BEARING 315

The Newsletter of the Cascade Orienteering Club

March-April 1989

How To Participate in the Centennial Games

The Washington Centennial Games will take place in Spokane this summer from August 10-13. The Centennial Games organizers have divided the state into 8 zones, from which 50 official Games competitors will be selected. Each zone has a representative, who is responsible for making sure that all orienteers in his/her zone know about the Centennial Games and how to participate. There will three categories for both men and women: Junior (13-20); Open; and Masters (over 35).

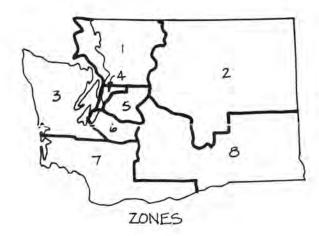
Qualifying Meets

Because we are allowed only 50 official competitors, four meets have been designated to select participants:

Bridle Trails Park, February 25 (Juniors only)
Easton Grade, June 4
Pt. Defiance Park, June 10
Drunken Charlie Lake, June 17

At each qualifying meet, the top 2 finishers in each category will automatically qualify for the Centennial Games. If additional competitors are needed, the 8 zone representatives, the State Chairman, and the Meet Director will select them, with the goal of ensuring that participants represent a wide range of ages and geographical origins. The zone representatives, State Chairman, and Meet Director are listed below with their phone numbers. If you have any questions about how to participate in the Games, please call any of them.

Zone 1	Amy Loomis	(206) 378-2596
Zone 2	Scott Coble	(509) 328-4220
Zone 3	Rick Neidhardt	(206) 754-1759
Zone 4	Betty Berreth	(206) 546-2128
Zone 5	Dave Lilly	(206) 454-4136
Zone 6	Pat Albright	(206) 549-2736
Zone 7	Peter Kehoe	(206) 256-5328
Zone 8	Nancy Oakes-Width	(509) 925-5873
	Debbie Newell	(206) 488-7471
Meet Director	Mike Tharp	(206) 459-9231



COC President Resigns

Arnold Kay, newly-elected COC president, has resigned his position due to job commitments. Although his term as president has been short, Arnold has been the club's equipment coordinator for several years, and has contributed his time to Cascade in many other ways. We appreciate the time and effort he has spent, and hope his job won't keep him from participating in meets.

Of course, this means that the office of President is open to anyone who wants it. If you are interested in taking over as President, please call Doug Sprugel at 365-8742.

Nutrition Talk March 22

Reserve your evening Wednesday,
March 22 for an exciting, enlightening, and informative talk on Nutritional Intervention! Guest speaker
Francis DiBiase will be at the University Branch Library (50th & Roosevelt,
Seattle) to talk about how nutrition affects athletes, particularly orienteers.
Fran will also touch upon
micro/macro nutrition and overall
diet structure. As an added bonus, he
will discuss the immune system and
how to cope with stress. So, come
one, come all. Bring your friends and
neighbors and all your questions for Fran.

Meet Results

WOODLAND PARK - Januar	ry 14	Gabe Wingard	16:42	Tony Byrne	101:0
Meet Director: Doug Sprugel		Frank Medina	16:46	Knut Olson	103:0
Course Designer And LLK		Matthew Chapman	17:13	Dick Eitel	122:00
Course Designer: Amold Kay		Keith Bittner	18:31	Eileen Breseman	
Registration: Laura Morin		Rachel Tharp	18:37	Scott Lewis	123:00
Starts: Gillian Teicher	512	Scott Winder	18:48	Dale Width	131:00
Finish: Steve Layman and Was	de Grass,	Melissa Moffett	18:53	Date Width	142:00
Katie Sprugel		Carl Moore	18:59	U. OF WASHINGTON - Feb. 1	
Control Pickup: Debbie Newell	, Kathy Trost,	Scung Kang	19:15	C. OF WASHINGTON - Feb. 1	2
Angela, Nick, & Dave Tallent,	Steve Layman,	Kelly Nah	19:23	Maat Disease A II D II	
Wade Grass		Susie Carver	20:27	Meet Director: Ardis Dull	
Weather: Cold		Maika Manring	20:27	Course Design: Jeff Coker, Thur	ston Miller
		Lee Lopez	21:04	Registration: Tim Vargo	
Course I (1.1 km, 8 controls)		Joseph Ho	21:22	WIOL Registration: Pat Albright,	Mike Than
Holmes/Peterson	7:40	Randy Garman	21:22	Start: Scott Elich	
Dave Petty	10:33	Austin Appleby		Finish: Judy Cohen	
Steve Avolio	11:34	Mike Hall	21:29	Marker Pickup: Dave Lilly & me	et staff
Miller/Tanaka	12:46	Danielle Wolfrom	22:26	Action and the second of	
Boon/Stocker	13:23	Brooks Driest	22:34	Course 1 (1.8k, 8 controls)	
Duane McCormick	15:04	Truong Vo	22:46	Paul Herber	14:44
Wade Grass	16:33	Adam Winterhouse	22:55	Jim & Karen Siscel	18:49
	10.00	Jeff Wax	23:27	Dick Diesner	24:43
Course 2 (2.1 km. 10 controls)		D. Wingard	23:34	Erik Ellis	30:50
Jeff Coker	11:09	Jason Mayer	24:34	Paul Lander	39:11
Mike Schuh	13:12	Carl Daniel	24:51		
Dave Dummeyer	13:13	Carl Bryant	25:01	Course 2 (2.9k, 11 controls)	
Arne Lund	14:38	Lem James	25:25	Bob Williamson	22:48
Doug Sprugel	14:40	Heather Sorg	26:22	Roger Sharp	28:35
Eileen Breseman		Tony Willis	26:22	Paul & Steve Herber	30:26
Thurston Miller	14:50	Steve Menghini	26:37	Linda Botich	48:24
Martin Mellish	15:07	Bob Becker	27:12	Dave & Willie Enger	51:29
Rick Donaldson	15:55	Shawn Perkins	28:45	George & Nancy Lilly	75:40
Appleby/Pham	16:29	Kelly Hoff	28:54	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	73.40
Sandy Kish Miller	16:37	Lisa Navarrete	29:41	Course 3 (5.3k, 15 controls)	
Sean Olmsted	16:48	Ellen Boomer	31:37	used both campus and Union Bay	mana
Roger Stocker	16:57	Jessica Baines	35:09	Dave Lilly	32:06
Bob Williamson	17:02	Sarah Fielder	36:57	Sean Olmstead	
Ardis Dull	17:53	Amber Hoff	36:57	Rick Donaldson	35:53
John Lilly	18:10	Hyosook Byun	41:12	Eileen Breseman	36:30
Harvey Friedman	18:36	A. Emmett	44:52	Mac MacDonald	39:32
Kean Williams	18:46	Tri Vo	46:22	Dave Tallent	40:07
Katie Sprugel	18:47			Rick Breseman	40:40
Bob Berreth	19:26	CLE ELUM RIDGE SKI-O	- January 22	Toby Barnes	41:58
	20:11	brought to you by Arnold Kay	, ALLES 6.33	Bob Williamson	42:23
Phil Everett	20:12			Doug Sprugel	44:22
Robert Miller	20:24	Meet Director, Course Design	er Course Set	Ed Holmes	44:56
Michelle Everett	20:47	ter, Registration, Start, Finish	Arnold Kay	Bob Reddick	45:13
Ed Holmer	21:14	Marker Pickup: Tom Slocum,	Rob & Pat		46:21
Ken Lew	22:54	Reddick	DOD & Pat	Bob Becker	48:11
Chris White	23:49			Robert Miller	48:37
Dina Boon	23:55	The weather was great! There	11100 0 2 2 2 2 2 2 2	Harvey Friedman	49:33
Bob and Suzy Lynch	24:59	finish by Scott Lewis, who dec	was a great	Sandy Kish Miller	50:13
Mac MacDonald	25:23	over a fonce with his alie	ided to climb	Tim & Wendy Vargo	53:21
Bruce McAlister	26:36	over a fence with his skis on ar	id did a great	Steve Herber	53:52
Mihoko Tanaka	31:02	impression of a human pretzel.		Dave Peterson	54:08
Dave Peterson	35:52		Arnold Kay	Arne Lund	57:43
Avolio/McCormick	36:26	0		Anne York	61:12
Dick and Roberta Diesner	36:48	Course 1 (4.7k, 6 controls)		Ken Lew	66:52
Vernon Oshiro	37:04	Andy Stevenson	122:00	S. Layman/L Morin/W. Grass	69:41
Nancy and George Lilly		Bob & Suzy Lynch	101:00	Craig Abramson	78:04
Dave Tallent (marker pickup)	41:54	Bob & Pat Reddick	untimed	Dave Dummeyer	
marker pickup)	12:39		1.000000		DSQ
WIOL COURSE (2.1 km. 11 contr		Course 2 (6.7k, 8 controls)		WIOL B	
Nathan Tharp		Tom Slocum	64:00	Susie Carver (Garfield)	00.00
Thanh Pham	12:07	Ross Burnett	67:00	Maika Manring (Garfield)	25:50
Mike McNamara	14:51	Fred Veler	72:00	Edward Wakataka (W. 1.	27:49
	16:23	Rick Breseman	88:00	Edward Wakatake (Washington)	28:17
Jason McDermott	16:39	Dave Lilly	92:00	Amanda Monarko (Washington) Ben Charles/Ron Simmons (Yelm)	28:20
	100000000000000000000000000000000000000		72.00	Dell Charles/Ron Simmone (Valm)	28:57

ROGAINE U.S.A. - 89 May 13-14, 1989

ROGAINE Team Entry Form - ROGAINE USA-89 near Cle Elum, Washington State

NAME:	Age on May 13, 1989	
ADDRESS:	M F (circle one)	
CITY:		
STATE/PROVINCE	the state of the s	
ZIP/POSTAL CODE:	TELEPHONE: ()	
NAME:	Age on May 13, 1989	
ADDRESS:	M F (circle one)	
CITY:		
STATE/PROVINCE		
ZIP/POSTAL CODE:	TELEPHONE: ()	
NAME:	Age on May 13, 1989	
ADDRESS:	M F (circle one)	
CITY:		
STATE/PROVINCE		
ZIP/POSTAL CODE:	TELEPHONE: ()	
NAME:	Age on May 13, 1989	
ADDRESS:		
CITY:		
STATE/PROVINCE	4.5 2024 5.00	
ZIP/POSTAL CODE:	TELEPHONE; ()	
Check your event: 12-Hour () 24-Hou	ur()	
Check your team category: Men 18+ () Women () Masters 40+ ()	
Novice/Family/Group	() - oldest age =	
If military team competing in Adventu Military Unit, Address, and Post/Zip (rre Challenge, fill in: Code:	

FEES: \$20.00/person for first two members; \$10.00/person for added persons; Free to kids under 12 in group team. We need your early registration, so a \$10.00 late fee per team applies to all who register after APRIL FIRST. Make your payments in US dollars or fair equivalent by check payable to WSOA, P.O. Box 111977, Tacoma, Wa 98411-1977. Write for further info here.

Fees include hot and cold food served from about 3 PM Saturday thru 11:30 AM Sunday, 2 maps and descriptions per team, eligibility for awards and draw prizes - plus a great, challenging ROGAINE! If you enclose a self-addressed large envelope, we'll send upon receipt of this form and your fees a confirmation and package of information and sample courses.

CANCELLATION AND CHANGES IN ENTRY: A fee of \$5.00 per person will be charged for any cancellation made before May 1st, after which no refunds can be given. Name changes are permitted until the 8:00 AM Saturday on-site check-in and map issue.

All members of each team must sign a Waiver Form at the base camp site before embarking on the course. It releases WSOA, sponsors, and the landowners from any responsibility for risks and hazards on the course. You may obtain a copy in advance if you so request. Please read and heed the recommendations for equipment to take along,

which you'll get upon registration.

EVENT DESCRIPTION: This First ROGAINE to be held in the United States is a part of the Centennial celebration for our State. Entrants will gather at a base camp in the Cascade Mountains near Cle Elum either Friday night or Saturday morning to await the issuance of the maps and course descriptions promptly at 8 AM. Teams then have two hours to study their maps, choose routes and decide on needed supplies, and otherwise prepare. At 10:00 AM all teams begin their navigation to as many pre-set controls at locations shown on the map during the 12 or 24 hour period of their event. Teams may return to the camp at any time to eat, rest, or socialize at the campfire.

To win in your category, you try to amass the most points by reaching as many controls as possible, including some high-point ones way out/up/down there, in the Wenatchee Forest covering some 100++ square kilometers of terrain. There will be at least 40 controls plus one mystery control to locate. Most teams will find the competition secondary to the experience of doing long-distance navigating in great surrounding, including perhaps some night map and compass work. The wisest ones probably will head for the campfire about dark and enjoy the comradeship and rest, then watch the 10 PM finish for the 12-hour, and then get up if they must to finish off a few more controls the next morning. The hard-core ROGAINERS will first be seen again about 10 minutes before the finish time, running/dragging themselves in to avoid the outrageously high penalty points for being late. No one will separate from their partner(s) during the event, since this means instant disqualification.

The team categories allow for many approaches to this event: the MEN, WOMEN, AND MASTERS teams can be expected to have many runners/orienteers who will score high; some MIXED and NOVICE/FAMILY/GROUP teams will be out just for the fun of it; and many will choose to take full advantage of the food and base camp social scene. Most will try some night navigation.

The MAP will be a USGS 2-color 1:24,000 scale with 40 foot contours (yes - those squiggly lines that spell DOOM to those out of shape!) The map with pre-marked control, plus a description sheet will be issued to all registrants at 8 AM on Saturday, May 13th at the base camp (note to Aussies - that's the Hash House!) Late registrants mark their map from a master map.

The official start is 10 AM, so you have two hours to plan (overestimate) the number of control locations you'll go for, and how you'll get there. At each control you'll find a regular Orienteering White/Orange nylon bag, plus a signin log sheet where you report your arrival time, team number, and where you intend to head next. These log sheets could be of immense value later to the Search and Rescue folks in case you don't come back at the Finish time (10 PM for the 12-hour, 10 AM Sunday for the 24-hour).

Food and water will be available thru most of the event, and the awards ceremony and drawing for prizes for those who got back and are still around will begin about 11:00 AM on Sunday. If you're a 12-hour ROGAINE winner, and

have to leave that night, we'll mail your award.

You'll get more information in your registration packet, but for now plan to bring and carry with you appropriate clothing for unpredictable mountain weather conditions (from high 80s to low 40s in a few hours), basic survival and first aid kits, whistle (a loud one) and a compass you know intimately! You must also carry emergency food and water, plus water purification means in case you can't reach our water points. The fairly central base camp will have space for tents, nearby car parking, toilets, and drinking water but no running water. You may set up camp and loop out and back several time from here, or take gear for an overnight anywhere on the map. This is a primitive area, so expect to see wildlife, but bring no pets of your own. Precautions against fire, contamination, or littering of our National Forest must be taken by all.

For further information, contact:

WASHINGTON STATE ORIENTEERING ASSOCIATION PO BOX 111977 Tacoma, WA 98411-1977

ROGAINEROGAINEROGAINEROGAINEROGAINEROGAINEROGAINEROGAINE

A 0 1	
Joseph Ho (Wilson)	34:12
Cheri Peterson/S. & J. Rowlands (Y)	35:58
Brian Sheets/Mike Dilworth (Yelm)	36:58
A. Emmett/C. Harmon (Timberline)	38:34
E. Boomer/A. Jansen (Wilson)	44:29
Jessica Baines (Wilson)	54:49
WIOL A	
Nathan Tharp (Timberline)	34:10
Gabe Wingard (Gig Harbor)	37:09
Lee Lopez (Bremerton)	39:17
Mike McManamna (Bremerton)	39:19
Keith Bittner (Bremerton)	40:37
Randy Garman (Wilson)	43:25
Thanh Pham (Wilson)	44:51
Melissa Moffett (Stadium)	46:00
Rachel Tharp (Timberline)	47:48
Dat Nguyen (Timberline)	48:55
Scott Winder (Gig Harbor)	49:10
Jason McDermott/Kurt Roberts (Yeln	
Jessica Baines/Ellen Boomer (Wilson	n)98:25
WIOL CHAMPIONSHIPS	
Bridle Trails State Park - February 2	5
Course B (2.5k, 7 controls)	
Females	
Kelly Nah	31:20

Males	
Seung Kang	28:13
Toby Willis	31:30
Lem James	37:57
Course A (3.6k, 9 controls)	
Females	
Rachel Tharp	47:34
Melissa Moffett	47:42
Natalie Payne	110:31
Males	
Jason McDermou	38:37
Nathan Tharp	39:26
Bill MacDonald	40:07

Danielle Wolfrom

Shawn Perkins

Baring My Bearings

Am I nearer or farther from where I should be The miles I've used are not amused I traveled haphazardly The precious time our daily day and night just slip away I haven't reached my future yet my map won't read that way Place myself within the grid familiar surroundings please I'm not fatigued or lost just yet I see locks but have no keys Turn left then north or right then south are they one and the same It's funny how my lifestyle seems so much like this game The clock says go and I begin until the race is done If only I could draw the map the way I want to run

Matchmaker, Matchmaker

Would you like to participate in the ROGAINE on May 13-14, but just can't find the right partner? Dave Lilly may have the solution to your problem. Just let him know what you're looking for in a ROGAINE partner and he will try to match you with the ROGAINEr of your dreams. Call Dave now at 454-4136.

1989 Western States Orienteering Championships

September 9-10

Moran State Park, Orcas Island

look for details in future issues of "Bearing 315"

Ellensburg Elects Officers

Bearing 315's Eastern Slope Correspondent, Ellensburg Orienteering Club's Dale Width, reports that EOC has elected its 1989 officers. Serving this year are: Betty Wiberg, president; Dale Width, vice president and event chair; Addie Graaf, secretary; and Sally Evans, treasurer.

Cascade Chatter

-Roger Stocker

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 25 February 1989. Words of both thanks and welcome go to the following new or renewing club members: Betty Berreth family, Rick & Eileen Breseman, Paul Bullard, Ardis Dull, Scott Elich, Dave Enger family, Jim Gallant & Deb Danner, John Huth (yes, even though he is living in Nevada), Kent Jameson, Ken Knapp & Katherine Schubert-Knapp, Steve Layman & Laura Morin, Ken Lew, Amy Loomis family, Matti Löppönen (yes, even though he is living in Georgia), Bruce McAlister, Jim McNamara, Robert & Sandy Kish Miller, Carl Moore, Debbie Newell & Arnold Kay, Dot Newell, Robert Olsen, Jan Vrana, Dan Waugh, Melanie Wheeler, Ken Wiljanen, and Bob Wiliamson.

37:07

42:06

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-luck, 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. Unfortunately, I couldn't come up with any for this issue. Since I am so involved with World Cup 1990, I don't seem to be talking to as many folks as I used to, so I need help with compiling items of interest for this column. If you want more news about people in the club, you'll have to write something or be sure to tell me something that is for this column.

Schedule

Date/Time	Location	Type	Club	Map	Information
Sat-Sun	* Pt. Grey, Vancouver, B.C.	В	OABC	color	Mark McMillan
MAR 4-5 Sat, March 11	University of B.C. campus and endowment lands			1:15.000	(604) 261-6141
10-12 noon	Lake Tradition, Issaquah I-90, Front St. exit	C	COC	color	Doug Sprugel
Sat-Sun	Spring-O, Royal Roads Military College,			1:15,000	(206) 365-8742
MAR 18-19	Victoria, B.C.	A	VO	color	Bob Rutherford
Sun, MAR 19	Island Crest Park, Mercer Island	_		1:15.000	(604) 721-3741
10-12 noon	I-90 exit 7. Island Crest Way at S.E. 58th St.	C	SAMM	color	Dave Enger
Wed, MAR 22	* General Meeting, University Branch Library,	-	000	1:7,500	(206) 822-6254
7:00 p.m.	50th & Roosevelt		COC		Doug Sprugel
Sat-Sun	U.S. Intercollegiate Championships, S-F Scout Ranch,	A	SLOC	4.14	(206) 36508742
APR 1-2	Florissant, Missouri	A	SLOC	color	Terry Murphy
Sat-Sun	Maple Mountain, Duncan, B.C.	В	VO	1:15,000 color	V . D
APR 15-16		ь	***	1:15,000	Kris Battistuzzi
Sun, APR 16	Lincoln Park, West Seattle	C	COC	color	743-9678
11 a.m 1 p.m.			000	1:5,000	Doug Sprugel (206) 365-8742
	* Lake Sammamish State Park, Issaquah	C	SAMM	color	Dave Enger
10-12 noon		4.54	O'LL LIVE	1:5,000	(206) 822-6254
Sat-Sun	Aspen Grove, Merritt, B.C.	A	OABC	color	Ron Green
MAY 6-7	State of the state		0.100	1:15,000	(604) 224-6152
Wed, MAY 10	Marymoor Park, Redmond	C	SAMM	color	Dave Enger
5:30 p.m.				1:10,000	(206) 822-6254
Sat-Sun	First American ROGAINE (Rugged Outdoor Group Activity	S	WSOA	color	Bob Reddick
MAY 13-14	Involving Navigation and Endurance). Cle Flum area			1:24,000	(206) 581-0009
Sat, MAY 20	University of Washington, Seattle	C	SAMM	color	Dave Enger
10-12 noon Sun, MAY 21	Code Blow W W 10 10 10			1:5,000	(206) 822-6254
10-12 noon	Spring Relays, Woodland Park, Seattle N.E. 50th St. entrance	C	COC	color	Doug Sprugel
Sat-sun	Sage Stomp V, Kamloops, B.C.			1:5,000	(206) 365-8742
MAY 20-21	Sage Stomp V, Kamioops, B.C.	A	SOCK	color	Murray Foubister
Mon. MAY 22	General Meeting, University Branch Library, Seattle		000	1:15.000	(604) 374-6497
7:00 p.m.	50th & Roosevelt		COC		Doug Sprugel
Sat-Sun	Newcastle Island, Nanaimo, B.C.	В	CVO		(206) 365-8742
MAY 27-28	The state of the s	Ь	CVO	color	Jim Traynor
Sat, JUN 3	Trollhaugen, Snoqualmie Pass, Washington	C	COC	1:15,000 color	(604) 746-5955
0-12 noon	I-90, exit 62	-	COC	1:15,000	Doug Sprugel
un, JUN 4	Easton Grade, Cascade Mountains	Q	EOC	color	(206) 365-8742 Dale Width
0-12 noon	I-90, exit 70	*	200	1:7500	(509) 925-5873
at, JUN 10	Washington State Relay Championships	Q	NISQ	color	Gary McCausland
0-12 noon	Pt. Defiance Park. Tacoma			1:15.000	(206) 352-5542
Sat-Sun UN 17-18	Drunken Charlie Lake, Duvall	Q	COC	color	Doug Sprugel
at-Sun	Whistles Devotes in D.C.			1:15,000	(206) 365-8742
UN 24-25	Whistler-Brandywine, B.C.	В	GVOC	color	Mike Ackerfeldt
at-Sun	Washington State Champion 11 0 C			1:15.000	(604) 987-3239
UG 12-13	Washington State Championships & Centennial Games Riverside Park, Spokane	В	WSOA	color	Mike Tharp
at-Sun	British Columbia Championships, Vancouver Island	4		1:15,000	(206) 459-9231
EP 2-3	Camp Thunderbird	A	VO	color	Al Philip
at-Sun	Western States Championships, Orcas Island		200	1:15,000	(604) 598-2553
EP 9-10	Moran State Park	A	COC	color	Katie Sprugel
at-Sun	U.S. Championships, San Francisco	A .	DAGG	1:15.000	(206) 365-8742
CT 7-8	Annadel State Park	A	BAOC	color	Steve Ritchie
CACO - SALE	THE TWO			1:15.000	(415) 652-7834

For the latest meet information, call the ORIENTEERING HOTLINE at 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.)

Centennial Games qualifier (everyone welcome)

Club Key

COC - Cascade O Club; EOC - Ellensburg O Club; EWOC - Eastern Washington O Club; NISQ - Nisqually Orienteers;

SAMM - Sammamish O Club; WSOA - Washington State O Assoc. BAOC - Bay Area O Club; CVO - Cowichan Valley Orienteers;

GVOC - Greater Vancouver O Club; SLOC - St. Louis O Club;

SOCK - Sage O Club of Kamloops; VO - VictOrienteers

*Changes from last issue:

March 4-5 - date correction for Pt. Grey meet March 22 - COC general meeting added

April 22 - date correction for Lake Sammamish meet

COC OFFICERS AND COORDINATORS

President		
Vice President	Doug Sprugel	(206) 365-8742
Secretary	Ardis Dull	(206) 364-4062
Treasurer	Katie Sprugel	(206) 365-8742
Mapping Coordinator	Bruce McAlister	(206) 821-6862
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	D D	(206) 546-2128
Volunteer Coordinator	Betty Berreth	(200) 340-2126

COC MEMBERSHIP DUES

Single	\$10.00/year
Family	15.00/year
Associate (under 18)	5.00/year
Newsletter Only	6.00/year

COC "C" MEET FEES

Green and the second	b/w map	color map
Orienteering club members	\$2.50	\$3.00
Non club members	3.50	4.00
Novice course	1.00	1.00
Families (regular fee for first 2 fam	nily members, \$1.0	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.

Issue	Publication Date	Submittal Deadline
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



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

Address Correction Requested