

BEARING 315

The Newsletter of the Cascade Orienteering Club

September-October 1988

How Dry I Am

by Debbie Newell

Finally, a triathlon that *included* my favorite sport, orienteering, and *excluded* my least favorite sport, swimming. How could I pass it up?

I had wanted to try a multiple sport event for a long time, but since I'm not fond of swimming (and, coincidentally, am no good at it), I hadn't found much to choose from. And since I'm also a wimp and don't like to sweat too much, I wanted something with short distances. So when I read about the Cowichan Valley Orienteers' (Duncan, B.C.) "Canada Dryathlon," I knew it was for me.

Although the distances were still a little longer than I like (20k bike, 6k run, 6k o'), I figured I could train for it, and be satisfied just to finish the course.

The morning of July 10, we (my husband Arnold Kay and our two dogs, Boomer and Aska) finally found the starting area about half an hour before the scheduled start, having arrived before the signs were put out, and wandering around for a bit first. I was a little concerned about the relatively late start (10:30 a.m.), and hoped the weather would remain cool and overcast throughout the event.

The bike leg would be first, followed by running, and ending with orienteering. Most of the other participants were local runners, some of whom had never orienteered before. Peter Smith, the organizer, had held a couple of o' clinics so they would have some idea what they were doing. The only orienteers I recognized were Tina Campbell and Pat Bering from Vancouver.

Peter Smith explained the rules: we would start the bike leg at one-minute intervals and start the running leg as soon as we returned. Since the orienteering course started on the other side of a busy street, we would have 5 minutes to get from the finish of the running leg to the start of the orienteering leg.

The bike leg was described as "moderately hilly," which turned out to be an accurate description. The course wound through the pleasant rural outskirts of Duncan on roads with very little traffic, and even included a water stop. I had no problem with the bike leg, taking it easy to conserve my energy, and finishing in about 43 minutes.

As I came into the finish, I was surprised to see Arnold holding a traffic sign. Peter was temporarily shorthanded, and had pressed him into service. I stuck my bike in the rack,

changed into my running shoes, and staggered off. I found out later that my rear tire was flat, but I didn't notice it during the race.

Going immediately from biking to running, my legs didn't work too well at first, and it took about half a mile to regain what little running style I have. The running course went through residential streets, up a fairly long hill, and down a steep hill we had biked up. I was dirt slow on this portion, completing the 6 kilometers in about 29 minutes, including the time I spent fumbling with my running shoes. I decided

that next time, I'll just wear my running shoes to bike in.

After finishing the running portion, I now had 5 minutes to cross a busy road to the orienteering start area. It was really getting hot now, and virtually all of the orienteering would be on city streets, so I guzzled a bunch of water, waited for my start, and then took off.

The navigation was easy, and this portion of the event was little more than a footrace. As we'd been told, this was urban orienteering, with a couple of controls in some of Duncan's small parks. I was really tired and hot now, but managed to shuffle across the finish line with a total time of slightly less than 116 minutes.

Overall, the Dryathlon was a good experience. The organization was great, and the biking and running courses were good, too. As I mentioned, the orienteering was not very challenging, but the purpose of the event was to introduce runners to orienteering, so the navigation had to be kept easy. And since most of the participants were runners, I guess it worked.

State Championships Drunken Charlie Lake

September 24-25

You still have plenty of time to enter the Washington State Championships at Drunken Charlie Lake. For information and/or an entry form, call the Orienteering Hotline at (206) 783-3866.

New Year's Eve Bash After Bog Slog

After this year's Bog Slog at St. Edward Park, head over to the home of Arnold Kay and Debbie Newell for the traditional pie awards, and stay until 1989! Since this year's Slog falls on New Year's Eve, we are taking advantage of the opportunity to hold an orienteering New Year's Eve party. We hope to reserve the pool for showers, so check the next issue of "Bearing 315" to see if you need to take a towel.

We'll have orienteering games, yuppie games (Pictionary and Trivial Pursuit), music (bring your favorite compact disc or cassette tape), and food (potluck and B.Y.O.B.). Come and socialize!

Cascade Chatter

compiled by Harvey Friedman

As usual we'll start with positive roster changes as of 1 August 1988. Words of both thanks and welcome go to the following new or renewing club members: **Don Atkinson** family, **Rob Corkran** family, **Jean Davis**, **Tom De Buys**, **Charlotte Henson**, **James Kraft** family, **Brian Portwood**, **Bob Reddick**, **Tony Saulewicz** family, **M. Swift**, **Gillian Teichert**, **Glen Werner**. If you all don't come to meet 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 club functions such as regular meets, meetings, pot-O-lucks, but not at any ski-o meets nor night-o meets nor canoe-o meets (unless you are lucky) nor training events nor workshops. Now on to the fun stuff. We received a note from member in absentia **Matti Löppönen**. He has moved again, this time from Quebec to Atlanta. He should be well taken care of by the friendly folk of the Georgia Orienteering Club; how he deals with the humidity there is another matter. Speaking of other matters, Matti also mentioned that he "got married (with Finn)." Maybe he'll be able to move back here to Washington now; we all miss him. . . . While we are on the subject of marriages, there are a couple more to report: **Jean Davis**, founder of Backwoods Orienteering Club in North Carolina and president of Cascade in 1982, married **Don Stonack** in mid-summer. . . . **Jan Vrana** will marry a girl from the old country [Czechoslovakia] in early autumn. . . . **Wilf Holloway**, orienteer and

author of the O mystery "Murder at the 14th Control" attended the Pt. Defiance Park meet on 25/26 June. He enjoyed Day 1 but found too many "bingo" controls on Day 2. Quoting from his letter, "the people were kind, the event well organised with beautiful start/finish area, a barbeque and beaches. Lovely and fun. We very much enjoyed Washington and the Cascades/Olympic Park and want to go again sometime - perhaps in 20 years! Perhaps when Wilf learns that there will be a World Cup meet here in 1990 he'll be back in 2 years rather than 20. . . . **Anne York**, employed at the National Marine Mammal Laboratory, spent most of August on the Pribilof Islands in the Bering Sea. Besides working 10-11 hour days, she enjoyed a bit of bird watching, eating fresh fish, and invigorating cool breezy days. . . . **Pat Albright** spent several weeks in Norway this summer folk dancing as well as enjoying orienteering. . . . **Doug & Katie Sprugel** will be spending a vacation in Europe in September, mostly in Switzerland. They will do some orienteering, but not as much as they would like. . . . I almost forgot: **Harvey Friedman** (me) changed locations at the University of Washington; I am now in the Department of Environmental Health working on start-up grants. More playing with computers. . . . If you want more news about people in the club, you'll have to write something for me to include; I want just the facts and I'll contort them to fit or, if you prefer, give me something to be printed verbatim.

Maps and More Maps

In a virtual frenzy of mapping, 2 mappers will be fieldchecking in various parts of Washington this summer and fall. **Al Smith**, from the St. Louis Orienteering Club, is fieldchecking Riverside State Park in Spokane for next summer's Washington Centennial Games map. And **Raimo Pitkänen**, from Finland, will arrive in mid-September to fieldcheck Moran State Park on Orcas Island for next fall's Western States Championships. After Rami is done here, it's on to northern California to fieldcheck the map for next year's U.S. Championships for the Bay Area O' Club. We hope both Al and Rami will be able to take time out from work to attend some meets while they are in Washington.

State Awarded World Cup in 1990

Our state has been awarded a World Cup event in 1990. It will be held in conjunction with an "A" meet on a new area near Cle Elum Ridge. The World Cup is a series of orienteering meets held around the world. Participants receive points based on their placing at each meet, and at the end of the year prizes are awarded to the top overall finishers. This will be only the second time an orienteering World Cup event has been held in the U.S., and we are fortunate to have been awarded such an important event.

But this meet won't be just for the hotshots. Current plans are for the accompanying "A" meet's Red and Blue participants to run on the same course as the hotshots, making it possible to directly compare your time with the world's best!

book mark



Cascade Orienteering Club

Orienteering Bookmark

Practice your map-reading skills while you read a book! For a paltry 25¢ donation, you can mark your books with a 5-color orienteering map. And when your friends ask you what orienteering is, just whip out your bookmark and show them a map.

You can get a bookmark at any COC meet, or by sending a self-addressed, stamped envelope with donation to:

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

HealthComment

by Jeffrey S. Bland, Ph.D.

Nutritional Help For Allergies

Sneeze, wheeze, cough, squint. . . it's allergy season again. Many people associate allergy only with airborne problems of pollen and dust, overlooking food allergies, which may be just as aggravating. Symptoms of food allergies - intestinal complaints, skin problems, headaches, muscular aches and pains - may be more difficult to pinpoint than more obvious hay fever or asthma symptoms.

The word allergy is derived from Greek words meaning "to do other work," which means the body's immune system is doing work that it shouldn't do. It is as if the body is allergic to itself, and the immune system - the very system which normally helps protect against disease - turns against the allergy sufferer to produce disease symptoms. The immune system malfunctions when the body wrongly translates messages from the environment, alerting the immune system to produce mucus, retain fluid, and actively attack what it perceives as an enemy. Any substance can produce such a response, depending upon the individual's unique immune system. Some people are allergic to ragweed and others to Scotch broom; some people have problems when they eat wheat, others when they consume dairy products.

Although food allergies differ fundamentally from inhalant allergies, any allergic-type response by the body can deplete the adrenal glands and result in general hypersensitivity to the environment. Fatigue, a commonly unrecognized symptom of this problem, may be related to a persistent low-level food or inhalant allergen.

In addition to allergies, many individuals are bothered by what are known as hypersensitivities. Some people, for example, are sensitive to monosodium glutamate (MSG), sulfites, food preservatives like BHA and BHT, or food coloring substances. Although hypersensitivities are not true allergies, the symptoms appear the same, with reactions ranging from congestion and runny nose to intestinal complaints and migraine headaches.

To overcome problems of allergy or food hypersensitivity, one must gain control over his or her immune system, a feat that is easier said than done, because the immune system has a "mind of its own." It is, however, dependent upon a number of nutrients, deficiencies of which can lead to altered immunity and increased risk of allergic reactions. The nutrient vitamin C (ascorbic acid), for example, helps activate white blood cells, the immune system's frontline warriors. Vitamin C also helps the adrenal glands manufacture cortisol, a hormone critical in mobilizing proper immune response to allergens. Vitamin C, therefore, has two important immune system functions, and enhanced doses of it can moderate al-

lergic responses to food or inhalant allergens. The mineral zinc, found in whole grains, lean muscle meats, and seeds, also plays a vital role in stabilizing the body's immune system. The adrenal glands require significant quantities of zinc. The B-complex vitamin pantothenic acid is another nutrient necessary for proper functioning of the adrenal glands, which work with the immune system in stabilizing the body's response to potential allergens.

Some foods have a greater potential for causing allergy than others. In descending order of incidence, the list includes wheat, dairy products, soy, shellfish, citrus, eggs, berries, corn, yeast, peanuts, and beef. Many people believe they have no problems with these foods because they eat them every day. They may, however, have an underlying food sensitivity they have never fully understood. Chronic indigestion or bloating after meals, for example, may be associated with sensitivity to one or more of these foods, and one may experience headaches for many years without realizing they may be caused by an allergic-type response to a specific food. Identification of problem foods can be made by eliminating the foods discussed above and reintroducing them to the diet one by one after three or four days. Observing symptoms that result from specific foods enables one to identify specific responses to specific foods. This procedure, called the elimination-provocation protocol, has been used by tens of thousands of people to identify food sensitivities.

The foods on the allergy-potential list are all considered "good foods," reinforcing the old saying, "One man's food is another man's poison."

Food sensitivity problems are aggravated by poor digestion. Very large meals, the excessive use of alcohol before or during a meal, loss of hydrochloric acid-secreting abilities of the stomach, or insufficiencies of digestive enzymes that are secreted by the pancreas gland after a meal may contribute to poor digestion and increased risk of food allergy reactions. Proper dietary modification, avoiding allergy-producing foods, eating smaller portions, controlling alcohol consumption, and increasing the intake of foods rich in zinc, vitamin C, and pantothenic acid can significantly modify an individual's response to allergens.

Jeffrey S. Bland is President of HealthComm, a health education company based in Gig Harbor which provides health professionals with the latest research and clinical strategies in nutrition and disease prevention. He is a nutritional biochemist and former professor of chemistry at the University of Puget Sound.

Mail Bag

We received the following letter from Thomas Gloor, a Swiss mapper who visited Seattle for 3 months last fall.

Dear O-folk in Seattle,

How are you doing? I'm doing fine, well it's a matter of fact, I'm really busy. As you already know, I'm back to school, at least in the morning. In the afternoon I'm still working. In school, we have the semester examination right now. We already did the English test and the chemistry and biology tests. I didn't get it back, but believe I did quite well. Next week we have a tough week: German geography, Latin, and geometry examination! This weekend I have to learn a lot, but also I want to go to an o-meet in the Alps on Sunday. I hope it will work out!!

In the spring time I did plenty of o-meets, but I didn't do many workouts, so I'm still not in a good physical shape. Nevertheless I did no bad results (best result: 12th of 120 runners). I think I'll never get back to a serious o-competitor. I'm too busy in school and in my job. I just don't have enough time to do serious workouts.

In the spring holidays I was with my o-kids in France. We hold there our training camp. We rented a nice old house, close to the o-forest. We had to walk just 5 minutes, and we were in the middle of the forest. I was responsible for the cooking, but also for setting controls and picking them up. It was a tough week. And the week later I was teacher for another o-course for 200 young kids for a week and in the same time I had to organize the final competition on Saturday for more than 500 competitors. I tell you, I worked from 6:00 in the morning until 12:00 in the night. In the summer vacation we go with the regional team to Scandinavia, to Norway. I saw already the maps from Norway . . . They are like bed sheets, it's fabulous how big they are, so we need just 3 maps for 1-1/2 week o-camp. I hope we'll have beautiful weather.

My new job is very good and interesting. We have a real fun office we do a lot of jokes and sometimes we get in troubles. But our boss is real thick and takes it the most times real easy. I do a lot of drawing work but I do also fieldwork. I'm happy to work in this office. It will help me to "fight" through the tough 3 years schooltime.

Then I'm thinking back to the time in Seattle and in the U.S., so I miss sometimes some things, for example, the ethnic food. Where can I eat Mexican or Chinese food for good

price in Switzerland? We pay almost \$60 for a normal Chinese meal. A Mexican restaurant! I can't find it. Also I miss the movies, I watched so many movies in Seattle so I can't go to the cinemas, I have seen most of the movies that the Swiss cinemas show. In the fall I have 3 weeks vacation, I'm thinking about a short trip to the U.S. (Yellowstone Park). . . . If I can do it (money and time) I'll visit you in Seattle for sure. I hope so. You see my English gets worse and worse. I hope I can improve it in English class again!

Thomas

An Open Letter to all Orienteers:

A recent article in a newspaper magazine has shocked and mortified me. In it, I am quoted as saying some pretty damned callous, condescending, and above all stupid things about orienteering and orienteers.

I would like to say, first, that I believe I was misquoted. Secondly, I would like to say that I never gave permission for my "quotes" - nor did Arne - to be used. Heck, the guy never even identified himself as a reporter, and for him to use named quotes which were nothing more than casual comments and sad little jokes is to me the height of unprofessionalism.

This of course does not change the fact that some orienteers will be or have been hurt or angered by those "quotes." If this has happened, I beg for your forgiveness for my big mouth and short sight. I both like and respect everyone I have met through orienteering, and hope nobody holds my stupidity against me.

Thanking you for your kindness and forgiveness.

Laura Skog

[Editor's Note: the article Laura is referring to was written by Michael Hofferber and appeared in the July 31 edition of "Northwest," a Sunday magazine in The Oregonian. Having read the article prior to receiving Laura's letter, I can assure her that I, at least, was not offended by any comments attributed to either her or Arne. And I think any orienteer who read the article would take her comments as they were intended: as jokes and casual comments.]

Spokane Sizzles

by Pat Albright

Manito Park, August 27 generated a lot of excitement with the first, but not last, event held in the Spokane area. The Manito Park meet followed a clinic at the Spokane REI given by Mike Schuh on the preceding Thursday. The enthusiasm and positive comments that snowballed from the clinic on through the meet (including TV coverage on the KREM 6:30 news) could be the start of something big in Spokane. The meet was staffed by John Beck, an orienteer from Ohio who recently joined the staff of Gonzaga University, Shirley and Scott Donald from

Rossland, B.C., Pat and Bob Reddick of the Nisqually Orienteers, Mike Schuh and Pat Albright from Cascade, Al Smith from St. Louis, and Ulf from Germany. Al and Ulf are mapping Riverside State Park for next year's Centennial Games.

The Manito Park map was the first produced by the Washington State Orienteering Association and the meet was a great success. We look forward to seeing a new orienteering club in Spokane soon.

Meet Results

FOSTER ISLAND CANOE-O - July 10

Meet Director: Betty Berreth

Course Design: Tom Rasmussen, Boy Scout

Troop 340, Mike Schuh

Registration: Betty Berreth

Start/Finish: Ardis Dull

A gray day, but dry - for everyone except Scott Elich and Pat Reddick, who got a fish's view of the course.

Course 1 (7 controls)

Arnold Graham/Annie Hankins	30:06
Dave Enger/Ardis Dull	34:55
Tom & Drew Rasmussen	37:32
Ross & Barb Stevens	39:25
Dave & Jason Petty	41:18
Barbara & Douglas Woods	51:56

Course 2 (19 controls)

Eileen & Rick Breseman	63:46
Dave Lilly (kayak)	64:25
Jim, Scott & Bryan Kraft	64:30
Arnold Graham/Annie Hankins	71:31
Lynn Qualmann/Pete Kerwin	73:32
Louis Boitano (kayak)	74:38
Bob Reddick/Pat Reddick/Scott Elich	76:11
Dave Tallent/Connie Petri/Angela/Nicholas	77:31
Anne York/Harvey Friedman	79:47
Laura Morin/Steve Layman	82:23
Jessica Hirschfelder/Dave Spell	83:28
Turley/Klosky	88:12
Bill & Mac MacDonald	88:59
Schnurle family	103:32
Mellish/Altman/Hernandez	104:16
Baby Yost	105:01
Bob, Mary Anne & Robert Berreth/Robin Tarassa	109:42
Sandy Kish Miller/Alexander Wilber	123:00
Steve & Paul Herber/Brent Columbo	123:40

MAGNUSON PARK - August 10

Meet Director: Debbie Newell

Courses: Harvey Friedman

Registration: Betty Berreth

Starts: Kurt Blakstad, Scott Coble

Finish: Debbie Newell, Arnold Kay

The beautiful weather attracted a good turnout for our first evening orienteering meet, and the potluck was great, even though nobody brought utensils.

Course 1 (1k, 7 controls)

Jerry Lavek	16:45
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Course 2 (3k, 10 controls)

R. Rafath	22:34
Mark Roddy	33:48
Pat Albright	33:57

Course 3 (3.1k, 9 controls)

Arne Skog	17:07
Mike Schuh	19:31
Arnie Lund	19:45
Mac MacDonald	20:23
Scott Elich	20:48
Dave Lilly	23:49
Bob Reddick	24:38
Rick Breseman	25:09
Scott Coble	27:16
Mark Roddy	27:17
Dick Eitel	27:37
Don Atkinson	28:17
Eileen Breseman	29:47
Roger Sharp	30:15
Ardis Dull	30:19
Sandy Kish Miller	30:32
Robert Miller	32:47
Michelle Everett	33:42
John Lilly	33:54
Kurt Blakstad	34:46
Ken Lew	39:09
Pat Reddick	46:14
Jennifer Seffernick/Cat	53:13

Courses 2 + 3 (6.1k, 19 controls)

Debbie Newell	55:17
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Course 4 (Freestyle, 16 controls)

Rick Breseman	24:03
Mac MacDonald/Dick Rafath	24:22
John Sincock	54:04

WOODLAND PARK - August 20

Meet Director: Judy Cohen

Courses: Harvey Friedman

Registration: Walt & Nancy Turley

Starts: Robert Miller

Finish: Sandy Kish Miller

Course 1 (1.5k, 6 controls)

Greg Beaulieu	11:40
Karen Beaulieu	12:24
Bob Reddick	12:40
Layman/Nortness	12:41
John Sincock	15:50
Fox/Avolio	20:40
Stanton Brown	21:18
Ellen & Elizabeth Murray	25:30
Paul Lander	35:12
Baby Yost	40:51

Course 2 (2.1k, 10 controls)

Wanda Howlett	21:11
Kurt Blakstad	21:49
Bill Yost	29:05
John Sincock	29:09
Gro Jonsberg	36:27
Ellen & Elizabeth Murray	44:59
Paul & Kevin Lander	52:32
Tania Hernandez	97:37

Course 3 (2.6k, 12 controls)

Mike Schuh	15:36
Sandy Kish Miller	30:36
Ardis Dull	30:38
Jerry Calligan	31:55
Wanda Howlett	33:14
Walt Turley	37:32
Steve Avolio	39:38
Stanton Brown	47:36
3 Pettys	56:40

Course 4 (4.7k, 22 controls)

Dave Pruden	27:27
Mark Howlett	29:53
Jan Vrana	30:16
Fred Veler	30:23
Arnold Kay	32:22
Rick Breseman	32:38
Debbie Newell	33:21
Mac MacDonald	33:25
Eileen Breseman	34:54
Frank Bozanich	40:58
Arne Lund	42:47
Martin Mellish	42:54
Doug Newman	43:18
Scott Coble	43:47
Dave, Angela & Nicholas Tallent	46:32
Fidelma Hayes	52:55
Dick Eitel	53:12
Steve Layman/Jill Nartness	59:26
S.B. Fox	64:02
Pat Albright	64:58

Course 5 (line-o, < 3k, 7 controls)

Arne Skog	12:20
Jan Vrana	13:25
Mac MacDonald	14:25
Katie Sprugel	17:31
Kurt Blakstad	18:20
Jean Davis	20:31
John Lilly	20:59
Bob Reddick	21:40
Dave Lilly	21:43
Ardis Dull	23:15
Martin Mellish	25:02

HELP

Desperately seeking individuals to help with registration, starts, and finishes at Drunken Charlie Lake meet September 24-25. To volunteer, call Debbie Newell at (206) 488-7471.

Schedule

Date/Time	Location	Type	Club	Map	Information
Sat-Sun SEP 3-4	Western Canadian Championships Prince George, B.C.	A	PGOC	color 1:15.000	Karen Peterson (604) 562-8711
Sat, SEP 10 10-12 noon	Bridle Trails State Park, Kirkland 116th Ave. N.E. & N.E. 60th St.	C	SAMM	color	Dave Enger (206) 822-6254
Sun, SEP 11 10-11 a.m.	* Priest Point Park, Olympia East Bay Dr. at 26th N.E.	C	NISQ	b/w 1:7.500	Gary McCausland (206) 352-5542
Tue, SEP 13 7:00 p.m.	Board Meeting 6216 N.E. 154th St., Bothell		COC		Arnold Kay (206) 488-7471
Tue, SEP 20 7:00 p.m.	* General Meeting, University Branch Library, 50th & Roosevelt; training & "See How They Ran"		COC		Mike Schuh (206) 783-3960
Sat-Sun SEP 24-25	Washington State Championships Drunken Charlie Lake, near Duvall	B	COC	color (new!) 1:15.000	Mike Schuh (206) 783-3960
Sat-Sun OCT 1-2	B.C. Championships Merritt-Kamloops	A	SOCK	color 1:15.000	Murray Foubister (604) 374-6497
Tue, OCT 4 7:00 p.m.	Board Meeting 1706 N.W. 57th #3, Seattle		COC		Mike Schuh (206) 783-3960
Sat, OCT 8 10-12 noon	* Lake Sammamish State Park, Issaquah south end of Lake Sammamish	C	SAMM	color 1:10.000	Dave Enger (206) 822-6254
Sun, OCT 9 10-12 noon	Easton Grade, near Easton I-90, exit 70	C	EOC	color 1:7.500	Dale Width (509) 925-5873
Sat, OCT 15 10-11 a.m.	* Spanaway Park, Tacoma	C	NISQ	color 1:5.000	Gary McCausland (206) 352-5542
Sat, OCT 15 6:00-7:00 p.m.	Lynndale Park Night-O, Lynnwood 188th Pl. S.W. & 72nd Ave. W.	S	COC	color 1:5.000	Mike Schuh (206) 783-3960
Sat, OCT 22 10-11 a.m.	* Fort Steilacoom County Park, Tacoma	C	NISQ	color 1:10.000	Gary McCausland (206) 352-5542
Sun, OCT 23 10-12 noon	Seward Park, Seattle Lake Washington Blvd.	C	COC	color 1:10.000	Mike Schuh (206) 783-3960
USA O-FEST					
Sat-Sun OCT 29-30	North American Championships Hickory Run, Pennsylvania	A	DVOA	color 1:15.000	Leave a message on the O' HOTLINE (206) 783-3866
Tue, NOV 1	Pakim Pond, Lebanon State Forest New Jersey	A	DVOA	color 1:15.000	
Wed, NOV 2	Relay, French Creek State Park Pennsylvania		DVOA	color 1:15.000	
Wed, NOV 2	Night-O, Hibernia County Park Pennsylvania		DVOA	color 1:10.000	
Thu, NOV 3	Soldier's Delight Pennsylvania	A	QOC	color 1:10.000	
Sat-Sun NOV 5-6	U.S. Championships Great Falls (Sat) & Little Bennet (Sun), Maryland	A	QOC	color 1:15.000	
Sun, NOV 13 10-12 noon	Lake Tradition, Issaquah I-90, Front St. exit	C	SAMM	color 1:15.000	Dave Enger (206) 822-6254
Sun, NOV 20 noon-1:30 p.m.	University of Washington Campus, WIOL practice N.E. 45th St. entrance	C	COC	color 1:5.000	Mike Schuh (206) 783-3960
Sat-Sun NOV 26-27	Evergreen O' Cup, Tenalquot Rainier Rd. S.E., south of Lacey	C	NISQ	color 1:15.000	Gary McCausland (206) 352-5542
Sat, DEC 3 10-12 noon	Island Crest Park, Mercer Island I-90 exit 7, go south	C	SAMM	color 1:10.000	Dave Enger (206) 822-6254
Sat, DEC 17 11 a.m. - 1 p.m.	Trollhaugen Ski-O I-90 exit 62	S	COC	color 1:15.000	Mike Schuh (206) 783-3960
Sat, DEC 31 11 a.m. - 1 p.m.	New Year's Eve party and 9th Annual "Bog Slog" St. Edward State Park, Kirkland	C	COC	color 1:10.000	Mike Schuh (206) 783-3960

For the latest meet information, call the ORIENTEERING HOTLINE at (206) 783-3866.

Event Key

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

Club Key

COC - Cascade O club; EOC - Ellensburg O Club; NISQ - Nisqually Orienteers; SAMM - Sammamish O Club; DVOA - Delaware Valley O club; PGOC - Prince George O Club; QOC - Quantico O Club; SOCK - Sage O Club of Kamloops

*Changes from last issue:

- Sep. 11 - Priest Point Park meet added
- Sept. 20 - General Meeting added
- Oct. 1-2 - date correction for B.C. Championships
- Oct. 8 - Lake Sammamish State Park meet added
- Oct. 15 - Spanaway Park meet added

COC OFFICERS AND COORDINATORS

President	Mike Schuh	(206) 783-3960
Vice President		
Secretary	Robin Harvard	(206) 622-0918 (day)
Treasurer	Doug Sprugel	(206) 365-8742
Mapping Coordinator	Katie Sprugel	(206) 365-8742
Membership Coordinator	Harvey Friedman	(206) 784-2774
Newsletter Editor	Debbie Newell	(206) 488-7471
Training Coordinator	Pat Albright	(206) 265-6710
Publicity Coordinator	Tony Saulewicz	(206) 784-5398
Equipment Coordinator	Arnold Kay	(206) 488-7471
Volunteer Coordinator	Betty Berreth	(206) 546-2128

COC MEMBERSHIP DUES

Single	\$7.00/year
Family	10.00/year
Associate (under 18)	4.00/year
Newsletter Only	5.00/year

COC "C" MEET FEES

	<u>b/w map</u>	<u>color map</u>
Orienteering club members	\$2.00	\$2.50
Non club members	3.00	3.50
Novice course	1.00	1.00
Families (regular fee for first 2 family members, \$1.00/person thereafter)		

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

"BEARING 315" PUBLICATION SCHEDULE

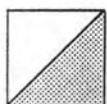
"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are encouraged to submit orienteering-related material for publication. Send items for publication to the address below by the scheduled deadline. Material received after the deadline may not appear in the next newsletter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

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

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

See How They Ran September 20

Is it better to go around the hill or up and over? Should I bash through the salal or take the trail? Come to the September club meeting and learn the answers to these and other crucial o' questions. We will have a show and tell discussion of the August 20th Woodland Park courses. See what routes other people took and tell about yours. The meeting will be at the University Branch Library (50th and Roosevelt in Seattle) at 7:00 p.m. on Tuesday, September 20. Don't miss it!



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

Address Correction Requested