

BEARING 315

May/June 1979

CASCADE ORIENTEERING CLUB

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Greetings,
We are well into a great spring season of ORIENTEERING in Western Washington. The Cascade Orienteering Club (COC) was active during March/April, holding two meets (Ft. Lewis Area CIA and Seward Park), a short workshop (prior to the April meeting), and training two groups of Scouts and a group of Boys Club participants in map-and-compass techniques. We have a full summer of Orienteering planned and we're hoping that the Club's enthusiasm of the last few months will continue.

Mike

EVENTS

Len Englund was meet director for the April 21 meet at Seward Park in Seattle. We were somewhat unprepared for the large turnout, but after a late start we all had a great time on Len's excellent courses. Mike Sherman trained a troop of Boy Scouts and a troop of Cub Scouts in the use of map-and-compass and then the Scouts ran the Novice course in small groups (posting good times). The weather was beautiful and we learned again how fun Orienteering can be, even close to home.

(T)-Team (W)-Walkers

INTERMEDIATE COURSE		Minutes
Tie	1. Charlie Bock	49
Tie	1. Dave Enger	49
	3. Dave Larson	52
	4. Tony Paulson	69
	5. Mike Schuh	74
	6. Bob Bertucio	76
	7. Karl Nolte and Gib	84
	8. Corrie Fiedler	102
(W)	9. Bo Powell	120
(T)	10. Savitrikkhulsa Gurimukhshkhaillsa	128
	11. Susan Hamilton	142
(W)	12. Hendricks	175

NOVICE COURSE		
(T)	1. Jerry Keating and Cub Scouts	44
(T)	2. Felton and Lanata families	49
(T)	3. Bob Ford and Bob Webb	53
(T)	4. R.H. Ruhsenberger and Cub Scouts	55
Tie(T)	5. O'Brian family	60
Tie(T)	5. James Morishima and Cub Scouts	60
Tie(T)	5. Mike and Bobby	60
	8. Robert and JC	65
	9. Fred and Glen Cathy and Karen Scott and Derek	67

COMING EVENTS

May 12	10:00 am. Novice and intermediate meet at Ft. Lewis. Meet in the town of Rainier. (From Seattle travel S on I-5 to the Hwy 512 exit and then E to Hwy 7. S on Hwy 7 through Spanaway to the Hwy 507 turnoff. Take a right and follow 507 for 18 miles; be sure and catch the left turn on 507 in Yelm. Follow control markers into the town of Rainier. The drive is 70 min from Seattle). Meet director: Tom Stewart.
June 3	1:00 pm. Map-and-compass training, introduction to orienteering, and short Novice meet. Discovery Park Visitors Center. Meet Directors: Mike and Corrie Fiedler.

June 11	7:00 pm. Short intro to map-and-compass and the sport of orienteering. Greenlake Library.
	7:30 pm. June COC Business meeting and film. Greenlake Library (meeting room in basement).
June 16	10:00 am. Novice and Intermediate meet at Ft. Lewis. Meet in the town of Rainier (see directions for May 12 meet). Meet director: Tom Stewart.
June 23	All day. COC will have a booth at the Eddie Bauer Outdoor Awareness Fair in Bellevue Sq. Come and see us!!!
June 30	10:00 am. Score Orienteering meet at Seward Park, Seattle. Score 0 is fun for beginners and advanced participants. Meet directors: Charlie Bock and ???
July 14	Meet and Bon Voyage party for the Stewarts. Ft. Lewis
August 13	August COC Business Meeting
August 16	COC is presenting REI Thursday workshop.
August 25	Meet in a Seattle City Park.

Sept 16 COC sponsors a Regional Meet at Stampede Pass

COC SHORTS

April meeting highlights:

- *Publicity fliers are being distributed to most area sporting shops and we're getting great response.
- *COC is going to participate in the Eddie Bauer outdoor Outdoor Awareness Fair and the REI Thursday lectures during the summer.
- *Our COC Regional Meet is well into the planning stages, circle Sept 16 on your calendar.
- *The club membership is growing in leaps and bounds, due in part to the recent article in Pacific Search magazine and continuing publicity in the Times, PI, Sun, and SeattleSport (plus an article in the Everett paper).
- *Tom Stewart was elected a permanent member of COC.

Cascade
Orienteering
Club

P.O. BOX 3572
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FOR BEGINNERS

The Cascade Orienteering Club is especially committed to teaching the sport of Orienteering to newcomers to the sport. We welcome novice orienteers to all COC sponsored events; we usually prepare a novice course (1-3 km) at each meet and COC members are always available to give map-and-compass training and to help newcomers on the first few Novice control points.

If you are new to Orienteering you may be interested in the following information:

- Q. If I've never participated in an Orienteering meet before, how do I learn?
- A. All COC meets have a Novice course, just show up at the meet and tell the person at the sign-in-table that you are new. You will be able to sit down for a few minutes with an experienced orienteer who will explain the basics of the sport and get you started on the course. If you are interested in a more detailed explanation, join us at the June map-and-compass workshop (for beginners) or the short workshop prior to the June COC meeting (see coming events).
- Q. What sort of people belong and participate in the COC meets?
- A. There is no typical orienteer. The COC has some participants who enjoy running the course for time, but in addition many families and couples enjoy walking the course to learn more about map-and-compass and to be in the outdoors. Children ages 10-14 can usually do well in teams of two on the Novice course, while older teenagers go out alone on the Novice or Intermediate Courses. Orienteering is for everyone!!!
- Q. What do I wear and bring to a meet?
- A. If you are going out alone or with a group to walk the course, typical hiking clothes with either tennis shoes or boots are fine. For the first meet or two you will probably want to rent a compass from the COC (\$0.25) before investing \$4-6 on an orienteering compass.