

Season Greetings from Mari Gabrielsen of Norway to Cascade Orienteers,

I would like to say thank you to all of you I met during the two weekends I ran orienteering in the Seattle area. {Editor's note: Mari ran at the Cle Elum Ridge, Durr Road, and Newcastle Island meets during her two week stay.} You were so nice to me, and I really enjoyed orienteering in Washington (and Canada). It's fun to see that orienteers are nice people all over the world!

I hope some of you will come to Norway and try orienteering in my country. I would be glad to hear from you if and when you are coming, or if it's something I can do for you. I also hope I can come back to the U.S. for some other events.

Good luck with the 1986 O-season and with the work to do to make orienteering known all over the U.S.

Mari Gabrielsen
2090 Hurdal
NORWAY

P.S. Yes, this is my complete address!

Also on the International O-wire ...

Peter Haynes who has been active in running (2:40 Seattle Marathon) and orienteering in the northwest for the past two years (when he wasn't busy delivering academic papers around the world related to his work in atmospheric science) has returned to England, his home and place of future employ. Peter can be reached via post at Queen's College, Cambridge CB3 9ET, ENGLAND.

O-Club Publicity Campaign Moves into the Big Time on KOMO TV

Cascade's creative Publicity Chairperson, Roger Sharp, arranged for and coordinated a public service announcement to be aired on KOMO TV's "Northwest Afternoon" program on Monday, December 9th. In exchange for bringing 15 people to participate in the audience of their show, KOMO TV agrees to run a 10-second public service announcement to help promote the cause of the nonprofit organization of your choice, in this case, the Cascade Orienteering Club. Supporting Roger and the Cascade Orienteering Club in the audience were Betty Berreth, Linda Dixon, Linda Fife, Joe Hudson, Robert Miller, Debbie Newell, Erin Renshaw, Ginny Rien, Linda Sharp, Elizabeth Smith, Francis Smith, Jan Vrana, Ken Wiljanen, and Eileen Williams. Roger and Robert spent about four hours distilling the essence of orienteering down to ten seconds. The final version, which Robert was elected to deliver, went as follows: "Have fun while staying in shape with the new sport that's like a treasure hunt - orienteering! This Saturday in Woodland Park at 10 a.m. Follow the orange and white signs." Did it work? Well, here's a quote from a Christmas card Robert received from an Orcas Island friend this year. "Guess what! I saw you on Northwest Afternoon including your commercial for orienteering. I was so excited ..." Many thanks to Steve Smalley, Cindy Rinehart, Dick Foley, Dana Middleton and the rest of the staff and crew at KOMO TV for airing our O-spot.

O-meet Results

1985 Western Canadian Orienteering Championships, August 31 & September 1

This year's meet was held in southeastern British Columbia about 15 miles north of Cranbrook. The terrain was mostly open and very runnable. The foothills of the Canadian Rockies provided a magnificent backdrop for the competition area. Our Canadian hosts put on a superbly run event complete with clear weather, an outdoor barbecue, and dancing at the local tavern. The 138 competitors included the following Stateside orienteers:

Course	Place	Person	Day-1		Day-2		Total
			Km	Time	Km	Time	
IV, W 40+	3	Sandy Miller	4.7	92:29	4.8	63:28	155:57
IV, M open C	7	Robert Miller	4.7	67:20	4.8	79:10	146:30
V, W open B	5	Valerie Enger	6.0	90:16	5.9	80:21	170:37
VI, M 19-20	1	Nathan Tharp	9.2	100:32	8.4	69:20	169:52
VI, M 35+	4	Gary McCausland	9.2	74:09	8.4	69:14	143:23
VI, M 35+	7	Dale Width	9.2	86:02	8.4	65:17	151:19
VI, M 35+	13	Michael Tharp	9.2	83:25	8.4	74:40	158:05
VII, M 21+	4	Dave Enger	11.6	101:33	10.9	81:50	183:23
VII, M 21+	8	Wayne Patterson	11.6	132:20	10.9	107:02	239:22

Discovery Park Night-O - Sunday, November 23, 1985

A small but hardy group of orienteers turned out for the night meet at Discovery Park. Several inches of snow and temperatures in the low teens kept more reasonable people inside. The rest (less reasonable) of us enjoyed courses set by Mike Schuh and pizza and pumpkin pie at the potluck hosted by Mike after the meet. Thanks to Mike Schuh for setting courses, to Debbie Newell for registration, to Arnold Kay for timing, and to the Miller's for use of their lantern and blanket ... burrrrr!

Short Course - 1.5 km, 8 controls

Robert & Sandy Miller	28:08
Debbie Newell (on skis)	28:32
Roger Sharp	29:04
April Womack	30:40
Lesley Morgan	38:02
Stephanie & Michele Stanelun	43:22
Harvey Friedman	52:08

Long Course - 2.3 km, 10 controls

Eileen Williams	33:56
Harry Morgan	38:19
Dave & Valerie Enger	47:58
Ken Wiljanen	49:57
Rick Breseman	DQ
Thomas Schuberti	DQ

Crystal Springs Ski-O, Sunday, December 22, 1985

The sunshine at the Snoqualmie Pass Ski-O was a pleasant relief from fog-bound Seattle. Thanks to Mike Schuh for single-handedly setting courses, registering, timing and tending the fire with wood supplied by his father, Tom. Thanks also to the Sons of Norway Trollhaugen Lodge caretaker, Don Ahlf, for helping groom the trails and provide logistical support for Mike. And thanks to all for helping to pickup controls, especially Don Denbo, Rick Breseman and Eileen Williams who designed their own freestyle course.

Short Course - 4 km, 6 controls

Sandy Miller	82:23
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Long Course - 6 km, 8 controls

Debbie Newell	72:35
Robert Miller	76:40
Ken Wiljanen	82:51

Woodland Park, Saturday, December 14, 1985

Course Designer and Setter - Harvey Friedman
Assistant Meet Director - Arnold Kay
Greeter and Registrar - Roger Sharp
School League Registrar - Mike Schuh
Timer - Eileen Williams
Sign Placer and Plucker - Sandy Miller
Control Pluckers - Debbie Newell, et al.
Post-meet Publicity - Dick Diesner

About 60 people attending with a dozen of those helping, made the Woodland park meet a success. We received three of the special \$1.00 Introduction to Orienteering Coupons which Roger designed - so they do work. Since the coupons expire February 8th, be sure to distribute any you have before the next local Cascade meet is held at Carkeek Park on January 18th. Many thanks to Jim Siscel and Boy Scout Troop 304, and Tom Hutchinson and Boy Scout Troop 16 for their enthusiastic participation and help with timing. Welcome to new and renewed members Marcia Stein, Tony Halstead, Troop 16 and Troop 304. And thanks to all for responding to the O-meet survey. Your comments and compliments are helpful for giving the club's board members ideas for making meets run more smoothly.

Beginner - 1.2 km, 6 controls

Wally Meyer	13:24
Rodney Harrington	17:40
Brian Baldwin (DQ)	20:52
Liz and Dick Diesner	21:20
Dan Thomason	29:48
Del Bermudez and Family	45:25
Troop 304-D, Aaron & Erik	69:26
Troop 304-C, Brian Kobyllic	109:10

Line course - 2 km, 9 controls

Jan Vrana (DQ)	19:19
Debbie Newell	25:07
Michael Tharp	25:31
Don Denbo (DQ)	26:05
Eileen Williams	29:04
Rick Breseman	29:11
Roger Sharp	30:50
Doug Sprugel	31:47
Anne York	33:36
Sandy Miller	33:40
Scott Coble	37:08
Craig Rose (DQ)	37:54
Ardis dull	45:09
Mike Braden (DQ)	50:15
Tom Hutchinson/Troop 16-1 (DQ)	62:59

School League - 2.5 km, 9 controls

Leo Genest	13:18
Pat Boyle	17:04
Nathan Tharp	19:42
Richard Paffrath	27:56

Intermediate - 2.6 km, 10 controls

Jan Vrana	19:21
Arnold Kay	19:30
Robert Miller	22:42
Scott Coble	23:13
Wally Meger	23:57
Pat Boyle	26:42
Erin Renshaw	27:52
Liz Diesner	28:59
Orville Rhine	29:02
Don Denbo (DQ)	30:25
Doug Sprugel	30:26
Richard Paffrath	31:36
William Gale	32:10
Leo Genest	32:45
Phil Everett	33:35
Knut Olson	33:47
Ralph Olson	35:07
Bob Rein	37:43
Gena Wessman (DQ)	38:58
Juliana Boxer (DQ)	39:06
Tony Halstead	40:09
Nathan & Rodney	40:30
Dick Diesner (DQ)	45:43
Marcia Stein	48:48
Dan Thomason	50:50
Jade Bermudez and Family	55:47
Bob & Rachel Zylman	55:56
Carl Zapffe	56:23
Mike Braden	63:00
Paul Siscel/Troop 304B (DQ)	70:35
Bob Smith/Troop 304A (DQ)	73:35
Tom Hutchinson/Troop 16-2	143:58

ROBINSWOOD PARK
Sunday, November 17, 1985
Sammamish Orienteering Club

Course Setter and Registration -
Dave Enger
Timing - Valerie Enger
Weather - Snowing, with a light
blanket on the ground.

Course 1 - Novice 1.1 km, 5 controls

Kaj Fjelstad	6:23
Erik Tromberg	7:03
Jim Davidson	11:01
Jenny Davidson	14:31
Arne Gard	16:22
Steve Kirk	21:31
Katherine Schubert-Knapp	20:18
John Buell	29:45

Course 2 - 1.6 km, 8 controls

Kaj Fjelstad	13:03
Erik Tromberg	16:30
Greta Gaara	19:40
John Buell	21:30
Jim Davidson	24:30
Jenny Davidson	36:40
Jerrold Bailet	40:56
Steve Kirk	No time

Course 3 - 1.7 km, 13 controls

Kaj Fjelstad	15:45
Erik Tromberg	20:01
Arnold Kay	20:15
Ken Knapp	22:52
Sandy Kish Miller	24:11
Greta Gaara	28:16
Arni Gard	28:56
Thomas Schubert	39:48
Nancy Lewis	48:38

Course 3+2, 3.3 km, 21 controls

Gary McCausland	32:40
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Course 4 "Freestyle Window" 21 controls

Find them in any order using a B&W copy
showing only map "windows" around each
control.

Debbie Newell	30:41
Robert Miller	37:02
Don Denbo	39:16
Rick Breseman	48:56
Eileen Williams	53:27
Neil Cochran	76:58

LUTHER BURBANK PARK - MERCER
ISLAND
Sunday, December 8, 1985
Sammamish Orienteering Club

Course Setter and Registration -
Dave Enger
Timing - Valerie Enger
Marker Retrieval - Gary McCausland,
Mike Schuh, Dave Enger
Weather - Cold, clammy

Course 1 - 0.9 km, 6 controls

Gary McCausland (H-35A)	9:00
Sue Duren	15:52
Max and Marina Waugh and Varya Fish	15:56

Course 2 - 1.8 km, 6 controls

Steven & Stephanie Stanelun	28:50
Ruth Ballard	29:20
Cory Fiedler & Sue Duren	32:08
Max & Marina Waugh and Varya Fish	34:37

Course 3 - 2.5 km, 10 controls

Mike Schuh	20:25
Eileen Williams	23:33
Rick Breseman	24:08
Nathan Tharp	26:57
Christian Folse	31:15
Cory Fiedler	31:53
Carl Zapffe	41:08
Will Gale	44:06
Knut Olson	44:48
Marsha Stein	46:51
Michael Braden	72:05

Note: Marker #3 on course #3 was
stolen, causing some orienteers,
including Eileen, Rick, Will and
Marsha to lose time looking for it.
Another marker was hung for the
later orienteers.

Pacific Northwest Regional and Selected North American Orienteering Schedule

Date	Event	Club	Type
December 1985			
29	St Edward State Park, Bothell 6th Annual "Bog Slog" and post-meet potluck	Cascade	Pot-O-Luck
January 1986			
11	Kelsey Creek Park, Bellevue	Sammamish	WIOL
11	Berry Creek Park, Corvallis	Oregon	
12	Cle Elum Ridge, E of Cle Elum	Cascade	Ski-O
18	Carkeek Park, Seattle (regional planning meeting after meet)	Cascade	WIOL
25	Ft Steilacoom Park, Tacoma	Nisqually	WIOL
February 1986			
1	Pioneer Park, Mercer Island	Sammamish	WIOL
1	Milo McIver State Park, SE of Portland	Oregon	
8	St Edward State Park, Bothell	Cascade	WIOL
15	Fort Lewis, Tenalquot area, SE of Olympia Pacific Northwest Orienteering Festival 4th Annual WA Interscholastic O-Champ's	Nisqually	WIOL/Class-A
16	Fort Lewis, Tenalquot area, Day-2	Nisqually	WIOL/Class-A
23	Oak Creek, Corvallis	Oregon	
March 1986			
1	Camp Long, Seattle	Cascade	
8	Durr Road, SW of Ellensburg	Ellensburg	
9	Kelsey Creek Park, Bellevue	Sammamish	
15	Tryon Creek State Park, Portland	Oregon	
23	St Martin's College, Lacey	Nisqually	
April 1986			
5	OSU Horse Center, Corvallis	Oregon	
6	Island Crest Park, Mercer Island	Sammamish	
12	(place to be decided)	Ellensburg	
12	Hawn State Park, St Genevieve, MO US Intercollegiate O-Champ's	St Louis	Class-A
13	Hawn State Park, Day-2	St Louis	Class-A
19	Wonderwood Park, Lacey	Nisqually	
26	Lake Tradition, Issaquah	Cascade	
May 1986			
3	Arnold Ice Caves, SE of Bend	Oregon	
4	Shevlin Park, near Bend	Oregon	
10	Ft Steilacoom Park, Tacoma	Nisqually	
14	Marymoor Park, Redmond	Sammamish	
17	Ballard Community Center, Seattle Barne Leiker, Scandinavian Festival	Cascade	
17	World O-Cup, Hamilton, Ontario	Canada	Class-A
17	(Victoria Day weekend meet)	Canada	
18	"	Canada	
18	Cle Elum Ridge, E of Cle Elum	Ellensburg	
24	4th Annual Kittitas Valley 'O' Festival		
24	Champoeg State Park, S of Portland	Oregon	
24	World O-Cup, New York	Hudson Valley	Class-A
31	Tumac Plateau, E of Mt Rainier	Cascade	

June 1986

1	Tumac Plateau, Day-2	Cascade	
7	Lincoln Park, Seattle	Cascade	
14	(place to be decided)	Ellensburg	
14	Oldenberg Lake, S of Eugene	Oregon	
15	Oldenberg Lake, Day-2	Oregon	
18	Bridal Trails Park, Bellevue	Sammamish	
21	(place to be decided)	Nisqually	
28	(Dominion Day weekend meet)	Canada	
29	"	Canada	

July 1986

5	Washington Park, Portland	Oregon	
9	Robinswood Park, Bellevue	Sammamish	
12	(place to be decided)	Ellensburg	
19	Roosevelt National Forest, Nederland	Rocky Mt	Class-A
	Western US Orienteering O-Champ's		
	"Colorado High-O"		
20	Roosevelt National Forest, Day-2	Rocky Mt	Class-A
26	Hamlin Park, Seattle	Cascade	

August 1986

2	(weekend meet)	Canada	
3	"	Canada	
6	Luther Burbank Park, Mercer Island	Sammamish	
9	Mille Isles, Quebec	Viking	Class-A
	Canadian O-Champ's		
10	Mille Isles, Day-2	Viking	Class-A
16	(place to be decided)	Ellensburg	
16	Barrie, Ontario	Ontario	Class-A
	North American O-Champ's		
17	Barrie, Day-2	Ontario	Class-A
17	Foster Island, Seattle	Cascade	Canoe-O
	University of Washington Campus		
23	(place to be decided)	Nisqually	
30	(Labor Day weekend meet)	Canada	
31	"	Canada	

September 1986

6	Bridal Trails Park, Bellevue	Sammamish	
13	(place to be decided)	Ellensburg	
14	(place to be decided)	Nisqually	
20	Crystal Springs Campground, Snoqualmie Pass	Cascade	Class-A
	Washington State O-Champ's		
	Pacific NW O-Champ's, meet 1 of 2		
21	Crystal Springs Campground, Day-2	Cascade	Class-A

October 1986

5	Marymoor Park, Redmond	Sammamish	
11	(place to be decided)	Ellensburg	
11	(Canadian Thanksgiving Day weekend meet)	Canada	
	Pacific NW O-Champ's, meet 2 of 2		
12	"	Canada	
18	(place to be decided)	Nisqually	Night-O
18	Briones Regional Park	Bay Area	Class-A
	North California O-Champ's	Bay Area	
19	Briones Regional Park, Day-2	Bay Area	Class-A
25	Camp River Ranch, Carnation	Sammamish	
31	Sandpoint Park, Seattle	Cascade	Night-O
	"Halloween Ghost-O"		

November 1986

1	Camp Stubblefield, near Huntsville	Houston	Class-A
	US Individual O-Champ's		
2	Camp Stubblefield, Day-2	Houston	Class-A
8	(Remembrance Day weekend meet)	Canada	
9	"	Canada	
15	(place to be decided)	Ellensburg	
16	Robinswood Park, Bellevue	Sammamish	
22	Fort Lewis, Tenalquot area, SE of Olympia	Nisqually	
29	Seattle & King County	Cascade	Bus-O

December 1986

6	Kelsey Creek Park, Bellevue	Sammamish	WIOL practice
7	(place to be decided)	Nisqually	WIOL practice
13	Woodland Park, Seattle	Cascade	WIOL practice
14	(place to be decided)	Ellensburg	
21	Crystal Springs Campground, Snoqualmie Pass	Cascade	Ski-O
28	St Edward State Park, Bothell	Cascade	Pot-O-Luck
	7th Annual "Bog Slog" and post-meet potluck		

January 1987

10	Watershed Park	Sammamish	WIOL
17	Ft Steilacoom Park, Tacoma	Nisqually	WIOL
24	(place to be decided)	Cascade	WIOL
31	Island Crest Park, Mercer Island	Sammamish	WIOL

February 1987

1	(place to be decided)	Cascade	Ski-O
7	Priest Point Park, Olympia	Nisqually	WIOL
4	(place to be decided)	Cascade	WIOL
	5th Annual WA Interscholastic O-Champ's		

Orienteering Clubs

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Address Correction
Requested