

What the Heck Do the Centennial Games Zones Mean?

Nothing. In orienteering, the zones mean absolutely nothing. Other sports in the Centennial Games have zone playoffs, similar to semi-finals, at which participants for the final competition in Spokane are chosen. But because orienteering is a demonstration sport, we will not have zone playoffs. However, we are still required to have zone representatives, whose job it is to keep informed about qualification procedures and to choose those people who will complete the orienteering contingent at the Centennial Games.

At the qualifying meets, each of the 6 Centennial Games categories will be assigned to a particular course. To qualify in a specific category, simply sign up for the appropriate course, and inform the people at registration that you want to try to qualify for the Centennial Games. The top 2 people in each category at each qualifying meet automatically qualify for the Centennial Games. The rest of the official competitors will be chosen by a committee consisting of the 8 zone representatives, the meet director, and the state chairman.

General Information

1. **Age Requirement** - each participant must be at least 13 years old as of August 10, 1989.
2. **Residency Requirement** - each participant must have been a resident of the state of Washington for at least one year prior to the start of the Games. This includes full-time students attending prep schools or colleges in the state, Washington residents who are students outside of the state, and members (and their dependents) of the U.S. Armed Forces residing in Washington who have been posted to a location within Washington for a minimum of one year.
3. **Membership Requirement** - each participant must be a member of an orienteering club in the state of Washington.
4. **Entry Fee** for the Centennial Games final - \$10.00.
5. **Categories**
 Junior Female (13-20 years old)
 Junior Male (13-20 years old)
 Open Female
 Open Male
 Masters Female (35 and older)
 Masters Male (35 and older)

Cross-Country Navigation Talks at REI

Just in time for the May 13-14 ROGAIN, former Australian national ROGAIN champion Neil Phillips will give talks on cross-country navigation on May 11 and 12. On Thursday, May 11, he will be at the Bellevue REI at 7:00 p.m. and on Friday, May 12, at the Federal Way REI at 6:00 p.m. Both talks will cost \$10, payable at the door. The registration fee includes a copy of a U.S.G.S. map to practice on.

Your Next O' Trip Could Help WSOA

You can help WSOA (and COC) by making your travel plans to attend upcoming orienteering meets (USOF Convention & "A" meet in Colorado, Centennial Games in Spokane, Western States Championships on Orcas Island, U.S. Championships in California) through **Mutual Travel**. As our official travel agency, Mutual Travel is sponsoring WSOA by donating a percentage of their commission on travel arrangements made through them for these meets. You will always receive the lowest airfare possible and may be eligible for further discounts in some circumstances.

If you are planning to attend the USOF Convention or associated "A" meet this summer, consider using Mutual. They have arranged an additional discount on Continental Airlines flights for this event (5% off the lowest applicable fare). If you really want to help WSOA, you can choose to pay the lowest applicable fare and donate the difference in fares (5%) to WSOA. Ask the agent for details.

Call Mutual Travel's group department to make travel arrangements. Tell them you are part of the

Washington State Orienteering Association. In Seattle, call 340-6800. Elsewhere in Washington, call toll-free 800-348-8800 (ask for the group department). Nationwide, call 800-426-8284.

Learn Course Design May 22

Come to the COC club meeting on Monday, May 22 and hear Mike Schuh explain how to design and set orienteering courses. The meeting will be held at the University Branch Library at 50th and Roosevelt in Seattle from 7-8:30 p.m..

Meet Results

LAKE TRADITION - March 11

Meet Director: Doug Sprugel
Course Design: Doug Sprugel, Don Atkinson
Meet Staff: Linda Botich, Dick Diesner, Glenn Gordon
Control Pickup: Carl Moore, Ken Peters, and Thanh Pham
Weather: Sunny, windy, cloudy, and rainy, not necessarily in that order.
 Special thanks to Dick Diesner, who came early and stayed until the last runner finished, 5 hours later.

Course 1 (1.6 km, Flat)

Laurie and Chris Johnson	21:58
David Berliner	30:31
Bruce McAllister	35:45
George and Nancy Lilly	38:26
Greg and Linda Holbrook	70:16

Course 2 (2.6 km, 80 m climb)

Dina Boon	66:10
Dave Petty	68:35
Kean Williams and Andrea Topper	74:33
Dick Diesner	84:08
Kathy Trost	98:43
Laurie Johnson and Linda Skog	112:00

Course 3 (4.4 km, 110m climb)

Dave Dummeyer	62:10
Rick Breseman (after course 4)	73:55
Thurston Miller	82:37
Ardis Dull	83:55
Roger Stocker	87:02
Ed Holmes	89:14
Chris Johnson	93:44
Sandy Kish Miller	95:47
Steve Avolio	155:00
Howard and Frank Johnson	156:00
Jim McNamara	157:19
John Sincok	DNF

Course 4 (6.2 km, 110m climb)

Dave Enger	66:00
Mark Howlett	67:36
Rick Breseman	74:20
Arne Skog	74:48
Eileen Breseman	79:53
Dave Tallent	80:26
Ross Stevens	86:25
Tom Slocum	86:36
Debbie Newell	89:06
Thanh Pham	91:53
Knut Olson	92:18
Robert Miller	92:44
Mac MacDonald	92:53
Glenn Gordon	96:47
Carl Moore	121:22
Dick Eltel	137:32
Ken Lew	140:52
Ken Peters	171:46
Toby Barnes	196:48
Rick Donaldson	DNF
Richard Raforth	DNF
Bob Williamson	DNF

LINCOLN PARK - April 16

Meet Director: Ann Amundsen
Course Setter: Scott Elich
Registration: Vernon & Lisa Oshiro
Start: Martin Mellish
Finish: Tom Slocum

Course 1 (2k, 8 controls)

Roger Stocker	12:20
Heidi Johnson	16:06
Kathryn Womble	17:54
Paul Herber	17:58
Caroline Callender	19:35
Russ Welti	19:35
Bob Koenig	20:37
Ed Traum	23:35
Jenny Koenig	28:41
Patrick Haas	29:31
John Sincok	30:09
Marian Breida	30:35
Kim Felker	34:56
Nancy Kelly	34:56
Denise Klein	36:26
David Soper	36:26
Haines family	37:18
Dennis Ryan	38:02
Marcia Koenig	39:02
Richard Clark	39:18
Elaine Koga	39:18
Cheryl Nineff	40:07
John Taylor	41:31

Course 2 (2.2k, 9 controls)

Thurston Miller	13:00
Terry Shumaker	15:57
Roger Stocker	16:47
Bob Preble	17:03
Jim Low	18:15
Dave Peterson	18:15
Michelle Everett	20:11
Heidi Johnson	20:23
Paul Herber	22:15
Phil Everett	23:41
Bruce McAllister	31:47
Bruce Terrell/Maxine Lacy	32:27
Dennis Ryan	35:01
Joe Shuster	36:27
Jack Sjoquist	39:05
Linda Botich	39:18
Vernon & Lisa Oshiro	42:26
Sandy Fraser	44:16
Cheryl Nineff	44:16
Karen & Patrick Haas	48:37
Chris, Aaron, Jenny, & Toby White/	
Tom Howell	51:18
David Berliner	58:40

Course 3 (3.4k, 14 controls)

Jens Worzner	26:00
Rick Breseman	27:18
Tom Slocum	29:34
Terry Shumaker	33:13
Eileen Breseman	35:44
Roger Stocker	38:00
Martin Mellish	38:05

Roger Sharp	38:21
Sandy Fraser	40:07
Bob Williamson	40:12
Joe Madura	45:22
Paul Bullard	45:51
Thurston Miller	46:37
Don Atkinson	48:00
David Chell	48:38
Rick Donaldson	49:40
Harvey Friedman	51:07
Ed Traum	53:03
Bob Reddick	53:08
Dave Petty	55:50
Darci Piper	57:15
Glenn Gordon	57:15
Steve Herber	57:27
Lynch	60:15
Ed Holmes	62:42
Russ Welti	66:26
Caroline Callender	66:26
Dave Peterson	70:00
Jim Low	70:06
Heidi Johnson	86:14

LAKE SAMMAMISH PARK - April 22

Sammamish Orienteering Club

Meet Director: Arne Skog, David Tallent
Course Design: David Tallent
Course Setters: David Tallent, Debbie Newell
Course Pickup: David Tallent, Debbie Newell
Registration: Kathy Trost
Start: David Tallent, Debbie Newell
Finish: Laura Skog
Instruction: Dave Enger, David Tallent

Course 1 (1.3k, 6 controls)

Justin Trost	14:41
Kate Smith	15:05
Kent Beckton	15:38
Helene Gilroy	17:48
Birgitta Farris	25:25
Keith Johnson	28:14
Jennifer & Bryon Vincent	30:20
Wendy Franklin & Inga	31:46
Quinn Rose	35:21
Michelle Palmer & Tim Ooyman	44:58

Course 2 (2.2k, 8 controls)

Tim & Roger Sharp	16:27
Tom Howell/Chris & Aaron White	23:33
Kurt Blakstad	27:35
Dave & William Enger	29:11
Kate Smith	34:22
Kathryn Fisher	37:35
John Sincok	40:35
Keith Johnson	42:20
John Soper	45:31
George & Nancy Lilly	49:59
David Berliner	56:36
Jessica & Bill Nutt/Aus, Alyssa &	
Bob Taylor	56:51
Denise Klein	58:18
Norm & Gerri King	65:08

Course 3 (4.6k, 16 controls)

Eileen Breseman	41:39
Kent Verbeck	44:44
Jim McNamara	52:44
Jean Davis	68:30
Kent Beckton	82:54
Chris White	94:42
Stuart Bradshaw	101:10
Harry & Geoffrey Morgan	124:21
Nicole Thomas	131:28
David Peterson	143:04
Allison Young	143:04
Marcia Koenig	153:45
Bob Koenig	157:33
Anne York	DNF

Course 4 (6.5k, 19 controls)

Arne Skog	41:24
Jeff Coker	45:36
Dave Lilly	50:06
Mark Howlett	50:10
Debbie Newell	57:08
Mac MacDonald	58:33
Scott Elich	60:28
Dave Dummeyer	61:04
Rick Donaldson	61:22
Dan Waugh	62:36
Bill McKenzie	67:30
Thurston Miller	68:37
Kerstin Albinsson	71:00
Knut Olson	79:01
Ed Traum	81:10
Doug Sprugel	84:04
Ardis Dull	86:23
Ed Holmes	90:07

Deb Danner/Jim Gallant	93:08
Roger Stocker	97:18
Ken Lew	101:26
David Chell	104:07
Arne Lund	DNF
Robert Olsen	DNF

ROYAL ROADS - March 18
Victoria, B.C.
 Washington State finishers

Course 2

<i>D13-15</i>	
3. Angie Emmett	41:42
5. Cindy Harmon	59:11

Course 3

<i>D Open</i>	
2. Kathy Trost	96:05

D16-20

1. Rachel Tharp	45:42
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H16-20

3. Mike McManama	41:45
4. Jason McDermott	43:19
6. Shawn Olmstead	48:59
8. Toby Barnes	53:43

Course 4

<i>D30</i>	
3. Ardis Dull	71:17

Course 5

<i>D21</i>	
1. Debbie Newell	77:01
<i>H21</i>	
1. David Tallent	66:11

Bus To U.S. Championships

If you plan to attend the U.S. Championships near San Francisco the first weekend of October, and are interested in chartering a bus, call Dave Tallent at 392-3061.

Woodland Park Relay

Those people who plan to attend the May 21 relay at Woodland Park, and who already have a 2-person team, please call Mike Schuh (783-3960) to pre-register. Although pre-registration is not required, it would be greatly appreciated because it makes planning much easier.

Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 24 April 1989. Words of both thanks and welcome go to the following new or renewing club members: Elizabeth Anderson, Dave Berliner, Dina Boon, Lee Daneker, Jed Dixon, Glenn Gordon, Bob & Suzy Lynch, Stewart McClellan, Gloria & Tom Schuh, Judy Shannon, Roger Stocker, Walt & Nancy Turley, Bill Yost family. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; also, membership cards are only available in person at a club function such as a regular meet, meeting, or pot-O-luck, but not at any ski-O meets, nor night-O meets, nor canoe-O meets (unless you are lucky), nor training events, nor workshops. If you want to get your handsome membership card, contact the membership coordinator, me (Harvey), at a Cascade sponsored meet or at one of the above-mentioned happenings. I do not have blank membership cards with me when I attend other clubs' functions. Now on to the fun stuff. Ross Stevens and his wife are proud parents of a new baby, Heather, born 2 April; perhaps she will be ready for PNWOF string O' in August 1990....Long-time Cascade member and current newsletter editor, Debbie Newell, not only graduated from the U.W. with a degree in

Scientific and Technical Writing, but quickly found a full-time job. She is working for PEI Consultants, Inc., where she is already bringing her co-workers to O meets. One whom she dragged out is Birgitta Farris, originally from Sweden, who left in 1967 and hadn't done any Orienteering since school there; yes, orienteering is a required part of the curriculum in Sweden....It is probably time to re-institute a C.O.C. tradition that was in effect the 1st 5 years that I was a club member - the newsletter mailing get-together. After the newsletter is pasted up and ready to be copied, a group of about 6-11 folks gather round the copy machine. The freshly copied pages will be collated, folded, stapled, labeled, and stamped by a chattering crew that doesn't even notice that they are accomplishing useful work. It was always lots of fun. If anyone is interested in getting together to do the next newsletter, contact the editor, Debbie....Enthusiastic member Thurston Miller will soon graduate from the U. W. library school and move to Newport (in June). He has been bringing lots of his colleagues to meets and has convinced 3 or 4 to join Cascade. We need 10 more like him....If you want more news about people in the club, you'll have to write something or be sure to tell me something that is for this column.

Schedule

Date/Time	Location	Type	Club	Map	Information
Sat-Sun MAY 6-7	Aspen Grove, Merritt, B.C.	A	OABC	color 1:15.000	Ron Green (604) 224-6152
Wed, MAY 10 5:30-7:30 p.m.	Marymoor Park, Redmond	C	SAMM	color 1:10.000	Dave Tallent (206) 392-3061
Thurs, MAY 11 7-9 p.m.	* Cross Country Navigation presentation, Bellevue REI, Neil Phillips, former Australian National ROGAINE Champion: cost: \$10.00, payable at the door			U.S.G.S.	Bob Reddick (206) 581-0009
Fri, MAY 12 7-9 p.m.	* Neil Phillips at Federal Way REI cost: \$10.00, payable at the door			U.S.G.S.	Bob Reddick (206) 581-0009
Sat-Sun MAY 13-14	First American ROGAINE (Rugged Outdoor Group Activity Involving Navigation and Endurance). Cle Elum area	S	WSOA	color 1:24.000	Bob Reddick (206) 581-0009
Sat, MAY 20 10-12 noon	* Lincoln Park, Spokane	C	EWOC	b/w	John Beck (509) 536-0650
Sun, MAY 21 10-12 noon	Spring Relays, Woodland Park, Seattle N.E. 50th St. entrance	C	COC	color 1:5.000	Doug Sprugel (206) 365-8742
Sat-Sun MAY 20-21	Sage Stomp V, Kamloops, B.C.	A	SOCK	color 1:15.000	Murray Foubister (604) 374-6497
Mon, MAY 22 7:00 p.m.	General Meeting, University Branch Library, Seattle 50th & Roosevelt		COC		Doug Sprugel (206) 365-8742
Sat-Sun MAY 27-28	Newcastle Island, Nanaimo, B.C.	B	CVO	color 1:15.000	Jim Traynor (604) 746-5955
Sat, JUN 3 10-12 noon	Trollhaugen, Snoqualmie Pass, Washington I-90, exit 62	C	COC	color 1:15.000	Doug Sprugel (206) 365-8742
Sun, JUN 4 10-12 noon	Easton Grade, Cascade Mountains I-90, exit 70	Q	EOC	color 1:7500	Dale Width (509) 925-5873
Sat-Sun JUN 10-11	Alberta Championships, Pioneer Lodge Sundre, Alberta		FWOC	color 1:15.000	Barb Johnson (403) 270-7557
Sun, JUN 11 10-12 noon	* Pt. Defiance Park, Tacoma	Q	NISQ	color 1:15.000	Gary McCausland (206) 352-5542
Sat-Sun JUN 17-18	Drunken Charlie Lake, Duvall	Q	COC	color 1:15.000	Doug Sprugel (206) 365-8742
Wed, JUN 21 5:30-7:30 p.m.	Luther Burbank Park, Mercer Island	C	SAMM	color 1:5.000	Dave Tallent (206) 392-3061
Sat-Sun JUN 24-25	Lost Lake-Brandywine, B.C.	B	GVOC	color 1:15.000	Mike Ackersfeldt (604) 987-3239
Sat-Sun JUL 1-2	Colorado High-O (call the Hotline for an entry form) Garden of the Gods & White Ranch Park	A	RMOC	color 1:15.000	Bob Ellis (719) 687-3742
Wed, JUL 12 5:30-7:30 p.m.	Robinswood Park, Bellevue	C	SAMM	color 1:3.000	Dave Tallent (206) 392-3061
Sat, JUL 15 10-12 noon	Lincoln Park, Spokane	C	EWOC	b/w	John Beck (509) 536-0650
Sun, JUL 16 9-11 a.m.	Union Bay Canoe-O, Seattle U.W. Waterfront Activities Center	S	COC	color 1:10.000	Doug Sprugel (206) 365-8742
Fri, AUG 11 6:00 p.m.	Manito Park, Spokane	C	EWOC	b/w 1:5.000	John Beck (509) 536-0650
Sat-Sun AUG 12-13	Washington State Championships & Centennial Games Riverside Park, Spokane	B	WSOA	color 1:15.000	Mike Tharp (206) 459-9231
Sat, AUG 26 10-12 noon	Bridle Trails State Park, Kirkland	C	SAMM	color 1:10.000	Dave Tallent (206) 392-3061
Sat-Sun SEP 2-3	British Columbia Championships, Vancouver Island Camp Thunderbird	A	VO	color 1:15.000	Al Philip (604) 598-2553
Sat-Sun SEP 9-10	Western States Championships, Orcas Island Moran State Park	A	COC	color 1:15.000	Katie Sprugel (206) 365-8742
Sat-Sun OCT 7-8	U.S. Championships, San Francisco Annadel State Park	A	BAOC	color 1:15.000	Steve Ritchie (415) 652-7834

For the latest meet information, call the ORIENTEERING HOTLINE at 783-3866

Event Key

- A - major event on good quality color map, 5 courses minimum
- B - major local event, 3-4 courses minimum
- C - local club event, 3 or 4 courses
- S - special event (bicycle, canoe, ski, night, etc.)
- Q - Centennial Games qualifier (everyone welcome)

Club Key

- COC - Cascade O Club; EOC - Ellensburg O Club; EWOC - Eastern Washington O Club; NISQ - Nisqually Orienteers;
- SAMM - Sammamish O Club; WSOA - Washington State O Assoc.
- BAOC - Bay Area O Club; CVO - Cowichan Valley Orienteers;
- FWOC - Foothills Wanderers; GVOC - Greater Vancouver O Club;
- SOCK - Sage O Club of Kamloops; VO - VictOrienteers

*Changes from last issue:

- May 20 Sammamish O Club meet will be special benefit meet for ALS at Union Bay - call Dave Enger (822-6254) for more information
- June 10 meet at Pt. Defiance changed to June 11 and is no longer a relay

COC OFFICERS AND COORDINATORS

President	Doug Sprugel	(206) 365-8742
Vice President	Linda Botich	(206) 241-9338
Secretary	Ardis Dull	(206) 364-4062
Treasurer	Katie Sprugel	(206) 365-8742
Mapping Coordinator	Bruce McAlister	(206) 821-6862
Membership Coordinator	Harvey Friedman	(206) 784-2774
Newsletter Editor	Debbie Newell	(206) 488-7471
Training Coordinator	Pat Albright	(206) 265-6710
Publicity Coordinator	Tony Saulewicz	(206) 784-5398
Equipment Coordinator		
Volunteer Coordinator	Betty Berreth	(206) 546-2128

COC MEMBERSHIP DUES

Single	\$10.00/year
Family	15.00/year
Associate (under 18)	5.00/year
Newsletter Only	6.00/year

COC "C" MEET FEES

	<u>b/w map</u>	<u>color map</u>
Orienteering club members	\$2.50	\$3.00
Non club members	3.50	4.00
Novice	1.00	1.00
Families (regular fee for first 2 family members, \$1.00/person thereafter)		

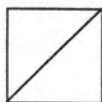
Special events, such as the State Championships and "A" meets, have higher fees.

"BEARING 315" PUBLICATION SCHEDULE

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are encouraged to submit orienteering-related material for publication. Send items for publication to the address below by the scheduled deadline. Material received after the deadline may not appear in the next newsletter issue.

<u>Issue</u>	<u>Publication Date</u>	<u>Submittal Deadline</u>
JAN-FEB	December 31	December 10
MAR-APR	February 28	February 10
MAY-JUN	April 30	April 10
JUL-AUG	June 30	June 10
SEP-OCT	August 31	August 10
NOV-DEC	October 31	October 10

Mail material to: Debbie Newell
6216 N.E. 154th St.
Bothell, WA 98011



Cascade Orienteering Club
P.O. Box 31375
Seattle, WA 98103
(206) 783-3866

Address Correction Requested
