

THE NORTHWEST ORIENTEER

Journal of the Northwest Orienteering Association



Dear Mr. Waugh,

Thank you for orienteering. I liked it very much. I liked following the trail and finding the markers. It was easy following the trail with the streamers. It was very nice. Thank you!

From, Matthew

SITE: Fort Steilacoom County Park, Tacoma, WA	
EVERGREEN	RELAYS
	REGISTRATION: 11:00am to 12:30pm on day of event
	START TIME: Mass start at 1:00pm
	REGISTRATION FEE: \$4.00 per team
	CLASSES: TEAMS OF THREE: ELITE: Any combination
	OPEN: Less competitive
	JUNIOR: Juniors, under age 19
	AWARDS: 4:00pm
	O-CUP
	REGISTRATION: 8:00am to 10:00am
	REGISTRATION FEE: \$3.00
	\$1.00 non-competitive course
	START TIME: 10:00am
	CLASSES:
	COURSE 1: M21-A
	COURSE 2: M19-20A M35-A M21-B F19-A
	COURSE 3: F35-A
	COURSE 4: M15-18A M19-20B F15-18A F35-B
	COURSE 5: M-14A F-14A
	COURSE 6: M-12A F-12A
	Map Hike & Novice (non-competitive)
	AWARDS: 3:00pm

PNWOF-83

SITE: From I-5 in Tacoma take Exit 127, East on RT 512 for 2.2mi to RT 7 South. Take RT 7 South for 5.1mi to RT 507 to Roy. Follow Signs to site just north of Roy on Fort Lewis Military Reservation.

HOSTED BY: Nisqually Orienteers

MAP: Compiled and drawn 1983
1:15,000 Five colors

REGISTRATION: Pre-registration by mail recommended.
Send: Name, Address, Age, Club (if a member of any), Course, Class & Entry Fee to; Nisqually Orienteers
ATTN: PNWOF-83
PO Box 1856
Tacoma, WA 98401

All pre-registration received 1 week prior to the event will receive by return mail a confirmation and general information packet. All others will be held for pickup at registration site.

REGISTRATION ON DAY OF EVENT begins 2 hours before first start and closes 15 minutes before first start time each day.

REGISTRATION FEE: Pre-registration
\$3.00/one day \$5.00/both days =members: USOF, COF, OABC & NWOA clubs
\$3.50/one day \$6.00/both days =non-members
Registration on day of event
\$4.00/one day \$7.00/both days
\$1.50/each day (non-competitive class)

START TIMES: SATURDAY 1:00pm
SUNDAY 10:00am

CLASSES:

COURSE	CLASS
BLUE	M21-A
RED	M19-20A, M35-A, M21-B F19-A
GREEN	F35-A
ORANGE	M15-18A, M19-20B F15-18A, F35-B
YELLOW	M-14A F-14A
WHITE	M-12A F-12A
	Map Hike & Novice (non-competitive)

AWARDS: 4:00pm Sunday (Competitive classes, 2 days total times)
Certificates of participation to non-competitive class

MEET DIRECTOR: Dorothy Moushegian (206)474-5675

COURSE SETTERS: Clayton Smith and Gary McCausland

COURSE CONTROLLER: Bob Forbes

INFORMATION: Information on camping, lodging, food and other facilities will be included in the pre-registration reply packet and will also be available at the registration site on each day of event.

THE NORTHWEST ORIENTEER

July-August 1983

Vol 1 No 4



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Front Cover

Drawing by Bear Zweibel and a letter, two of the many received by Dan Waugh from second graders at Seattle Country Day School after he conducted an orienteering event for them at Woodland Park. See story on page 4.

NEXT ISSUE: SEPT/OCT

DEADLINE: Monday, 15 August

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ORIENTEERING FOR SECOND-GRADERS

Ms. Jackie Bradley's second-grade class (mostly children who turned 7 yrs. old during the school year) at Seattle Country Day School in Seattle completed their social studies map skills program this year with an orienteering exercise in Woodland Park.

During the academic year, the class periodically worked on map exercises, learning basic concepts such as directions of the compass, the use of different kinds of map symbols, and then applying this knowledge to do things such as draw maps of the classroom or a room at home. The class also did the exercises in workbooks A and B of Barbara Christesen's Map Skills (NY, etc.: Scholastic Book Services, 1974), which include headings such as "What Is a Map?", "Finding the Direction," "Can You Find the Path?", "How Near? How Far?", "Maps Use Symbols," "Maps Show Scale," "You Can Be a Map Maker," and, important for orienteers, "Which is the Shortest Way?". The maps progress from picture symbols to more abstract ones; while there are a couple of pages on maps of the U. S. and the globe, most deal with maps of smaller areas that are easier for the children to conceptualize (the playground, the neighborhood, the zoo).

Prior to the trip to Woodland Park, Ms. Bradley showed the children the orienteering map of the park and discussed its symbols with them. One of the hardest things for them to get used to was the idea that woods are designated on the map not by pictures of trees but by the white areas. A couple of days later, I showed them some slides illustrating the relationship between terrain and map; among other things, we sliced an apple and mapped its contour lines (a pear would be even better, but I did not have one in the house). The children took the quizzes in Arne Yngström's Arbetsbok till Nybörjarkurs i orientering—one relating contour maps to vertical sections of terrain and the other relating map segments to a picture of the terrain. About half of the children had the answers right in each case. Recognizing the proper orientation of an odd-shaped lake was difficult for some, but others readily saw that in one case the hills were on the correct side of the lake but in another not, or that the map was wrongly "tilted" compared to what was in the picture.

I laid out a route orienteering course in the park, with the route drawn in red on each map and marked on the ground with streamers. The children simply had to mark with a pin or pencil-point the location of the orienteering controls they came across along the way. One participant got the majority of the ten controls

correct, the rest had some; only in one case were there some really bizarre results. The children were divided into groups of 3 or 4, each accompanied by an adult (15 kids and 4 adults in all); the groups that were held on a firm leash and did not simply see how fast they could run around the course undoubtedly did a bit better than the others. The real problem seemed to be not so much in lack of map skills but rather in lack of concentration, for the outing was more like a romp in the park than something relating to school. Another time, we may try walking around the park and talking map on one day (with no course laid out), and doing the O exercise over familiar terrain on the next. Where the children stopped and gave some thought to what they were seeing, the results were remarkably good, but curiously enough, even though road and path symbols had been one of the easiest things for them to pick up in the classroom, they tended to use path intersections poorly when in the field (overlooking the obvious). Probably there is simply too much information they had to absorb for the amount of concentration they applied to the task. It should be remembered that this was not an average second-grade class, since SCDS is for gifted children.

Following completion of the course, the real hit of the day was balloons and refreshments....

We hope to continue and expand such efforts to introduce orienteering into the curriculum (originally the plan had been to include two other grades). SCDS does a lot of innovative work in curriculum, and with small classes, conditions are ideal for developing new programs. I'm sure Ms. Bradley would be happy to share her experience with other teachers; I would be more than pleased to contribute presentations and set up courses to complement classroom programs.

--Dan Waugh

P.S.: A couple of days after the event, I received a marvellous thank you booklet from the children--personal notes from each of them accompanied by their illustrations of their orienteering experience. Perhaps I was wrong about the real hit of the day: Becky wrote, "I liked orienteering best but the party was fun, too. I liked running down the hill. It was all great fun!" The rabbit in the boulder field was also a great hit. Justin "liked getting lost and then going back on the trail again." Preston, who ached the course, "liked all the details in the map. I also liked the streamers so we did not have to look at our map very much" (Hmmm...!).



NOTES FROM A DRUGSTORE ORIENTEER

Gary McCausland

Don't bother yourself with the byline --- it's an office joke. It has to do with the fact that I wear suspenders, "hickory shirts", and Lee's with buttons.

For some unknown reason, I was dubbed a drugstore forester because I tried to look like or play the part of a logger. I guess you could equate this to entering a meet as H21 B and coming in last.

To get back to the gist of this note, there are a few things that have popped into my mind over the last few months and I thought I would throw them out for some discussion and remarks.

First, Connie and I noticed in the P-I the names of Geoff Dillard, Dave Owens and Dave Steele in Hale's top ten students (I believe they were number 2, 5 and 8). This along with Marc Olsen of Yelm (2nd in his class) gives an indication of what orienteers preach, i.e., orienteering is a thinking persons sport. My kudos to them and others that I may not have been aware of.

A note to Jeff Lewis and Wayne Patterson on the Oregon State Championships: thanks! I'm sorry there were not others from Washington State represented. The weather was bad but the area was extremely interesting and it took good map reading to run the course.

Also, thanks to Dave Enger for riding up to Canada with us. It gave me an opportunity to express some of my thoughts to someone outside Nisqually (he couldn't fake sleeping for 12 hours) and to pick his brain on mapping, color map sponsorship, directions for the clubs, etc. We're looking forward to going back up for the B.C. Championships and hopefully bringing some high schoolers. Carpooling is a great way to get to other areas, reduce costs, show up in force, and exchange ideas.

One of the things I would really like to see is the development of the NWOA. This is for several reasons and I hope

they can be discussed in an open forum sometime.

1) With Dan Waugh's development of WIOL, the NWOA may help distribute some of the responsibilities of the high school events around to the various clubs.

2) The NWOA could be the coordinator for class A meets and maybe regional B meets. This could be similar to OABC's 5 day O-cup that is held over a period of time and in several locations.

3) NWOA could offer additional help for the magazine to meet readers demands and deadlines.

4) NWOA would give a forum for each of us to express concerns if we could meet several times a year.

I'm not proposing we diminish the responsibilities and powers of local clubs. I see these as the nuclei of NWOA and the place where the individuals can develop and retain control of local meets and revenues.

I would also like to express some thoughts on the high school league. Please forgive me if I'm too forward --- I don't mean to rush in on Dan's work. There are two things I've experienced while associating with the Yelm group. First, when Connie tries to get them to come to local meets, one of the first questions they ask is "Does it count toward the H.S. championships?". Second, it does present a logistics problem to transfer a large number of kids from Olympia to Seattle (or Seattle to Olympia). Could you imagine if EOC had some high school people interested in the league?

One consideration could be to have the league go throughout the year. Each club, when it sponsors a local meet has one course designated a WIOL course. To be seeded in the State Championship an entrant would have to compete in, say, 6 out of 20 local meets and maybe 2 would be in other areas. This would encourage people to participate all year around but would not

penalize them if they participated in other activities. It would also help raise attendance at local meets and possibly get the high school groups more involved with club activities.

One last suggestion I would

like to propose. It would be nice to have a get together where there would be a discussion on the directions for orienteering in the region. I feel PNWOF '83 may be the place for such a meeting. Besides, it would force us down here to make sure we have a good meet all lined up. ▣

REACTIONS TO GARY MCCAUSLAND'S WIOL PROPOSALS

With regard to development of NWOA as the appropriate organization to oversee activities of WIOL, I could not agree more. This is pretty much in line with ideas I had been tossing around concerning next year anyway. It is important that WIOL acquire some kind of formal status that cuts across club "boundaries," since beginning with the next season, not all the WIOL meets will be under the auspices of a single club.

Quite aside from whether or not NWOA really gets off the ground with WIOL as a component part, I think that WIOL must have a separate budget that will be self-sustaining. The way I propose this operate is to have WIOL purchase the maps used for its meets from the clubs that provide them but at the same time keep the registration fees for participation of all WIOL students in the league meets. At the end of the season, surplus revenues would be distributed to the clubs on a pro-rata participation basis for the league meets that have taken place. The reason it would be important to do this is to simplify the finances of the league -- in many cases we would hope that participants would pay ahead for the whole season, but in those instances the participating clubs would not be getting the meet registration fee directly. Also, one would hope that centralizing the WIOL revenues would ensure that the league have funds to cover expenses. Whether payments went to WIOL or to NWOA (with a separate WIOL accounting) makes no real difference.

It is important that WIOL either by itself, as part of NWOA, or if necessary for the time being, as part of a single club, acquire federal tax-exempt status as soon as possible. I hope that some sponsorship can be found at least to cover the costs of a brochure and the newsletter this coming year (the newsletter was far and away the greatest expense), but without tax-exempt status, finding sponsorship will be difficult at best.

In the long term, I also agree with Gary's proposal to encourage year-round student participation. In the short run, however, I do not think we would be well served to adopt the idea. It seems to me that the biggest problem we face at this

stage is not getting those who participate in the one season to continue year round, but to broaden participation to include as many new schools as possible. There are, admittedly, pros and cons to a one-season concept. On the negative side, we have already seen that there are schools which have conflicts (such as a skiing program) that mean winter is a bad season. Yet for others, spring or fall could be equally bad. But in general, at least until we have the league on firm footing, I am inclined to push the idea that we are aiming for acceptance of orienteering as an "established" sport, with a recognizable "season", since I think that is more likely to get new participants and acceptance by school coaches and administrators. Moreover, even though we all know that not all orienteers are cross country or track runners, I think it is important to push for acceptance of the sport first of all among the runners and their coaches. While most coaches I have talked with would not outright prohibit their runners from orienteering during one of the running seasons, clearly most would frown on the idea. Moreover, it seems likely from what I have seen about student commitments of time and interest, that trying to push too much in one season would be self-defeating. For the runners, the winter is the logical season for orienteering; so we should start there.

Part--in fact a large part--of our problem in developing the sport is one of public relations. If we talk with people from the media and from school faculties, and indicate to them--well, we have this neat arrangement whereby students can orienteer year round and need to participate in only x meets out of y to go to the championship, the impression, I fear, will be, yeah, that is an odd high school sport. Let's start by making ourselves as "normal" and, heaven forbid, "conventional" as possible. Then we can do what we really want to do, once the thousands of potential orienteers out there are hooked. Sustaining the intensity and interest of a team for more than the one season in any event is likely to be too difficult at this stage.

How do we solve the problem of

league meets in geographically distant areas? One proposal I made at the end of this season--a proposal that was considered by some to be premature--was to divide the league into different divisions. Each one can have its own meets; possibly there would be one or two common ones before the championship. Thus, the "Sea-King District" might have four meets in Seattle/Bellevue parks, a fifth either there or in Pierce County parks, and a sixth which would be the championship. The fifth meet would be one for all Sea-King and Pierce league participants. True, once you move east of the mountains, the weather might mean the winter is out for a school season. Ellensburg meets could well be in a different season, but with the understanding that there would still be only one championship meet. At least at this stage in our development, we do not need to worry about eligibility for the championship. If we grow as I hope during the coming year, then some limitations or qualification for the championship may well have to be imposed. Each district could run its own championship meet, with qualifiers going to State, as in other school sports. In the meantime though, we may have to accept a situation whereby some participants will have to do a fair amount of driving. The important thing is to spread the meets around geographically more than we did in our initial season, so as to lessen the burdens on any one area.

For the coming season, while we have not yet worked out details of the schedule, I would propose something like the following: a six-meet season, with at least three meets in Seattle-area parks. Having one meet on the East Side (e.g., Lake Tradition, if we have it mapped, or one of the Bellevue parks) would make sense. At least two meets should be in the S. Puget Sound area--e.g., a regular one at, say, Ft. Steilacoom, and the championship at Ft. Lewis. A sixth meet could be in Ellensburg. Another variant would be to have the introductory "meet" of the school season actually be separate meets in each geographic area--thus maximizing participation locally and minimizing losses due to transportation difficulties.

One thing we need to remember in all this is that WIOL meets need not necessarily be tied to regular club meets. Setting up just one, school course is not terribly difficult. The course could be (and probably for most WIOL meets in the coming season should be, to streamline matters) preprinted, and a little planning can streamline meet administration so that things run smoothly. We may want to consider course planning for the single school course in the league meets at the beginning

of the season (some kind of course-planning committee could be organized). This would enable us to guarantee some kind of quality control over the courses, consistency in terms of a progression from easier to more difficult courses during the season, and might mean that much of the work could be done far enough ahead so that meet administration would be that much smoother during the season.

Another thing that would facilitate meet organization for WIOL is to work out a means whereby most participants would pay for the whole season ahead of time. We do not want to exclude late-comers; in the first season, we were building participation as we went along. But at least for those who come early, the financial incentive for paying in a lump sum should be great enough to ensure advance payment. I know one of the greatest sources for discontent at the championship this year was the long wait at registration, something we probably can avoid in the future.

A lot of this is getting pretty far removed from the point where I started. The main points to reiterate are: WIOL is and should be regional; the effort in WIOL, at least until a somewhat more solid foundation is built, should be directed at whipping up enthusiasm for a well-defined season.

--Dan Waugh

To the Editor:

NORTHWEST ORIENTEERING has now been in existence for six months. I think we can begin assessing its impact, its successes and shortcomings. Overall, I think it's great. It is well done, and is advancing the sport of orienteering in the region. As with any new publication, there are troubles. Timeliness has been a problem. Hopefully, as we correspondents gear up for the deadlines, this difficulty will be removed.

Publishing this magazine is a big project. Credit for success should be given to all involved. (Pat on back for self.) But, in a like manner, blame for shortcomings must also be spread. (Foot on other part of anatomy for self.) This thing will only get off the ground if we all work at it.

I am a newcomer to orienteering. I can still remember the thrill and confusion of trying to find those little markers using neat maps. Let us all keep this in mind as our object.

Dale Width
Eastern Slope
Correspondent
For Ellensburg
OC

MAP MAKING

HOW TO MAKE GOOD QUALITY BLACK & WHITE MAPS

PART 1

Orienteering clubs must make maps! But what kind can a small club expect to produce? Certainly not those \$2000 five-color beauties that appear as the centerfold in the USOF magazine. However, even a small club can make a good quality black and white map that will be suitable for everything except Class A meets.

This is the first of a series of articles describing the "how-to" of this kind of mapmaking. A thousand copies can be produced for about \$75, and this is within the means of a club having 10 or more members. I have divided the job into seven steps, each more or less complete in itself. The total job will take about a year. It can certainly be done in less time, but not as a hobby or you will become sick and tired of it. The seven steps are

1. PICK THE AREA
2. LOCATE EXISTING MAPS & PHOTOS
3. LOCATE DRAWING AIDS
4. PREPARE THE BASE MAP
5. FIELD CHECK
6. DRAW THE FINAL MYLAR
7. PRINT THE MAP

My plan is to devote an article to each of these steps; this task, too, will take about a year, and I should not become sick and tired of it. Two maps have been made according to the above scheme and a third is about half done. Each seems to be better than the last which says something about experience.

PICK THE AREA

I cannot recommend considering any privately owned land. This

leaves all federal, state, county and city owned land. The key words to ask about are the following: National Parks, National Forests, U.S. Department of the Interior, State Department of Natural Resources, State Department of Wildlife (or Fish and Game), State Game Department, County Parks Department and City Parks Department. Most of these governmental divisions know what they own and have it shown on available maps. Many public libraries have these. Such an inspection will reveal that our fine Cle Elum Ridge area is an island of private land in a public sea.

You will probably want to limit yourself to one of the closer public areas; so your choice will be immediately narrowed. Next, you must go out and walk over large parts of these areas. Look for an abundance of features: well defined places that will appear on the map. Remember, this is where the controls will be placed and the more there are of these, the longer the map's useful life. Features can be man made or natural land and water forms. Do not pick an area bigger than 2 miles by 3 miles. If you do, you will never finish field checking it, and the map will not fit on a reasonably sized piece of paper. So, the things to consider when picking the area are

1. PUBLIC LAND
2. LOTS OF FEATURES
3. 2 MILES X 3 MILES MAXIMUM

Good hunting.

-Willard Sperry
EOC



CRYSTAL SPRINGS

July 10

Here's the opportunity to use the skills you've been developing in the local areas (i.e. local parks) and put them to good use on a 1:15,000 B&W mapped area near Snoqualmie Pass. There will be courses to challenge all ability levels. Come one, come all!

ROUTE CHOICES



Wayne Patterson's route choice for Arnold Ice Cave orange course May 8.

The area surrounding Arnold Ice Cave consists of rolling desert covered by juniper, pine, and sagebrush. The topography is very complex, but vegetation is the most important detail for orienteering.

I had been looking forward to this meet, hoping to do well after honing up my skills for several months. Needless to say, I was more than a little discouraged after finding only 8 of 14 controls within the 3 hour limit on day 1 blue (11.5 Km + 740 ft climb). However, I got some very qualified instruction from Jeff Lewis as we picked up some controls in the snow after the first day's competition. I saw how incredibly accurate the vegetation is on the map, and built up my confidence for reading the fine detail.

Here, then, is my route choice for day 2 orange (6.4 Km + 290 ft climb).

Start-1: I aimed off to the left and came out 100 m away from the control on the road. I should have used this leg to warm up to reading the vegetation detail, but completely ignored it.

1-2: An easy leg, ran down the road to the bend and aimed for the reentrant between two copses.

2-3: I overran this leg, headed for the large copse SE of the control. Lost 2 minutes.

3-4: Ran to the trail, which was just south of an unmapped fence (all fences are presently unmapped at Arnold Ice Cave, but will be on the next production). Checked off the copses I passed as I ran along the trail. Left the trail as I saw the "T" shaped copse on the right.

4-5: Headed up the reentrant, staying to the right of the line of trees. Around the spur to the marker on the steep slope.

5-6: Somehow I got to the wrong knoll and hence, was unable to find the

control. I checked nearby knolls, without luck, and eventually went back to an identifiable point. I went much slower this time, reading vegetative detail right to the control. Lost about 20 minutes here.

6-7: Ran in the general direction of the control, to hit the trail. Located my position by the two isolated trees west of the trail about 30 m apart. From there, an easy 100 m leg back to the spur.

7-8: Checked off the copses along my route that led straight into the control. Once I got there, I could just barely see the marker down behind a clump of sagebrush 2 m away.

8-9: Aimed for the trail junction.

9-10: Knew where to leave the trail from the copses. Followed the vegetation to where the two lines of trees form a "V".

10-11: Crossed the two trails.

11-finish: Around the depression and back to the roaring crowd of spectators at the finish.

My time would be down around 74 minutes without the 22 minutes of errors. All of my lost time came about by going too fast, and not paying attention to the fine detail on the map. All in all, I improved my orienteering skills a great deal at this meet, learning to concentrate on minute details. One point that I found interesting is that if we ever make a color map of Arnold Ice Cave, there will be no need for the color blue, as no water features exist.

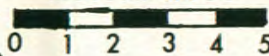




ARNOLD ICE CAVE S.E.

Orienteering Map

Meters x100



1:15000

CI=10ft

This is a provisional map produced by the OSU Orienteering Club. No fieldwork has been done, except to check the air photos used in detailing roads and vegetation. Local inconsistencies may exist.

BASEMAP: USGS 'Kelsey Butte'

ORTHOPHOTO: USDA/USFS 1979

SUP. PHOTOS: USDA July 1979

CARTOGRAPHY: J. Lewis 5/83

LEGEND

Road

Track

Forest

Vegetation

Boundary

1
2
3
4
5
6
7
8
9
10
11
12
13
14

EVENTS



DATE/TIME	CLUB	TYPE	EVENT/LOCATION	MAP	CONTACT PERSON
SAT, JUL 9 11:00+	EOC	M	Camp Koinonia Mapping Session Nelson Siding Rd, W of Cle Elum		Bill Sperry (509)925-4716
SUN, JUL 10 11-1:00	COC	B	CRYSTAL SPRING 10mi E of Snowgumie Pass, Exit 62 car pool @ Albertson @ 9:30am Eastgate area off I-90	1:15,000 B&W	Harry Morgan (206) 283-6498
SUN, JUL 10	OABC	A	Savona-Sass Peepre Memorial Event		Afan Jones (604) 687-3333
SAT, JUL 16 12-2:00	NO	I	Come-And-Try-It Steel Lake Park, Federal Way, WA		Clayton Smith (206) 474-5675
SUN, JUL 17	OABC	A	Paradise Meadows Courtenay, B.C. Canada		Jack Saprunoff (604) 539-6220
SAT, JUL 23 11:00am	NO	R/B	EVERGREEN RELAYS Fort Steilacoom County Park, Tacoma, WA	1:10,000	Clayton Smith (206) 474-5675
SUN, JUL 24 10-12:00	NO	B	EVERGREEN O-CUP Fort Steilacoom County Park, Tacoma, WA	1:10,000	Clayton Smith (206) 474-5675
SAT, JUL 30 9-10:00	COC	S	Gastronomic Score Bike-0 University Hts. School 5031 University Way NE, Seattle		Harry Morgan (206)283-6498
SAT/SUN JUL 30/31	OABC	A	B.C. Summer Games UBC Research Forest, Haney, B.C. Canada		Charlie Fox (604) 533-3352
SAT, AUG 13 12-2:00	NO	I	Come-And-Try-It Wonderwood Park, Lacey	1:2,500	Pat Malloy (206)491-0606
SUN, AUG 14 9-11:00	COC	S	Foster Island-Canoe/Kayak @ UW Waterfront Activity Ctr	1:5,000 B&W	Harry Morgan (206)283-6498
SUN, AUG 14 11-1:00	EOC	C	Thrall Park Inaugural Meet & Club Picnic 3.5mi south of Ellensburg	1:5,000 B&W	Bill Sperry (509)925-4716
SAT/SUN AUG 20/21	OSUOC	B	THIRD ANNUNAL HIGH CASCADE MEET Irish & Taylor Lakes, Oregon	1:15,000 B&W	Eve Lonnguist 2282 NE Sherwood Pl Corvallis, OR 97330
SUN, AUG 21 10-12:00	COC	C	Lake Tradition I-90 Issaquah Exit & follow signs to High School Parking Lot, then 1km trail to start	1:10,000 B&W	Harry Morgan (206)283-6498
SAT, AUG 27	NWOA	M	Northwest Orienteering Assoc. meeting time & location TBA @ PNWO-83 event on Saturday		Clayton Smith
SAT/SUN AUG 27/28	NO	B	PACIFIC NORTHWEST ORIENTEERING FESTIVAL Fort Lewis, WA		Clayton Smith (206) 474-5675



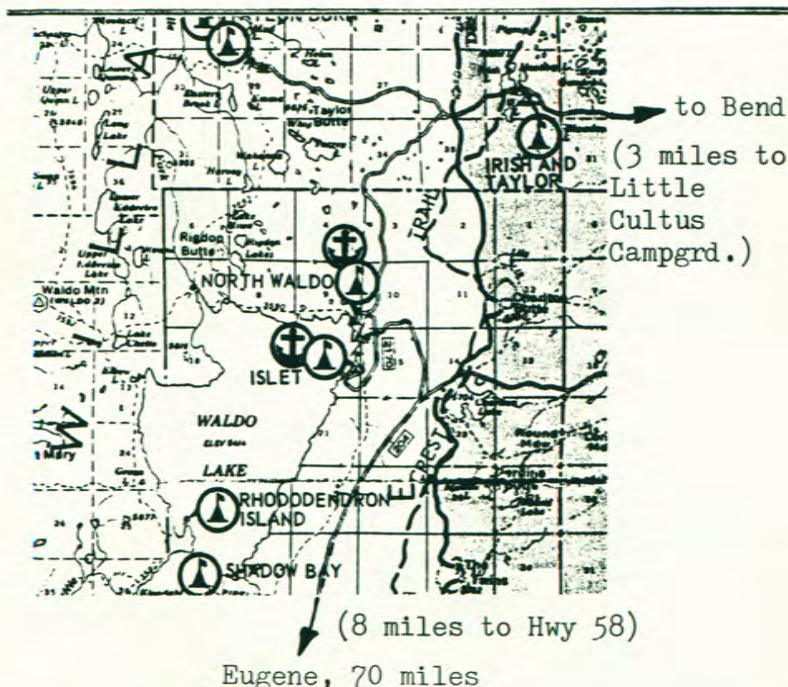
DATE/TIME	CLUB	TYPE	EVENT/LOCATION	MAP	CONTACT PERSON
SUN, SEP 4	OABC	A	Paradise Meadows Courtenay, B.C. Canada		Jack Saprunoff (604) 339-6220
TUE, SEP 6	OABC	A	Helliwell Park Hornby Island, B.C. Canada		Jack Saprunoff (604) 339-6220
SAT/SUN SEP 10/11	COC	S	Tumac Mountain Long-O proposed Cougar Lakes Wilderness see info & directions on back cover	1:30,000 B&W	Harry Morgan (206)283-6498
SAT, SEP 17 10-12:00	COC	C	Volunteer Park, Seattle	1:3,000 B&W	Harry Morgan (206)283-6498
SAT, SEP 17 11-1:00	EOC	C	Reed Park Meet 4mi west of downtown Ellensburg	1:1,200 B&W	Dale Width (509)925-5873
SAT/SUN SEP 17/18	OABC	A	B.C. Championships Kamloops, B.C. Canada		Afan Jones (604) 687-3333
SAT/SUN SEP 24/25	OSUOC	B	TBA	1:15,000	
SAT/SUN OCT 1/2		A	U.S. CHAMPIONSHIPS Cable, Wisconsin	1:15,000 Color	SASE to NWOA
SAT/SUN OCT 8/9	EOC COC	B	DURR ROAD CLE ELUM RIDGE	1:15,000 1:15,000	
SAT/SUN OCT 22/23	OABC	S	Mountain Marathon		Pat Berting (604) 594-6730

- EVENT TYPE:
- A USOF or COF sanctioned national event. Results of US events are submitted to USOF for inclusion in the US National Ranking System. Awards presented.
 - B Regional event. All classes will be offered including novice and beginner. Results used for the Regional Ranking System. Awards presented.
 - C Local event usually very social. Limited classes/courses.
 - I Introductory/Instructional/Novice event. These events are for newcomers and novice orienteers to introduce them to the sport and provide instruction.
 - T Training event. These are for more experienced orienteers above the novice level.
 - M Indicates meetings, workshops, clinics, etc.
 - R Relay event.
 - S Special event: Score, Novelty, Bike, Canoe, Long-O, Mountain Marathon, etc.
 - SKI Ski-O event.

GENERAL NOTES: Unless otherwise noted, all events have an open registration/start period between the hours indicated in the DATE/TIME column.
All clubs in the Northwest Orienteering Association honor each others club membership status for the 'club member discount' fee, bring your club membership card to other club events for this benefit.

Northwest Orienteering
Association
P.O. Box 1582
Tacoma, WA 984001

 20-21 August THIRD ANNUAL HIGH CASCADES MEET Irish & Taylor Lakes
 SITE -- rolling pine forests with hundreds of small lakes and numerous volcanic peaks. Elevation: 5100-5900 ft. Blueberries should be ripe.
 MAP -- black-and-white, 1:15000, contour interval 20 ft. Basemap: USGS 'Irish Mountain' quad. Modified with USFS orthophotos.
 ACCOMODATIONS -- primitive campsites only. A rough 4½-mile road leads into Irish & Taylor Campground from the NE end of Waldo Lake. It is driveable with a standard family car, but with much care. Some may elect to backpack in.
 START TIMES -- Saturday 11 AM - 1 PM; Sunday 9 AM - 11 AM.
 COST -- \$5/both days; \$3/one day
 LOCATION -- start area for both days will be at the campground (see USFS map) between Irish & Taylor Lakes. Turn off Highway 58 three miles west of Willamette Pass and follow the paved road to North Waldo campground. Park here for backpacking. Follow the marked dirt road 4½ miles to the Lakes.



Preregistration is required; it's also simple. Just ask the meet director at a future meet to add your name to the list and he'll send that list to:

Eve Lonnquist
 2282 NE Sherwood Pl
 Corvallis, OR 97330

HOPE TO SEE YOU ALL FOR SOME GREAT ORIENTEERING!

RESULTS



Carkeek Park March 27

A combination corridor and window orienteering advanced course was the unique feature of this meet. Designed by Brad Payne, this course proved a stiff challenge to those brave souls who undertook it. Several school orienteers were present, two of whom completed three courses! The meet was punctuated midway by a brief hailstorm.

Advanced: 2.6 km, 8 controls
1) Debbie Newell 97:43, 2) Robert Miller 138:18, 3) Sandy K. Miller 145:13, 4) Harvey Friedman DNF

Orange: 2.8 km, 10 controls
1) Roger Mertens 39:00, 2) Jim Reinke 40:11, 3) Dale Width 50:56, 4) Bob Forbes 54:28, 5) Kevin Flanagan 54:41, 6) Harry Morgan 55:43, 7) Geoff Dillard 63:00, 8) Mike McCool 69:14, 9) Lorna Williamson 88:26, 10) Ardis Dull 96:51, 11) R. & J. Hendrickson 134:02

Yellow: 2.0 km, 7 controls
1) Jim Reinke 35:24, 2) Kevin Flanagan 43:24, 3) M. Reabold 79:54, 4) Lesley Duncum 99:43, 5) Bob Messina 101:36, 6) Carol Mockridge DNF

White: 1.0 km, 6 controls
1) Jim Reinke 16:56, 2) Kevin Flanagan 18:50, 3) M. & S. Reabold 39:27, 4) Bob Messina 68:25

BERRY CREEK RANCH 23 APR

The OSU agricultural lands known as "Beaver Marsh" (previously known as "Beaver Marsh" to orienteers) were the site of a meet hosted by OSUOC. Nineteen entries on three courses were treated to typical Oregon Spring weather...overcast skies and occasional light drizzle. The courses were set by Jeff Lewis on the 1:10K map.

The Orange Course (6.4 km + 600 ft climb, 13 controls) was won by Peter Kehoe in 73:48. All other entries were recreational, including Tom Wykes & Randy Pratt, Steve Marlatt, and John Shea.

Winner of the Yellow Course (4.7 km + 420 ft climb, 11 controls) was Tom Edsall in 54:50. Other entries were Neal Jaarsma (58:11), Tom Hamley & Wayne Harlachre (85:41), Pat Forgey (94:35), and Dave Truitt (103:00). Recreational entries included John

McKeon, Lynn Baker & Eve Lonnquist, Rob Gibbs, and Tim Marvin.

The White Course (3.5 km + 240 ft climb, 9 controls) had no competitive entries. Recreational entries included Jon Kimerling and Chuck Hedges & Beth Grimsrud.

NOTE: when Steve Marlatt was finishing his course he noticed that a year-old deer had been following him on the last two legs. Then, when Jeff went out to collect controls, the deer followed...for nine controls. Perhaps this is one of the benefits of orienteering in a state Game Refuge.

SEWARD PARK April 23

Harry Morgan's courses and meet direction and the labors of Ardis Dull, Carol Johnson and others were appreciated by a small but enthusiastic turnout.

WHITE, 1.5 km., 7 controls--1. Bill, Jason, and Urban Wright, 38:20; 2. Phil & Michelle Everett, 40:45; 3. Stephanie Colony, 46:50; 4. Nick & Cathy Fowler, 54:00; 5. Roger Mertens, LaVon Martin & Shawn, 66:00; 6. Bob Maier & John Hull, 69:00.

YELLOW, 2.6 km., 8 controls--1. Phil Everett, 77:06; 2. Grant Bower, 77:35; 3. Bob Maier & John Hull, 97:02; 4. Michelle Everett, 140:26. ORANGE, 3.2 km., 11 controls--1. Kirsten Halvorsen, 158:37. John Huth--DQ, Susan St. John--DNF, LaVon Martin--OT. RED, freestyle, 23 controls--1. Dan Waugh, 67:46; 2. Brad Payne, 124:44; 3. Roger Mertens, 126:02.

GASTRONOMIC SCORE BIKE-0

July 30

This is an event where you can really indulge yourself and the official results will probably be of secondary importance! Planned in conjunction with the National L.A.W. Convention in Seattle, but open to anyone with a bicycle, this event will be a freestyle tour through northern parts of Seattle. Points will be earned for visits to various bakeries, eateries, ice creameries, parks, & monuments (purchases optional, of course). A strict 3-hour time limit will be observed and anyone not back within that time will be scored as having "pigged out".

RESULTS

FOSTER ISLAND

May 1

Canoe 0 again proved its popularity, although one might ask where were the kayakers. The special award for the day went to Phil and Michelle Everett, who were dunked by the wake of a passing air polluter. Sandy and Robert Miller designed the courses, with Harry Morgan undertaking the unique experience of setting out many flags after dark and directing the affair. Meet help from Fred Wemer, Mia Barbera, Harvey Friedman and Anne York. NOVICE, 2.1 km., 8 controls--1 (tie). Jean and Craig Leed, 32:10; Jeff Donn + Dan Waugh (DW knew some control locations but merely paddled; JD did all navigating and decision-making); 3. Lynn Taylor + Carter Fletcher, 33:06; 4. James + Terry Rose, 37:11; 5. Marina Waugh + Genevra Gerhart, 39:10; 6. Roger + Maren Leed, 40:26; 7. Bob Maier + John Hull, 40:30; 8. Marilyn Hill + Marty Tauchor, 41:11; 9. Ian McCrystal + Derek Harmen, 41:26; 10. Catriona Clemmesen + Jeff Light, 42:15; 11. Bill Dillon + Denine Kaatz, 42:35; 12. Ann + Catherine Cox, 43:11; 13. Ed + Sandy McCormack + Vicki Kremers, 51:52; 14. Matt + Joey Ziebell + Rich Constantine, 52:05; 15. Marta Sauer + Sergio Martinez, 54:06; 16. Jack Raidy + Pat Solon, 55:11; 17. Brad + Mark Ziebell + Tiger Maguire, 62:10; 18. Linda Mayhak + Cheryl Edwards, 65:50; 19. Raymond Doyle, Kevin Maguire, + Tom Hardin, 74:27; 20. Nick, Kathy + Tanya Fowler, 85:39; 21. Bonnie + Sherie Jackson, 90:11. ADVANCED, freestyle--Canoe Single--1. Fred Wemer, 101:54--Canoe Doubles--1. Susan St. John + Grant Bower, 71:42; 2. Jessica Rykken + Clayton Smith, 76:09; 3. Brad Payne + John Huth, 82:04; 4. Dan Martin + Dan Cole, 92:55; 5. Ken Ogami + Doug Wong, 96:54; 6. Jeff Sleichner + Mia Barbera, 99:55; 7. Andy Reach + Kathy Newell, 107:20; 8. Tom Moon + Joe Schneider, 115:50; 9. Debbie Newell + Arnold Kay (mistakenly thought controls to be taken in numbered order, not freestyle), 134:40; 10. Diane + Catherine Magasich, 134:48; 11. Tom Wood + Brent Sauer, 216:17; DNF--Phil + Michelle Everett; Jane Lanning + Marybeth Foglia.

ARNOLD ICE CAVE

7-8 MAY

The Third Annual OSUOC Spring Meet drew a small crowd of thirteen entries to technical courses on demanding terrain near Bend, OR. The low number of entries from clubs outside Oregon was particularly disappointing to OSUOC/OCC members, and leads one to wonder whether "regionalization" is really working. Anyway, Jeff Lewis set five courses for Saturday which, unfortunately, exceeded the abilities of most entries. In fact, nearly half

of the first-day entries did not finish. For Sunday, only two courses were set.

The Saturday courses were:

YELLOW: (3.7 km + 120 ft climb, 8 controls) -- No entries.

ORANGE: (5.3 km + 250 ft climb, 10 controls) -- Ten entries including

John Shea (106:40), Jeff Link + Pat Forgey (111:19), Lynn Baker + Eve Lonquist (148:10), Connie Sutthof, David Truitt, Tim Harris, Neal Jaarsma, and Scott Linn.

RED: (8.9 km + 510 ft climb, 11 controls) -- No entries.

BLUE: (11.5 km + 740 ft climb, 7 controls) -- Wayne Patterson was the only entry.

GREEN: (5.1 km + 170 ft climb, 7 controls) -- Gary McCauseland (78:17) and Peter Kehoe (84:19).

Sunday's courses were:

YELLOW: (4.0 km + 180 ft climb, 8 controls) -- Tim Harris (41:06),

Neal Jaarsma (44:10), Lynn Baker (58:29), Connie Sutthoff (61:45), David Truitt (64:08), Scott Linn (66:17), Pat Forgey (76:46), and Eve Lonquist (84:02).

ORANGE: (6.4 km + 290 ft climb, 11 controls) -- Gary McCauseland (76:43), Wayne Patterson (96:00), Peter Kehoe (101:47), John Shea, and Jeff Link.

Nis qually Orienteers won the Meet Championship trophy, easily beating Cascade OC, Ellensburg OC, and BAOC (none of whom were represented).

While the attendance was disappointing (as was the weather -- cold and windy with snow flurries), there were many positive aspects of this meet. First, the club now has two new, highly detailed 1:15k maps of a superb area for training and future meets. Second, Gregg Perry developed an impressive computer program capable of printing the IOF Pictorial Control descriptions. And lastly, in spite of the low attendance, meet revenues were sufficient to cover all mapping and administrative costs.



MARYMOOR COUNTY PARK - May 14, 1983**Sammamish Orienteering Club**

The new 1:10,000 scale black and white map was used at this meet, which was held in a refreshing drizzle. Glen Englund was the meet director and Dave Enger was the course setter.

Course 1 - 1.9 km, 6 controls
1) Brown & Daffler 16:16 2) Cooper & Daffler 16:48 3) Cooper & Bulkowski 18:40 4) Dumars & Wright 20:00 5) two Peters 21:20 6) Shosh & Lulu 23:15 7) Paul & Daryl 25:45

Course 2 - 2.7 km, 7 controls
1) Bulkowski & Cooper 28:28 2) Brown & Daffler 29:15 3) Craig & Paul 31:00 4) Cooper & Daffler 32:59 5) two Peters 33:10 6) Bobby & Bob Rein 39:00 7) Daryl & Paul 40:48 8) Shosh 43:54 9) Lulu 64:00 10) George & Jennifer Bukota no time

Course 3 - 4.8 km, 10 controls
1) Alister Borchert 31:35 2) Rob Corkrin 33:00 3) Jeff Kelley-Clark 38:58 4) John Huth 46:25 5) Robert Engelman & wife 54:56 6) Bob Rein 61:58 7) Peter Golde 67:25 8) Tina Campbell 69:00 9) Mark Balderrama 89:35 10) Fowler party of 4 DNF(84:25 missed 1)

ST. MARTINS COLLEGE

On May 14, eight brave souls battled the elements at St. Martins College. Three courses were designed and set by Gary McCausland. The few hardy people that ventured out on the courses were rewarded with chocolate chip cookies supplied by Connie Sutthoff.

Novice Rec. Rachel and Meadow Lee Tharp.

Novice H12 Nathan Tharp and Jon Martin 25:26

Novice H16 Henrik Petersen 20:13

Adv. Begin Rec. Bruce Kelly

Adv. Begin H12 J. Martin & N. Tharp 44:17

Adv. Begin H16 H. Petersen 35:57

Int. D21 C. Sutthoff 54:52

Int. H21 B. Kelly 75:30

Int. H35 Mike Tharp 47:37

DURR ROAD 5/15

EOC held a meet on May 15 on the new Durr Road map. The area is on a ridge south of Ellensburg. The land is very open - no trees, few fences, and trails, lots of relief. Sagebrush is the dominant vegetation form. There are patches of loose

basalt which make for interesting footing. The map, by Bill Sperry, is 1:15 k, black and white. Weather was mild but windy.

Fourteen people were in attendance with sixteen courses run. The wet side of the mountains were ably represented, Cascade and Sammamish OCs each sending a carload. Dan Waugh ran the advanced course, 7.8k with 320 m climb, in 63:33 - a smooth 8.1 minutes/kilometer. There were 9 intermediate entries, with the first 4 finishers within 11 minutes of each other. The beginner's course saw one entry.

An interesting feature of the courses was a common final control, which was (barely) visible from portions of the start/finish area. Orienteers were not informed of the marker's visibility until finishing, then could watch with interest as later runners finished. The area is so open, that if the start and finish areas were suitably located, most of the courses could be visible. Thus, orienteering becomes a spectator sport.

Courses were set by Addie Graaf, Sally Evans, Steve Stoneback, and Bill Sperry. Addie, Sally and JoAnne Sperry ran registration, and Steve and Dale width picked up markers. Refreshments from the April Cle Elum Ridge meet were finished off.

RED

7.8 k 320 m 12 controls

Dan Waugh EOC 62.33

Dave Enger SOC 70.40

Dale Width EOC 76.10

John Huth EOC Time lost in the shuffle (pardons, please)

Glenn Englund SOC NT

H arvey Friedman EOC NT

YELLOW

3.6 k 120 m 9 controls

Dale Width EOC 36.27

Harry Whittaker 41.00

Rick Vaughan EOC 46.32

Jess Stevenson 47.19

Kent Verbeck EOC 58.47

Will Sperry EOC 59.55

Steve Stoneback EOC 67.40

Jeff Treder 120.00

Liz Whittaker & Rosie 125.00

WHITE

Jess & Jeff Recreational entires

RESULTS

CHIP ROSS PARK

21 MAY

Hot, sunny weather added considerably to times for competitors at this meet hosted by CSUOC. Jeff Lewis set three courses on the revised 1:15K map.

Wayne Patterson easily won the Red Course (7.9 km + 1300 ft climb, 10 controls) with a time of 119:27. John Shea was a recreational entry.

The Orange Course (5.4 km + 700 ft climb, 9 controls) was won by Bryan Grigsby in 102:26. Other competitors were Paul Knutzen (149:41) and Eve Lonnquist & Jean Ella (183:04). The lone recreational entry was Tim Harris.

Pat Forgey's time of 61:39 won the Yellow Course (3.6 km + 460 ft climb, 8 controls), beating Anne Dougherty (67:55) and Tim Harryman (81:44). Lap-Yan Tang and Charles & Ryan Fisher were recreational entries.

BALLARD BIKE-0, May 28, 1983

Cascade's second bicycle orienteering meet featured courses designed by Mark Hartinger and set by Anne York. It was a beautiful day for a bike ride, with sunny skies and a cool breeze off Puget Sound.

NOVICE: 1. Harvey Friedman--27:24; 2. Lesley Morgan--31:30. FREESTYLE: 1. Robert Miller--41:34; 2. Harry Morgan--45:14; 3. Jessica Rykken--62:10; 4. Sandy Kish Miller--77:00; 5. Nick Fowler--130:31.

FARREL - MCWHIRTER PARK - June 4, 1983

The Sammamish Orienteering Club participated in the Redmond Parks and Recreation Department's New Games Festival. "New games" are fun, non-competitive, non-threatening group games geared toward families with young children. Orienteering using the permanent 0' markers was one of several activities during the sunny afternoon Festival.

The orienteering event began with a brief dedication of the Trim-0 course. In speaking to the crowd, John Couch, the Redmond Parks Department Director, thanked Dave Enger and Glen Englund for their volunteer effort in setting up the permanent 0' markers, which are the first in the northwestern states (Vancouver, B.C. has several Trim-0 courses). The ribbon-cutting was done by a Parks Dept. intern who is also a candidate for Miss Teenage Washington. Dave gave the group a basic introduction to the sport, then he and Glen distributed the premarked course maps. Of the hundred or so people at the Festival, about 30 adults and children

tried the 0' courses. Participants were enthusiastic, and no times or results were recorded.

The Redmond Parks Department has also prepared about 300 copies of a pamphlet on Orienteering at Farrel-McWhirter Park. The pamphlet includes a copy of the color map, a black and white map showing locations of all the permanent markers, a list of control descriptions, four suggested courses, and simple instructions on how to use these materials. The pamphlet is available for \$1.00 from the Redmond Parks and Recreation Dept. (882-6401).

THE EVERGREEN STATE COLLEGE

On June 4, a meet was held at TESC in conjunction with the school's Super Saturday. This is a festival that brings together the school and the community to celebrate the coming of summer. Through Jan Lambertz, Rec. Dir., N.O. received help to put on this event and encouragement to have future ones on campus. She is also interested in incorporating orienteering into the leisure activities program at the school.

For the meet, Gary McCausland and Connie Sutthoff designed 2 introductory courses that skirted the main congestion of the festival. N.O. made a brand new 1:5000 b&w map that covers the main campus. This area has many interesting features including lots of boulders, large stumps (2M ht X 1M dia), over and underpasses, concrete walls, etc. There will be another meet held here in Oct.

The event itself was kind of a bust. We were only able to get about 6 new people out of some 20,000 on campus interested --- the fools, don't they know what fun they are missing?

Short Course (1.8K) Steve & Alan Kinnaman 23:53; Joe Hardy & Nathan Tharp 35:51; Patty Funk & Bruce Larson 55:24

Long Course (3.3K) C. Smith 24:56; Mike Tharp 29:52; Alan Kinnaman 36:50; Dan Cole 39:49; Bruce Kelly 50:08; Henrik Petersen 55:29

FT STEILACOOM Co PARK, Tacoma May 30

COURSE A: 3100m (8) 1.Lavon Martin 55:02 2.Mike & Kai Reynolds 59:31 3. Janice & Micky Reynolds 66:57 4.Bill & Jason Hickman 82:07 5.Bonita Hickman & Dorothy Moushegian 89:15
COURSE B: 4880m (10) 1.Roger Merten, COC 43:24 2.Dave Enger, SOC 50:32 3. Tom Hardin, NO 73:18 4.Dan Cole, NO & Dan Martin 80:00 Map Hiker: Chris Hawkins

FUN TREK 83 Hamlin Park 5June

A sparse crowd attended the inaugural event at a new area, but all who ran enjoyed the park. An innovation for the advanced course, 'It's The Pits', was quite well received (as course designer Debbie Newell had cleverly planned it would be). All the controls were pits, but since not every control had a marker in it, one could gamble a DG against a faster time. The only sour note of the day was that two nylon markers and 3 punches vanished, perhaps due to the plethora of youngsters on dirt bikes roaming the woods while their parents played in or watched a fast-pitch softball tournament. Einar Storakers, Arnold Kay, Debbie Newell, and Harvey Friedman handled meet administration.

White 1 km. 5 controls

Phil & Michelle Everett 12:22
Jan Dahl 20:07
Danny Trautwein 21:27
Art Faulmann family 22:33
Cecelia Kelly 29:07

Yellow 1.2 km. 6 controls

Maia Halvorsen 20:00
Ardis Dull 21:21

Orange 3.1 km. 8 controls

Fred Wemer 55:02
Carol Johnson 58:16
Phil Everett 62:50
Danny Trautwein 65:25
Michele Everett 72:26
Kirsten Halvorsen 81:40
Maia Halvorsen 81:50
Sandy Kish Miller 86:48
Art Faulmann family 91:20

The Pits 12 controls

Dave Enger 29:28
Brad Payne 44:10
Harry Morgan 57:45
Anne York 64:50
Robert Miller 64:53

FLYING HORSESHOE RANCH 6/12

EOC's June event was a three-course meet at the Flying Horseshoe Ranch, Cle Elum. The weather was warm and windy and the track was dry. Twenty-two entrants ran nineteen courses. The advanced course had fifteen controls which could be run in any order. The intermediate and beginning courses were standard-0.

Entrants are urged to save their maps as they have become collector's items. The last ones were used. The map is (was) 4-color, 1:5000, and covers the extreme southern tip of the Cle Elum Ridge map.

The Winner of the advanced course chose a route 3.7 k long. Roger Mertens, not realizing that competitors could choose their own order, ran the controls in map order, adding to his distance.

Barry Carruthers and Pam Zupan were meet directors, course setters, and ran the start/finish. After a few rough spots were worked out, the meet ran smoothly. Addie Graaf and Sally Evans registered. Roger and Dale Width picked up markers. Thanks also to the COC members who braved the narrow mountain highway to show up.

RED 3.7 k 15 controls

Dale Width EOC 37 min
Roger Mertens COC 47
Kent Verbeck EOC 54
Harry Whitaker 54
Will Sperry EOC 81
Dan Peters 95
Danny W. Trautwein COC 113
Jack Hodgson PHOC 118

YELLOW

2.7 k 6 controls

Jess Stevenson 65 min
Jeff Treder 77
Carol Johnson COC 91
Liz Whittaker 92
Lavon Martin COC 135

WHITE

1.9 k 7 controls

Jeff Treder 44 min
Frederick family 50
JoAnne Sperry EOC 52
Jess & Tom Stevenson 57
Shawn Voss COC 58
George Bukota 128
Rachel & Dale Width-recreational

CLUB NEWS

EOC

EOC held its monthly meeting on June 8. The event schedule was revised, with the mapping clinic at Camp Koinonia moved from July 16 to July 9. The club still has some Norcompass thumb compasses available. The price is now \$13 & \$1 for handling. We are getting inquiries and orders from all over the country and B.C. More will be obtained when we sell out.

West Siders are invited to the Thrall Park Inaugural meet and club picnic on August 14. The meet is located on Ringer Road, 3 1/2 miles south of the south Ellensburg interchange and to the right, at the entrance to Yakima River canyon. (See map in last issue of Northwest Orienteer.)

The two-day meet on the eastern slope in October is closer to reality. The club will provide meet officials and course setters.

COC

The Cascade Orienteering Club plans to produce several maps in 1983 and 1984. Our goal is to produce more maps at smaller scales such as 1:10,000 and 1:15,000. Our biggest obstacle is finding people to field-check. If you are interested in field-checking, please contact Debbie Newell at 488-7471 (H) or 625-3394 (W). No experience is necessary and on-the-job training will be provided.

1983 Maps

<u>Area</u>	<u>Scale</u>	<u>Status</u>
St. Edward Park (color)	1:10,000	done
Camp Long (color)	1:3,000	done
Hamlin Park (b/w)	1:7,500	done
Moran Park (b/w)	1:10,000	field-check
Markworth Forest (b/w)	1:10,000	field-check
Lake Tradition (b/w)	1:10,000	field-check

1984 Maps

Discovery Park (color)	1:10,000	field-check
Seward Park (color)	1:10,000	field-check
Foster Island (color)	1:10,000	field-check

Anyone who changes addresses, please let us know if you want to continue receiving the news magazine. The post office will not forward 3rd class mail nor send it back and we really can't afford to replace issues that the P. O. discarded. If you move or know any friends who wonder why they are not receiving news, let us know. We care about club members and don't want to lose any more.

We may have Scandinavians and/or Swiss orienteers helping C.O.C. field-check this summer; anyone who could provide room & board for a week or two for 1 or 2 people or perhaps even a vehicle for their use, contact me or Debbie 488-7471. This is a fine opportunity for people who might not be able to travel themselves to meet folks from foreign lands, and to help further orienteering in the northwest.

Here is advance notice for club members of our intention to submit a bid for the 1986 U.S. O' Championships. Orienteers back east would prefer a minimum of 4 days of Class A meets to be on Sunday and Monday and Friday and Saturday, with the champs being Friday and Saturday. Such a schedule would allow for travel time for people who come from afar and would also give them a chance to sight-see and sample the local ambience. We might want to hold a relay or team scramble on that Wednesday evening so that people could run off all that salmon they had been eating. What we Cascade members have to decide is whether we want to host the 1986 orienteering week for over 500 people all by ourselves or should we encourage the other northwest clubs to help out. Anyone with any ideas on the subject, please let me know (I know that people with strong feelings one way or the other certainly will). If you feel ambitious, you could write a letter to appear in the next issue of this magazine.

CLUB NEWS cont'd

Several people have complained that NO contains too many pages not pertinent to regional orienteering and that the results format is horrible. This 1st year is a trial year so if you want something changed tell me and tell Clayton. If there is enough popular demand, Bearing 315 may rise again and NO will be optional for an additional fee.

RESULTS cont'd

PRIEST POINT PARK, Olympia June 26

Nisqually Orienteers introduced a new 1:7500 B&W map of this park on Budd Inlet in Olympia. Topographically the area is very interesting with many small reentrants and spurs, but can be very dense in the summer with underbrush typical of most Puget Sound areas. Gary McCausland did the drafting of the map as well as most of the field work and was meet director for this first event on the map. The courses were designed and set by Mark Sheahan and were vetted by Clayton Smith. The idea of having three key people (meet director, crs setter & controller) for each event is working out very well. It spreads out the work load and permits someone who has never done so, be one of the key people because there is always at least one experienced person of the three to help the others. Participants on the advance crs do not doubt it's difficulty with the slow times on the 2.8K crs due to the vegetation. Nathan Tharp, age 11, is doing very well on intermediate crs and is someone to look out for at upcoming larger meets.

ADV CRS 2800m (13) C Smith, NO (vetter) 53:00 1. Mike Tharp, NO 62:34 2. Bill Algaier, NO 94:13 DNF: Mark Donovan, Harvey Friedman, Tom Hardin, Danny Trautwein, Anne York

INTERMEDIATE: 2100m (10) 1. Nathan Tharp, NO 39:40 2. Henrik Petersen, NO 79:55 3. Pam Holden 127:29 4. Greg Mezatasta & David Junkman 136:14 5. Linda & Jacob Hendrick, NO DNF

NOVICE: 1300m (9) 1. Dorothy Moushegian, NO 39:35 2. Rachel & Meadow Lee Tharp, NO 41:47 3. Andy & April Hendricks, NO 46:52 4. Judy Graversen-Algaier, NO 54:00 5. Margery Malseed, NO & A Erikson 64:55

Newsletter Winnings

To avoid duplication of effort, in particular, postage costs that other clubs might have to pay to exchange newsletters with all the northwest clubs, a Cascade O. C. member will write a column reviewing whatever newsletters have been received.

The current list of newsletters received at P. O. Box 31375, Seattle 98103 since the first of the year are, in no special order, Orienteer Kansas, BADC bulletin, The Possum's Tale, San Diego O.C. news, Hudson Valley Navigator, the NEOC times, and the OABC newsletter. Anyone planning a trip to any of their regions who wants orienteering news of that region, contact me at LA 4-3437 for schedule or phone numbers. These newsletters and O'USA back issues are all available for borrowing.

Most of the newsletters all contain, in addition to event schedules and results listings, news of their members who went to national or international meets, and pleas for more people to volunteer at all sorts of club events.

The Hudson Valley Navigator and the NEOC Times have the most consistently original and interesting material, but The Possum's Tale was 1st with news of the USOF convention.

The NORTHWEST ORIENTEERING ASSOCIATION also receives a few newsletters from other O'clubs in addition to having information and access to other orienteering publications from within the US, Canada and other countries. If we can be of any help to you all you need to do is write. All we ask is that you send a Self Address Stamped Envelope for your reply.

Send your inquiries to:

NWOA
P.O. Box 1582
Tacoma, WA 98401

TUMAC MOUNTAIN LONG-O

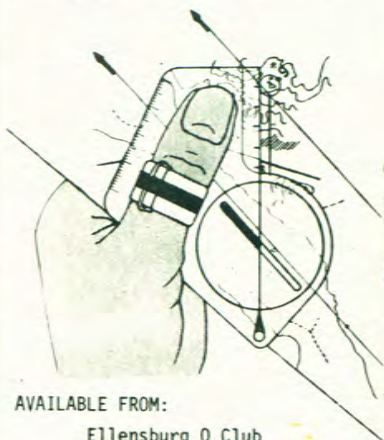
Sept. 10/11

For those of you who unfortunately missed last year's COC Mountain Marathon and for those of you who unfortunately were there, here is another chance to visit this beautiful area. This meet will be somewhat different in concept from last year's grueling event. Rather, it is planned as a fun, camping weekend suitable for the entire family with some orienteering as an added attraction.

Camp will be set up at Little Twin Sister Lake which is a 2 mile hike from the trailhead. Regular courses will be offered on Saturday starting at 2 pm and the main event will begin on Sunday at 9 am. As camping gear will be left at the lake, only a light pack with basic survival equipment (extra clothes, food, & water) need be carried on the course. Several courses of varying lengths & difficulty will be offered.

Driving instructions: From Seattle, drive rte. 410 thru Enumclaw and 20 mi. beyond Chinook Pass turn rt. onto Bumping River Rd. Continue to end of pavement at the dam and then 2.5 mi. to jct. Take left fork (Deep Creek Rd. #162, not marked) & go 7 mi. to end and park at USFS Deep Creek Campground. Driving time from Seattle is 3+hr. Follow trail to Little Twin Sister Lake (allow 1 hr. for hike).

NORCOMPASS



AVAILABLE FROM:

Ellensburg O Club
1006 N Water Street
Ellensburg, WA 98926

\$13 plus \$1 postage & packing



NORTHWEST ORIENTEERING ASSOCIATION
PO Box 1582, Tacoma, WA 98401

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