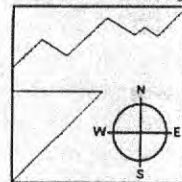


BEARING 315

Cascade Orienteering



The Newsletter of Orienteering in the Pacific Northwest

July, 1994

Sacajawea Orienteers Progress Report

Elis Eberlein, President

Dear SACO members and others,

This is a little progress report about the activities what has been going lately. The club now has a new version of the Sacajawea State Park map in the scale 1:10000. Unfortunately few people showed up to test it on May 7. A special thanks to Mike Schuh for letting me use his computer system and apartment to finish it up. I am presently doing the field work on a new map at Horn Rapids County Park. This park is about 5 km long and about 1/2 km wide along the Yakima River. This area makes it possible to set better and longer courses. The map scale will be 1:15000. If I have time this summer I will also do fieldwork for maps of the Richland water front (Howard Amon and Leslie Grove parks) and Columbia Park in Kennewick.

Rumors are also around that SACO is holding an A-meet in May 1996 in the Juniper Dunes area. Unfortunately, Juniper Dunes is a Wilderness Area and the management plan does not allow for organized competition in the area. However, BLM also owns large pieces of land just outside the wilderness which they

suggested that we look into. I hope to be able to visit those in the late summer or fall.

Another progress is that the club now owns the material for organizing events (control markers, punches etc.) thanks to the generosity of the Washington State Orienteering Association. WSOA also granted us money to purchase a copy of OCAD for map making. As most members of SACO are new to orienteering I will try to make as many of you as possible to go to the "real" A-meet at Cle Elum on September 10-11. It is a great opportunity to really get into this sport and meet the great people that do this and won't be any closer for a while. I promise to call and harass you (if necessary) about it.

Summer Training

Cascade Orienteering's training coordinator, Eric Bone, has organized a series of training events to help you train for the Cle Elum "A" event, the Washington State Champs, or begin to get ready for the WIOL season this winter. All events are to be held at Hamlin Park and will be informal (no registration and timing) and free. However, if you do not have a map of the park, you may need to buy one (we'll have some with us). The July 16 event will be on a 1:10000 version of the map of the north woods only with 3-4 loop courses between 1-3 km each available. The format of the other events are uncertain at this point. The training events will be suitable for anyone who is familiar with basic orienteering techniques and wants to get out and run a bit. The training will be held on:

Sat., July 16, 10-12

Sat., August 6, 10-12

Wed., August 24, 6-7:30pm

Wed., September 14, 6-7:30pm

Not For The Faint Of Heart Nor Foot (DCL Rogaine III Review)

31 teams accepted the challenge from Rogaine course setters Paul Magus and Bill Cusworth and were treated to an enjoyable, though demanding, event at the third annual Drunken Charlie Lake Rogaine.

Being one hour East of Seattle, you might image that the map area is not all white nor flat and you would be right! So a six, or even 3, hour event is no piece of cake. (One solid master mixed team, participating for there first year weren't sure if the would be able to navigate

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Bearing 315 is published six times each year by Cascade Orienteering Club.

20 or 30 km in the six hours at a strong hiking pace; they ended up doing about 10.)

But the word must be spreading that this event is worth the drive, or flight, for this year, for the first time, we had multiple teams from British Columbia and participants from Oregon and Alaska. (Next year we may really have to enforce the 40 pre-registered/10 day-of-event team limit.)

Well, with one-half of the Dan Waugh/Mark Hartinger 1993 US DCL champs "goofing off" electing to do a 50 mile trail run event, Dan was fixed up with another great partner with Mark's help. Bottom line, even though the Waugh/Scharffenberg team had a average age of 50 plus, they set the standard bagging 880 points (out of 1060) and by getting 17 (of 22) controls. (See Dan's map and companion article.)

On their heels (scoring wise with 800 points, but taking a different course approach) was Steve Chatwin and Kriss Darntell, competing for the first time at the DCL Rogaine. While they "felt strong out there" they were "surprised that their score was good enough for second over-all". Are they going to be tough next year or what!

The most contested class was the men's 6 hour and the Canadian Tranbarger/Faris team with 760 points bested Andy and Jens Gundah (the Scandinavian "ringer") by a mere 20 points. And on the 3 hour course, last year's champs of Navy Seal Arne Skog and Microsoft Wizard Peter Golde finished two place back from first timers Ben Forward and Mike Schuh. (The Bone boys earned more gross points, but elected to take a "side trip home and giving up 150 points.)

As always the food was great: Linda's lentil stew; Great Harvest Fresh Apple Walnut Bread, fruit and drink of all kinds, and grilled sausages hit the spot afterwards. The social aspect was cut short after the awards owing to some less than pleasant weather, but that seemed to be the only short coming. So, to those that met the challenge this year, congratulations. Here's to the 1995 DCL Rogaine, hope to see you there. (Again, a special thank to Paul and Bill for setting such a nice course.)

PICNIC! PICNIC! PICNIC!

The annual picnic for Seattle area orienteers will be held again this year at the Lake Washington home of Don Atkinson on Sunday, August 7, starting at 2 p.m. It will be preceded by a short course or map-hike through St. Edward Park.

The course will open at 2 p.m. Start will be at the Arrowhead School. The school is on Juanita Drive, several hundred meters north of the regular entrance to St. Edward. There will be both a regular course (regular fee, timed, and a color map) and a map hike (no fee, not timed unless you wish, old map and controls by trails).

For those who wish to proceed directly to the picnic, follow Arrowhead Drive (the road you turned off of to get to the school) to a dead end at the lake. Don's house

will be marked by controls and the finish. Since parking is limited, we encourage those running to leave their cars by the school, or to park in any open area at the top of the hill.

Pop and hot dogs will be provided. Otherwise it is a pot-luck. Swimming and water activities, with boat trips for the strenuously disadvantaged.

This is purely a fun event, open to all orienteers and friends from any club. Hope to see you there.

Locals to Participate in International O-Events

Congratulations to the following Northwest orienteers:

Eric (Husky and COC) and **Nick Bone** (COC) will represent the U.S. at the Junior World Championships in Poland July 12-16. Eric will then head to Norway and Denmark in August to compete in World Cup Orienteering events #4, #5, and #6. Eric was also named to the World University Championships team but will not attend that meet.

Ellen Boomer (UPS and Nisqually) and **Lisa Nordlund** (Western Washington U and COC) will travel to Switzerland in September to represent the U.S. at the World University Championships.

Debbie Newell (COC) will compete for the U.S. in World Cup events #7, #8, and #9 in Germany and the Czech Republic September 25-October 1. **Linda Hood** (COC) will accompany the U.S. Team as Team Leader.

Because of his strong showing at the U.S. Intercollegiate Championships, University of Washington student **Jon Witmer** was named as an alternate to the World University Championships team.

Summer WIOL Series

This summer, we are holding several meets at which there will be WIOL courses, with help for beginners, and a chance for those running cross country this fall or WIOL this winter to get in some early practice. There are also a series of training meets at Hamlin Park this summer which should also appeal (see separate article this issue). There are three meets scheduled:

July 23, Saturday, NAD Park, Bremerton, starts 10-noon.

July 30, Saturday, Ros*Elum Ridge, Cle Elum. This is day 1 of a two day meet.

August 6, Sunday, St. Edward Park, Bothell (see picnic article). All WIOL members are invited to stay for the picnic as guests (that means you don't have to bring any food).

Regular WIOL fees will be in effect. There will be an award ceremony at the picnic.

Husky O-Team Honored

[The following text is excerpted from the UW Daily Sports section, June 3, page 21. Congratulations to the Husky team's strong write-in campaign. (Unfortunately, Eric's ranking above Napoleon Kaufmann has not yet resulted in a multi-million dollar pro contract.)]

All the votes have been tallied. The countless hours of work and sweat. You the student body of the University of Washington have sounded off for your favorite athletes and moments. Here are your picks for the 1994 Daily Sports Awards. Write-in votes are denominated by a (W).

Moment of the Year

1st place—Football team's comeback win over Cal. (20 votes).

2nd place—Husky Orienteering Club wins second consecutive national title (W, 19 votes) On April 9th and 10th, four members of the Husky Orienteering Club (Rune Hoel, Eric Bone, John Whitmer and Bill Cusworth) defended the team's national title by defeating Army by 19 minutes (289:30 to 308:49). Orienteering is the sport of cross-country navigation using a map and compass.

3rd place—Crew sweeps races at Pacific Coast Championships (11 votes).

Team of the Year

1st place—Baseball (19 and a half votes)

2nd place—Husky Orienteering Club (W, 19 votes)

3rd place—Crew (16 votes)

Male Athlete of the Year

1st place—Eric Bone (W, 18 votes). Eric won his second consecutive individual national title at the U.S. Intercollegiate Orienteering Championships in early April.

2nd place—Napoleon Kaufman, football (13 votes)

3rd place—Brett Merrick, baseball (10 votes)

Cle Elum Afternoon Start Update

Rick Hood, Meet Director

We are pleased to announce, by popular request, we have added an additional level of excitement to the US Short Course Championships to be held at Cle Elum Ridge in Washington State this Sept. 10th.

While start times for the morning event will be pre-assigned, the afternoon start times will be based on the reverse order of your class finish for the morning.

For example: You are running Men's 35 and finish 3rd in your class, out of 8, for the morning event. In the afternoon, you will be the third to last in your class to start. (The openness of the area, coupled with the short distance/winning times, don't make a chase start a viable option at Cle Elum for the US Short Course Champs, we need the 2 minute spacing between competitors.)

Because of this enhancement to the afternoon event, we will need to move back the first afternoon start from 1pm to 2pm (as there must be a 3 hour time space from each competitor's morning and afternoon).

Anyway, it going to be a super time and hope you find this enhancement as exciting as we do.

Membership Report

Aaron the Alchemist (aka Aaron Charlop)

Howdy folks. This month again I have many renewals and new memberships to report.

First lets start with the new membersips, Don Baldwin, Mike Bural, Cortney Foster, Andy Sweet and family, Rebecca Tyson (Thanks for using "Re-Used Paper"), Tim Vargo and family, And Tjalling Ypma. Welcome to Cascade OC.

Next the list of renewing members, Ellen Boomer, James Lee Hopper, David Keyes and family (We look forward to seeing out there again soon), Molly Tritle, and Ronald West and family. Thanks for your continued support and participation in Cascade OC.

Special thanks to Possum Trot OC in Kansas for taking the time to inform us of the recent change in newsletter editors and updating their address in our database.

Currently we have 21 members who have responded to me with thier E-mail addresses. In appreciation for thier cooperation in our endeavor to promote use of the information superhighway, each of these members will receive a copy of the current club roster by e-mail. If you would like to like wise receive a copy of the roster by e-mail, send me a note at the address below and I will get one off to you. Below is a list of the e-mail addresses received so far. Please get those addresses in.

Franz Amador	franz@cs.washington.edu
Don Atkinson	dona@atmos.washington.edu
Eric Bone	ebone@u.washington.edu
Ellen Boomer	Boomer@ups.edu
Aaron Charlop	charlop@u.washington.edu
Bill Cusworth	bill3@u.washington.edu
S Donald	UA145@CIAO.TRAIL.BC.CA
Ardis Dull	ardisd@u.washington.edu
Elis Eberlein	71233.2644@compuserv.com

Submission Guidelines

Bearing 315 welcomes submissions of articles, letters, or photographs about orienteering. If you would like your submission returned, please include a self-addressed envelope. The submission deadline is the 23rd of each even month for the issue to be mailed on the following 1st. Submissions should be mailed to:

Bearing 315
c/o Peter Golde
14422 NE 42nd Pl. #801
Bellevue, WA 98007

If possible, please submit on an IBM or Macintosh diskette, or submit via electronic mail to petergo@microsoft.com. If you use a word processor, please submit in Microsoft Word (Mac, DOS, or Windows), WordPerfect, or RTF format; plain text format is also an option. Meet directors, please send meet results to Debbie Newell for compilation.

Harvey Friedman	fnharvey@u.washington.edu
Tor Gilje	n9245425@henson.cc.wvu.edu
Peter Golde	petergo@microsoft.com
David Henken	n8830071@henson.cc.wvu.edu
Rick Hood	71753.2332@compuserv.com
David Keyes	amkeyes@u.washington.edu
Paul Magnus	Magnus@npl.npl.washington.edu
Dorothy Neville	neville@cs.washington.edu
Nick Nguyen	nfnnguyen@u.washington.edu
Lisa Nordlund	n9242709@henson.cc.wvu.edu
Michael L. Schuh	schuh@halcyon.com
Tjalling Ypma	tjypma@nessie.cc.wvu.edu

Field Notes

Rick Hood

- Our big Cle Elum event this Sept. 10/11 is just around the corner. We are working hard to make it a great time for everyone, especial those that come down from Canada and fly in from other parts of the US. To this end, we'd love your help. If you are willing to help out, please give Rick a call at 367-2606. Regardless, we sure hope you don't miss the big event. Peter Golde and Rick Breseman, course setter and vetter, have been doing a bang up job; so come enjoy the fun of quality competition or just recreate on this top notch course—the choice is yours. Oh, big reminder, no day-of-event registration save for entry and intermediate level courses; besides get your registration in soon and get the best price.
- A big thanks to Robert and Sandy Kish Miller, who made a sizable contribution, through the United Way campaign, to Cascade OC. Is this great or what! And they have given more than just funds to support orienteering here in the Pacific Northwest: Robert is a past COC president and Sandy is the current COC treasure. So on behalf of COC, an on-going thank you to the Millers.
- Eric and Nick Bone are off competing in Europe, representing the US in the Student Orienteering Championships. Eric was also featured twice in the Anchorage Newspapers while orienteering at the US Championship last Month. (But there is no truth to the rumor that we are thinking of changing the name of the club to "Eric OC.") Besides it wasn't just Eric that had a super showing at the Colorado Five-Day; congrats to Bill Cusworth, Paul Magnus, and the other Husky OC standouts. (PS: We hope to have an article from the "guys that ran strong" next issue.)
- For those seeking a fine adventure, closer to home, don't pass up the Sammamish OC 2-day meet this July 30/31st. It's going to be a hot course, with either John Rogers or Mark Howlett playing a major role with the course setting. (It also might be a tad

on the warm side, so taking some of your own water on the course wouldn't be a bad idea either.) So return to the site of the 1992 2-day A meet hosted by the same quality club, and get in some super orienteering in preparation for the Cle Elum Ridge US Short Course Champs this Sept.

- Look for the State Champs to be part of the Inland Empire Cup at Riverside State Park in Spokane this fall. The course there are always fast and fun; Eastern Washington OC sure knows how to host a nice event.
- We had some 15 plus teams paddle through the June Canoe O course, but results are a little slow in coming in; so may a 15 way tie for most fun isn't too bad a temporary standings report. (One team even decided to practice their Eskimo roll in a canoe; one member lost his wallet but "hung on to the important stuff," his map.) Oh, and next time we have a trim course, all the marker ribbons will be pink with a number as the confirmation check.

O' Suit Update

We are planning to order more Washington State O' suits within the next month or so. If you would like to order one, please call Debbie Newell (488-7471). The cost will be approximately \$40.00 per suit with a deposit of \$20.

USOF Short Course Championships and One-Day A Meet

*Cle Elum Ridge, Washington State
September 10th & 11th, 1994*

Entry Form: Please use the standard USOF entry form, on the reverse side or in a past issue of O/NA. If you have any questions, please call one of the organizers. Please mail entry form to, with check made payable to "COC" to Registrar: Don Atkinson 5826 NE 151st Bothell, WA 98011. (Those pre-registered by August 28 will receive a competitor's packet by mail.)

Location: Cascade OC extends a warm invitation for you to join us for a great fall weekend in Washington State at Cle Elum Ridge on, approximately 90 minutes East of Seattle. (Take I-90 East to exit #85 and follow O markers.)

Terrain & Map: The rolling hills and light forest of Cle Elum Ridge should make for fast, enjoyable, and exciting events, where route choice and control approach are the watchwords. The 1990 1:15,000 map (fieldwork by Are Kristiansen/Vidar Strand and cartography by Debbie Newell) is being given a light update (fieldwork by Mike Schuh and cartography by Debbie Newell) for this event. The 1990 map is available for \$3.

Saturday's USOF Short Course Championship Event: Participants will run a short course of approximately one half to one third of a normal championship length and time in the morning (with starts from 10am to noon) and another of similar length and difficulty in the afternoon (with starts from 1pm to 3pm). Times will be added to determine championship standing. Participants will be pre-assigned start times for the morning and seeded times (based on morning performance) in the afternoon. Awards will be presented at Saturday's Banquet to the top 3 finishers in each "A" class.

Sunday's USOF A Meet: Participants may register for any of the standard courses, plus, for those seeking to push the envelope beyond blue, there will be an elite length "purple" course. (Men's elite course will be about 14.5 km and the elite women will use the blue course.) Elite competitors should register for classes M21E and F21E. Starts will be pre-assigned (9am to 11am) and awards given to top three competitors in each "A" class around 2pm.

Meet Fees: For entries postmarked by August 28, cost per day of event is \$10 for USOF/COF members and \$12 for others. There is a \$10 late fee for entries posted after August 28. Results will be mailed for \$1. There will be no day-of-event competitive registration. (Please note exception: White/Yellow recreational course participation does not require pre-registration and the course fee is \$5 per day.)

Event Center & Lodging/Meals: We have exclusive use of Camp Koinonia, approximately 20 minutes West of the map (and closer to Seattle) from Friday through Sunday. Camping is \$3.50/night/person and cabin bunks are \$12/night/person on Friday and Saturday, both offer hot showers and refreshing pond swimming. Saturday and Sunday Breakfast is \$4 and sack lunches are \$3. Saturday's Banquet, limited to the first 125, is \$7. Alternatively, two housing options in Cle Elum are the Timber Lodge (509 674-5966) and the Stewart Lodge (509 674-4548) with rooms ranging from \$40 (for one) to \$58 (for two queen beds for four).

Souvenirs: US 1994 Short Course Champs "T" shirts (short sleeve, of course) are available on a pre-order basis at \$10 and \$15 at the event center, while supplies last.

Child care: There will be "sharecare" hosted by COC while you are out on the course, for no charge. We will have a string/sticker course set up as well.

Flavor: Our overriding thought is to make this a quality yet simple event that you will be glad you attended. To that end, if we can help you with any special needs, please let us know on your entry form.

Primary Meet Staff: Meet Director, Rick Hood (206 367 2606); Course Designer, Peter Golde; Course Vetter, Rick Breseman; and Registrar Don Atkinson (206 488-0270).

US Orienteering Federation Standard Entry Form

Revised Jan 5, 1994

INSTRUCTIONS: Consult the meet announcement to see which items below are applicable. **USE ONE FORM FOR EACH ENTRANT.** However, when several entries are sent together (eg, from a family), only one form needs to have the information common to all. The minimum essential information on each form is 2, 4, 5, 13, 14, 15, and the waiver signature.

1. Name of event _____ Date of event _____
2. Name of entrant _____ Year of birth _____ Sex _____ Club _____
3. Address: Street _____ phone () _____
City/state/ZIP _____
4. Members of USOF, COF, or any other national O-Federation which is a member of the International O-Federation are eligible for a \$3 per day discount. If you are eligible, write federation name _____ and your ID number _____
5. DAY 1: Class _____ Course _____ DAY 2: Class _____ Course _____ (See below for class structure)
6. Babysitting needed? No _____ Yes _____ Number and ages of children _____
7. Number of dinners: Adults _____ Children _____ 8. Number & sizes of T-shirts _____
9. Request for housing/camping _____
10. Order for preview/training maps _____ 11. Number of sets of results _____
12. Other _____

☐ Check here if you are willing to help during the meet. Organizers will contact you

USOF COURSES: Standard courses are color coded for easy reference, as listed below.

USOF CLASSES: F = female, M = male. "A" denotes greater navigational difficulty than "B". The number denotes age on Dec 31 of the year of the event. A dash indicates no age limit on that side. Eg, M-12A is open to boys 12 and under, F35-A is open to women 35 and older. "Open" and "21" classes have no age limit.

CLASS/COURSE ASSIGNMENTS: The table below shows which classes are assigned to which courses at USOF-sanctioned events.

COURSES	WHITE	YELLOW	ORANGE	BROWN	GREEN	RED	BLUE
difficulty level:	beginner	adv begin.	intermediate	<-----	advanced	----->	
length (km):	up to 3	3.5-4.5	4-5	3.5-4.5	4-5	5-7	7-12
CLASSES:	F-12A F Open M-12A M Open Map Hiker	F-14A F Open M-14A M Open	F-16A F-20B F Open M-16A M-18B M-20B M Open	F-18A F35-B F45-B F60-A F65-A F Open M50-B M65-A M Open	F-20A F-21-B F35-A F40-A F45-A F50-A F55-A M-18A M35-B M40-B M45-B M50-A M55-A M60-A M Open	F-21-A M-20A M-21-B M35-A M40-A M45-A	M-21-A

FOR CONDENSED-CLASS MEETS
(26 classes), F-18A moves to Orange, and all other Brown classes are not used. Check the meet information.

Check meet announcement for recreational and non-standard courses.

\$\$\$ FEES \$\$\$

13. Entry fee (total for both days) _____
less USOF/COF/IOF discount _____
14. Net entry fee _____
15. Late fee _____
16. Dinners (item 7) _____
17. T-shirts (item 8) _____
18. Housing/camping (item 9) _____
19. Maps (item 10) _____
20. Results (item 11) _____
21. Other _____
- TOTAL _____

WAIVER OF RESPONSIBILITY

IF YOU DO NOT FULLY ACCEPT THE FOLLOWING CONDITIONS AND DO NOT SIGN THIS WAIVER, YOU WILL NOT BE PERMITTED TO PARTICIPATE IN THIS EVENT.

I, the undersigned, know that Orienteering, as an outdoor action sport, carries significant risk of personal injury. I know that there are natural and man-made hazards, environmental conditions, and risks which, in combination with my actions, can cause me serious, or possibly even fatal, injury. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards. I also agree that I, and not the organizers and officials of this event, the US Orienteering Federation, the land owners or managers, or any sponsors, am responsible for my safety while I participate in this event.

Name (please print) _____ Signature _____

Parent or guardian must sign if entrant is under 18 _____ Date _____

Where and what are these Orienteering Clubs?

The Orienteering clubs listed here are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue and Redmond) area, while Cascade (the largest club) operates in the greater Seattle area. Ellensburg is centered in that town, Sacajawea is based in the Tri-Cities area, and the new Chuckanut O.C. is based in Bellingham. Husky Orienteering is for University of Washington students, faculty, and staff. Cascade and Sammamish clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains; the other clubs hold events in their areas. Membership is open to everyone, and entitles you to event discounts, club voting rights, and includes a subscription to Bearing 315, published six times per year.

What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for rent at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

Margie Bone	President	634-2279
vacant	Vice-President	
Sandy Kish Miller	Treasurer	782-1437
Ardis Dull	Secretary	364-4062
vacant	Event Coordinator	
Debbie Newell	Mapping Coordinator	488-7471
Aaron Charlop	Memberships	440-1497
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	634-2279
Peter Golde	Newsletter	883-3732
Mike Schuh	Executive Board	783-3960
Paul Magnus	Executive Board	522-0919
Bill Cusworth	Executive Board	322-6693
Jim Siscel	Trim Course Coordinator	778-7202
Mark Anderson	Publicity and Promotion	286-9136

Sammamish Officers and Coordinators:

Dave Tallent	President	392-3061
John Sincok	Vice President	822-3621
Valerie Enger	Treasurer	822-6254
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Kathy Trost	Memberships	271-5508

Event fees are charged on a per-registration basis: two people running together with the same map and punch card pay a single fee. Additional maps are available; the charge varies depending on the map. Fees vary, but the following are typical fees for local ("C") events with color maps. "A" and "B" meets, state championships, rogaines, and other events will cost somewhat more.

Orienteering Club Membership Application

- ☐ Cascade O.C. ☐ Sammamish O.C.
☐ Ellensburg O.C. ☐ Sacajawea O.C.

Name _____

Address _____

Home phone _____ Work (opt.) _____

E-mail _____

Family Members _____

Optional Information:

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

- Event Participation Improving Skills Writing Teaching
 Event Organization Map Making Publicity Coaching
 Course Setting Field Checking Exploration of new areas

- ☐ Family or Group \$15.00/year
☐ Individual \$10.00/year
☐ Associate (under 18) \$5.00/year
☐ Newsletter only [COC only] \$6.00/year

Mail this form, along with payment, to one of:

Cascade Orienteering	Sammamish Orienteering
P.O. Box 31375	P.O. Box 3682
Seattle, WA 98103	Bellevue, WA 98009
—OR—	—OR—
Ellensburg Orienteering	Sacajawea Orienteers
c/o Will Sperry	c/o Elis Eberlein
1006 N. Water St.	520 Meadows Drive S.
Ellensburg, WA 98926	Richland, WA 99352

Other Club Contacts:

Elis Eberlein, President Sacajawea O.C.	(509)627-0378
Will Sperry, President Ellensburg O.C.	(509)925-4816
John Beck, President Eastern Wash. O.C.	(509)838-7078
Terradan Landchild, Columbia River O.C.	(206)696-9486
Eric Bone, President, Husky O.C.	(206)634-2279
Lisa Nordlund, Chuckanut O.C.	(206)734-6712

Event Fees

Club members (any club)	\$3.00
Non-club members	\$4.00
Junior (< 18, except WIOL)	\$2.00
WIOL (school league) participants	\$3.00
First time orienteering participants	\$2.00
Families	\$1/person after first two

Meet Results and Standings

Sacajawea State Park

May 7, 1994
Sacajawea Orienteers

Meet Director, Courses: Elis Eberlein
Registration: Ivar Husa

Course 1: 1400m, Easy

1. David Sisk	25.00
2. Ian Lockhart	28.37

Course 2: 2860m, Easy

1. Ivar Husa	23.31
2. David Sisk	33.00
3. Waylon Collopy	58.32
4. Rick Collopy	63.10
5. Mike Collopy et al.	80.00

Course 3

No participants.

Drunken Charlie Lake Rogaine

May 14, 1994
Cascade Orienteering Club

Meet Director: Rick Hood
Course Design/Setting: Paul Magnus &
Bill Cusworth
Registration: L Hood
Food: Linda and R Hood
Grill Chef: Nick Bone
Timing/Results/Award: R. Hood, P.
Magus, & B. Cusworth
Marker Pickup: "DCL 2 Hour Charlie
Challenge" Held 18 May

22 Controls, 1060 maximum points,
10 points per minute late deduction.

Team Members	Points Score
3-hour men	
Ben Forward/Mike Schuh	540 540
Nick & Eric Bone	600 450
Arnie Skog/Peter Golde	360 360
Howard Halter/Blake Flynn	360 360
The Ben Hall Team	140 140
Steve & David Miner	260 100
T. Landchild/Miller	160 100

3-hour men's masters

Fred Veler/Sture Carlsson	480 480
Larry Sorrensen/Dave Tallent	300 300
Knut Olson/Dave Petty	120 120

3-hour mixed

The Rebecca Sheasley Team	260 260
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3-hour mixed masters

Don Atkinson/Ardis Dull	340 340
Bruce McAlister/Linda Hood	120 100

6-hour men

Tim Tranbarger/J. Faris	760 760
Andy Blaikklock/Jens Gundlah	740 740
Jan Urban/Brian Carrol	660 660
Eric Riggers/Tim Tuan/Van Trish	520 520
Bill MacDonald/Eric Desio	520 410

6-hour men's masters

Dan Waugh/Scharffenberg	880 880
Mark Anderson/Neil Smith	500 500
Dick and John Sheasley	380 380
Bob Reddick/Ken Lew	300 120

6-hour women

Margie Bone/SK Miller/Jene Davis	260 260
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6-hour mixed

Steve Chatwin/Kriss Dartnell	800 800
John Chatwin/Maureen Decamp	620 620
Lisa Nordlund/Dave Henken	320 320

6-hour mixed masters

Debbie Newell/Mac MacDonald	680 680
Carl & Linda Moore	520 520
Eva & Michael Corey	520 520
Sid & Jan Whaley	480 480
Scott & Shirley Donald	320 320

Sage Stomp

Kamloops, B.C.
May 21-22
Sage Orienteering Club

Course 3

FOpen	Day 1	Day 2	Total
2. Pam Carlsson	88:41	76:55	165:36
4. Anne York	122:07	71:41	193:48
Karen MacDonald		DNF	DNS

Course 4

M55			
1. Sture Carlsson	47:25	48:57	96:22
M65			
1. Ken Lew	86:00	69:29	155:29
MOpen			
3. Harvey Friedman	94:10	96:15	190:25

Course 5

FOpen			
1. Ardis Dull	87:24	79:52	167:16
M45			
2. Fred Veler	56:55	53:27	110:22
3. Gary McCausland	68:28	68:14	136:42
5. Mac MacDonald	78:52	82:44	161:36
8. Scott Coble	88:22	86:16	174:38

12. John Beck	150:54	138:42	289:36
Robert Miller	107:35	DNF	

MOpen

2. Don Atkinson	80:39	77:27	158:06
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F21B

1. Lisa Nordlund	108:48	126:57	235:45
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F35

1. Sandy Kish Miller	94:00	118:19	212:19
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Course 6

MOpen

Dave Henken	DNF	DNF	
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Course 7

F21

2. Debbie Newell	75:32	121:16	196:48
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M21B

1. Jan Urban	67:15	86:50	
	154:05		

M35

1. Dave Tallent	94:10	157:34	
	151:44		
Mike Schuh	81:57	DNF	

Course 8

M21

4. Eric Bone	72:07	89:40	161:47
8. Peter Golde	123:55	165:15	289:10

Lake Sammamish State Park

May 25
Sammamish Orienteering Club

Meet Director: Dave Enger
Courses: Arne Skog
Timing: Arne Skog
Barbecue: Sally VanderZee

Course 1 (1.1k)

Matej & Anna Urban	13:25
Jean Lee	15:50
Maria Zamunzo	22:00
Mike Schuh/Emilio Phelan	23:50

Course 2 (1.7k)

David Stainsby	23:18
Bob Reddick	31:05
Holly Atkinson	36:48
Emilio Phelan/Mike Schuh/Katie	47:45
David Hutchins + 1	71:55
Carol Hubbard + 1	87:00
Karen Dixon + 1	87:30

Course 3 (3.1k)

Howard Halter	27:26
Jana Urbanova	30:55
Ardis Dull	32:55

Don Atkinson	33:30
Ron Brown	33:40
Chris Schreiner	34:50
Ken Lew	36:48
Margie Bone	48:05
Max Wells	52:00
Jean Lee	DNF

Course 4 (5.9k) (Courses 1+2+3)

Name	1	2	3	Total
Eric Bone	4:52	14:14	21:05	40:11
Mark Howlett	4:45	14:20	21:27	40:32
Paul Magnus		20:50		41:21
Bill Cusworth	7:37	17:09	22:26	47:12
Jan Urban	5:56	21:02	22:00	48:58
Peter Golde	5:38	18:17	26:25	50:20
Debbie Newell	5:55	19:27	25:23	50:45
Eric Riggers	11:56	24:24	37:40	74:00
Larry Sorenson				76:04
Brian Carroll				83:42
Chris Lum				DNF
Tim Tuan				DNF

Luther Burbank Park

June 16

Sammamish Orienteering Club

Meet Director: Bob Reddick

Courses: Mark Howlett

Registration: Bob & Pat Reddick

Timing: Mark Howlett

Refreshments: Valerie Enger

Special thanks to Ardis Dull for lending her help when it was badly needed.

Course 1 (1.6k, 9 controls)

Craig Johnson	14:45
Urban family	17:40
Matt Wilson	17:52
Jamie, Savannah, & Ashley Baber	48:00

Course 2 (2.3k, 13 controls)

Dave Enger	15:40
Ralph Caldwell	30:18
Urban family	31:35
Melvin Rader	32:10
Barndon Yamamura	35:33
Tony & Ann Amort	41:20
Matt Wilson	41:45
Monica Maggio	44:29
Danielle & Ted Wood	45:10
Sarah Draper	47:23
Courtney Lalla	50:30
Woods/Cummins Group	51:57
Kristina & Sam Rodriques	59:58
Irene Smith & Dawn Wilkerson	68:18
Mia & Jean	81:00

Course 3 (3.0k, 14 controls)

Paul Magnus	14:49
Eric Bone	15:00
Bill Cusworth	15:57
Peter Golde	16:47

Dave Tallent	16:47 (16:52)*
Nic Bone	18:00
Debbie Newell	18:19
Dave Enger	18:21
Jan Urban	19:12
Jana Urbanova	20:44
Howard Halter	21:33
Chris Schreiner	21:50
Bob Williamson	22:38
Walter Wasserfallen	22:55
David Stainsby	23:23
Chris Lum	23:29
Eva & Michael Corey	23:40
Sture Carlsson	24:22
Biran Carroll	24:39
Don Atkinson	26:05
Ardis Dull	26:15
Wyatt Riley	26:18
Ken Lew	31:45
Christopher Hammond	31:54
Jesse Baber	35:40
Randy Coe	38:02
Cyprian Ogbu	38:10
Danielle Abbott & Thomas Clark	50:40
Don Theophilus/Max & Lindsay Wells	64:40

Cornwall Park

June 4

Chuckanut Orienteering Club

Meet Director: Lisa Nordlund

Courses: Dave Henken, Lisa Nordlund

Registration: Dave Henken

Start/Finish: Johanne Klepsch

Course 1 (1.1km, 7 controls)

Jan/Jana Urban	9:03
John/Joel Durahm	36:00
Janet Evans	map hike

Course 2 (1.6km, 11 controls)

Sven Stroosma	17:15
Bob Kirchiv	30:13
Julie/Rob Robinett	41:38

Course 3 (1.8, 13 controls)

Mike Schuh	17:49
Jan Urban	22:04
Jana Urbanova	24:46
Sven Stroosma	29:36
Robert Kirchiv	29:36
Kathy O'Connell	33:24
Erwin Stroosma	37:00
Ona Kirchiv	43:24
Tjalling Ypma/and	112:32

Family

Carl Moore	DNF
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U.S. Championships

June 22-23

Anchorage, Alaska

Numbers in parentheses indicate U.S. placing.

BLUE COURSEM21A

13(8) Bill Cusworth	158:38	118:30	277:08
18(10) Peter Golde	173:31	162:08	335:39

RED COURSEF21A

7(4) Debbie Newell	96:17	79:13	175:30
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M20A

2(1) Eric Bone	57:18	62:24	119:42
3(2) Nic Bone	79:54	125:41	205:35

M35A

Mike Fritz	DSQ	83:56	
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M40A

2(2) Dave Enger	72:08	73:23	145:31
5(5) Mike Schuh	95:57	100:04	206:01
7(7) Dave Tallent	112:18	122:30	234:48

M21B

1(1) Frank Skorina	78:05	109:57	188:02
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GREEN COURSEF40A

5(5) Margie Bone	91:39	171:34	263:13
6(6) Sandy K. Miller	120:28	158:34	279:02

F45A

3(3) Vivien B. Fritz	90:40	98:47	189:27
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F55A

2(2) Linda Moore	137:29	153:07	290:36
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M18A

1(1) Eric Riggers	106:20	138:46	245:06
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M50A

2(2) Fred Veler	77:00	72:31	149:31
6(6) Don Atkinson	99:23	99:20	198:43
7(7) Michel Billaux	121:20	93:20	214:40

M60A

4(3) Carl Moore	92:30	109:32	202:02
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M45B

1(1) Robert Miller	97:48	91:43	189:31
3(3) Dave Petty	133:21	132:23	265:44

BROWN COURSEM50B

1(1) Harvey Friedman	74:13	92:10	166:23
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M65A

2(2) Knut Olson	66:59	75:26	142:25
4(3) Ken Lew	86:50	73:32	170:22

FOpen

Holly Howard	161:35	DSQ	
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F45B

1(1) Anne York	89:58	117:53	207:51
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ORANGE COURSE

4(3) Randy Coe	113:22	123:34	236:56
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YELLOW COURSE (FOpen)

7(7) Liliane Billaux	95:26	215:13	310:39
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PNW Rankings

Rankings cover 30 local events from May 1, 1993 to May 1, 1994. Only the longest course at each event was used. Computed by Bill Cusworth.

	Name	Days Ranked	Ranking
1	Rune Hoel	5	100.0
2	Eric Bone	6	93.2
3	Paul Magnus	9	89.99
4	Ben Hall	6	89.95
5	Mark Howlett	10	88.7
6	Dave Enger	9	83.1
7	Bill Cusworth	13	80.3
8	Rick Breseman	8	79.9
9	Arne Skog	6	78.5
10	Mike Miller	5	75.3
11	Debbie Newell	11	71.9
12	Harald Gundersen	5	70.0
13	Jan Urban	14	69.6
14	Dan Waugh	4	68.7
15	Fred Schmitt	4	68.2
16	Peter Golde	11	67.6
17	Sture Carlsson	5	67.2
18	Mike Schuh	4	67.1
19	Steve McConnell	6	67.0
20	Howard Halter	5	64.1
21	Fred Veler	7	64.0
22	Arne Lund	4	62.8
23	Mac MacDonald	8	62.5
24	Mike Fritz	4	62.3
25	Nick Bone	7	61.8
26	Dave Tallent	7	60.24
27	Jana Urbanova	9	60.18
28	Howard Halter/Blake Flynn	4	59.7
29	Chris Schreiner	4	58.1
30	Sandy Kish Miller	8	56.3
31	Carl Moore	6	55.8
32	Don Atkinson	8	55.0
33	David Stainsby	4	53.9
34	Mark Anderson	8	53.3
35	Ardis Dull	7	48.0
36	Aaron Charlop	4	47.44
37	Sid Whaley	6	47.38
38	Marti Anderson	5	45.6
39	Marchal Magee	4	45.4
40	Jackie Ritmire	5	45.0
41	Eva & Michael Corey	6	44.8
42	Lisa Nordlund	5	43.5
43	Linda Moore	5	43.2
44	Eric Riggers	4	42.9
45	Ken Lew	10	42.1
46	Steve Frederickson	5	41.5
47	Chris Burns	4	41.4
48	Ellen Boomer	6	40.3
49	Jim Siscel	6	38.0
50	Margie Bone	4	34.6

Beyond Orienteering

Mark Hartinger (COC) completed the Western States 100 Trail Run in California on June 26. Mark overcame nausea to complete the course in 27:04 (that's 27 hours) and receive a coveted finishers belt buckle, awarded to those who finish in under 30 hours. Mark had to drop out of the race last year and was determined to finish this year. He has trained for 2 years and should be congratulated for his impressive accomplishment.

Debbie Newell won the women's division at the Park to Park 8k in Olympia on May 31 (34:45 on a hilly course), the Midnight Solstice 5k (20:59 on trails) in Anchorage, Alaska on June 21, and the Sultan Shindig 10k (42:04) on July 9.

On Wednesday, May 11, the Husky Orienteering Club won the University of Washington All-University Intramural Track Meet. Our nickname was "The Navigators." We were a force to be reckoned with as we received a ribbon in every event we entered, taking approximately half of all ribbons given out. They each received an intramural sports T-shirt for winning. The individual results follow:

Event	Place	Time	Name
100 m	2	14.7	Rune Hoel
200 m	4	27.0	John Whitmer
400 m	3	57.5	Paul Magnus
800 m	1	2:08	Eric Bone
	2	2:27	Bill Cusworth
1600 m	1	4:33	Paul Magnus
	3	4:48	John Whitmer
3200 m	1	10:12	Eric Bone
	4	11:25	Bill Cusworth
4 X 400m	2	4:06	Rune-Bill-Eric-John
Long Jump	3	16'0"	Eric Bone
	4	15'7"	Bill Cusworth
Triple Jump	2	34'3"	Paul Magnus
	3	30'8"	Bill Cusworth
High Jump	3	5'0"	Paul Magnus
Shot Put	3	31'6"	John Whitmer
	4	?	Rune Hoel
Discus	4	60'	Eric Bone

Upcoming Orienteering Events

(call 783-3866 for latest information and details)

Date/Time	Location and Comments (events close to Seattle in bold)	Type	Club	Map	Contact
JULY					
Sat., July 16 10am-noon	Informal training event, Hamlin Park, N. Seattle. Exit I-5 at NE 145th, W to 15th Ave. NE, N to 160th.	X	COC	1:10000	Bill Cusworth (206)322-6693
Sun., July 17 noon-2pm	Battleground Lake State Park, Battleground.	C	CROC		T. Landchild (206)696-9486
Sat., July 23 10am-noon	Lincoln Park, Spokane.	C	EWOC		John Beck (509)838-7078
Sat., July 23 10am-noon	NAD Park, Bremerton. N on SR 304 from ferry to SR 310 to West SR3, South on Austin Drive to park.	C	COC	color 1:5000	Bill Cusworth (206)322-6693
Sun., July 24 10am-noon	Trollhaugen, near Snoqualmie pass. South from Exit 62 on I-90.	C	COC	color 1:15000	Mike Schuh (206)783-3960
July 30-31 11am-1pm	Ros-Elum Ridge, near Cle Elum. Follow directional signs from Cle Elum High School, between Roslyn and Cle Elum just off I-90 east of the pass.	B	SAMM	color 1:15000	John Sincok (206)822-3621
AUGUST					
Sat., Aug. 6 10am-noon	Informal training event, Hamlin Park, N. Seattle. Exit I-5 at NE 145th, W to 15th Ave. NE, N to 160th.	X	COC		Bill Cusworth (206)322-6693
Sat., Aug 6 10am-noon	Manito Park, Spokane.	C	EWOC		John Beck (509)838-7078
Sun., Aug. 7 2pm	St. Edward Park fun run. Orienteering run to Don's house followed by putluck picnic. Arrowhead school, Juanita Drive N of park, Bothell.	C	COC	1:10000	Don Atkinson (206)488-0270
Wed., Aug 10 5:30pm-7:00	Robinswood Park, Bellevue. Take 148th Ave. north from I-90, park is on east side of road.	C	SAMM	color	Dave Enger (206)822-6254
Sat., Aug 20 noon-2pm	Happy Valley Tree Farm, Albany, OR	C	CROC		T. Landchild (206)696-9486
Sun., Aug 21 10am-noon	Riverside High School, Chattaroy, WA.	C	EWOC		John Beck (509)838-7078
Wed., Aug 24 6-7:30pm	Informal training event, Hamlin Park, N. Seattle. Exit I-5 at NE 145th, W to 15th Ave. NE, N to 160th.	X	COC		Eric Bone (206)634-2279
SEPTEMBER					
Sept. 3-4	BC Orienteering Championships, Prince George, BC.	A	PGOC	color 1:15000	Gayle Wannop (604)562-8920
Sept. 10-11	USOF Short Course Champs, Individual "A" event, Cle Elum Ridge, Cle Elum, WA. Pre-registration required. See flyer this issue.	A	COC	color 1:15000	Rick Hood (206)367-2606
Wed., Sept 14 6-7:30pm	Informal training event, Hamlin Park, N. Seattle. Exit I-5 at NE 145th, W to 15th Ave. NE, N to 160th.	X	COC		Eric Bone (206)634-2279
Sat., Sept. 17 register 10-11	"Return to Cle Elum Ridge". 2 hour Score-O event. Mass start 11am. Same event location as above.	C	COC	color 1:15000	Peter Golde (206)883-3732
Sat., Sept. 24	6 hour Rogaine, Stage Lake, Kamloops, BC.	X	SAGE		Doug Smith (604)372-3401
Sat., Sept. 24 10am-noon	Magnuson Park, Seattle. Off Sand Point Way near NE 65th St.	C	COC	color	
Sun., Sept. 25 10am-noon	Lake Sammamish State Park, Issaquah. I-90 east from Seattle, exit at Hwy. 900 and north to park.	C	SAMM	color 1:10000	Dave Enger (206)822-6254
OCTOBER					
Oct. 1-2	Inland Empire Cup and Washington State Championship. Riverside State Park, Spokane.	B	EWOC	color 1:15000	John Beck (509)838-7078
Sat., Oct. 8 10am-noon	Fort Casey State Park, Whidbey Island. Take Mukilteo-Clinton ferry, then highway north from ferry. Or take ferry from Port Townsend; walk to park.	C	COC	color 1:7500	
Oct. 15-16	Mount Douglas, Victoria, Vancouver Island, B.C.	B	VICT	color 1:10000	S. Kajewski (604)385-5590
MAJOR NATIONAL EVENTS (See Orienteering North America for additional listings)					
Aug. 13-21	Canadian Champs, North American Champs, O-Fest, USOF Convention	A/X	ROC	1:15000	(716)865-2161

CLUBS:

COC: Cascade Orienteering Club
EWOC: Eastern Washington O. C.
CROC: Columbia River O. C.
HUSK: Husky O. C.

SAMM: Sammamish O. C.
EOC: Ellensburg O. C.
SACO: Sacajawea O. C.
SAGE: Sage O. C., Kamloops B.C.

NISQ: Nisqually O. C.
CHUKO: Chuckanut O. C.
GVOC: Greater Vancouver O. C.
VO: Victorienteers

MEET TYPES:

C: Regular local meet
B: Large local meet, more courses
A: National-level meet, must preregister
X: Special event

United States Orienteering Federation

P.O. Box 1444

Forest Park, GA 30051

MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

As a U.S. Citizen or U.S. Resident, I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the IOF. Please print.

Date _____ Yr. Born _____

Name _____

Address _____

Home Phone (____) ____ - _____

If family membership, list other persons:

Name	Year Born
_____	_____
_____	_____
_____	_____

Member of a chartered club? Club _____

- ☐ Individual \$25 member of a chartered club
☐ Individual \$30 at-large
☐ Family \$30 members of a chartered club
☐ Family \$35 at-large
☐ Student \$10 (21 & under)
☐ Junior \$5 (18 & under/no vote/no magazine)
☐ Individual Life \$300 ☐ Couple Life \$450
 For mailing O/NA overseas (except APO & FPO):
☐ \$5 extra surface ☐ \$25 extra airmail

What is USOF?

Often in this newsletter, or in orienteering conversation, you will hear references to "yousoff," and you may have seen the magazine "Orienteering/North America." But why do they need so much money, you ask? We charge \$10/year for local dues, so why should it cost an extra \$25 to join an organization that doesn't seem to do much? The answer, of course, is that USOF does quite a bit.

The largest part of USOF dues goes for the O/NA subscription. This is not only a great source of information, it is well written and edited, and has many articles of general interest on health, exercise, and training. From time to time, we reprint articles from O/NA, and there are always copies available at major meets and club meetings. Most of the rest of USOF dues goes to pay for insurance. Although we, as individuals, might be willing to waive insurance, virtually all land owners, both public and private, require insurance as a precondition even to talking about using their land for orienteering. USOF members get a small rebate, about \$2 per national meet, to help balance out the insurance, but, basically, USOF subsidizes our meets. Without USOF, I doubt that either Cascade or Sammamish could afford the insurance to hold another meet.

So we encourage you not only to join your local club, but to join and support USOF. The magazine along is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501(c)(3) corporation. Which means that donations, including out-of-pockets costs, are fully tax deductible. JOIN NOW!

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