philip Wagenaar	14:38
Tim Little	14:38
Keith Butts	15:43
Lisa Lincoln	15:43
Keith Schendel	18:00
Kelsey Breseman	19:45
Sandra Hall	19:57
Frank Blackstock	MH/TR

Course 2 -- 1.9km & 10 Controls

Bill Allemann	10:20
Hans Frederick	13:30
Andy B and D Slater	14:26
Zac Dean	15:06
Ann McMenamin	19:17
Ryan Johnson & Chris Collier	19:36
Leslie Ewell	23:03
Kelly Beeken	24:58
Naomi Holloway & Kara Hitchko	24:58
John Mills	26:20

Dean & Mary Boone	26:40
Mitch Robinson	26:40
Tim Little	26:58
Amy Jordan	27:14
Wyatt Danichek & Eric Newquist	28:13
Damon West & Andy M.	28:33
N, Kyle, and Matt D & H Menter	28:46
Jeanne Jones	31:57
Keith Larsen	33:13
Phil Wagenaar	33:33
Dale & Kerissa Scott	35:22
Harrison & Brad Halter	35:34
Ryan Brseman	37:33
Bobby Travis, Matt Zirk, Walt Menzes	40:40
Sandra Hall	41:00
Caleb Hull	45:56
Vince Tanner & Danielle LaVilla	47:30
Owen Howey	48:21
Mickey McGowan, Trisha Peternin & Marnita Smith	50:29
Michael Pope	51:06
Frank Blackstock	55:00
Brittany moody	MH/TR
Doug Hathaway	MH/TR
Michelle McPeck & Mari McMahon	MH/TR

Course 3 -- 2.5km & 10 Controls

Fred Veler	18:12
Steve Layman	19:53
Tony Latham	24:27
Chris Butz	25:20
Keith Larson	26:07
Naomi Holloway & Kara Hitchleo	27:24
Amy Jordan	30:15
Liz D & Jeff Jennings	30:45
Tim Litter	31:32
Nikki K. and Jason Presley	32:25
William Cory	33:17
Sharon Willson	36:45
Sandy Moffet	37:34
Tate Robbins	37:55
Jennette Jones	39:55
Matt Menzer	39:55
Roger Hull	42:54
T & B Sanford	43:21
Jeanne Jones	44:15
Jeanne & Mike Bryant	47:35
Erin Loarie	52:28
Travis Esbert	56:10
S. Ransom	58:52
Michael Pankis	69:38
Forgrave Family	71:00
Fancisco Garcia	MH/TR
Jean Jones	MH/TR
Marilynn & Rob Knudsen	MH/TR
Mark McMahon & Michelle McPeck	MH/TR

Course 4 -- 3.1km & 12 Controls

Jan Urban	17:17
Paul Hoopmann	18:04
Dave Tallent	18:30
Rick Breseman	18:40
Jan Vrana	19:02
Devin Welton	19:20
Eileen Bresman	20:42

Robert Miller	20:50
Bill Allemann	20:58
Scott Robeson	21:04
Tara Matthews	21:56
Kean Williams	22:05
Don Atkinson	22:13
Hans Fredrick	22:23
Jason Pang	22:50
Jason Pilley	22:52
Ashley Mathews	23:00
Jusdan Pang	24:50
Roger R	25:55
Paul Sisco	26:01
Chris Franklin	26:44
Ken Lew	29:19
Zac Dean	29:51
Ardis Dull	30:24
Dave Petty	30:35
Berad Vogr	34:05
Jenny Pearson	34:48
John Faubion	35:33
Anne Orr	36:54
Randy Brasfield	39:54
Frank Magana	40:29
Jason Presley	41:37
Colin Jones, Nick Johnes, Scott Brooks	44:13
Jerry Hughes	47:14
Lisa Halter	50:15
Schott Schloener	51:23
The Staudt Family	57:06
Erika Jones	62:30
Elizabeth Hull	66:30
Lisa Lincoln	93:55
Erika Jones	MH/TR
Keith Butts	DNF

*MH/TR = Map Hiker or Training Run; Elapsed time not recorded

Bennington Lake**April 11, 1998****Walla Walla, WA***Sacajawea Orienteers (SACO)*

Meet Director: Frank Skorina

Course Setter: Frank Skorina

Instruction: Ivar Husa

Control Pickup: Frank Skorina and Michel

Billaux

Participants: 26

What was good about this meet

- We had 8 newcomers.
- The score-o format allowed everyone to do as much as they wanted.
- At the start/finish I could see four controls and two additional control locations around the lake, perfect for viewing the hunt.
- Almost everyone had positive points.
- Weather was great!

What could have improved this meet

- No new members.
- Latest promotional efforts did not produce results.
- The courses were not long enough for Boise resident Sergey Velichko, who once again came

out of his orienteering-poor neighborhood to treat us to a top combination of running and map reading. (But can he chew gum at the same time?) Hey Sergey, would you like to be on the SACO relay team for the US Champs in Cle Elum in August?

Quote of the meet "Time goes fast when you are having fun" - Erik Skorina, age 7

Our next meet is in a week and a half (Sun. Apr. 26) at Horn Rapids County Park, northwest of Richland. Course setter Michel Billaux says there will be beginning and intermediate courses, and a special long course for those who want to test their memories.

Score was calculated by awarding 1000 points for every control found and subtracting five points for every second over one hour.

Name	Time	Ctrl	Score
Sergey Velichko	45:56	23	23,000
Ivar Husa	61:57	18	17,415
Sonny Elsasser	85:31	23	15,345
Peter Lucas-Roberts	63:09	16	15,055
Coner Lucas-Roberts	59:28	15	15,000
Michel Billaux	87:21	23	14,795
Roberta Fothergill	69:35	17	14,125
Frank Nicholson	66:42	16	13,990
Steve & Kally Rapp	71:18	10	6,610
Sarah Zipf-Stone, Mark, Emily, & Katie Stone	104:00	18	4,800
Erik & Russell Skorina, Holly Howard	97:47	11	2,635
Eamonn, Christian, & Tom Roach	105:13	16	2,435
Gayle and Matt See	106:29	15	1,055
Toon Family of four	100:12	9	-3,060

Forest Park April 18, 1998 Everett, WA

Sammanish Orienteering Club

The weather was cool and sunny.

Meet Director: Dave Enger
Course Setter: Howard Halter
Registration: Pat Reddick
Instruction: Bob Reddick
Timing: Howard Halter
Refreshment: Bruce McAlister
Pickup: Dave Enger, Howard Halter

Course 1 (1.0 km, 6 controls)

Neil Dezarn & Kelsey Breseman	22:18
Leja/Sanders	35:10
Nan Wohlford	43:05
Ron White & Ruth Nelson	43:05
Sonya Dezarn, Kelsey Breseman	49:15
Doug Hathaway	59:29

Course 2 (1.5 km, 6 controls)

Sally Riggers & Michael Dalsing	28:20
Bob & Pat Reddick	39:25
Nan Wohlford	39:25
Austin Amort	41:20

James Dempewolf Group	41:45
Kathy McDonald & Michael Parkis	45:40
J & M Bryant	48:40
Croteau Family	54:45
Forgrave Kids	59:29
Marnita Smith	67:32
Ryan Breseman, Sean Dezarn & Terry Byrne	73:38
Larry Stratton	77:38
Frank Blackstock	78:05
Grant Guiles	DNF
Doug Hathaway	DNF
Halter Kids	DNF

Course 3 (2.6 km, 10 controls)

Ardis Dull	40:05
Patrick Kelly	46:10
Dave Petty	47:45
Paul Siscel	52:42
Dempewolf Group	64:20
Jim Siscel	74:45
Gerald Borries	87:47
Randy Brasfield	90:00
Michael Pope	91:49
Kathy McDonald & Michael Parkis	110:30

Course 4 (4.3 km, 11 controls)

Jan Urban	47:50
Arnie Skog	49:55
Peter Golde & Eileen Breseman	57:09
Dave Enger	57:18
Gerry Croteau	57:55
W. Green	63:16
Don Atkinson	68:15
Kean Williams	69:28
Dave Guiles	71:40
Debbie Newell	77:05
Dana & Rick Breseman	78:30
S.J. Conto	78:35
Roger Rosenblatt	80:55
Linda Moore	84:38
Carl Moore	88:48
Ken Lew	101:09
Larry Keller	104:01
Melissa Phillips	161:45
Paul Conto	167:30
Marjorie Stratton	DNF

Fishtrap Lake April 25, 1998 Fishtrap, WA

Eastern Washington Orienteering Club

Course designer: John Harbuck
Registration: John Beck
Control collection: John Beck, Paul Hoopman, Karen Robinson, Dusty Thomas

The Score O had 40 controls, 1275 possible points, 3-hr time limit, 10 point per minute overtime penalty.

Novice Course (2.35 km, 6 controls)

Kyle Munkittrick, Peter, Stefan & Ricky Zao	31:45
Betty Pattison, Danyon Reid, Billy Rask, Kelly & Emily Bacon-Hurd	64:03

Brent Pfeffer & Jacob Matson	71:38
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Score O

Brian May	1275
Jan Urban & Rick Breseman	1265
Paul Hoopman	1255
Bill Cusworth	1090
Linda & Carl Moore	995
Don Atkinson	990
Eileen Breseman & Peter Golde	990
Dave Tallent & Debbie Newell	985
Kristen Ritzenthaler*	935
Scott Coble	935
Kean Williams & Jenny Pearson	925
Chris Franklin	880
Dennis Leveridge	860
Steve Hayes, Gerald & Mike Harrod	795
@Mike Schuh	740
Sheila Ryan	735
Karen Robinson & Dusty Thomas	705
Scott Donald	695
John Beck	690
Marshall Nelson	665
@Dave Ritzenthaler*	625
Berne & Barbara Jackson	580
Shirley Donald & Carol DeRosa	565
Nancy Savage & Nancy Weller	370
Stephanie & Chris McMillen*	365

* started late; overtime penalty still applies @ less than 2 hours on the course

Horn Rapids County Park April 26, 1998 Northwest of Richland, WA *Sacajawea Orienteers (SACO)*

Meet Director and Course Setter: Michel Billaux
Participants: 17

We had a warm and sunny day yesterday with temperature well in the 70s. Here are the results.

Advanced (memory) (6.5 km, 11 controls)

Sergey Velichko	40' 32"
Rick Breseman	46' 05"
Eileen Breseman	51' 02"
Kean Williams	55' 21"
Robert Gruel	73' 50"
Sonny Elsasser	83' 42"
Les & Beth Stark	93' 33"
Jenny Pearson	142' 12"
Jan Urban (missed control 11)	(51' 45")
Bill Cusworth (missed control 7)	(57' 32")

Intermediate (5.7 km, 10 controls)

Sergey Velichko	41' 24"
Don Atkinson	52' 21"
Roberta Fothergill	87' 24"
Liliane Billaux	107' 03"
Weakley (father and 2 boys) (missed 3, 4, and 5)	(118' 37")

Where and what are these Orienteering Clubs?

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

What equipment do I need?

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

COC Officers and Coordinators:

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

Sammamish Officers and Coordinators:

Dave Tallent	President	425-488-3691
John Sincock	Vice President	425-822-3621
Valerie Enger	Treasurer	425-822-6254
Dave Enger	Mapping Coordinator	425-822-6254
David Lilly	Newsletter Coordinator	425-454-4136
Jan Urban	Memberships	425-402-7225

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

Orienteering Club Membership Application

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

Name _____

Address _____

Home phone _____ Work (opt.) _____

E-mail _____

Family Members _____

Optional Information: _____

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

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

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

Cascade Orienteering **Sammamish Orienteering**
P.O. Box 31375 **P.O. Box 3682**
Seattle, WA 98103 **Bellevue, WA 98009**
—OR— **—OR—**

Ellensburg Orienteering **Sacajawea Orienteers**
c/o Kent Verbeck **c/o Frank Skorina**
1361 Nelson Siding Rd. **116 Stanton**
Cle Elum, WA 98922 **Walla Walla, WA 99362**

Other Club Contacts:

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

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

Upcoming Orienteering Events

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

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

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Map</i>	<i>Contact</i>
MAY 1998					
May 10 1 pm – 3 pm	Rooks Park, Walla Walla, WA. Take Mill Creek Road off SR 12 east of Walla Walla.	C	SACO		Frank Skorina 509-522-2770
Wed, May 13 5:30 pm – 7 pm	Robinswood Park, Bellevue, WA. (Informal hot dog BBQ after meet) Take 148th Ave. north from I-90, park is on east side of road.	C	SAMM	1:3000	206-783-3866
Sat, May 16 10 am – noon	Liberty Lake County Park. Take Exit 296 from I-90. Follow Mission east to right on Molter to Valley Way. Turn left and follow Valley Way onto Lakeside Road and follow the signs to the county park entrance.	C	EWOC	1:10000	John Beck 509-838-7078
Sat, May 16	B.C. Champs, Chartrand Creek, Logan Lake, B.C.	A			Charlie Fox
Sat, May 16 11 am – 1 pm	Hoyt Arboretum, Portland, OR. Start/finish at picnic shelter next to Hoyt Arboretum Visitor Center, north of the Zoo.	C	CROC	1:7500	Terradan Landchild 206-783-3866
Sun, May 17	Coal Hill Rogaine, Kamloops, B.C.	R	SAGE		Allan Stradeski 250-374-7018
Sat, May 23 11 am – 1 pm	Bullfrog Pond, Cle Elum, WA. Exit I-90 at Exit 80. Head north, then right at intersection. Parking off Bullfrog Road in power line clearing.	B	SAMM	1:15000	206-783-3866
Sat, May 23 5 pm	WSOA Meeting, Cle Elum, WA.	X	WSOA		Kent Verbeck 509-674-2755
Sat, May 23 10 am – noon	Wallula Junction	C	SACO		Frank Skorina 509-522-2770
Sun, May 24 10 am – noon	Bullfrog Flats, Cle Elum, WA. Exit I-90 at Exit 80. Head north, then right at intersection. Parking off Bullfrog Road in power line clearing	B	SAMM	1:15000	206-783-3866
Sat, May 30 10 am – noon	Lincoln Park, Spokane WA. Exit I-90 at Exit 281 at Division go east on 4th. Right onto Sherman to Southeast Blvd to 17th Ave, then left on 17th for 9 blocks. Park is on right.	C	EWOC	1:5000	John Beck 509-838-7078
JUNE 1998					
Sat, Jun 6 11 am – 1 pm	Ros*Elum Ridge, Cle Elum, WA. Exit I-90 at Exit 80, then head north about 2 miles. Turn right towards Cle Elum on Highway 902. Watch for signs on left about 0.1 mile. Camping is available at Camp Koinonia.	C	SAMM	1:15000 (updated)	206-783-3866
Sun, Jun 7 10 am – noon	The Tongue, Cle Elum, WA. Leave I-90 at Exit 85 and travel northeast on hi-way 970 for 7 mi. Turn left on Teanaway Road and continue for 7 mi until you reach the West Fork Teanaway Road.	C	COC	1:15000	206-783-3866
Sun, Jun 14 11 am – 1 pm	Whipple Creek, Clark County, WA. Exit I-5 at the Clark County Fairgrounds Exit (Exit 97). Go east 1.5 miles on 179th St to NW 31st Ave.	C	CROC	1:7500	Terradan Landchild 206-783-3866
Wed, Jun 17 5:30 pm – 7 pm	Big Finn Hill, Bothel, WA.	C	SAMM	1:3000	Bruce McAlister 425-821-6862
Sat/Sun Jun 20–21	Riverside State Park, Spokane, WA. Inland NW Orienteering Cup	B	EWOC	1:15000	John Beck 509-838-7078
Sun, Jun 28 10 am – noon	Bullfrog Pond, Cle Elum, WA. Exit I-90 at Exit 80. Head north, then right at intersection.	C	SAMM	1:15000	206-783-3866
JULY 1998					
Sun, Jul 12	UW Campus, Seattle, WA. Canoe+Foot O' Take 45th St. Exit from I-5 east to 17th Ave., turn right into UW and follow signs.	X	COC		206-783-3866
Wed, Jul 22 5:30 pm – 7 pm	Luther Burbank Park, Mercer Island, WA. Exit I-90 at the Island Crest Way exit. Travel north one block to 26th St., head east to park.	C	SAMM	1:5000	206-783-3866
Sat/Sun Jul 25–26	Canadian Championships , Logan Lake, BC.	A	GVOC		
Mon, Jul 27	Canadian Short Distance Championships , Logan Lake, BC.	A	GVOC		

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

SAMM: Sammamish O.C.
CHUCKO: Chuckanut
CROC: Columbia River O.C.
SAGE: Sage Orienteering Club, Kamloops B.C.

A: National Meet
R: Rogaine
B: Major Event

C: Regular Local Meet
X: Special Event

United States Orienteering Federation

P.O. Box 1444

Forest Park, GA 30298

MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

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

Date _____ Yr. Born _____

Name _____

Address _____

Home Phone (____) _____ - _____

If family membership, list other persons:

Name _____ Year Born _____

Member of a chartered club? Club _____

☐ Individual \$25 member of a chartered club

☐ Individual \$30 at-large

☐ Family \$30 members of a chartered club

☐ Family \$35 at-large

☐ Student \$10 (21 & under)

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

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

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

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

What is USOF?

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

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

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

Bearing 315 is

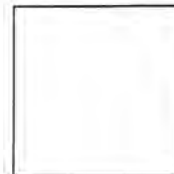
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Seattle, Washington 98103

(206) 783-3866



COC I Expires: 1/31/99

Ardis Dull

1200 NE 143rd St. #222F

Seattle, WA 98125

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