



CLUB OFFICERS

President	
Dave Enger	455-5320, 789-4137
Vice-President	
Charlie Bock	641-4791
Secretary	
Lorrie O'Brien	746-4573
Treasurer	
Jean Hendrickson	772-1241
Events	
Len Englund	746-3822
Publicity	
Tony Paulson	784-4649
Membership	
Mike Schuh	783-3960
Mapping	
Goeran Larsson	938-2058
Training	
Gary & Debbie MacDonald	823-9337

MEMBERSHIP

Orienteering is similar to car-rallying---except you do it on foot and you are both driver and navigator. It's simple to learn. And you can catch on to the basic skills in 30 minutes. As you pick up experiences and stamina you can tackle the more challenging, advanced courses. If you would like to join the Cascade Orienteering Club and the fun, fill in the membership blank below and send it in with the yearly dues to:

Cascade Orienteering Club
P.O. Box 3572
Bellevue, Wash. 98009

Dues: Family \$18.00
Individual \$5.00
Associate \$3.00 (under 18 yrs)

Name: _____

Address: _____

Phone: _____

Newsletter
July-August 1980

FROM THE PRESIDENT

Our "Fun Trek '80" orienteering meet at Seward Park on May 31st was a huge success. The meet was our biggest and best organized ever, and went very smoothly. We had about 120 participants, more than twice as many as any previous meet, and all appeared to enjoy themselves. I was particularly pleased that we attracted so many people from other clubs, as you can see from the results list. I talked with many of them and we are developing more participation in other clubs' events, notably the British Columbia and Ellensburg clubs.

Much of the credit for the "Fun Trek '80" success should go to our co-sponsor, Eddie Bauer, Inc. They provided advance publicity, general organization, facilities for the clinics, map printing, insurance coverage, refreshments and excellent prizes.

I would like to thank those club members who spent many hours working on the "Fun Trek '80" events. First of all Len Englund, who dreamed up and initiated the program, coordinated with Eddie Bauer, Inc. and provided motivation throughout. Many thanks also to Charlie Bock for single-handedly creating the superb Seward Park map and designing and setting the four excellent courses. Tony Paulson coordinated the publicity and conducted the Discovery Park workshop. Clayton Smith conducted two of the in-store clinics, and Bo Powell conducted the lunch hour clinic and helped with training at several events.

Thanks also to Mike Schuh, who built the start and finish frames, directed the Discovery Park meet and controlled the timing at the Seward Park meet. At the Seward Park meet Bob Hale-Harbaugh was the starter, Jean and Bob Hendrickson handled registration, Carol Johnson, Lorrie O'Brien, Savitri Khalsa, and Debbie Newell did recording and results checking/posting. Einer Storakers and Richard Lacy performed the strenuous task of circulating around the Seward park courses throughout the day-long meet checking control markers. In fact Richard accomplished a new feat in orienteering, and "Orienteering Century"--he "punched in" at about 100 controls.

Dave

COMING EVENTS

Saturday, July 12 CARKER PARK MEET

Enter the park via the N.W. 110th St. at 3rd Ave. N.W. in Seattle. Join us anytime between 10AM and 12 Noon at the picnic area overlooking Puget Sound near the end of the loop road. Meet director: Dave Enger will set beginners' and intermediate point to point courses and a 60 minute score orienteering course.

Sunday, July 13 NO. VANCOUVER, B.C. MEET

The North Vancouver Orienteers club will hold a meet at Black Mountain, a wintertime ski area just outside North Vancouver, starting about 11AM. The Canadians have been practicing orienteering longer than us and have developed good maps and conduct well-organized meets. Contact Dave Enger or Goeran Larsson for more info.

Sunday, July 27 FORT LEWIS MEET

Registration will be from 11AM to 1PM in the southeastern area of Fort Lewis on the east side of Highway 507 about 2.5 miles north of Roy. From Seattle, take exit 127 off I-5, head east on Highway 512 for 2 miles, then exit onto Highway 7 southbound toward Mt. Rainier. After 5 mi. turn right onto Highway 507 and continue for 5 mi. to the red/white orienteering signs indicating a left turn into the site. For carpooling: meet in the Sea-First Nat'l Bank parking lot on the Northeast corner of Southcenter Shopping Center at 9:30AM. We will use Clayton Smith's 1:10,000 map and set a variety of courses.

Saturday, August 2 and

Sunday, August 3 MERRITT, B.C. MEET

A two-day meet sponsored by the Valley Navigators, a small orienteering club, at the site of last year's B.C. Orienteering championships. Contact Dave Enger for further info.

Wednesday, August 6 CLUB BUSINESS MEETING

Meeting will start at 7PM at the Greenlake Library, 7364 E. Greenlake Dr. North, in Seattle. We will discuss our next regional meet, which will probably be held at Fort Lewis in September.

EVENTS CONT.

Saturday, August 9 SEWARD PARK MEET
Register between 10AM and 12 Noon at
the park. Meet director: Richard Lacey.
All levels of courses available.

Saturday, August 16 and

Sunday, August 17 SAN DIEGO MEET

The San Diego Orienteering Club
will sponsor a two day meet...one of the
bigger events on the U.S. west coast
this year. Contact Dave Enger for info.

A TIP: COMPASS SCALES

Almost everyone finds, generally at
an orienteering meet, the scale on his
compass differs from the one on the map.
One solution is simply to stick a white
strip of adhesive tape over the front
edge of the compass before you go to the
meet. At the meet, copy the scale onto
the adhesive tape on the compass.

Use the compass millimeter scale
for 1:20,000 and 1:10,000, but for odd
ones like 1:15,000 or 1:24,000 the ad-
hesive tape scale you adapt is far more
convenient.

USOF TEAM TRIALS

DAY 1 HERREN (MEN) 8.9 Km 350m

2 53	+		X	
3 35	m	15	L	
6 41	L			8
11 46	m	25	L	
13 59	L			
18 60	X			2*
19 61	0		0	
20 62	m	15	L	
17 43	m	15	0	
16 45	A	10	0	
14 58	H	15	0	
12 48	F	15	L	
10 44	H	L		
8 42	H		0	
5 52	L			
4 51	L			

OX

175m X

* map change

Ø CASCAD
Orienteering
CLUB

NEWS\$

1979 USOF WORLD CHAMPIONSHIP - TEAM TRIALS CLUES.

In the last newsletter we printed the
International Orienteering Federation's
(IOF) shorthand control descriptions.
Below are the controls and their clues
given in the IOF symbols as they appear-
ed in the 1979 USOF World Championships.
See if you can interpret the symbols to
fast cluereading...Good luck.
Write out your description NOW!

USOF TEAM TRIALS

DAY 2 Herren (men) 9.4 Km 220m

1 23		L		
2 27		L		
3 29	↑	m	15	L
4 32		L		
5 37	0		0	8
6 22	0			
7 21	↑	L		
8 30	14		11	2*
9 45	0			
10 47	↑	L		
11 48	L	U		20*
12 40	+		1	
13 24	0		10	
14 34	←	X	0	
15 40	9		0	
16 38	X			
17 34	m	20	L	
18 35	0		10	

OX

225m X

* map change

Cascade
Orienteering
Club
P.O. BOX 3572
BELLEVUE, WASHINGTON 98009

Michael L. Schuh
3203 NW 64th Street Apt. 2
Seattle, WA 98107



Seward Park, May 31, 1980

* indicates prizes awarded in all courses as follows:

- 1st place: silva compass & \$50-Eddie Bauer Gift Certificate
 2nd place: \$40 Eddie Bauer Gift Cert.
 3rd place: \$30 Eddie Bauer Gift Cert.
 4th place: \$20 Eddie Bauer Gift Cert.
 All finishers: Eddie Bauer T shirt

Eddie Bauer, Inc. Fun Trek '80 Results

RED COURSE: COMPETITIVE 15 controls, 3.9 km

Name	Orienteering Club	time
1. Bruce Wolfe...	Bay Area (S.F.)	55:30*
2. Jeff Lewis...	Tulane Univ.	58:12*
3. Rod Harris...	Super Turtles Melbourne, Australia	59:37*
4. Robyn Rennie...	North Shore (B.C.)	59:53*
5. Pontus Andersson...	Cascade	60:34
6. Bruce Rennie...	North Shore (B.C.)	60:37
7. Mike Ackerfeldt...	North Shore	66:47
8. Dave Rudakewich...	Indiana U. (Pa.)	68:11
9. Johan Andersson...	Cascade	70:33
10. Egon Nordholm...	Redmond	72:44
11. Rod Corkran...	Seattle	73:42
12. Mark Hawley...	Cascade	76:22
13. Sue Harris...	Super Turtles, Melbourne, Australia	91:44
14. Will Sperry...	Ellensburg	133:54
15. Jean Davis...	Cascade	147:42

RED COURSE: RECREATIONAL 15 controls, 3.9km

1. Max Meyring...	Cascade (2nd course)	84:29
2. Peter Davidson...	Seattle	91:46*
3. Ken Davis...	Seattle	98:55*
4. G. Konzelman & D. Hall...	Tacoma	137:57*
J. Baker...	Kirkland	DNF

ORANGE COURSE: COMPETITIVE 12 controls, 2.8km

1. Hilary Anderson...	Seattle	56:33*
2. Thomas Lewis...	Seattle	57:26*
3. Bob Harn...	Seattle	68:46*
4. Karen Thomson...	Cascade	68:59*
5. Max Meyring...	Cascade	83:31
6. Mike Reynolds...	Cascade	86:01
7. Doug Pedersen...	Tacoma	86:02
8. James Dirks...	Seattle	86:23
9. R.L. Barnes...	Seattle	89:47
10. Jim Bratt...	Ellensburg	97:09
11. J. Elmer Stone...	Cascade	99:22
12. Eric Englund...	Cascade	115:52
13. Glen Englund...	Cascade	177:48
Charles Whitehead...	Spokane	DNF
Debbie Newell...	Cascade	DNF

ORANGE COURSE: RECREATIONAL 12 controls, 2.8 km

1. Ben Yang...	Seattle	70:29*
2. Wm. H. Beaver...	Seattle	70:30*
3. Paul Gauthier...	Belleuve	71:06*
4. Les Brisbois...	Cascade (2nd course)	73:51*
5. Fred Ebert...	Seattle	79:13*
6. Sue Corkran...	Cascade	81:04
7. Gene Ohlson...	Mercer Is.	86:56
8. Ben Evans...	Spokane	87:40
9. Jeff Kelley-Clarke...	Everett	92:04
10. Alistair Borchert...	Seattle	92:22
11. Len Englund...	Cascade	100:32
12. Pete Thomas...	Seattle	106:30
13. Pat Malloy...	Ellensburg	118:42
14. Jim Edwards...	Seattle	129:22
15. JoAnne Sperry...	Ellensburg	149:00
Matthew Straight...	Belleuve	disqualified

YELLOW COURSE: COMPETITIVE 9 controls, 2.1km

1. Greg Ehr...	Ellensburg	47:15*
2. Ernst Andersson...	Cascade	47:25*
3. Cecilia Werner...	Ellensburg	52:32*
4. Paul Piacitelli...	Ellensburg	54:20*
5. D. Kraus & J. Wolfe...	Lacey	60:34
6. Micky Reynolds...	Cascade	69:24
7. John Wishart...	Cascade	112:09

YELLOW COURSE : RECREATIONAL 9 controls, 2.1km

1. Wm Hall...	Cascade	42:46*
2. Les Brisbois...	Cascade	45:20*
3. B. Smith & A. DeVone...	Seattle	47:36*
4. Bill Ford...	Seattle	50:50*
5. D. Davidson & MacDonalds...	Everett	57:06
6. P. Nielsen & N. Barnett	No. Vancouver, B.C.	58:07
7. Greg Burley...	Selah	60:52
8. George Eaves...	Seattle	65:59
9. Halley & Jennifer Bock...	Cascade	66:09
10. Tim Crose...	South Bend	70:52
11. Jane Haberman...	Selah	72:48
12. G. Moseley & L. Bodden...	Belleuve	77:09
13. L. Hay...	Kennewick	82:25
14. E. Hungate & Family...	Seattle	84:01
15. Rich & Kris Permenter...	Kirkland	87:26
16. Frank Kandt...	Redmond	92:17
17. M. & D. VerBois...	Belleuve	95:10
18. Morrison & Long...	Cascade	96:04
19. Dianne Yaeger...	Ellensburg	97:29
20. Bill & Billy Fritz...	Everett	100:17
21. V. J. Dolejs...	Kirkland	113:40
22. Jeff Kandt...	Redmond	121:47
23. Anna Tenerelli...	Seattle	132:08
24. Linda Zacuti...	Seattle	137:08
25. Linda Buchanan...	Ellensburg	147:28
26. Jamie Marking...	Ellensburg	158:22
Wm. J. Ford...	Cascade	DNF
Kirby Jacobson...	Seattle	disqualified

WHITE COURSE: RECREATIONAL 8 controls, 1.6km

1. Ben Yang...	Seattle (2nd Course)	25:55
2. D. Kraus & J. Wolfe...	Lacey	38:40*
3. Paul Lyman		42:25*
4. M. Kanzenbach & R. Huyenhae	Belleuve	44:13*
5. Rachel & Joyce Hyman...	Belleuve	50:29*
6. Sue Streatker...	Seattle	52:23
7. Jeannit Nordholm...	Redmond	57:57
8. Brenda Gross...	Seattle	58:00
9. Margareta Oettinger...	Ellensburg	59:42
10. Scott & Georgene Ranney...	Bothell	60:18
11. Casey Madison...	Cheney	60:36
12. Albert A. Arcand...	Bainbridge	67:50
13. Denny Henkel...	Mercer Is.	76:33
14. Bill Hart...	Redmond	113:10
Barry Hyman...	Belleuve	DNF
R. Gough...	Seattle	DNF
Mark Balderrama...	Seattle	DQ
J. Merchant...	Belleuve	DQ

EVENT RESULTS

BUCK CREEK AIRFIELD

Boy Scout Meet
May 17, 1980

A special meet was held on May 17th for the Thunderbird Council of the Boy Scouts of America. Bob Hale-Harbaugh made a simple map of the forest adjacent to the Buck Creek Airfield (USFS) on the White River about 30 miles East of Enumclaw.

PLACE	TROOP	PATROL	TIME
1	252	Android	8:00
2	252	Ninja	9:00
3	213	Natural Legion	10:00
4	213	Chinook	13:00
5	252	Stingray	14:00
6	55	Alpha Centurians	15:00
7	250	(Plain) Panthers	17:00
8	213	Totems	19:00
9	215	Black Panthers	20:00
10	222	Wildcats	20:00
11	53	Pink Panthers	25:00
12	222	Flying Eagle	29:00
13	200	Flying Eagles	30:00
14	9	Pack 9	32:00
15	215	Bear	40:00

Seward Park

Boy Scout Meet
June 2, 1980
Director: Richard Lacy

Troop 270

White Course: 8 controls, 1.5 km.

Davey Rundall	61:45
Mike Mosey	62:15
Dan Blake	62:30
David Staub	64:15
Paul Reese: Darcy Snodgrass	67:00
Tony Coutercher	75:30
David Rundall	75:30
Mark Overgaard	76:30
Bill Bracken	77:00
Brian Warden	79:00
Victor Joeson	85:45
Jim Danielson; Jason Edwards	DNF
Aaron Tate	DNF

Yellow Course: 10 controls, 2 km.

Bob Warden	47:50
John Potter	50:00
Fred Warden	52:50
Robin Boles	54:10
Noel Wilson	67:00
Andy Dickson	DNF
Lynn Kik	DNF
Steve Krook	DNF
Terry Warden	DNF
Chris Wilson	DNF

Troop 213

Yellow Course: 10 controls, 2 km.

"Natural Legion" Team #2	46:00
"Natural Legion" Team #1	53:00
"Chinook Patrol"	55:30
"Totems"	DNF

CAMPBELL VALLEY PARK, B.C.

June 8, 1980

Eight COC members joined about thirty others at this well-organized meet conducted by the Valley Navigators of British Columbia. Unfortunately the heavy rain cut down on the attendance. Mike, Richard and Dave ran with bare legs to avoid the extra weight of water-logged sweat pants, but were stung and scratched quite nastily by the nettles and stickers. However, all finished in good spirits and the meet was a worthwhile learning experience. COC results were:

Blue Course H-20 division

1. Goeran Larsson	69:36
5. Mike Schuh	96:58
6. Richard Lacey	116:48
7. Dave Enger	131:11

Green Course Open division

1. Debbie Newell	41:50
2. Gary & Debra MacDonald	73:08
3. Carol Johnson	92:05

ST. EDWARDS STATE PARK

June 21, 1980

Directors: Einar Storackers

Len Englund

Registration: Dave Enger

RED COURSE: 9 controls, 4.5 km

1. Rod Harris	50:00
2. Dave Enger	63:10
3. Max Meyring	99:30
4. Ben Yang	104:40
5. Rob Corkran	110:40
6. Al Borchert	110:50
7. W. & J. Connett	114:10
8. Greg Konelman & Dawn Hall	152:25
Bob Hale-Harbaugh	DNF
Ken Connell	DNF
Jean Davis	DNF

YELLOW COURSE: 6 controls, 2.5 km

1. Jeff Kelley-Clarke	42:30
2. Sherrill Clark	43:20
3. Kirby Jacobson	44:30
4. Susan Hamilton	52:50
5. R.L. Barnes	55:30
6. Anne E. York	66:00
7. Andrew Devore & Brady Smith	66:10
8. Harvey Friedman	66:15
9. Glenn Englund	66:30
10. Art Hanley & Friends	70:20
11. Kevin Hanley & Friends	72:05
12. Debra MacDonald	73:30
13. Laz Yates	102:00
Leslie Bodden	DNF
Grendl Mossley	DNF

WHITE COURSE: 7 controls, 1.5 km

1. Tim Simons and Wm. Turner	40:10
2. A. Hanley-Clark	44:30
3. Geo. Harbaugh	58:30
4. K. Hanley-Beasley	61:30
5. Mark Balderrama	61:50
6. Wm. Ford	72:00
7. Bo Powell and Family	90:00
8. Mike Fitzgerald	125:30
9. Eureka and Al	132:00
Jim Hamilton	DNF
David Cramer	DNF
Darren Smith	DNF
Mark Hanks	DNF