

# Bearing 315

The Newsletter of the Cascade Orienteering Club

November-December, 1990



## COMING EVENTS

### HAMLIN PARK

**Saturday, November 17**

Debbie Newell is Meet Director and Don Denbi is course designer for Hamlin Park on November 17. Hamlin Park, at N 155th and 15th NE, is one of our older, black and white maps, but there are lots of contours, and lots of runnable area, and lots of sports fields. With Debbie and Don, this should be a good meet.

### FARREL-MCWHIRTER

**Saturday, December 8**

Farrel-McWhirter Park is located several miles east of Redmond off Avondale Road. The map was updated and reprinted this year. With lots of nettles and low brush, this is a good map to run on in winter. This is also the 2nd of the WIOL (Washington Interscholastic Orienteering League) meets.

### BOG-SLOG

**Sunday, December 30**

This is the 11th Annual Bog Slog, Pool Swim and Holiday Bash Potluck at St Edwards State Park. The Park is about a mile south of Kenmore on Juanita Drive. Don Atkinson will be course designer, so we can look for some "Australian design" courses. Following your run, try the pool. The pool will be open to the general public (\$2) from 11:30 to 1:30. Bring your own suit and towel. From 2 until 7, we will gather at Debbie Newell's at 6216 NE 154th (off of Arrowhead Drive, the next road on Juanita Drive north from the St Edwards road). This is a potluck, and has seen fantastic food in past years. Pies will be provided as prizes for class winners. This is not only a good meet site (we will have an updated map), but a great fun event too.

#### NO EVERGREEN CUP

*There will be no Evergreen Cup over the Thanksgiving weekend this year, and no WIOL Clinic. The first WIOL meet will be the Kelsey Creek meet, Sat, Dec 1*

#### LOST EXTENSION CORDS

*Several electrical extension cords were misplaced at APOC at Cle Elum. If you know of the location of any of these cords, please call Jean Davis at 781-9562*

## CLUB NOTES

### BOARD BRIEFS

**October 2**

The Board met October 2 at Doug and Katie Sprugel's. Present were Mike Schuh, Harvey Friedman, Bruce McAlister, Don Atkinson, David Soper, Denise Klein, Katie Sprugel and Ardis Dull. Bruce reported on Drunken Charlie (good weather and 34 orienteers), and Denise reported on preparations for Ft. Casey and UW Campus. Various possibilities for 1991 scheduling were discussed, including a mini-rogaie at Tumac Mountain. Get your schedule preferences to the Board.

**November 7**

The Board met November 7 at Bruce McAlister's. Present were Mike Schuh, Bruce McAlister, Debbie Newell, Don Atkinson and Harvey Friedman. There were reports on the Ft Casey and UW meets, and Debbie reported on the coming Hamlin Park meet. Bruce reported on preparations for the Bog Slog. The next Board meeting will be held December 12 at 7:30 at Mike Schuh's. All club members are welcome to attend all Board Meetings

### MONTHLY CLUB MEETING

**Psychology Report**

**Election of Officers**

**By-law Change**

The regular bi-monthly club meeting will be held on Thursday, November 29 at 7:00 pm at the University Library at NE 50th and Roosevelt Way. Dr. Susan Infield of the UW Psychology Department will be present and will review the conclusions from her study of orienteers. And, if it's Club Meeting in November, it must be elections. As was indicated last issue, Mike Schuh has indicated he would prefer to take a less active role next year. Several people have expressed a willingness to serve as board members, but as of publication, we do not have a complete slate. As to Board members, Denise Klein and David Soper have agreed to continue as Event Coordinators, Debbie Newell as Mapping Coordinator, Don Atkinson as equipment and Harvey Friedman as Membership. New Board assignments include Dan Klein who will work with the Newsletter in January (and become Editor in March), Bruce McAlister will serve as one of the WSOA representatives, and Marjorie Bone will be the new Hotline coordinator.

There is still lots of opportunity to help on the Board, and if you are interested in helping as an assistant, or taking charge in an area, let us know, and you will have a job.

## Monthly Club Meeting - Continued

### Proposed By-Law Change

A by-laws amendment will be proposed at the annual meeting to elect a Board instead of officers. Officers would then be elected annually by the newly elected Board. This would allow for more flexibility, and avoid the annual hunt for nominating officers.

Everyone is urged to come to the meeting to review the past and decide the future of Cascade Orienteering.



Anne York, Harvey Friedman and Carl McNabb at Philmont. The "Tooth of Time" in the background

## US CHAMPIONSHIPS

The US Championships this year, hosted by HVO, were held at Harriman State Park, near West Point, New York on November 3, 4. Eleven local orienteers travelled east (E. Breseman, B. McAlister, D. Enger, D. Newell, R. Tharp, D. Tallent, B. MacDonald Sr, C. Moore and his wife Linda, B. Macdonald Jr, and F Veler), and were rewarded by two days of great orienteering. The weather was warm and clear, and the leaves were red and gold, and still mainly on the trees. The area, just west of West Point was largely open, rocky terrain, it offered challenges, but was not as daunting as much of our local terrain. You can check out the map and courses at the Bog Slog Potluck. Our only local national champion this year is Fred Veler who placed first in M45A. The US Championships next year will be held in Missouri in early October, hosted by SLOC.

## PHILMONT

October 6/7  
by Bruce McAlister

The temperature read 89 on the readerboard as we arrived at Denver Airport Friday afternoon. A short trip to Colorado Springs brought us to "Pinetum", the Colorado Springs home of Pat Albright and Peter Zurcher for supper and conversation. Then up early and down to New Mexico. Philmont is a Scout ranch in the northwest corner of New Mexico near Taos with terrain very reminiscent of Cle Elum Ridge, but at about 7000 ft, and with rugged scenery. The course included pine, scrub oak and aspen forest, some open fields, and lots of steep terrain with sharp gullies. At Philmont we met Anne York and Harvey Friedman who came up from Albuquerque where they had been visiting Anne's relatives.

The weather was warm and sunny Saturday with cobalt blue skies, white mountains and golden aspen. Saturday was run on the Crater Lake map. When I first saw the map, I thought fantastic, **no green** !! Then I realized that they just hadn't printed vegetation on the map. Actual vegetation was much like Ross-Elum, with very green areas, and deep, narrow gullies.

The weather Sunday was lightly overcast and cooler. The terrain was similar to Day 1, but there was a good, new, color map, Urraca Mesa. The courses were challenging both days. Ten of 23 were DNF on the Green and Orange courses on Day 1; Hanna North was 2:38 on Blue; Svere Froyen was 2:09 on Red, and most of the others who finished were over 3 hours. Harvey was 1st of ten on Orange for the combined 2 days. Although difficult, they were well set and fun courses. There were few trails; legs were varied; short and long, and required several route choices, with disaster awaiting the wrong choice. It might have been better to have made the Orange course a little easier. It would be interesting to set at least one course like this at Ross-Elum this spring.

Tired, but happy, we left Philmont late Sunday for the three hour drive back to Denver. The clouds grew darker as we drove on, and the first swirling snow flakes of winter were falling as we drove into the airport.

## ORIENTEERING SKILLS CLINIC

Peter Zurcher of the Rocky Mountain Orienteering Club and former Swiss National O'Team member will conduct an orienteering skills clinic early in 1991. Although details are not yet final, it will probably be in February at Drunken Charlie Lake and Cle Elum. Look for more details in the next issue of "Bearing 315". Space in the class may be limited, so, if you are interested, please call Debbie Newell at 488-7471.

## Questionnaire Coming

Rick Hood has prepared a questionnaire to identify the number and type of activities, COC members would like, and the resources available within the Club. The results will be reported in Bearing 315.



## Meet Results

### CLE ELUM RIDGE - 30 SEPT 1990

Late September brings a gasp of pleasant weather to the eastern Cascades. By the time you read this freezing nights and the probability that precipitation will be snow are the actuality. EOC's last meet of 1990 was the last good day. Previous, and unusual, rain fooled some wildflowers into thinking it was Spring; patches of green, yellow, and blue were noticeable if you could get your mind off the search for orange and white.

A beginners; an intermediate (which was too easy), and a score course were available. In addition there was the opportunity to design your own course from the available score controls. Ann York, in a class by herself as usual, took advantage of this, putting her WC-PNWOFF course setting skills to her own use.

**Meet Director:** Will Sperry  
**Registration:** Addie Graaff  
**Start-Finish:** Betty Wiberg  
**Control Placement:** Will, JoAnne Sperry  
**Control Pick up:** Kent Verbeck, Sue Williams  
**Cookies:** Addie

#### Novice (10 controls, 2.5 km, 90 m climb)

Jack Howard	27:
Cathy/John Cahoon	47:
Linda Rimback	49:
Sue Williams	139:

#### Intermediate (8 controls, 3.1 km, 125 m climb)

Don Atkinson	33:
Carl Moore	38:
Brad Miner	39:
Harvey Friedman	41:
Bruce McAlister	50:
Jack Hodgson	50:
Johnston/Johnston	59:
Scott Veggerberg	69:
Freudenberger/Freudenberger	
/B. Hodgson.	83:

#### SCORE (20 controls, 2 hr limit, 78 possible points)

Rick Breseman	78 pts
Eileen Breseman	78 pts
Dale Width	69 pts
Ardis Dull	64 pts
Steve Miner	40 pts
Ken Lew	10 pts

#### SELF DESIGNED (10 controls, ~4.5 km, ~ 150 m climb)

Ann York	87 min
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Meet Directors's comments: Ann designed a course for F-45A: 10 controls, about 4 km and about 150 m climb. The climb is excessive, but she had to choose from controls already in place. She actually picked the least climb given their placement. Her course conformed to the guidelines of the SOFT's book Course Planning



Eileen Breseman finishes the Score-O at Cle Elum

### DRUNKEN CHARLIE LAKE - September 18

**Meet Director:** Bruce McAlister  
**Course Design:** Mike Schuh  
**Support Crew:** Margie Bone, Harvey Friedman, Rick Hood, Carl McNabb, Jim Slyfield

Good cookies, great weather, challenging courses. Thirty three orienteers, 1 future orienteer (Ryan Breseman), and 3 dogs.

#### Course 1 (5 controls, 2k)

Carl McNabb (first time orienteering)	31:05
Bob Williamson	35:35
Mark Sinclair	40:25
Ross Hunt	43:55
JoAnne Sperry	50:22
Margie Bone	53:25
Linda Rimback/Nikki Casey	57:20
Fred and Ruth Miller	DNF
Kathy Trost	DNF

#### Course 2 (9 controls, 2.8 km)

Eric Bone	70:21
Nick Bone	85:06
Carl Moore	86:55
Roger Sharp	95:30
Don Atkinson	96:13
Amanda Kohlemainen	120:40
Will Sperry	134:08
Harvey Friedman	140:58
Cathy Smith	144:17
Matt Newman	146:45
Carl McNabb (2nd course)	158:07
Bob Williamson (2nd course)	DNF
Ross Hunt (2nd course)	DNF

#### Course 3 (14 controls, 3.5k)

Dave Tallent (no bears today)	99:52
Eileen Breseman	119:51
Debbie Newell	124:47
Rick Breseman	130:58
Ben Hall	144:07
Harry Morgan	168:50
Jim Slyfield	DNF
Mark Howlett	DNF
Mac MacDonald	DNF
Jake Caron	DNF
Peter Golde	DNF
Dave Lilly	DNF

### FORT CASEY STATE PARK - October 7, 1990

**Meet Director:** Peter Golde  
**Course Design:** Jim McNamara

#### Course 2: 2.1 km, 10 controls

Amanda Kolehmainen	49:30
Kathy Miner	53:48
Vinos Boys	56:30
Jack and Jerry Maloney	58:01
Norm and Jerry Kind	58:25
Doug Woods	71:18

#### Course 3: 2.7 km, 11 controls

Kevin Finney	55:05
Cosby/Cosby	59:09
Denise Klein	59:35
David Soper	72:06
Ruth McCormick	76:24

#### Course 4: Freestyle, 21 controls

Mike Schuh	30:49
Debbie Newell	33:14
David Talent	34:05
Robert Miller	34:49
Jacob Carton	35:15
Chris Olmsted	35:53
Sean Olmsted	36:53
Steve Miner	37:32
Rick Breseman	41:44
Sandy Miller	45:20
Ardis Dull	45:36
Eileen Breseman	50:37
Ross Stevens	51:30

### BOY SCOUT COURSE

At the Saturday, January 5, 1991 Cascade Club meet at Woodland Park, one of the courses will be designed to satisfy the new Boy Scout requirement for a one-mile Scout level orienteering course. For details, call course designer James Sisco at 778-7202. We encourage Scout Troops who are members of Cascade or one of the other local orienteering clubs, to turn out for this meet. Other Scouts are, of course, also welcome.

## Letters to the Editor

My Dear Editor:

Please use correct terminology where possible in Bearing 315. Those cyyptic symbols relating to couse control points on advanced courses or those words describing where the control marker is within the control circle are control descriptions, not clues. Please never refer to control description sheets as clue sheets; you do not want to give new orienteers the wrong idea about our sport. Just because ONA provides misleading terminology does not mean Cascade OC has to. I hope the terminology is used correctly in future editions of Bearing 315. Thank you.

HF

**Cascade Chatter** compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 6 November 1990. Words of both thanks and welcome go to the following new or renewing club members: Boy Scout Troop 270, Susan Koscak, Michelle McMorran, Ross Stevens, Lloyd Sullivan. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew; also, membership cards are only available in person at a club function such as regular meet, meeting, pot-O-uck, but not at any ski-O meets, nor night-O meets, nor canoe-O meets (unless you are lucky), nor training events, nor workshops. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost).

Now on to the fun stuff...Orienteering is a sport of navigation, true, but it is more than just going thru the woods with a map; making new friends and renewing acquaintances with familiar faces are also important factors making O' the wonderful activity that it is. Families meeting families make for travel experiences to other countries that might be otherwise too costly to afford. Contact me if you need more information....If you want more news about people in the club, you'll have to tell me something or preferably write or scribble me something that is for this column since I have such a bad memory. Only news item submitted is that Angela Tallent has qualified for the cross-country nationals, and will be off to Omaha. Good luck Angela.

## PNWOF MEET RESULTS - DIRECT CLASS

### Day 1

#### Beginner's Course

Ed Dohring	46:50
Paul Schmitt Family (3)	54:47
Cathy Cohoon	70:50
Charles Davis	74:35
Eric Folgendalen	74:35
Paul Herber	74:35
Kyle Windenberg	74:35
Vic/Linda Dimit	75:20
Steven Anderson	76:30
Kitty Van Streng	77:00
Tori Heid	102:55
Mark Randleman	127:35
Jock Young Family (4)	132:05
Carl Gilliom	136:30
Jon/Jerry Lawrence	
/Virginia Finney	170:49
Ruth/Fred Miller	214:15
Brandon Moen	DNF
Mark Guthrie/Kenny Baird	DNF
Rick/Megan Guthrie	DQ
Tracie Hill	DQ

#### Intermediate Course

Johanna Sundelof	59:00
Nicolas Watkins	67:47
Steven Anderson	77:00
Dennis Leveridge	90:03
Jennie Carton	99:55
Carol Johnson	116:55
Lee Andrews/Joe Patillo	
/Keith Davidson	122:30
Rick/Cory Reitz	151:40
Susan McGovern	152:50
Derrick Smith/Ryan Hibbs	
/Caleb Mayfield	170:46
Lisa Nordlund	263:35
Nate Backlund	DNF
Matt Patillo/Eric Home	
/Ken Allen	DNF
Pat Pugh	DNF
Glen Cafferty	DNF
Roger Sharp	?
Denise Klein/Dan Klein	
/Katherine Wiebler	?

#### Advanced Course

Andy Hill	75:33
Jacob Carton	DQ

### Day 2

#### Beginner's Course

Ed Stephenson	22:48
Paul Herber/Steve Herber/ /Eric Fogdalen	24:00
Kurt Sperry	26:37
Rob Lovitt	29:35
Jim/Sara Eubanks	36:35
Ken/Maggie Lloyd	42:35
Vivian/Richard Brown	45:35
Kris Durbin	49:57
Fred/Ruth Miller	51:45
Harold/Susi Becklund	52:25
Susan E. Williams	60:35
Terry/Janis Bland	63:25
Liz Wise Family	78:30
Bob Hervey Family	85:35
Jay Hopper	98:30
Kenny Sinabalsi	98:30
Carl Gilliom and friend	111:43
Keltie/Victoria Wood	DNF
Ben Robinson/Al Smith	DNF

#### Intermediate Class

Nate Backlund	47:00
Roger Sharp	55:50
Lisa Nordlund	57:28
Carol Johnson	78:44
Kris Durbin	85:50
Steve Herber	73:44
Susan McGovern	88:00
Glen Cafferty	101:12
Paul Herber	DNF
Kleins (3)	107:07
Paul Schmitt family (3)	124:47
Paul Herber	DNF
Fred/Ruth Miller	DNF

#### Advanced Class

Nicolas Watkins	60:14
Joanna Sundelof	61:23
Andy Hill	81:07
Eileen Breseman	103:35
Markus Seifert	DQ
Dag Guest and friend	DQ

### CALVIN AND HOBBS / BILL WATTERSON





# PNWOF MEET RESULTS

Below are PNWOF meet results. Results are shown for each class with local participants. In each class, the first three finishers are shown plus any local finishers. Direct class results are shown on Page 4.

CLASS = H15B					
	2.9 km	95m	3.5 km	110m	
1 2 YOUNG CHRIS	CANADA	VICO	85:11	66:14	151:25
2 2 BONENICHOLAS	U.S.A.	COC	47:03	DNS	47:03
CLASS = D45A					
	4.1 km	120m	3.8 km	115m	
1 4 LEANDERSSON LENA	SWEDEN	AIF	37:15	55:05	92:20
2 4 LAIRD ANITA	U.K.	BL	51:54	48:37	100:31
3 4 SANDELIEN SIDSEL	NORWA	HEMIN	53:54	50:23	104:17
21 4 ALBRIGHT-ZURC PAT	U.S.A.	COC	80:34	106:45	187:19
CLASS = H60A					
	4.1 km	120m	3.8 km	115m	
1 4 SJOHOLM STIG	SWEDEN	LUNDS	55:17	45:25	100:42
2 4 OLSSON BROR	SWEDEN	ALVES	49:53	51:40	101:33
3 4 MALLEY ROY	U.K.	NN	45:23	56:57	102:20
19 4 LEW KENNETH H.	U.S.A.	COC	92:13	142:10	234:23
20 4 MCALISTER BRUCE	U.S.A.	COC	92:58	DNS	92:58
CLASS = D15A					
	4.6 km	150m	4.8 km	130m	
1 5 WILLIAMS KAREN	U.S.A.	DVOA	56:19	40:01	96:20
2 5 THARP RACHEL	U.S.A.	NISQ	54:12	44:26	98:38
3 5 LEE VICTORIA	HONG K	QAHK	59:37	40:28	100:05
CLASS = D40B					
	4.6 km	150m	4.8 km	130m	
1 5 FARQUHAR KATHLEE	NEW ZEAL	ROC	67:13	55:39	122:52
2 5 GODFREY LIZ	U.K.	DVO	75:56	51:56	127:52
3 5 BURNELL KATH	CANADA	CVO	83:39	75:14	158:53
9 5 BONE MARGIE	U.S.A.	COC	125:21	99:14	224:35
12 5 MACDONALD KAREN	U.S.A.	SAMM	86:40	DNS	DNF
CLASS = H15A					
	4.6 km	150m	4.8 km	130m	
1 5 GODFREY DAVID	U.K.	DVO	38:14	29:59	68:13
2 5 MANKUS AINARS	LATVIA	SALDY	46:49	32:17	79:06
3 5 KULLICH MARTIN	U.K.	HALO	46:25	39:35	86:00
5 5 BONE ERIC	U.S.A.	COC	78:01	32:24	110:25
9 5 BONENICHOLAS	U.S.A.	COC	54:29	DNS	
CLASS = D40A					
	4.7 km	85m	4.8 km	130m	
1 6 ASPIN PATRICIA	NEW ZEAL	ASA	51:33	39:54	91:27
2 6 MILLS ROYCE	NEW ZEAL	ARK	50:49	48:41	99:30
3 6 KOHN LINDA	U.S.A.	ROC	60:37	51:48	112:25
9 6 DULL ARDIS	U.S.A.	COC	83:00	67:53	150:53
CLASS = H55A					
	4.7 km	85m	4.8 km	130m	
1 6 GAULD BILL	SCOTIA	ESOC	39:49	42:56	82:45
2 6 BENTGSSON PER-OLOF	SWEDEN	PANO	48:34	42:09	90:43
3 6 BURT PETER	U.K.	MV	49:20	45:05	94:25
15 6 MOORE CARL	U.S.A.	NISQ	57:56	61:46	119:42
38 6 SPERRY WILLARD	U.S.A.	BCC	164:29	85:30	249:59
CLASS = H45B					
	5.0 km	115m	5.3 km	200m	
7 FARQUHAR GARY	NEW ZEAL	ROC	76:20	67:09	143:29
2 7 MORAN TOM	U.S.A.	ROC	84:16	66:43	150:59
3 7 ATKINSON DON	U.S.A.	COC	82:50	97:55	180:45
CLASS = H21C					
	6.1 km	125m	5.8 km	195m	
1 8 LERSBAK MICHAEL	U.S.A.		102:31	64:09	166:40
2 8 MILLER THURSTON	U.S.A.	LAOC	95:17	84:19	179:36
3 8 BORNER CHRISTOPH	U.S.A.	HVO	105:58	83:59	189:57
6 8 FINNEY KEVIN	U.S.A.	SAMM	221:20	DNS	221:20
CLASS = H40B					
	6.1 km	125m	5.8 km	195m	
1 8 COYNE PETER	AUSTRAL	POA	76:39	59:06	135:45
2 8 GODFREY MIKE	U.K.	DVO	91:43	61:57	153:40
3 8 BORG ROBERT	CANADA	ROC	82:40	85:12	167:52
5 8 SPRUGEL DOUGLAS	U.S.A.	COC	96:33	78:15	174:48
7 8 COBLE SCOTT	U.S.A.	EWOC	113:59	83:49	197:48
CLASS = D85A					
	5.8 km	135m	5.8 km	240m	
1 9 FRITH EILEEN	U.K.	WRE	66:37	58:23	125:00
2 9 JONES KITTY	CANADA	ROGAN	78:50	54:27	133:17
3 9 RUPERS ILZE	CANADA	GVOC	84:59	75:40	160:39
7 9 MILLER SANDY	U.S.A.	COC	152:13	106:29	258:42
CLASS = H45A					
	5.8 km	135m	5.8 km	240m	
1 9 ASPIN WAYNE	NEW ZEAL	SA	62:35	46:29	109:04
2 9 CAMPBELL ANDREW	AUSTRAL	ELV	64:49	45:44	110:33
3 9 TARR ALEX	AUSTRAL	VV-V	70:08	46:43	116:51
24 9 MACDONALD MAC	U.S.A.	SAMM	130:48	75:16	206:04

CLASS = H21B					
	7.1 km	175m	7.9 km	280m	
1 10 ACKERMANN BEAT	SWITZER	SUHR	83:39	64:39	148:18
2 10 BINDER GERT-MICHAEL	AUSTRIA	WAT-W	98:43	59:51	158:34
3 10 YANIN YURI	U.S.S.R.	RUS	85:33	74:13	159:46
23 10 SINCOCK JOHN	U.S.A.	SAMM	199:46	118:42	318:28
31 10 HALL BENJAMIN	U.S.A.	SAMM	144:11	70:55	215:06
37 10 GOLDE PETER	U.S.A.	BROC	120:25	DNS	
CLASS = H40A					
	7.1 km	175m	7.9 km	280m	
1 10 GARDEN ROB	NEW ZEAL	SA	74:25	51:09	125:34
2 10 CHUBB BRYAN	CANADA	EDOC	74:24	56:37	131:01
3 10 LARSSON GORAN	SWEDEN	NORRE	89:30	67:21	156:51
27 10 THARP MICHEL	U.S.A.	NISQ	156:44	81:52	238:36
CLASS = H19A					
	8.1 km	190m	8.5 km	280m	
1 11 SANDELIEN SIMEN	NORWAY	HEMIN	121:27	83:51	205:18
2 11 COKER JEFF	U.S.A.	NOC	121:14	99:45	220:59
3 11 BEAUCHAMP ALAN	CANADA	LOOC	138:32	112:03	250:35
CLASS = H55A					
	8.1 km	190m	8.5 km	280m	
1 11 LAW FORD GEOFF	AUSTRAL	PO	78:50	67:04	145:54
2 11 GRAY ROD	AUSTRAL	PO	98:41	63:20	162:01
3 11 JOYCE VINCE	U.K.	SO	84:59	77:44	162:43
8 11 ENGER DAVE	U.S.A.	SAMM	106:12	73:11	179:23
11 11 TALLENT DAVID	U.S.A.	SAMM	122:48	71:17	194:05
29 11 MINER STEVE	U.S.A.	NISQ	256:14	131:36	387:50
32 11 SCHUH MICHAEL	U.S.A.	COC	149:16	118:00	267:16
36 11 BRESEMAN RICK	U.S.A.	COC	143:17	88:16	231:33
CLASS = D21E					
	8.6 km	330m	9.8 km	280m	
1 13 KUCHAROVA ADA	CSFR		80:07	68:14	148:21
2 13 PARKER KAREN	U.K.	MDOC	97:51	83:49	181:40
3 13 FETTES KATIE	NEW ZEAL	NWOC	112:04	72:55	184:59
18 13 NEWELL DEBBIE	U.S.A.	COC	163:33	99:30	263:03
CLASS = H21A					
	9.2 km	240m	12.4 km	315m	
1 14 LOEE ESPEN	NORWAY	KOL	91:07	81:04	172:11
2 14 BRAATEN INGVAR	NORWAY	KOL	88:09	91:28	179:37
3 14 SMALE DAVE	U.K.	BAOC	89:27	90:32	179:59
66 14 DONALDSON RICK	U.S.A.	COC	137:45	DNS	137:45

## PNWOF - "The race is over" - A Norwegian's View of PNWOF

The article on Page 7 "The Race is Over" is a translation of an article from the Norwegian orienteering magazine **Orientering**. Much of the article is about the World Cup race at Cle Elum. The editors guessed wrong, however, about the race being over. Ragnhild B. Anderson of Norway continued in first and won the overall women's competition. However, the "hypothetical possibility occurred in the men's race with Havard Tveite coming on with a fine finish in the last three races to win the men's competition.

## Travel Coordination

Interested in travelling to A meets in New England or California or Europe? Even with the United discount, fares are high. To help out, Bruce McAlister is taking names of both those interested in out-of-town meets, and those who have unused tickets or coupons. He will also watch out for special excursion fares. O-meets are excellent candidates for excursion fares. However, these fares are usually available for only a few days at a time.

Possibilities are Texas Champs, New England, and the O'Ring Swedish 5 day and the Scottish 6-day. Let Bruce know if you're interested in attending, or if you have any coupons you can't use.

# The race is over

In the World Cup, the best five out of a total of eight races are counted. The competition is taking place in three regions with three runs in Northern Europe in the spring (Poland, Denmark, Norway); two runs in North America in the summer (Alberta/Canada and Washington/USA); and three runs in Central Europe in the fall (Switzerland, France, Germany). For all practical purposes, the winners have already been decided after the first five races.

## BERNT O. MYRVOLD

In the mens class, Niklas Löwegren now has three first place, one fourth place and one twelfth place finish, and already has 187 points. Although a total of seven runners theoretically could pass Niklas if they would win all of the three remaining races, this is now only a hypothetical possibility. In the womens class, Ragnhild Bente Andersen has garnered 164 points and is 14 points ahead of the next runner. There are ten or twelve runners who have a theoretical possibility to end up with more points, but the problems any of these must overcome to win are of the same order of difficulty as for Norway's soccer team to make the world championship final after the results of their first two qualifying meets.

The race which took away much of the excitement from the World Cup took place at Cle Elum in the State of Washington on the USA's west coast. Orienteering is not a strong sport in the USA, and most of the o-runners to be found there live on the east coast, or, as one of the local runners said "half way to Norway". Five local clubs had gone together in order to manage all the arrangements for the World Cup. Still, there were many "Tordenskiold" soldiers on the arrangements staff. The same people manned the loudspeakers, directed parking, manned the finish and hung out the controls. Meanwhile lightly stressed runners tried to catch the announcements, find a parking place, and find the assembly area or find the start. With eight hundred registered participants in addition to direct class, the meet was the

largest which has been arranged in the USA - and maybe a little large for the arrangers.

The terrain which had been chosen covered a steep slope, part with narrow ravine-gullies and dense vegetation including areas with singularly fine detail, and part on a flat level area with open pine forest. Both parts were scored throughout by hundreds of small paths which were used by motorcyclists. The area had been described as comparable to "Norwegian terrain", and that proved to be an apt description. The course legs combined terrain types, and the courses were varied, combining stretches of demanding route choice with straightforward stretches, and used legs of varying length. The course designers had also boldly tried to use some of the "solid green" areas to provide a change of tempo. Unfortunately, one leg of one course was marred by having the control hidden away in dense brush where there was a minimal possibility of seeing through to the control. Here it would have been better to have had a more conventional course leg, or a controller who would have dared to step in and take over. Although a number of runners described some of the controls as bingo controls, the result list provided few surprises. The one surprise that stood out clearly was Tomas Prokes. With a 25th place finish, he dropped from third to seventh in the World Cup ratings. But the twenty year old had already shown at Voss

that he was still not experienced enough to master Norwegian terrain. After the race, Niklas Löwegren and the Swedish team captain were smiling about the competition. An almost error free race resulted in a new win, and a whole four and one half minutes in front of the closest Norwegian competitor, and, not the least, 40 valuable new World Cup points. The Norwegian men had all made a number of errors, and were generally upset with themselves. However, with a second and third place to Havard Tveite and Rolf Vestre, both continue to have a theoretical possibility to bring home a victory in the final count.

It was a long day of waiting for Kerstin Haglund. With a start time early in the second draw, she crossed both the halfway point and the finish with what clearly a winning race time. However, most of the acknowledged strong competitors started in the third (and last) draw. One after the other, however, they arrived at the mid-point too late to challenge her time. The closest was Great Britain's Yvette Hague, 45 seconds behind at the midpoint. On the back half of the course, this year's student world champion lost almost the same amount, and was one and a half minutes behind at the finish. Late starting Ragnhild Bente Andersen came on very strongly at the end, and was only six seconds from victory at the finish. She finished in second place, and doubled her lead over Katerina Bork in the World Cup standings.

## Results

### USA:

#### Damer:

1. Kerstin Haglund, Sverige 72.53, 2. Ragnhild B. Andersen, Norge 72.59, 3. Yvette Hague, Storbritannia 74.27, 4. Annika Viilo, Finland 76.33, 5. Franke Bandixen, Sveits 78.06, 6. Katarina Borg, Sverige 78.21, 8. Anne Line Nydal, Norge 79.46, 14. Hanne Sandstad, Norge 83.58, 19. Siri Stormen, Norge 88.21, 24. Torunn Fosli, Norge 93.11.

#### Herrer:

1. Niklas Löwegren, Sverige 77.59, 2. Havard Tveite, Norge 82.36, 3. Rolf Vestre, Norge 82.40, 4. Martin Johansson, Sverige 83.21, 5. Reijo Mattinen, Finland 84.27, 6. Keijo Parkinen, Finland 84.34, 9. Petter Thoresen, Norge 85.16, 12. Bjørn Ha-

vengen, Norge 88.39, 18. Morten Berglia, Norge 91.28, 32. Anders Bjørnsgaard, Norge 98.25.

### Canada:

#### Damer:

1. Ragnhild B. Andersen, Norge 1.06.31, 2. Christina Blomqvist, Sverige 1.07.02, 3. Ada Kucharová, Tsjekkoslovakia 1.11.14, 4. Anne Line Nydal, Norge 1.11.26, 5. Hannus, Arja, Sverige 1.12.01, 6. Frauke Bandixen, Sveits 1.15.03.

#### Herrer:

1. Niklas Löwegren, Sverige 1.27.56, 2. Hakan Eriksson, Sverige 1.29.18, 3. Petter Thoresen, Norge 1.30.10, 4. Havard Tveite, Norge 1.30.20, 5. Martin Johansson, Sverige 1.30.34, 6. Jørgen Martensson, Sverige 1.32.05.



## Schedule

Date/Time	Location	Type	Club	Map	Information
<b>NOVEMBER</b>					
Sat-Sun NOV 3/4	US Championships New map, Harriman State Park, Bear Mountain NY	A	HVO	color	Jon Nash 1:15,000(914)941-0896
Sun, NOV 11 10 - noon	Bridle Trails State Park 116th NE and NE 53rd, Kirkland	C	SAMM	color	Dave Tallent 1:10,000(206) 392-3061
Sat, NOV 17 10 - noon	Hamlin Park 15th Ave. NE and NE 161st, Seattle	C	COC	b/w	Debbie Newell 1:7500 (206) 488-7471

## DECEMBER

Sat, DEC 1 10 - noon	Kelsey Creek Park, Bellevue; WIOL MEET 1 Use Exit 12 on I-405, Cross Lake Hills Connector Road on SE 8th	C	SAMM	color	Dave Tallent 1:3,000 (206) 392-3061
Sat, DEC 8 10 - noon	Farrel McWhirter Park, Redmond; WIOL MEET 2 SR 520 to end at Redmond, Avondale Rd N 1 m, Novelty Hill Rd 1/2 m to Redmond Rd	C	COC	color	Mike Schuh (206) 783-3960
Sat, DEC 15 10 - noon	Ft Steilacoom, Tacoma; WIOL MEET 3 Exit 128 west on I-5 via 84th/S Tacoma Way/Steilacoom Blvd	C	NISQ	color	Mike Tharp 1:10,000(206) 459 9231
Sun, DEC 30 10 - noon	11th Annual Bog Slog, Pool Swim, Holiday Bash Potluck St Edwards State Park, NE 141st and Juanita Drive NE, Kirkland	C	COC	color	Bruce McAlister 1:10,000(206) 821-6862

## JANUARY

Sat, JAN 5 10 - noon	Woodland Park WIOL 4 50th and Aurora	C	COC	color	Mike Schuh 1:5,000 (206) 783 3866
Sat, JAN 12 10-12	Marymoor Park WIOL 5 Exit SR 520 at W. Lake Sammamish Parkway	C	SAMM	color	Dave Enger 1:10,000(206) 822-6254
Sun, JAN 13 11 - 1 p.m.	Trollhaugen Ski-O, Snoqualmie Pass Exit 62 on I-90, park in Sno-Park Lot (permit required)	S	COC	color	Mike Schuh 1:15,000(206) 783-3960
Sat, JAN 19 10 - noon	Pt. Defiance, Tacoma WIOL 6	C	NISQ	color	Mike Tharp 1:10,000(206) 459 9231

## FEBRUARY

Sat, FEB 2 10 - noon	NAD Park, Bremerton WIOL 7	C	NISQ	color	Sean Olmstad (206)459-9231
Sun, FEB 10 10 - noon	University of Washington WIOL Relay UW campus	C	WSOA	color	Jeff Coker 1:10,000(206) 321 1120
Sat, FEB 16 10 - noon	Seward Park, Seattle WIOL 8	C	COC	color	1:10,000(206)
Sat, FEB 23 10 - noon	Bridle Trails, Bellevue WIOL Championships 116th NE and NE 53rd, Kirkland	C	SAMM	color	Dave Enger 1:10,000(206) 822 6254

## COMING EVENTS

March 9/10	Texas Championships	Oct 12/13	US Championships - SLOC
April 6/7	New England Championships	Nov 23/24	Western States Championship - Sunol
May	Ross-Elum Ridge		Regional Park, Fremont CA
August	State Games- Kirkland		

### Club Key:

COC - Cascade Orienteering Club  
EOC - Ellensburg Orienteering Club  
NISQ - Nisqually Orienteers  
CROC - Columbia River Orienteering Club  
SAMM - Sammamish Orienteering Club

WSOA - Washington State Orienteering Association  
HVO - Hudson Valley Orienteers  
NEOC - New England Orienteering Club  
DVOA - Delaware Valley Orienteering Association  
SLOC - Saint Louis Orienteering Club  
WIOL - Washington Interscholastic O'League meet  
(everyone welcome)

**For the latest meet information, call the ORIENTEERING HOT LINE AT 783-3866**

# COC OFFICERS AND COORDINATORS

Mike Schuh	President
Vacant	(206) 783-3960
Ardis Dull	Vice President
	Secretary
	(206) 364-4062
Katie Sprugel	Treasurer
	(206) 365-8742
Debbie Newel	Mapping Coordinator
	(206) 488-7471
Harvey Friedman	Membership Coordinator
	(206) 784-2774
Bruce McAlister	Newsletter Editor
	(206) 821-6862
Vacant	Training Coordinator
Marjorie Bone	Hot Line Coordinator
	(206) 634-2279
Vacant	Publicity Coordinator
Don Atkinson	Equipment Coordinator
	(206) 488 0270

## COC "C" MEET FEES

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

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

## Cascade Orienteering Club Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Other family members \_\_\_\_\_

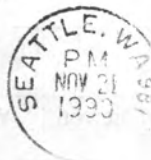
Membership Category	Yearly Fee
<input type="checkbox"/> Family	\$15.00
<input type="checkbox"/> Individual	10.00
<input type="checkbox"/> Associate (under 18)	5.00
<input type="checkbox"/> Newsletter Subscription only	6.00

Mail this form, along with your payment to:

Cascade Orienteering Club  
P.O. Box 31375  
Seattle, WA 98103



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



ADDRESS CORRECTION REQUESTED