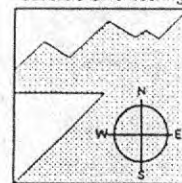




# BEARING 315

Cascade Orienteering



The Newsletter of Orienteering in the Pacific Northwest November, 1995

## Washington Orienteers In Japan

Rick Breseman and Ellen Boomer

Due to his frequent business trips to the "Land of the Rising Sun", Rick Breseman has decided to incorporate orienteering into his travel itinerary. Maps in Japan tend to be on steep terrain that has been highly developed on major portions of the map and nearly always includes rice fields—these are mapped as open yellow—though it is permissible to run only on the berms between the fields.

Events tend to be extremely well organized, with registration required far in advance of major events. During a recent trip Rick attended events on Japan's "other coast", in Toyama Prefecture; one event was hosted by the Toyama University Club and the other was the Eastern Japan National Event - one of Japan's "big four". His performance was "ma-ma" (so-so) - barely in the top half for his course. Armed with local terrain knowledge he plans to have fun and improve his standing when attending another of the "big four" events north of Tokyo in Saitama Prefecture toward the end of November.

[Many of you know Ellen Boomer, a regular orienteer for the last several years, well known for a consistently cheerful personality (even when her orienteering is not so consistent). Having finished her studies at the University, she is spending a year in Japan on a Fulbright scholarship, and writes to fill us in on "the meaningless details of my life in Japan." - Ed.]

I am now approaching the end of my first month in Japan. So far, I guess I would have to say things are going better than I expected, however, I am too much of a pessimist to always think so. Gradually, I am making friends, and very slowly and gradually, I am starting to understand little by little of what is being discussed in the college courses I am taking. I am in Hyogo Prefecture (near Kobe and Osaka) attending the Hyogo university of teacher Education. I live in the foreign student dorm on campus, which is very nice, and it only costs me about \$33 a month to live there. The Fulbright grant has been overly generous as far as covering expenses. Even though I am in a foreign student dorm, there are only three of us who speak English, most foreigners there are from China, and speak no English whatsoever, so I get to practice Japanese a lot! I am one of 2 Americans who lives in town, so I get stared at a lot and one constant question is always "how tall are you?" (I am 175 cm tall!) In an effort to meet friends, I joined one of the many clubs on campus, the Ping-Pong club. I think I misunderstood the concept of a "club" and thought that it would be very laid back and relaxed aimed at beginners or people with an interest. I was *very* wrong. Everyone in the Ping-Pong club seems to have had years of playing experience and they closely rival many orienteers I know (I am not saying names!) in their intensity and passion for playing...so basically, in other words, I feel *really* stupid and I am *really* bad! But, they are nice and patient to me, so I find myself going to practice several times a week. The one thing that shocks me is despite what appears to be their athletic image (we do warm up stretches and exercises before playing!) almost every single one of them pulls out their cigarettes and starts smoking immediately after practice. I find this almost comical. I am wondering if Japanese orienteers also do the same thing? It would, in a way, be great if they actually smoked during their courses ... it would be so easy to follow the competition in the woods by merely following the trail of smoke and the scent! Speaking of orienteering, I almost went orienteering a few weekends ago, but it turned out to be too far and too expensive to get there. I do have some informa-

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tion about an upcoming late November meet nearer to where I live so I am eagerly awaiting it so I can attend. I was very impressed by the Japanese orienteering association. I wrote their Tokyo office a letter requesting meet information and they actually called me up to talk to me. Now if only I could read all the Japanese characters on the information they sent me.....!

If you want to, you can throw my address in the Bearing, I love to get mail! And if people want to be really nice, they can send me cookies and candy! (maybe some of Bruce's brownies!) Here is my address:

Ellen Boomer  
Hyogo University of Teacher Education  
International House Room 406  
942-1 Shimokume  
Yashiro-cho, Kato-gun  
Hyogo-ken 673-14  
Japan

By the way, Yashiro is a very beautiful town, small (20,000) but I think despite the inconveniences of shopping for groceries and getting around—no trains, only buses) I like it better here than big cities. The rice fields are very pretty and I am surrounded by rolling green hills!

## WIOL Helpers Needed

The Washington Interscholastic O' League season is fast approaching and we still need volunteers to help in various capacities. If you haven't volunteered yet, check out the list below, pick the job you would like to do, and give me a call at 488-7471. The following people have either already helped or are signed up to help.

Director	Debbie Newell
Registration	Linda Hood
Results	Bill Cusworth
Course Controller	Paul Magnus
Course Velters	Bill Cusworth Paul Magnus Don Denbo
Intro. Meet Instructor	Dave Tallent
Clinic Instructors (Dec. 9 at Lincoln Pk)	Bill Cusworth Dave Tallent Fred Veler Eric Bone
WIOL Newsletter	Rick Hood
Awards	Rick Hood
Mailing List	Harvey Friedman, Mike Schuh
Brochure	Rick & Linda Hood

Debbie Newell

Publicity

vacant

We could use 2 or 3 more course velters to check control placement at individual meets.

## From The Tales Of Sacajawea

by Elis Eberlein, President

During the last months we have had some meets in Tri-Cities and Walla Walla with not very good participation. However, on the good note is that we had a successful cooperation with EWOC in Spokane to organize the Inland Northwest Cup in September. This kind of cooperation will probably continue during the next couple of years.

This season is not done though. We still have a meet at Horn Rapids County Park on December 2. Just like last year the meet is followed in the afternoon by two very important events. At 2 pm we will have our 2<sup>nd</sup> Annual Meeting, where will discuss the future of the club, and have election of our club officials. The meeting will again be followed by my selection of a Swedish Christmas Smorgasbord with herring (at least some), meat balls, ham, Ris a la Malta (a dessert), glogg (a hot spicy wine drink), ginger snaps, and so on. These afternoon events will take place at our house in Richland. However, I need to know the number of people who plan to attend, so I can cook an appropriate amount of food. So please let me know by November 29 if you plan to attend. Orienteering visitors from near and far are also welcome. Hjertligt Velkomna!

## COC Election This Month

The COC Nominating Committee is please to announce the following recommend slate. (All candidates listed below have agreed to serve, if elected.) You may vote in one of two ways:

- 1) In person at COC's Annual Dinner this Nov 12<sup>th</sup>, a Sunday night, at Coco's Restaurant, in Lake Forest

### Submission Guidelines

Bearing 315 welcomes submissions of articles, letters, or other material about orienteering. If you would like your submission returned, please include a self-addressed envelope. The submission deadline is the 23<sup>rd</sup> of each even month for the issue to be mailed on the following 1<sup>st</sup>. Submissions should be mailed to:

Bearing 315  
c/o Peter Golde  
14422 NE 42nd Pl. #801  
Bellevue, WA 98007

If possible, please submit on an IBM or Macintosh diskette, or submit via electronic mail to [petergo@microsoft.com](mailto:petergo@microsoft.com). If you use a word processor, please submit in Microsoft Word (Mac, DOS, or Windows), or WordPerfect format; plain text format is also an option. Meet directors, please send meet results to Debbie Newell for compilation.

Subscription problems? Please contact the membership coordinator for your club (see club information page). Do not call the editor.



Park Towne Centre. Dinner is a BYOB from the normal menu and will start at 6pm. Mostly this is social occasion, what with great folks, entertainment from the 'O Boys and slides of WOC from Debbie, not to mention the now famous 1 minute story 'O competition. (If you would like to be part of the entertainment, we'd love it.) Also, the COC President and Board of Directors will presents distinguished service awards. Lastly, all orienteers, family, and friends from all clubs or casual orienteers are most welcome, though seating is limited to the first 40.

- 2) or by sending in the below ballot to Rick Hood (19708 15<sup>th</sup> Ave NE #19 Seattle WA (98155) such that it arrives by Saturday the 11<sup>th</sup> of November.

So please vote for five nominees from the following list or write in a selection: (Please vote by circling those names selected or writing a selection on the provided blank lines.) The COC board would love to hear your thoughts in general as well as any specific ideas that you would like to offer. Please write them below (or on the back of your ballot).

Margie Bone  
Bill Cusworth  
Paul Magnus  
Debbie Newell  
Jim Siscel

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suggestions and Comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## COC Honors Members

The Board of Directors of COC is pleased to announce that the club has initiated a "life service award". The award is given at the discretion of the board and bestowed upon those who have contributed to the long-term success of the club by contributing over many years, providing leadership and key service. Because this is the first year we have bestowed this prestigious award, the board elected to honor three COC members. (We invite you to join us in acknowledging and thanking the follow outstanding individuals at this year's COC dinner.)

The Cascade Orienteering Club "Life Service Award" inductees are: Harvey Friedman, Debbie Newell, and Mike Schuh.

## Sports and Stuff

### A Banquet of Sports Questions About COC Orienteers

It's no secret that many orienteers enjoy other sports besides orienteering. But how much do you *really* know about your fellow orienteers?

**Rules:** Match a name next to the correct question. Each name should be used exactly once.

**Entries:** must be presented, in person, at the COC Nov 12th Informal Dinner Banquet at Coco's Restaurant in Lake Forest Park's Towne Centre Shopping Mall (adjacent to City Hall). The BYOD starts at 6pm with all entries due by 7pm. There will be a prize award for the top entrant.

- |                                 |                             |
|---------------------------------|-----------------------------|
| <del>A.</del> Sandy Kish Miller | <del>I.</del> Anne York     |
| <del>B.</del> Rick Hood         | <del>J.</del> Peter Golde   |
| <del>C.</del> Mike Schuh        | <del>K.</del> Bill Cusworth |
| <del>D.</del> Mark Hartinger    | <del>L.</del> Ardis Dull    |
| <del>E.</del> Larry Sorenson    | <del>M.</del> Jim Siscel    |
| <del>F.</del> Eileen Breseman   | <del>N.</del> Don Atkinson  |
| <del>G.</del> Debbie Newell     | <del>O.</del> Dan Waugh     |
| <del>H.</del> Bruce McAlister   |                             |

- ☐ Was a Road Rally Champion multiple years
- ☐ Traveled by rowing shell from Marymoor Park to Lake Washington
- ☐ Competed in and finished The Ironman event in Hawaii in under 14 hours
- ☐ Is an avid tennis fan
- ☐ Climbed in the Himalayas
- ☐ Played shortstop on a championship recreational team at UW
- ☐ Competed in and finished the Western States 100
- ☐ Skied 100,000 vertical feet in four days
- ☐ Competed in and finished the RAMROD
- ☐ Hosted the Winter Solstice Event
- ☐ Competed on the UW Archery Team and was 1984 Pacific NW Archery Champion
- ☐ Purchased 2 10-ticket post-season Mariners seats
- ☐ Competed in the Seattle 1/2 Marathon
- ☐ Enthusiastic folk dancer
- ☐ Climbed Mt. St. Helens, before it was shortened, in under 3 hours

## Belgian Orienteers Visit Us

*Will Sperry*

Ellensburg OC has taken advantage of the fact that orienteering is an international sport. EOC member Michel Billaux suggested that we become "twins" with his Belgian home club OC Altair, and invite them to the Bullfrog meet and a visit in the Northwest. This idea sounded great and we charged ahead with the plans.

You probably saw our Belgian visitors at the Bullfrog events or the rogaine. Their stay with us in Ellensburg included three days of O', a Yakima River float, and lots of eating and talking. Language was only a slight problem, and we would try our best to understand each other for a while and then fall back exhausted into our own groups to try to determine what had been said. It was great fun.

Eric Hully, the president of the French speaking part of the Belgian O' federation, and I talked about short course O'. Eric organized the European short course championships last year, and we had the US ones here then too. The general formats were the same, two competitions in the same day with a few hours between them; but the courses were quite different. We has 9 or 10 controls in each course on a 1:15000 map while he planned 25 control courses on 1:5000 maps. The courses were about the same total lengths. Eric explained that with all the classes and controls, his competitors often saw several controls and had to be very accurate. They were required to run as fast as they could while continually keep the concentration associated with precision O'. He thought that this produced a unique style of O' with about 180m between controls, whereas our short course format with about 450m between controls looked like a regular O meet divided into two parts. Belgium is hosting the 1997 Junior World Championships and Eric is already busy with the planning.

## Our Annual Fun-for-All Gathering

Coco's Restaurant — 17535 Ballinger Way NE in Lake Forest Park -- 6 to 9pm Sunday Nov 12. All are welcome to gather, share, and socialize at the COC annual informal dinner banquet. This year we are featuring:

- a short slide presentation by Debbie Newell "WOC orienteering memories"
- the music of the "O-Boys" (that's Bill Cusworth, Nick Bone, and others)
- "Find and Sign" (a trivia O game with a prize or two)
- the "two-minute" COC election (ballot included in this Bearing 315)
- President Margie Bone's remarks
- "Confined Space Micro-O"
- your sparkling conversation/stories
- ...and a surprise or two

OK, everyone who has ever attended a COC meet (or knows someone who has) is welcome but seating is limited to 40 folks. (There are three more tables than last year.). So aim to arrive around 6pm. There is no fixed cost; you buy your own dinner from the regular menu. (And this year the orders will go in table-by-table to reduce waiting time.)

So plan on attending. There is lots of parking, and Coco's is easy to reach; from I-5 take exit #177 (Lake Forest Park) East to the bottom of hill (about 2.5 miles and if you and your car get wet, you've gone a few hundred meters too far.) Turn into the upper parking lot of the Lake Forest Park Towne Center, Coco's is located adjacent to City Hall. For more info (or if you want to be part of the entertainment contributors) call Rick at 367-2606.

## Field Notes

- **Airfare Update:** There is a new fall fare sale which lasts through Friday. There are some very good fares, particularly on TWA. There are also European fares I haven't seen in years, if ever. For example, TWA has a non-weekend, round trip from Seattle to London for \$348. Fare has a lot of black-out dates and must be complete by February 29, but that is less than most fares to Chicago. It is too late to get Detroit fares for the US champs (there was a one-day window on Friday for sale fares, but I was out of town). But fares to the east coast (e.g. Georgia in January or North Carolina or Pound Ridge next month) are about the same as the last fare war at the end of August - \$350 to \$390, with some TWA fares under \$300, (and I think Mike still has a \$100 off coupon on NW) which would be under \$300. Weekend fares may run slightly higher. Bay Area (Long-O is Nov 18/19) still under \$100. Remember, fares can, and do, change almost daily. —Bruce McAlister
  - **Saturday, 14 October, CROC held an unofficial "B" Meet at Powell Butte in Portland, OR on an absolutely drop-dead gorgeous Autumn day!** A record 134 participants enjoyed the updated CAD map and 4 courses designed by Peter Kehoe. Attendance was boosted by a Clinic given on October 4 at the Jantzen Beach REI by Terradan.
  - **Anyone wondering why they didn't see Anne York's smiling face at recent summer meets, including the one on Bull Frog maps, she's been traveling.** The 2nd week of August saw her down in Albuquerque, N.M. and environs attending a reunion of her Peace Corps group that served in Columbia, and visiting family. She had a 16 hour conjugal visit the evening of the 13th and caught an 0800 flight north on the 14th. North meant through Anchorage where she changed from a jet to a small turbo prop plane to fly in to the Pribilof Islands in the Bering Sea. St. Paul, the larger of the 2 inhabited islands with a year-round community of 400 people, is where Anne usually works when up there; this year she had to go to St. George, population 100. The Pribilofs generally have a combination of fog, wind, or rain which can make landing a plane quite a challenge. This year was no exception. She landed at St. Paul and then had the choice of either flying back to Anchorage or waiting in St. Paul for the next scheduled flight to try again in 2 days. She chose to wait because she be closer to the fascinating northern fur seals there. The weather got no better and the plane again couldn't make it so she caught a ride on a tour boat bringing wildlife lovers to watch birds and seals (and sometimes scientists). Working in rain and 40 mph winds on fur seal rookeries required strength
- and spirit, not unlike what makes for successful orienteering. —Harvey Friedman
- **Pig War VII, the annual BC-WA orienteering competition was recently held as part of the Ruckles Park and Cle Elum Ridge orienteering events.** Much like the real Pig War, the orienteering Pig War is fought for little understood reasons and by rules even less understood. But for the record, B.C. won, although no one seems to know the actual final score.
  - **We were hoping to have some results from the U.S. Champs in this issue, but unfortunately we don't yet know what they were!** John Rogers reports that when he left on Sunday afternoon, there was a lot of discussion about what the final results were, particularly because there were many questions as to the accuracy of the calculated times being posted (everyone appeared to have a posted time on Sunday which was 1:20 faster than they recorded on their watch, and it added 100 minutes to some peoples times), and also because the computer program did not compile 2-day results, identify US Champion qualifiers, and did not compile the results by class, only by course. Is it funny how often computerized results create more problems than manually calculated and posted ones?
  - **COC and Sammamish have mostly completed their event planning for the next year.** This year, they have decided to adopt a system of COC planning events on the first weekend of each month, and Sammamish on the third weekend. Depending on venues, other events, conflicts, and so forth, there will be a number of exceptions, but we're hoping this guideline will result in more regularly spaced events. As always, if there are specific events or locations you would like to see used, especially if you are willing to be meet director or course designer, please contact your club president. Look for a tentative 1996 schedule in the next Bearing 315.
- [Please send your anecdotes, information, rumors, announcements, or anything else about orienteering or orienteers to Field Notes. E-mail: petergo@microsoft.com]*



# The Bay Area Orienteering Club

invites you to attend

## The U. S. Long Course Championships and USOF Two-Day "A" Meet

November 18th & 19th, 1995

at Joseph Grant Park, San Jose, California



**Terrain:** Joseph Grant Park is an ideal area in which to hold a long course event. The area is predominantly oak forest and grassland with very little undergrowth, which allows for fast running. The mapped area is quite large, about 15 km<sup>2</sup>, and has steep ridge and valley terrain, allowing many route choices. There is a relatively sparse trail network. Wildlife is abundant, including herds of wild pigs. The park, a facility of the Santa Clara County Parks & Recreation Department, is situated in a valley on the road to Mt. Hamilton.

**Map:** The original five color map was field checked in February, 1984, by Lars Sjøkvist and Egil Iversen. Risto Laiho of Finland revised the original map, field checked a new area in December, 1991, and drafted it in April, 1992. The scale is 1:15,000 with a contour interval of 5 meters.

**Courses and Classes:** The Long Course Championships will be held on Saturday, November 18, and will offer long Brown, Green, Red, and Blue courses. The following table lists which classes will be offered as long courses. In addition, there will be a Two Day "A" Meet held concurrently. Standard length courses of White, Yellow, Orange, Brown, Green, Red, and Blue will be offered both days. All 46 classes will be offered for the regular length 2 Day "A" Meet. There will be staggered starts on all courses, including the long courses.

Brown	Green	Red	Blue
F-18A	F-20A	F-21-A	M-21-A
F35-B	F-21-B	M-20-A	
F60-A	F35-A	M-21-B	
F65-A	F40-A	M35-A	
M65-A	F45-A	M40-A	
	F50-A	M45-A	
	F55-A		
	M-18A		
	M35-B		
	M50-A		
	M55-A		
	M60-A		

**Awards:** Awards will be given to the top 3 participants in each class in the Long Course and also for the 2 Day "A" Meet. Participants will be eligible for awards in *either* the Long Course *or* the 2 Day "A" Meet, but not both.

### Fees:

Adults, 19 & older:	\$15/day (\$30 for both days)
Juniors, 18 & younger:	\$12/day (\$24 for both days)
USOF/IOF discount:	-\$3/day (-\$6 for both days)
Late fee (after Nov. 4):	+\$5/day (+\$10 for both days)
Saturday night awards dinner and course review:	\$12
T-shirt, designed by Penny DeMoss:	\$10
Map of Joseph Grant Park:	\$5
Results:	\$2

Park entrance fee: \$3/car/day, or \$8/campsite/night. Pay at park.

**Pre-Registration:** Use the USOF Standard Entry Form. On Line 5 for the Day 1 Course, indicate that you are registering for the Long Course by writing Long in front of the Course Color. Otherwise, we will assume that you wish to register for the standard length course. Mail to the registrar, Dennis Wildfogel, with the entry fee payable to "BAOC" in U.S. funds. (Foreign entrants may pay upon arrival.)

**Recreational Courses:** White and Yellow recreational courses will be offered. Map hikers need not pre-register. Sign up on site; the usual local BAOB event fees, \$6/individual, \$8/group, will apply.

**Saturday, November 4.** Last day to postmark registration to avoid late fee.

**Wednesday, November 15.** Absolute last day for receipt of registration, with late fee, to be eligible for awards, pre-marked maps, and start times.

**Friday, November 17.** Check-in at headquarters motel from 5:00 P.M. to 9:00 P.M.

**Saturday, November 18.** Long Course Champs and Day 1 of the 2 Day "A" Meet. Check in at Joseph Grant Park, starting at 9:00 A.M. First start at 10:00 A.M. Dinner, Awards, & Course Reviews at 6:00 P.M.

**Sunday, November 19.** Day 2 of 2 Day "A" Meet. First start at 9:00 A.M. Awards at 2:00 P.M.

### Lodging:

**Motels:** The headquarters motel is the Economy Inn of America in Milpitas. It is located at I-880 and Calaveras Blvd., Route 237 East, about 15 minutes from the San Jose Airport, and about a 40 minute drive to the event site. There is a special group rate for orienteers at \$39.90 + tax per night, single or double. To make reservations, call 800-826-0778 or 408-946-8889, and mention you are with the orienteering group. There are a number of other motels, mainly near the San Jose Airport, and also in Milpitas.

**Camping:** Camping is available at Joseph Grant Park for \$8.00 per night. There are 22 campsites available on a first come, first served basis. The park does not accept reservations for camp sites. Hot showers are available. Each campsite may have up to 8 people and 2 cars.

**Directions:** Joseph Grant Park is about a 40 minute drive from the San Jose Airport. Take the Alum Rock Road exit (Route 130) from either U.S. Highway 101 or Interstate 680, and head east. Turn right on Mt. Hamilton Road, and follow the road up the mountain for 8 miles to the park.

**Event Director:** Evan Custer, 510-254-5628

**Registrar:** Dennis Wildfogel, 150 West Edith Avenue, #36, Los Altos, CA 94022, 415-949-4874, wildfogel\_dennis@tandem.com

**Course Setter:** Kent Öhlund

**Vetter:** Bob Cooley

**Event Consultant:** Rick Hood

**Course Consultant:** John Rogers

### Where and what are these Orienteering Clubs?

The Orienteering clubs listed here are independently administered non-profit organizations chartered by the United Stated 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 the new 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 rent 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 socks and shoes are nice. Bring a watch so you can keep track of the time.

### COC Officers and Coordinators:

Margie Bone	President	634-2279
Bill Cusworth	Vice-President	322-6693
Sandy Kish Miller	Treasurer	782-1437
Ardis Dull	Secretary	364-4062
Debbie Newell	Mapping Coordinator	488-7471
Aaron Charlop	Memberships	937-5855
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	524-3718
Peter Golde	Newsletter	883-3732
Paul Magnus	Executive Board	335-3555
Jim Siscel	Trim Course Coordinator	778-7202
vacant	Executive Board	
vacant	Publicity and Promotion	

### Sammamish Officers and Coordinators:

Dave Tallent	President	392-3061
John Sincock	Vice President	822-3621
Valerie Enger	Treasurer	822-6254
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Kathy Trost	Memberships	271-5508

### 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

- ☐ Family or Group                      \$15.00/year  
☐ Individual                               \$10.00/year  
☐ Associate (under 18)                \$5.00/year  
☐ 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—

Ellensburg Orienteering      Sacajawea Orienteers  
 c/o Will Sperry                c/o Elis Eberlein  
 1006 N. Water St.            520 Meadows Drive S.  
 Ellensburg, WA 98926      Richland, WA 99352

### Other Club Contacts:

Elis Eberlein, Sacajawea O.C.	(509)627-0378
Will Sperry, Ellensburg O.C.	(509)925-4716
John Beck, Eastern Washington O.C.	(509)838-7078
Terradan Landchild, Columbia River O.C.	(360)254-4090
Eric Bone, Husky O.C.	(206)634-2279
Ken & Joanne Klepsch, Chuckanut O.C.	(360)299-1010

### Event Fees

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.

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

# Meet Results and Standings

## Horn Rapids County Park

July 29, 1995

Sacajawea Orienteering Club

This day turned into a very nice and hot summer day, but with no wind! Few ventured out this day which might will set the stage for the end of Summer orienteering organized by SACO.

Course Setter & Meet Director: Elis Eberlein

### ADVANCED

1. Susan Eberlein	57.33
2. Bob Gruel	59.50

### BEGINNER

1. Laurie & Bob Gruel	41.25
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## Ros-Elum Ridge

August 10, 1995

Ellensburg Orienteering Club

Registration: Addie Graaff, Betty Wiberg

Start: JoAnne Sperry

Finish: Will Sperry

Courses: Michel Billaux

Flag Pickup: The International Flag Chasers

### Advanced (5.1km, 235m climb, 11 controls)

Mark Howlett	58:49
Fred Veler	86:44
Linda Moore	94:30
Robert Scuvee	96:20
Carl Moore	98:55
Dale Width	102:10
Eric Hully	110:25
Michel Depaue	151:43
Ken Lew	160:30

### Intermediate (3.5km, 150m climb, 9 cts.)

Ardis Dull	59:40
Jacqueline Moreau	93:36
Martine Servais	106:53
Scott Lewis	lickle late intervened

### Long Beginner (2.7km, 80m climb, 9 cts.)

Marie-Jean Arsac	69:50
Rebecca Eleanore Scuvee	72:48
Liliane Billaux	86:59
Fulton party	136:47
McPherson Family	180:04

### Short Beginner (1.9km, 40m climb, 5 cts.)

Suzanne Renard	47:27
Steve Roetcisoender family	67:40
Scott Lewis / Mark Treick	85:11

## Sacajawea State Park

September 9, 1995

Sacajawea Orienteering Club

Sacajawea SP is always a nice oasis, and the weather was very nice this late summer day. However, the terrain is also quite demanding due to the amount of fresh vegetation.

Course Setter & Meet Director: Elis Eberlein

### Advanced Course (3520m)

1. Bob Gruel	46.39
2. Frank, Erik & Matt Skorina	94.15

### Intermediate Course (2960m)

1. Laurie & Bob Gruel	60.55
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### Beginner Course (1470m)

1. Nels Larson	19.20
2. Ron & Maureen Wright	27.48

## Washington State Orienteering Championships

September 23 & 24, 1995

Cle Elum Ridge

Nisqually Orienteers

Meet Directors: Carl Moore, Linda Moore

Start Crew: Gary McCausland, Lorie Ryan, Stuart Bradshaw

Finish Crew: Steve Miner, Sid Whaley Marti Anderson, Linda Moore

Water Controls: Sid Whaley, Jan Whaley

Registration: Jan Whaley, Linda Moore

Sanitation Facility: Ken Peters

Course Designs: Carl Moore

Course Consultant: Gary McCausland

Land Permission/Camp Koinonia: Rick Hood

Marker Pickup: Sid Whaley, Ken Peters, Linda Moore, Ken Lew

Vetter: Ken Peters

Pig War Scoring: Carl Coger

Results: Steve Miner

Refreshments: EWOC

Maps: COC

Punch Cards: APOC 1990

Entertainment: Karen Robinson, Mike Schuh

Flat-tire Repair: Lisa Nordlund, Ken Peters, Cle Elum Shell

### Course 6 (8810m, 14 cts. / 9380m, 12 cts.)

#### M Championship

1. Eric Bone	58:38	60:28	119:06
2. Ellis Eberlein	68:39	76:14	144:53
3. Arne Skog	67:21	79:28	146:49
4. Mark Howlett	76:25	77:43	154:08
5. Rick Breseman	80:08	100:19	180:27
6. Peter Golde	88:33	93:01	181:34
7. Jon Faris	115:49	101:16	217:05
Paul Magnus	64:35		
Bill Cusworth		77:05	
Ken Peters		114:00	

### Course 5 (6730m, 11 cts. / 7300m, 10 cts.)

#### F Championship

1. Debbie Newell	55:08	58:34	113:42
2. Eileen Breseman	62:00	112:33	174:33
3. Susan Eberlein	82:29	92:06	174:35
Lisa Nordlund	135:46	DNF	

#### M 20

1. Nick Bone	71:05	66:28	137:33
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#### M 35

1. Dave Enger	52:17	52:31	104:48
2. Mike Fritz	59:19	59:23	118:42
3. Steve Chatwin	72:16	73:38	145:54
4. Dave Tallent	86:30	65:45	152:15
5. Brian Wingert	103:15	84:40	187:55
6. Richard Staudt	116:54	89:54	206:48
7. Mike Corey	136:55	95:49	232:44
Mike Schuh	71:56		

#### M 45

1. Fred Veler	65:27	58:52	124:19
2. John Harbuck	68:46	61:09	129:55
3. Don Atkinson	76:14	72:05	148:19
4. Dale Width	88:56	63:25	152:21
5. Robert Miller	94:22	69:04	163:26
6. Mike Billaux	85:53	90:38	176:31
7. Harvey Friedman	138:11	106:59	245:10
Mac McDonald	67:16	Lost card	

#### M Open

1. Jan Urban	59:32	51:28	111:00
2. Howard Halter	68:05	58:06	126:11
3. Andy Hill	82:12	109:25	191:37

### Course 4 (5760m, 8 cts. / 5400m, 9 cts.)

#### F 35

1. Sandy Kish Miller	69:38	58:04	127:42
2. Thelma Hagen	79:43	56:00	135:43
3. Marti Anderson	110:50	76:23	187:13
4. Karen Robinson	160:26	81:07	241:33
5. Lori Ryan	138:03	129:58	268:01

#### F 45

1. Shirley Donald	77:56	58:18	136:14
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2. Ardis Dull	77:02	75:27	152:29
3. Anne York	89:56	90:46	180:42
4. Jean Davis	95:57	92:50	188:47
5. Joanne Sperry	125:54	95:39	221:33
6. Susan Bates-Harbuckl			
	70:16	82:39	252:55

*M 55*

1. Sture Carlsson	42:12	37:18	79:30
2. Barry Hagen	72:41	51:41	124:22
3. Larry Sorenson	76:50	53:50	130:40
4. Scott Donald	75:59	57:40	133:39
5. Carl Coger	79:21	58:50	138:11
6. Will Sperry	105:01	93:01	198:02
Knut Olson	142:08		
Ken Lew		72:36	

*M Open*

1. Chris Lum	55:07	52:56	108:03
2. Steve Stevens	60:48	51:30	112:18
3. Kent Verbeck	79:57	62:10	142:07
4. Stuart Bradshaw	91:35	61:32	153:07
5. Neil Smith	90:13	71:53	162:06
6. Kean Williams	90:57	71:23	162:20
7. David Guiles	85:05	94:56	180:01
Bill Cusworth	39:49		
Don Stonack	141:53		

Course 3 (3480m, 8 ctls. / 4520m, 10 ctls.)

*Open*

1. Eva Corey	40:18	44:33	84:51
2. David Nichols	41:16	94:11	135:27
Roger Sharp		51:45	

Course 2 (3430m, 11 ctls. / 3150m, 12 ctls.)

*F14*

1. Kristin Harbuck	82:21	45:09	127:30
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*Open*

1. Liliane Billaux	67:45	46:31	114:16
2. The Bolton	119:18	83:29	202:47
Suresh Babu		70:34	

Course 1 (2000m, 7 ctls. / 2800m, 9 ctls.)

*M8*

1. Ben Robinson	46:02	58:47	104:49
2. Kenmy Craymer	65:02	97:39	162:41

*Open*

1. Miner and Tallents	41:16	37:47	79:03
Suresh Babu		43:50	

## Inland Empire Cup

Due to editorial incompetence, the Inland Empire Cup results will be presented in the next issue.

## Lake Sammamish State Park

October 1, 1995

Sammamish Orienteering Club  
Issaquah Salmon Days event

Meet Director: John Sincok

Courses: John Sincok

Registration: Llew Sincok

Timing: Howard Halter

Training: John Sincok, Mark Howlett,  
Dave Enger

Marker Pickup: Howard Hlater, Llew  
Sincok, Paul Magnus, Chris Lum,  
John Sincok

Disaster Response Team: Llew Sincok,  
Howard Halter, John Sincok

Refreshments: City of Issaquah Salmon  
Days Committee

Weather: Sunny and scattered clouds

Undergrowth was very high and very wet. Course designs were limited by only one usable crossing point for the creek, and so courses 1 and 2 remained on the South side. A great meet until disaster struck when a club member left with several people's car keys packed in with equipment. All turned out well in the end.

Course 1 (1700m, 6 controls)

Greg & Spencer Easton	19:20
Bill McKenzie	21:14
Simpson/Brown	21:50
Mike Johnson	25:07
Natalie Simpson	26:50
Joann Reider	27:18
Tony Johnson	29:30
Keyes Family	31:20
Eric Spencer	41:50
Heather Murray	44:15
Willie, Madeline, & Molly Enger	45:00
Donald Bolton-Haughton	46:15

Course 2 (3500m, 7 controls)

Paul Magnus	23:50
Bob Schmidt	36:20
Jan Gragston & Timothy Fisher	73:03
Jenna Suttmeier	76:16
Scott Suttmeier	77:12
Dan Reider	82:00
Darren Proctor	91:10
Bill McKenzie	91:20
Steph Fraher & Mike Folger	99:10
David & Mick Powell	102:38

Course 3 (5300m, 12 controls)

Jan Urban	47:15
Eva & Michael Corey	53:53
Chris Lum	74:00
Marti Anderson	78:00
Jonathan Newmark	82:15
Larry Sorenson	85:15
Kyle Howlett & "Dad" Howlett	92:58
Dean, Brian, & Erik Meinert	127:53
Joan & Joelle Thomas	130:33

## Fort Casey State Park

October 8, 1995

Cascade Orienteering Club

Meet Director: Paul Magnus

Courses: Don Denbo

Registration: Steve Frederickson

Timing: Kent Jameson, Kari Jones, Ken  
Lew

The weather was beautiful and the meet ran fairly smoothly thanks to Course setter Don Denbo, and meet staff Steve Frederickson, Kent Jameson, Kari Jones and Ken Lew. Everyone appeared to enjoy themselves despite a small problem on course 4 (it was not made clear to all the competitors that course 4 was course 3 *except the last control* followed by course 2).

Course 1 (1.3k, 20m climb, 6 controls)

Nick Tallent/Trevor Sullivan	7:25
Larry Keller	11:35
Carl & Pen Cook	14:12
Rob Simpson	22:43
Phyllis Hanen	22:49

Course 2 (2.3k, 40m climb, 10 controls)

Carl & Pen Cook	27:14
Ken Lew	27:15
David Soreide	33:09
Ron Brown	37:15
Margie Bone	42:37
Grant Guiles	51:12
Larry Keller	51:24
Kent Jameson	52:19
Johanne Klepsch	54:27
Sally Riggers/Michael Dalsing	54:40
Ole Johnson	73:26
Nick Tallent/Trevor Sullivan	81:30
Joel Evans	DNF (#8)

Course 3 (4.8k, 65m climb, 14 controls)

Don Atkinson	47:00
Ken Lew	53:30
David Guiles	54:45
Ken Klepsch	57:34
Tyler Frederickson	66:46
Steve Frederickson	72:07
Harvey Friedman	87:12
Jake Reedar	102:10

Course 4 (7.1k, 105m climb, 23 controls)

Jan Urban	51:42
Debbie Newell	52:46
Dave Tallent	61:28
Eva & Michael Corey	64:34
Jana Urbanova	69:43
Jane Harrison	94:49
Marti Anderson	93:34

Larry Sorenson 96:43  
Daniel Baird 106:30

## Bridle Trails State Park

October 15, 1995

*Sammamish Orienteering Club*

Courses: Peter Golde

Meet Director: Dave Enger

Registration: Jana Urbanova

Timing: Peter Golde, Jan Urban

Instruction: Dave Enger

Pickup: Dave Enger, Jan Urban, Ken Lew

Debbie Newell 71:23  
Dave Enger\* 72:16  
Jana Urbanova 79:27  
Eileen Breseman 81:00  
Don Atkinson 82:41  
E & M Corey 93:03  
Howard Halter 101:40  
Dave Tallent 103:05  
Paul Magnus 103:29  
Dave Petty 106:08  
Ken Lew 113:44  
Marti Anderson 118:16  
Chris Lum 123:02  
Larry Sorenson 144:32  
\*including control pickup

## USOF Rankings

The second quarter Blue and Red Course rankings were recently completed by USOF Rankings Coordinator (and COC member) Bill Cusworth. Local yokels are:

### Course 1 (1600m, 7 controls)

Ralph Olson & Viola Holt 30:23  
Karen Nordeng 37:24  
Elizabeth & Robert Keyes 39:43  
Angela & Nick Tallent, Peter Tallar 40:16  
Richard Walters 47:30  
Jeremy Weiss/Joel Evans/Nancy Bennett  
Evans 50:16  
Megan McKenzie 54:57  
Mike Bacus 64:30  
Dixie Ohman & Ann Corey 68:10  
Donald Bolton-H 81:19  
Troop 1488 84:46  
Mark Remington Map Hike

### Course 2 (2300m, 10 controls)

Alice North 56:46  
Kent Jameson 60:20  
Margaret Huffadine 62:02  
Cathy Harter 71:48  
Jeremy Weiss/Joel Evans/Nancy Bennett  
Evans 79:44  
Suresh Babu 89:03  
Katie VanderZee / Alexander Carlson DNF  
Gerhart/Aull Map Hike

### Course 3 (3400m, 10 controls)

Ken Peters 54:50  
Don Baldwin 55:40  
Neil Smith 60:55  
Sally Riggers & Michael Dalsing 66:22  
Harvey Friedman 69:48  
Knut Olson 70:01  
Kevin Finney 72:22  
Bob Schmidt 94:15  
Brian Henry 113:40  
Ken Klepsch 113:53  
Lael Smith 117:00  
Brian Fritz 119:16  
J. Reider DNF  
Marcia Anthony DNF  
Erin Renshaw Foxford DNF

### Course 4 (5800m, 16 controls)

Jan Urban 58:28  
Mark Howlett 65:31

Name	Club	U.S. Rank	N.A. Rank
<i>M21A</i>			
Eric Bone	COC	16	8
Paul Magnus	COC	22	11
Bill Cusworth	COC	59	37
Mark Howlett	SAMM	92	63
<i>F21A</i>			
Debbie Newell	COC	7	4
Eileen Breseman	COC	18	12
<i>M20A</i>			
Nick Bone	COC	4	4
<i>M21B</i>			
Eric Bone	COC	1	1
<i>M35A</i>			
Arne Skog	SAMM	17	
Mike Fritz	COC	45	
<i>M40A</i>			
Dave Enger	SAMM	4	
Mike Schuh	COC	19	
Dave Tallent	SAMM	34	

## Upcoming Orienteering Events

**(call 783-3866 for latest information and details)**

Date/Time	Location and Comments (events close to Seattle in bold)	Type	Club	Map	Contact
<b>NOVEMBER</b>					
Sun., Nov. 5 10am-noon	UW Campus. Take 45 <sup>th</sup> st. exit from I-5 east to 17 <sup>th</sup> Ave., turn right into UW and follow signs.	C	HUSKY	1:5000 color	Nick Bone (206)634-2279
Sun., Nov. 12 10am-noon	Island Crest Park, Mercer Island. Exit I-90 at Island Crest way and head south.	C	SAMM	1:5000 color	Dave Enger (206)822-6254
Sun., Nov. 12 noon-2pm	McIver Park, Estacada, OR.	C	CROC		T. Landchild (360)254-5951
Sun., Nov. 12 6pm-?	Cascade O.C. Annual General Meeting and Social. Coco's in Forest Park: I-5 exit #177, E to the bottom of hill, into Lake Forest Park Town Center.	X	COC		Rick Hood (206)367-2606
Sat., Nov. 18 10am-noon	Finch Arboretum, Spokane.	C	EWOC		John Beck (509)838-7078
Nov. 18-19	US Long Course Championship and Two-Day 'A'-Meet. Joseph Grant Park, San Jose, CA. Pre-registration required; entry information this issue.	A	BAOC	1:15000 color	Evan Custer (510)254-5628
<b>DECEMBER</b>					
Sat., Dec. 2 10am-noon	Kelsey Creek Park, Bellevue. East from I-405 SE 8th exit, cross Lake Hills Connector onto SE 7th and follow O signs to park.	C	SAMM	1:3500 color	Dave Enger (206)822-6254
Sat., Dec. 2 10am-noon	Horn Rapids County Park, Richland. Annual meeting and Smorgasbord at 2pm; call Elis if you plan to attend (see article this issue.)	C	SACO		Elis Eberlein (509)627-0378
Sat., Dec. 9 10am-noon	Lincoln Park, West Seattle. Exit I-5 Spokane St, W until Fauntleroy Wy, S to park.	C	COC	1:5000 color	Aaron Charlop (206)935-8742
Sat., Dec. 16 10am-noon	Point Defiance Park, Tacoma. Exit 132 on I-5 to SR 16, 6th St. exit, 3mi. N on Pearl to park.	C	NISQ	1:10000 color	Sid Whaley 206-272-5597
Sat., Dec. 30 10am-noon	O' Lang Syne. St. Edward St. Park, Bothell. NE 141st and Juanita Drive NE. Potluck to follow nearby.	C	COC	1:10000 color	(206)783-3866
<b>JANUARY</b>					
Sat., Jan. 6 10am-noon	Ft. Steilacoom Park, Tacoma. WIOL #1. I-5 exit 129 of I-5 onto 72nd W. This becomes Custer, right onto 88th SW, becomes Steilacoom to park.	C	NISQ WIOL	color	Carl Moore (206)756-5739
Sun., Jan. 14 10am-noon	Marymoor Park, Redmond. WIOL Event #2. Take SR 520 east, Lake Sammamish Pkwy exit, south to park entrance.	C	SAMM WIOL	color 1:10000	Dave Enger (206)752-7765
Sat., Jan. 20 9:30am	Rambo! Pt. Defiance Park, Tacoma. 3 hour Score-O. The Winter Classic—don't miss it! Exit 132 on I-5 to SR 16, 6th St. exit, 3mi. N on Pearl to park.	C	NISQ	color 1:10000	Steve Miner (206)752-7765
Sat., Jan. 20 10am-11am	Riverside School, Chattaroy.	C	EWOC		John Beck (509)838-7078
Sat., Jan. 27 10am-noon	Carkeek Park, Seattle. WIOL #3. From I-5, west on Northgate Way/105th St, turn north on 3rd Ave. NW, turn west on N 110th St. into park.	C	COC WIOL	color 1:7500	(206)783-3866
<b>FEBRUARY</b>					
Sat., Feb. 3 10am-noon	N.A.D. Park, Bremerton. WIOL Relay. N on SR 304 from ferry to West SR3, Kitsap Way exit, north to park.	C	HUSKY WIOL	color 1:5000	Eric Bone (206)634-2279
Sat., Feb. 10 10am-noon	Bridle Trails State Park, Bellevue. WIOL #4. Take NE 70 <sup>th</sup> St. exit from I-405, S. on 116 <sup>th</sup> Ave. NE (just E of freeway) to park entrance.	C	SAMM WIOL	color 1:10000	Dave Enger (206)752-7765
Sat., Feb. 18 10am-11am	Riverside State Park, Spokane.	C	EWOC	color 1:15000	John Beck (509)838-7078
Sat., Feb. 24 10am-noon	Seward Park, Seattle. WIOL Champs. Lake Washington Blvd. S at Orcas.	C	COC WIOL	color 1:10000	(206)783-3866

**CLUBS:**

COC: Cascade Orienteering Club  
EWOC: Eastern Washington O. C.  
CROC: Columbia River O. C.  
HUSKY: Husky (UW) O. C.

SAMM: Sammamish O. C.  
EOC: Ellensburg O. C.  
SACO: Sacajawea O. C.  
SAGE: Sage O. C., Kamloops B.C.

NISQ: Nisqually O. C.  
CHUKO: Chuekanut O. C.  
GVOC: Greater Vancouver O. C.  
VO: Victorienteers

**MEET TYPES:**

C: Regular local meet  
B: Large local meet, more courses  
A: National-level meet, must preregister  
R: Rogaine X: Special event



# United States Orienteering Federation

P.O. Box 1444  
Forest Park, GA 30051  
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  
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