

BEARING 315

Newsletter of the Cascade Orienteering Club



MARCH/APRIL 1982





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EVENT PUBLICITY	Acceptance pending	
PROMOTION	Acceptance pending	
SOCIAL	Acceptance pending	

from the President

I have been discussing the possibility of 'regionalizing' the newsletter with Clayton Smith and find many positive aspects in the idea. Since Clayton has been investigating this issue with other clubs in the region, I have asked him to write a guest column on the subject to stimulate consideration of the pros and cons among our club members. This issue will be discussed by the Executive Board at it's April meeting.

Jean

A regional orienteering association has been the subject of many discussions for almost a year now, but nothing as materialized beyond the exchange of ideas. The main point of these discussions has been the need of a central clearing-house of information and the coordination of dates for the many events being planned by the clubs within the region. Currently there are 8 orienteering clubs, at different stages of development, within the three states of Washington, Oregon and Idaho. With this many clubs all planning events (not to mention those in B.C. Canada) one can quickly see the need for coordination in scheduling meets if there is any hope of participation from other clubs for the larger events. Thus the birth of a regional association.

Initially the association would be nothing more than a regional newsletter with the editor informing the clubs of each others schedule of events, assist in working out conflicts of dates and publishing them in the newsletter. Presently this is being done through several individuals and some things are being lost or not adequately coordinated. As the current newsletter editor I have been a key person in some coordination and for these reasons I am organizing and promoting a Northwest Orienteering Association (NWOA) and a regional magazine would be a good start and probably the most beneficial effort to all the clubs and orienteers in the northwest.

A spin-off of this idea is to enlarge the newsletter to include articles, meet results, photos, stories, etc. from all the clubs making it a regional magazine. Cascade OC already has the foundation for such a publication - BEARING 315. Other clubs in the region either don't have a newsletter or they only print a page or two flyer much less publish something comparable to BEARING 315. For this reason many orienteers join COC just to receive the newsletter.

The basic proposal is for BEARING 315 to take the opportunity to become a regional magazine. It certainly

would help other northwest orienteering clubs and promote northwest orienteering in general. The new publication would contain the same information it presently has, but it would be expanded in several aspects. The schedule of events would be regional in scope, to include major events in B.C. Result list from these meets will be printed as well as more articles and stories. With the larger readership there will be greater input of material, thus more people will benefit from the contributions to include individual orienteers who are removed from a local club and enable them to plan trips to the larger meets. COC members will be more aware of events within the region and more instrumental in facilitating the growth of orienteering. A regional orienteering magazine would singly accomplish an objective that none of our clubs have been able to achieve - a more prominent spokesperson of our sport. Let's step into another realm of orienteering and create enough awareness so that you will be able to say "orienteering" and not have to explain what it is.

How will it be paid for? It is accepted that the majority of each club's membership fee goes towards the printing and mailing of it's newsletter, with the balance covering USOF fees (club charter and insurance) and part of the clubs administrative costs. Rather than each club publishing it's own newsletter, the regional magazine will take their place. When you join a club within the region, you will receive the regional magazine as one of your membership benefits. In turn, your club remits to NWOA a portion of it's membership fee collected. The amount will be about \$4.00 to \$4.50 each year. Interested people who are not members of a club can subscribe to the magazine for \$5.00 a year thru NWOA. In addition the magazine will be available for sale for \$1.00 an issue (\$6.00 a year) at selected running shops, sport shops and outdoor equipment stores.

NWOA will be a non-profit organization designed to promote orienteering in the northwest. This status will allow the magazine to be mailed to you at a lower rate than any club in the region can currently do. Sport related advertizers will be sought which will also permit a larger and better magazine than the current BEARING 315 can and at a lower cost to you or the clubs.

This should give you an idea of what a regional magazine could provide for you the individual orienteer, the clubs and orienteering in the northwest. Details have been worked out to implement the change over and will be presented to the COC Executive Board for its consideration. Your comments are welcomed!

Clayton

COVER PHOTO: Jean Davis, COC's newly elected president, checks into a control at a New England OC (NEOC) club event. Photo by Harold Moore of the Herald-Sun newspaper.

NWOA

Schedule of upcoming events

GENERAL INFORMATION - Unless otherwise noted, novice (white), intermediate (yellow and/or orange), and advanced (green and/or red and/or blue) courses will be available at all COC meets. Registration and start times occur from 10:00 am until 12:00 noon unless noted otherwise. The fee is usually \$1.50 per map for COC members (show club card) and \$2.50 per map for non-members. Instruction for beginners is always available at all events. For more information and carpooling to distant meets call Dave Enger at 455-5320 (office) or write CASCADE ORIENTEERING CLUB, PO BOX 31375, Seattle, WA 98103. A limited number of compasses are available on a rental basis at registration.

SUNDAY, MARCH 14 - CAMP LONG

Located in West Seattle, take 35th Ave SW to Dawson Street and go east on it to the parking lot. New 1:2,400 B/W map. Challenging courses by Stein Sandven. Meet director: Eric D'Asaro 545-2982(W); 527-4362(H).

THURSDAY, MARCH 18 - COURSE SETTING WORKSHOP

Learn about course setting, it sharpens your orienteering skills and adds some new challenges to areas you have run before. 7-10pm at Harvey Friedman's home, 117 12th Ave. NE, Seattle, 524-3437(H).

SUNDAY, MARCH 21 - O CLINIC @ RUNNER'S FAIR

2nd Annual Runner's Fair at Fort Steilacoom Community College in Tacoma. 5K and 10K runs start at 10:00am (\$6.00 includes T-shirt) Exhibits (including one on Orienteering) 12:00-5:00pm Clinics: 12:00-3:00pm (Orienteering - Cunningham Running clinic at 12:45 and 2:15) Speakers: Dr Joan Ulyot and Dr George Sheehan (Admission for the Runner's Fair is \$3.00 or \$2.00 if you were a run participant. Shower facilities available, bring own towel) For more information call Clayton Smith, 474-5675 or send SASE to P.O. Box 1856, Tacoma, WA 98401.

SUNDAY, MARCH 21 - COC EXECUTIVE BOARD MEETING

Fort Steilacoom Community College, Room 4056 at 3:30 (following the last O-clinic presentation). Club members are welcome to attend the meeting. Meeting host: Clayton Smith 474-5675(H).

TUESDAY, MARCH 23 - NISQUALLY ORIENTEERS MEETING

Lacey City Hall meeting room. An introduction to orienteering, film: 'What Makes Them Run', and a look at "Orienteering Around South Puget Sound". Coordinator: Clayton Smith. 474-5675(H).

SATURDAY, MARCH 27 - COME AND TRY ORIENTEERING

Fort Steilacoom County Park, Tacoma - Nisqually Orienteers. Novice, Intermediate and training courses. New 1:10,000 B/W map. Meet director: Clayton Smith 474-5675.

SUNDAY, MARCH 28 - SEWARD PARK

Meet at the picnic shelter at the top of the hill. Make this the second half of a two-day O-weekend. 5-color 1:5,000 map. Course setter: John Vraspir. Meet director: Peter Guttorp 524-6291.

SUNDAY, MARCH 28 - BAOC Class B Meet (S.F. Bay Area)

SAT., SUN., APRIL 3,4 - U.S. Intercollegiate Championship Class A meet near St. Louis, Missouri

SAT., SUN., APRIL 10,11 - NEOC Troll Cup Class A Meet New England (Good luck Harvey and Anne!)

MONDAY, APRIL 12 - COC Workshop and Meeting Green Lake Library, 7:00 - 9:00 pm

SATURDAY, APRIL 10 - DISCOVERY PARK

Registration south side of Visitor Center near main entrance to park on east side. Special Easter event for the Kids. 1:5,000 B/W map. Course setter: Keith Barton. Meet director: Susan St. John 545-2694(W); 523-5643(H).

MONDAY, APRIL 12 - COC WORKSHOP AND MEETING

Green Lake Library, 7364 Green Lake Drive N, Seattle, 7-9:00pm.

SATURDAY, APRIL 17 - COME AND TRY ORIENTEERING

Wonderwood Park, Lacey - Nisqually Orienteers. New 1:3,000 Color map. Novice and Intermediate courses and a training event. Course setter: Clayton Smith. Meet director: Pat Malloy 491-0606(H), 491-0857(W).

SUNDAY, APRIL 18 - STANLEY PARK, VANCOUVER, B.C.

SAT., SUN., APRIL 24,25 - WSU-PEOC Class B Meet

Hatter Creek, near Moscow, Idaho. An area in which several of us ran last year, along with about 150 local college students and scouts. Beautiful rock formations and meadows along the main creek.

SATURDAY/SUNDAY, MAY 1/2 - THETIS LAKE, VICTORIA, B.C. Class A, 2-day total time event.

SUNDAY, MAY 2 - UNIVERSITY OF WASHINGTON CAMPUS

Park in lot N-4, north end of campus off 45th Street. Start area will probably be in front (SE) of Denney Hall, located just south of the parking lot. All those buildings make for interesting route choice problems! Regular controls this year (no juice cans). Information: Dan Waugh 543-4686(W), 365-1810(H).

SAT., SUN., MAY 8,9 - OSUOC Class B Meet

Cow Creek, near Bend, Oregon. Another area which some of visited last year. Intricate spur and reentrant systems with few man-made features.

SUNDAY, MAY 16 - CANOE/KAYAK ORIENTEERING

A first for the NW using the new Foster Island map. See next edition of newsletter for details on this fun event.

SATURDAY/SUNDAY, MAY 22/23 - WORKSHOP and 2-DAY EVENT

This will be a 2-day event with possibly a night event also in conjunction with a 2-day orienteering workshop in Tacoma. See related article in this issue. Coordinator: Clayton Smith, 474-5675.

0 SHORTS

Between now and the next Executive Board meeting in March, I am trying to put together a tentative schedule of events up through the end of the year. A staggering task, it would seem, where one must take into account schedules of other clubs from Corvallis to Vancouver and the unfortunate realities that some of our local parks really can not be used once the nettles are in full glory by late spring (NB: even in late winter or early spring, long pants are generally advisable in places like Carkeek or Discovery Park).

Help? Yes, HELP! I need yours - any suggestions are most welcome - types of events you would like to see more of, locations you think we should use sooner rather than later, whatever will help attract you and others to the meets.

Help too in the form of meet administration and course setting. I am trying to encourage new meet directors and course setters. If you don't call me, you can be sure I will call you.... Not only will this take some of the burden off the faithful who have too often done the work, but it is good for the health of the sport. I personally think one learns more from course setting than from running a course; I hope that in each meet a beginning course setter will be working along with an experienced one. Do come to the course setting workshops!

Coming attractions? How about canoe orienteering in the Foster Island area near UW? Look for a mid-May or early summer meet. Fun-Trek '82 at Farrell-McWhirter Park in Redmond, June 12: one of the events will be a special line orienteering course young children can do on their own. A two-day Pacific Northwest Championship at Cle Elum in the fall? We hope so. Maybe a Mountain Marathon at the end of the summer (any suggestions as to a good area suitable for cross-country exploring?).

Ideas? Volunteers? Let me know.

Dan Waugh

Both Mike Schuh and Jessica Rykken will be participating in this year Swedish O-Ringen, 5-day Event in the northern part of Sweden near Lulea.

The Canadian's are having another 5-day event. The COF is combining the Canadian Orienteering Championships (C.O.C.) on Aug 14-15 with a Class A meet on Aug 18 and the North American Orienteering Championships (N.A.O.C.) on Aug 21-22 to create a total time 5-day event. USOF members who participate in the N.A.O.C. will receive US ranking points. All 5-days and many training events take place in Manitoba Canada. More information will be published in the next issue.

If you are interested in helping out at the orienteering exhibit at the Runner's Fair call Clayton Smith, 474-5675 for more information.

A 2-day event is being planned in conjunction with an orienteering workshop on May 22 and 23 in the Tacoma area. Although details are still being worked out and will be published in the next newsletter, now is the time to put it on your calendar. There is a good possibility of a night event on Saturday also. Some topics being planned are: course planning, map making, Trim orienteering, teaching and promoting orienteering, competitive orienteering, family orienteering and more. Many of the workshop clinics will be organized into two groups so that the more experienced orienteers can attend one clinic while the rest will be attending another clinic. This way the needs of both the experienced and beginning orienteer can be covered. There will be several instructors from throughout the northwest region. Because the details are still being planned you can request that certain subjects or ideas that interest you be included in the workshop. Contact one of the following individuals;

Clayton Smith - Workshop coordinator
Tacoma 474-5675
Dan Waugh
Seattle 543-4686(W), 365-1810(H)
Ed O'Shaughnessy
Pullman 335-2591(W)

The USOF Annual Convention and 2-day Class A meet is in Terre Haute, IN this year on June 2-6. More information in the next newsletter.

USOF members who participated in 4 or more of the 32 days of Class A competition in 1981 were ranked by the USOF Technical Committee recently. Congratulations to the five COC members who were ranked.

F35-A	Green/Orange	#10 w/	154 pts	Anne York
M35-B	Orange	#20 w/	174 pts	Harvey Friedman
M35-A	Red	#19 w/	279 pts	John Petersberger
M21-A	Blue	#44 w/	287 pts	Dave Enger
M21-A	Blue	#54 w/	262 pts	Mike Schuh

Special congratulations to John and Dave who will receive a Bronze and Silver Award respectively. The following performance must be made to receive one of these special awards (distinctive cloth patches);

Gold Award - To the top three in each 'A' category
Silver Award - To those in 'A' categories not qualifying for the Gold Award but within 20% of the average of the point total of the Gold Award winners in their category
Bronze Award - Similar to the Silver Award, but within the top 30%

An explanation of how ranking points are calculated can be found in part in the Oct/Nov 81 issue of Bearing 315 located in the back of the PNWO-81 meet program.

NEXT ISSUE:

- Intercollegiate and Junior Scholastic Orienteering
- More Postmortem Route Choice Analysis
- Family Orienteering
- Training Tips

COMPETITION TIPS

Typical of competitive sports, a participant competes in their own age group according to gender, but in orienteering there are also experience levels. However, in the northwest one does not see all classes of competition except at Class A meets and maybe some of the classes are available at local Class B meets. Let's take a look at the structure of the USOF classes of competition.

There are six different courses;

COURSE COURSE	WINNER'S TIME (Approximate)	COURSE LENGTH (Approximate)
White	30 min.	3 Km or less
Yellow	40 min.	3½ - 4½ Km
Orange	50 min.	4 - 5 Km
Green	50 min.	4 - 5 Km
Red	60 min.	5 - 7 Km
Blue	60-80 min.	7 - 12 Km

Currently these guidelines are not followed in most local club meets, due more to the lack of competition course planning knowledge and experience. Most areas currently mapped are not conducive to setting Orange and above courses, thereby leading to a misrepresentation of the characteristics of properly designed competitive courses.

The classes of competition established by USOF are;

WHITE	YELLOW	ORANGE	GREEN	RED	BLUE
M&F-18N	F-14A	F15-18A	F35-A	M19-A	M21-A
M&F19-N	F15-18B	F19-A	F43-A	M19-20A	
Wayfarer	F19-C	M15-18A	M50-A	M21-B	
	F35-B	M19-20B	M56-A	M35-A	
	F43-B	M21-C		M43-A	
	F50-A	M35-B			
	M-14A	M43-B			
	M15-18B				
	M50-B				

Additional youth age groups in the novice ('N') classes on the White course are highly recommended to encourage competition among our junior orienteers. Some of these groups might be; F-12N, F13-14N, F15-18N, M-12N, M13-14N, M15-18N and possibly M21-N on the Yellow.

As the table illustrates, a competitive beginner would start on the White course or possibly the Yellow course depending on their map reading skills. As soon as they feel they have gained enough experience to compete on a higher level, they would progress to the next course level within the proper age group. As more experience is gained the competitor could eventually advance into the 'A' level within their age group. For example, a 20 year old female would be introduced to the sport on the White course in F18-N, shortly afterwards she wants more of a challenge and moves to the Yellow course in F19-C. As she gains more experience she progresses to the Orange course in F19-B. When she is ready for top competition she competes on the Red course in F19-A and then if she desires to advance into elite competition there is F19-E in international competition and possibly a position on the U.S. Team to the World Championships. This is how a competitor should progress, but if the courses are not properly

designed and the classes available it is hard to know how you are developing until you compete in a Class A event, and then you might find out you are in the wrong class and your desire to compete takes a step backwards or is lost forever.

Assuming the courses are designed and set according to their proper level of competition how do you decide which course to run on if you have been orienteering for a while? The following article was published in the Oct. 1980 issue of *USA* by Peter Gagarin on the USOF Training Committee and a three time member of the U.S. Team.

Some time before you get your map and have to figure out which way to go to the first control, you have an important choice to make. What course should you go on?

One consideration might be price - with entry fees for most courses the same, it doesn't take much fancy figuring to tell that you get the best deal on the longer courses. A second consideration might be time. If you've driven a good distance, why not run as long a course as possible - you'll have more controls to find, more time out in the woods to orienteer.

But if you approach orienteering competitively and you want to get better, perhaps you should ignore the money and time considerations, especially if you currently find yourself finishing in the lower part of your class. Let's say you're going on the Red course, but not doing too well. Consider going on the shorter and (supposedly) easier Orange course. Let me try to explain why.

First, ask yourself how well you've really mastered the basic orienteering techniques. Are you comfortable with map and compass and pacing and contouring? Are your route choices sensible? Or do you sometimes (or often) take the wrong trail, or leave a control in the wrong direction, or forget your pace-count, or take routes that make the controls more difficult to find? Is your orienteering sound enough that you can handle the Orange course easily (ie. no significant mistakes) every time out? If not, consider dropping down.

Second, even if you feel you could do the Orange course easily each time, does that include running (and maybe running hard) while you're doing it. As you get better at orienteering and try tougher courses and tougher competition, it requires moving faster through the woods as well as better navigation. The faster you run, and the less you stop or walk, then the harder it is to navigate well. On the Red course, perhaps you usually make a big mistake or two and are out in the woods for 2 hours plus - as a result you get tired and discouraged and much of the time your legs and your mind are moving in slow motion. Without realizing it, you get in the habit of moving slowly, of thinking slowly. You would give yourself better practice by doing a shorter course, and doing it at a faster pace. And if you run hard, the Orange course may not be as short and easy as you think.

Thirdly, most "A" meets are 2-day affairs. Spending 45-75 minutes on a shorter course rather than 2-3 hours on a longer one means that the course the second day will be more fun and less agony, that you can enjoy the party Saturday evening, and that you won't have to wait until Wednesday or Thursday the next week to be able to run again.

And finally, how many times have you been 2/3 of the way around a course, been pretty tired, and wished you were already done?

Similar reasoning could be used if you're having trouble with any other course (except White!). Think about dropping down and getting really good at the shorter course; then you can always move up again. It's not the macho thing to do, but you might have more fun - and get better, too.

The value of orienteering as family fun, fitness and recreation is incontestable. But orienteering as a competitive sport depends on the course being able to balance and measure both the physical and mental skills of the competitors. Thus, the development of orienteering as a competitive sport is in the hands of the course planner.

C Smith

COURSE PLANNING & COURSE SETTING WORKSHOPS

Interested in knowing more about course planning? Plan on attending the course setting workshop on March 18th and especially the Orienteering Workshop on the weekend of May 22 & 23, where one of the topics will be course planning. A few good references on course planning are:
IOF, Principles of Course Planning, 6 page booklet available from USOF

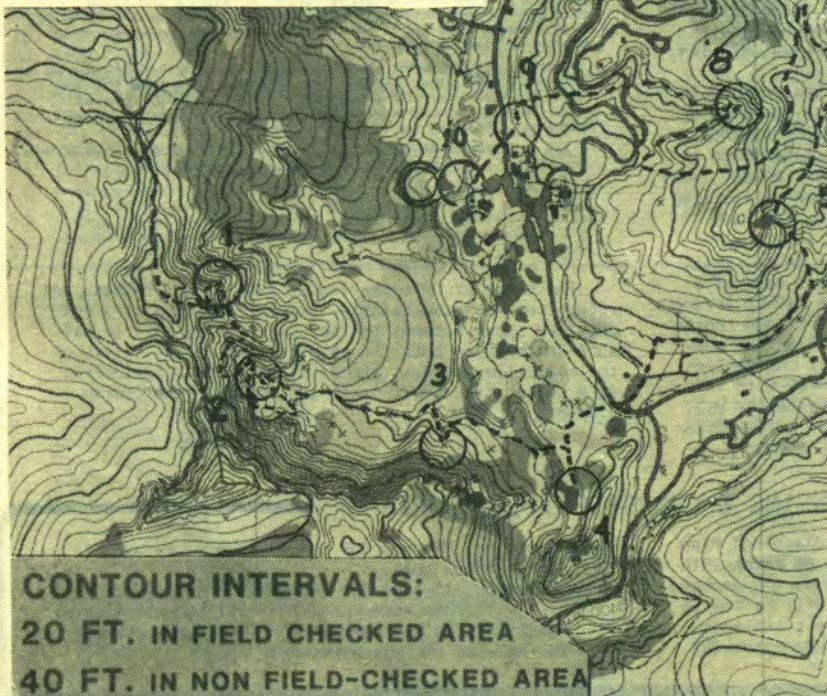
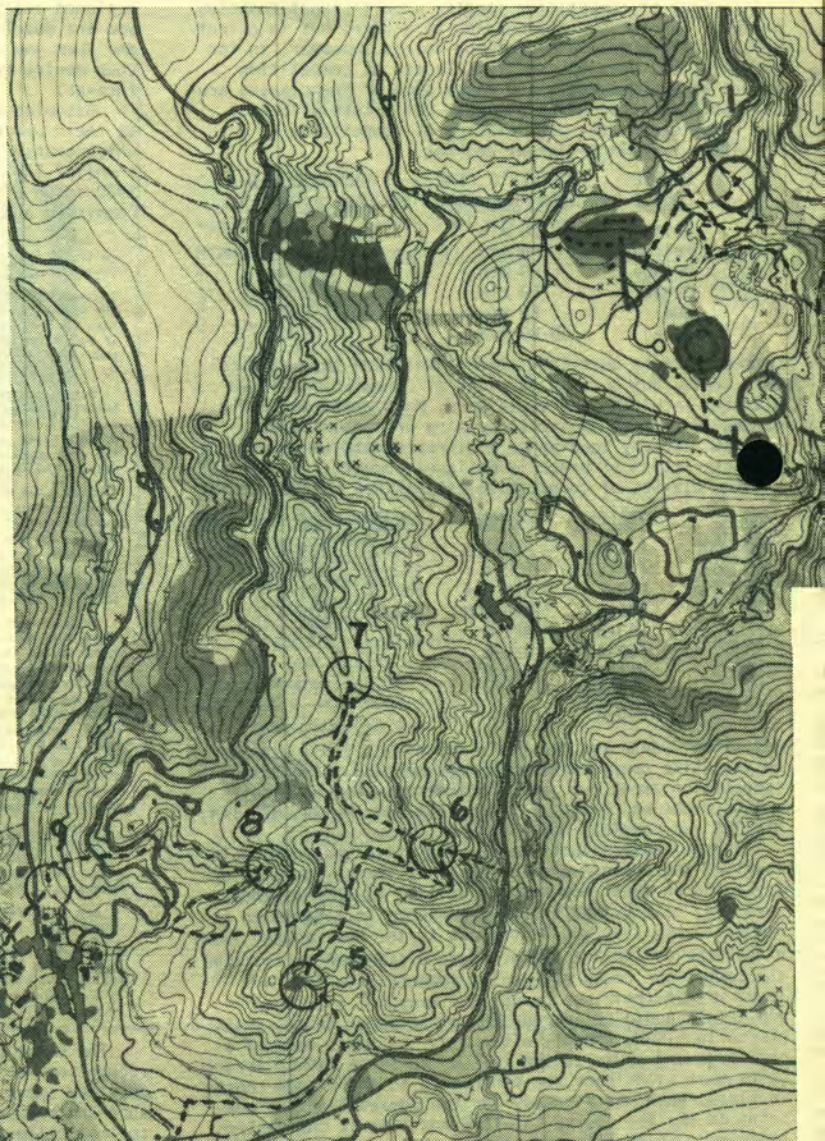
Course Planning, 96 page IOF translation of an excellent Swedish book.

Course Planning, 41 page BOF translation of a Swedish book with some amendments for British orienteering conditions by Sue Harvey (this will be available for sale at the May workshop).

Most of the comments I have read about Class A or other regional or national meets have all been written either by someone who ran the blue course with all the other elite runners or someone who thinks he should have run blue but instead, for whatever reason, ran red. I, having no reasonable designs of ever running a blue course in a respectable time, having run red at local meets only when I have felt especially fit, and who generally runs green, orange, or yellow depending upon which of these intermediate courses has been offered, will try to describe my impressions of the Class A D-meet put on by BADC at Big Basin Redwoods Park on October 10-11. Yes, orienteering is fun for all levels.

I had a reasonably slow start (possibly because my feet still hadn't healed completely from day 2 at Cle Elum or possibly because the long drive was more tiring than I thought) but from 1 to 2 was a disaster. For some reason, I failed to see on my map both a stream (which turned out to be uncrossable because of steep wet clay sides) and a small trail with a bridge over the stream (which made the optimal route choice quite obvious). The light green slow running area surrounding the stream might have been that in dry weather but was

Redwood Impressions at Big Basin



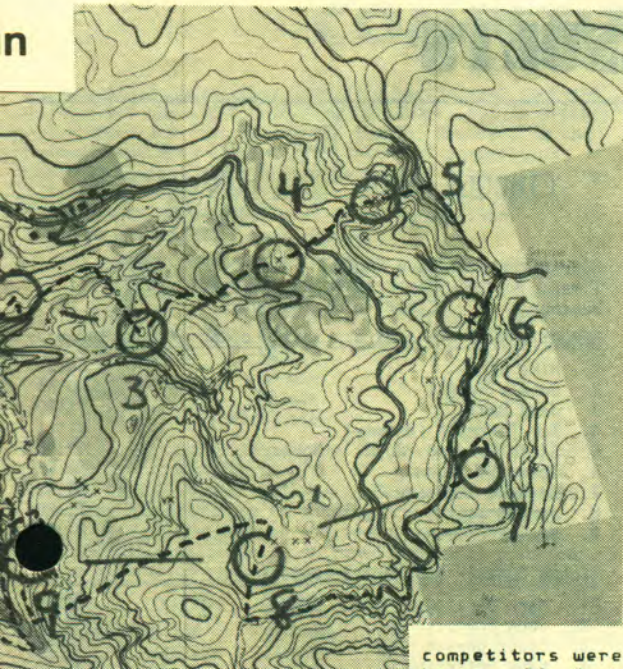
CONTOUR INTERVALS:

20 FT. IN FIELD CHECKED AREA

40 FT. IN NON FIELD-CHECKED AREA

a real fight that day. Once I realized that the opposite bank was too slick to climb and about 10-12 feet high so it didn't show as a contour, I finally looked extremely carefully at the map and found the small trail. Knowing exactly where I was, I still took about 30 minutes fighting my way out to the trail through the slippery vegetation.

2-3 and 3-4 were good exercises in map-reading so I navigated right to them and also to the



circle on the map at 5. However, I think the course setter could have done a better job of giving a control description. There were several large stumps on the map and in the reentrant within the circle and it sure could have saved time to see s.w. stump as the description and not just stump. I think I had to check 4 stumps before I found the marker - slow going on burntover, etc, sloping terrain. 5-6, 6-7, and 7-8 were all reasonable legs that could be done mostly on rails or roads (the kind of range course I was expecting) though either the map-drawer or marker-hanger or both were off on (definitely outside the circle). Perhaps that is why I had so much trouble with 9. I thought I could go right over the ridge and drop onto it but no such luck. I found myself in still more nasty vegetation that might have been field-checked for visibility rather than unavailability and spent another 20 minutes or so trying from 2 other attack points to find that thing. I happened to look at my watch, realizing that I had been out 4 hours, decided to come in without finding it so that a search party would not be necessary. Much to my disgust, when I returned to the finish area, I learned that BAOC doesn't use the 3 hour rule as we in ascade do and that some of the

competitors were out over 4 hours. If I had been informed ahead of time that there was no time limit to speak of, I would have found that #9 marker and also #10 which I didn't even attempt.

The sun was coming out on Sunday and as I walked to the ridge-top start area, I realized that the underbrush would not be nearly as wet and slippery as it had been on Saturday. Alright!!

My start to control #1 was not the best because I soon found myself on the wrong spur. Losing 5 minutes on that leg was not nearly as bad as losing 45 minutes from 1 to 2 which I did. The marker could only be seen from one direction-walking backwards toward 3. Going toward 3, I knew that I would not have one of the lower times on day 2 either so I just tried to do as well as I could, to enjoy myself, and to finish the course. 2-3 and 3-4 were fairly straightforward legs with the main challenge seeming to be to cross a stream without getting too wet. 4-5 was another long exercise in map-reading and I was really happy when I found the marker behind a huge log where I had estimated it would be while I was still 50 meters away.

On leg 5-6, I learned a good deal about orienteering and myself. A steep climb from 5 put me up on a ridge where I had to count spurs and reentrants until I found the large reentrant

marked. I was quite proud of the way I navigated and came down the spur along a deer trail to where in the reentrant I judged the marker to be. I contoured across and found a piece of tape with 'Day 2 - orange 6' written on it. This must be the place. Looking around for 5 minutes did not help me find the missing marker so I assumed that whomever had set it out had erred-either higher or lower in this reentrant or in a different reentrant. It was tempting to just go on to 7 but because of my DNF of the previous day, I vowed to find it. To minimize worst-case climbing, I went down to the bottom first and then back up. One reference contour or about 100 feet higher up the reentrant than the tape was I found the marker. This success of sorts gave me more confidence in my abilities but made me wary of what new surprises I might encounter on the remainder of the course. 6-7 was another challenging leg which required a climb over to the ridge top and down to where I could contour across to where I thought the saddle would be. Having no man-made attack points for last 3 legs really forced me to consider carefully what I was doing. I was relieved to find that the saddle and marker were as I had expected. 7-8 was another tricky leg that required contouring back the way I had come and then picking the correct extremely steep reentrant to drop into. I became a little confused in contouring back, had to waste some more time determining where I was and then dropped into the wrong reentrant. Luckily, a trail at the bottom was a nice collecting feature and I ran along it until I came to the sharp bend at which point I trudged up the reentrant to punch my card.

8-9 was a leg to bring one back to civilization, although this was another case where I differed with the control description. I probably wasted 5 more minutes trying to find a clearing not shown in the circle on the map. If I were writing the control description for #9, I would have described it as 'power line -- end'. 9-10 was easy if no moving cars slowed one and from the bridge to the finish was the typical finishers sprint. I had thought that I had taken 178 minutes but they recorded me at 181:17. O well, at least I finished the most difficult course I had ever tried.

- Harvey Friedman

MEET RESULTS



CRYSTAL SPRINGS

SATURDAY, FEBRUARY 20

Course setter: Dave Enger, Mia & Joe Schneider
 Timing: Mia & Joe Schneider
 Weather: Steady light rain, warm, no wind
 Skiing: Wet, solid deep base - Fair skiing

LONG COURSE 6.6Km 7 Controls (mins)

- | | |
|---------------------------------|-----|
| 1. Mark Hartinger | 89 |
| 2. Mike Schuh | 94 |
| 3. Dan Waugh | 110 |
| 4. Susan St. John | 124 |
| 5. Scott Gilbert & Rick Riching | 142 |

Also present but not skiing: Stein Sandven, Tor
 Torreson, Marina & Max Waugh, the Fritz's

LINCOLN PARK

February 6

Course setter: Dave Enger
 Timer: Tim Branstetter (B.S.A.)
 Weather: Clear, cool and sunny

MEMORY COURSE 15 controls in any order w/ 3 master maps

- | | |
|-----------------------------------|-------|
| 1. Mike Schuh | 30:29 |
| 2. Debbie Newell | 40:45 |
| 3. Jean Davis | 41:40 |
| 4. Tor Torresen (Norway) | 42:11 |
| 5. Stein Sandven (Gular - Norway) | 44:00 |
| 6. Susan St. John | 44:57 |
| 7. Barbara Pedersen | 63:42 |
| 8. John Vraspir | 73:20 |
| 9. Harvey Friedman | 81:11 |

YELLOW COURSE 3.0 Km 9 controls

- | | |
|----------------------------|--------|
| 1. Mark Hartinger | 24:16 |
| 2. John Francis | 30:40 |
| 3. Steve Uhrich | 35:44 |
| 4. Gabe Patterson | 37:15 |
| 5. A. J. Powell | 50:50 |
| 6. Rick Vaughn (EOC) | 51:05 |
| 7. Linda Joy Hendricks | 60:37 |
| 8. Everett Harris | 69:15 |
| 9. Barbara Vraspir | 76:00 |
| 10. Bob & Jean Hendrickson | 109:44 |
| Gail Stone (missed 2) | 65:50 |

WHITE COURSE 1.8 Km 6 controls

- | | |
|-----------------------------|-------|
| 1. Becky Patterson | 20:15 |
| 2. Charlotte Mathison | 32:20 |
| 3. A. J. Powell | 33:15 |
| 4. Lynn Ward | 34:00 |
| 5. Jane Stewart | 33:45 |
| 6. Dan Johnson | 39:15 |
| 7. Greg Sanders (Troop 438) | 43:20 |
| 8. Graham | 49:50 |
| 9. Verlyn Harris | 51:17 |
| 10. M. Smith & D. Price | 55:20 |



The Over-Fifties, by Maurice Collett

from *The Orienteer*, The Magazine of British Orienteering

4.45am I'm sat on the bedroom floor making tea on a Gaz stove. Reluctantly, my wife is getting out of bed and into her O-suit. We're in Switzerland, and supposed to be on holiday. Holiday? We must be mad. Later that morning, a hundred kilometres away, we relax in a glorious alpine meadow, another run in the Swiss 5-Day behind us. It's more than a holiday, it's living!

Most 50-year-olds of our acquaintance are settled into a comfortable routine, with home-based activities which reflect the imminent approach of retirement and old age. Are we just kidding ourselves we're still youngsters, or is there any value in spending our weekends and holidays sweating round orienteering courses? Why do we do it?

Foremost is the sheer fascination of the sport. There can be few activities in modern life that are so physically demanding. Alone, unaided, with just a map and compass, one must navigate with great accuracy through terrain that is completely new territory. Unlike sports confined to a track, a course, or a playing area, the possibilities are endless, and errors are entirely one's own fault.

Next there is the competitive element, something which, at 50, has tended to fade from one's everyday life. From the heights of M21A or W19A, the "per kilometre" times of the 50+ classes must look like a pleasant stroll. Not so! Among the "senior orienteering citizens" there is a rivalry as keen and intense as in any other class. But probably there is a greater spirit of camaraderie, since there is no pressure for International selection or representative teams. The bare statistics of the results often disguise the tremendous competitive efforts made in the depths of the forest.

Exercise must be another attraction, but one of the

astonishing aspects of orienteering is that one is rarely conscious, at the time, of the physical effort involved. One is so busy planning routes, studying the map, checking off features, that the distance and terrain being traversed are forgotten. A 5km road run seems endless, 5km through the forest passes almost unnoticed.

There is little of the *Après Ski* atmosphere in orienteering, but the friendliness of orienteers, regardless of age group, is one of the most endearing aspects of the sport. Through orienteering we have enlarged and enriched our circle of friends to an amazing degree. Perhaps, like us, all orienteers are a little mad, which is why we enjoy their company so much!

In these days of free offers, give-away shows, and massive gambling, people often ask "how much do you win at orienteering events?" That we are mad is confirmed, in their eyes, when we say, "Nothing, or perhaps an odd certificate". To the outsider it seems incredible that we should go to the expense of travel and entry fees for the sheer fun of it. But who can put a price on the invisible returns? Who can measure the amount of satisfaction obtained from a course successfully completed? Who can gauge the benefit derived from being a sportsman instead of a sports watcher?

On the evening of the fifth and last day in the Swiss O-Ring, five of us had dinner together in a small hotel. Between us we totalled over 220 years. After five gruelling days we knew the answers to the questions above in no uncertain manner. As we sipped the heady local wine we realised that, through orienteering, we were still able to sip the wine of Life. Three of us had started orienteering after forty. What we have enjoyed is open to many more who might wonder whether it is too late to start.



Meeting Briefs

The next Executive Board meeting will be on March 21, at 3:30 p.m. at Fort Steilacoom Community College following the Runner's Fair clinic on Orienteering.

The agenda will be:

- (1) Coordinators' Reports
- (2) Meet schedule for the next year
- (3) Proposed budget for the year

All members are invited to attend Board meetings and contribute to the discussion at appropriate times. Only Board members may vote on motions but all Board members are interested in voting, not only on their personal views, but also try to represent the membership.

The Board will meet monthly this year unlike it's

previous bi-monthly schedule. Agendas will be announced in the newsletter whenever possible. Please call a Board member if you would like a topic placed on the agenda.

Thus far, some topics we are anticipating for upcoming agendas are:

- (1) Setting up a Trim course
- (2) Bylaws revision
- (3) Regionalizing the newsletter
- (4) Changing the format/frequency of general club meetings
- (5) Fund-raising schemes
- (6) Designing a club patch and/or bumper sticker

World O Tour

Peo Bengtsson's world orienteering tour came to the west coast on January 17th. The group of 17 mostly Scandinavian orienteers spent the last week of their 30 day around-the-world tour in Seattle, Vancouver B.C., San Francisco and San Diego. Accompanying Peo were two-time world champion Oyvin Thon (Norway), top Swede Jorgen Martensson (6th in WC'81), and top females Brit Volden of Norway (2nd in WC'81, and Oyvin's lady friend), and Ruth Humbel of Switzerland (4th in WC'81). Also along was the irrepressible Norwegian O' journalist Helge Bovim, mapper of New York City's Central Park. Swedish juniors Sofia Scholander (Jorgen's girlfriend) and Brit-Marie Bengtsson (Peo's daughter), and four orienteers over 60 years old rounded out the group along with several others.

Orienteering nearly every day, and travelling mainly by night, the group's itinerary was rigorous. The orienteers wished they'd had more time for sightseeing in some of the ten countries they visited. The whirlwind tour required tight scheduling and many prearranged local contacts, at which Peo is adept.

Ove-Gunnar Jacobsen, a top Norwegian mapper, preceded the group to India to map a city park in Delhi. The course they ran there included one control on the steps of the Swedish embassy, one control across the park at the Norwegian embassy, and one marker 30m from the finish. All of the other markers on the course were stolen by the locals! A few people on the tour felt that less developed countries like India and Thailand just aren't ready for orienteering because of the poverty of the population. Two embassy employees participated in Delhi, but no locals. That was not unusual, as the tour probably didn't get as much local participation or media coverage as Peo would have liked.

The exception was Japan. The group ran in the Pacific Orienteering Carnival, along with about 2500 others. This was the only real competition of the tour, for which the Japan Orienteering Federation had paid travel costs for some of the group. Jorgen won the men's elite class. Oyvin placed well, but unfortunately came down with the mumps! He didn't compete during the rest of the trip.

The group was visibly tired upon arrival in Seattle Sunday morning, after the major competition in Japan and a sleepless all-night flight. Of course, we immediately whisked them to our Woodland Park meet site for a run in the cold rain! Fortunately our relay event consisted of short relay legs (2.0-3.5km) in easy terrain. Peo's films were the highlights of the evening banquet at the Swedish Club. The visitors appreciated staying in the homes of COC members that night and sleeping in the first real beds of the tour!

On Monday Stein Sandven and I joined the tour for the visit to Vancouver, which began with a training event on the 1:5000 scale map of Lighthouse Park, a beautiful spot across the bay from the city. Jorgen won the hilly 3.5km course (which also involved much circuitous trail running) in about 31 minutes, about 8 min-

utes over Ted de St. Croix, the perennial North American champion. That evening a dozen of us appeared on a live 11 minute segment of the "Vancouver" show, a nightly variety TV program. The segment opened with us "orienteering" through the studio with map and compass, then cut to footage from the 1979 O-Ringen, then concluded with the TV host interviewing the group. The format worked quite well, and I'm sure it was excellent exposure for the sport.

We arrived at the University of B.C. Endowment Lands the next day to find another TV film crew, this one from the Canadian national network. After some filming, the low-key competition took place, with Jorgen again winning in about 41 minutes on the 6.5km course, about 10 minutes ahead of Ted and the rest. Though flat, the area was quite wet and thick with underbrush, as is typical in Vancouver-Seattle lowland terrain.

Just after I finished, I met a friend on his way to a late start. Originally from Norway, and one of the best orienteers in B.C., he excitedly told me, "I was just talking to Oyvin Thon. I didn't know it was him!" I later learned that he had forgotten that the world tour was to be in Vancouver that day. While out on his regular training run in his Stavanger OK warm-up suit, he happened to notice the O' signs in the parking area. So he stopped to talk with a fellow sitting in the driver's seat of a van. Pleased to find a group of orienteers from his homeland, our B.C. friend asked in Norwegian, "Are there any good orienteers here?" Well, the guys in the back of the van quickly piped up to assure him that no, there were no good orienteers there. The Canadian then asked Oyvin, the driver, "And what is your name?" The guys in the back had a good laugh over that one.

Unfortunately, Oyvin's condition seemed to gradually deteriorate during his visit on the west coast, though he remained cheerful. He didn't attend the potluck dinner hosted by the locals in Vancouver that night, and later rested in the San Francisco area while the group continued to San Diego. Oyvin was interested in the Canadian and North American championship events in Manitoba next August, though the demands on a world champion's time are many.

Peo agreed that the Los Angeles Olympics will present good opportunities for Scandinavian O' tours to the U.S. in 1984. He also said that there is some feeling among insiders in the IOF that the quickest way to promote orienteering may be to pour all of the IOF's promotion and development funds into the U.S. The rationale is that activities which become popular in the U.S. will spread to the rest of the world. Of course, this idea has not been politically feasible. I thoroughly enjoyed spending a couple of days with Peo's world O' tour, and expect to see several of these O' friends again.

Dave Enger



Letters to the Editor

John Turner in Victoria, Australia writes;

.....We have attracted a lot of runners into Orienteering in Australia over the years, unfortunately many have drifted back into running during the past two years as petrol suddenly shot up from 19¢ to 39¢ per liter due to the government bringing it in line with world prices. Generally there is a run (fun run/marathon) every weekend as well as orienteering. The problem being that the orienteering requires a round trip of 200 Km or so.....
....As a matter of interest my club (Melbourne University Mounteering Club) is to split next month in order to attract more University people and again give us an extra club in Victoria.

All the best in Orienteering
John

Gregg Ferry, Sec/Tres, OC of Corvallis, Oregon writes;

.....I would like to present some ideas concerning your newsletter that have been floating about for the last few months. I think that you are aware that we are starting a club here in Corvallis. We have been talking about a newsletter to disseminate information. There was mentioned that Bearing 315 could be a newsletter that could be for all of the clubs in the northwest, too. Granted, many details must be worked out, such as: funding; mailing; etc. But in the first letter concerning the subject, I would like to get some idea of how COC feels about it.

Sincerely, Gregg

Dick Adams in Birmingham, Al writes;

Our southeast region is going fairly well. It is really only comprised of our club (VOC - Vulcan OC) and the Georgia O Club (GAOC). We have decided on one 'officer' - a coordinator who gets together a schedule from the various USOF clubs and ROTC clubs and publishes that approx twice a year. We started out with a president, sec-treas, and newsletter editor/schedule coordinator but soon found that the first two were superfluous. The coordinator also acts as chairman at any meetings until a meeting chairman and secretary are elected. The coordinator also appoints any necessary grievance committee etc, etc. Right now we mail to anyone in the southeast with any interest at all. The cost is supposed to be borne by GAOC and VOC equally. Basically we are just out to promote O in the southeast any way we can. We (VOC) are having a state high school championships in March to cater to them but I don't think there will be more than 2-3 high schools represented. Outside of the meet schedule, our biggest endeavor is an annual SEAOC championships. The winner each year is supposed to host it the following year. That means GAOC and VOC alternate back & forth each year right now. In order to help broaden its appeal we are in the process of developing a club championship format for it along the lines of the NEOC or DVOA-QOC club championships - ie, all categories count and everyone who runs counts insofar as possible. As you can see it is a very loose organization, and I think it is best that way. Anything formal with lots of rules and etc just tends to bog things down and there is no need for it on the regional level. I think that all that is needed is to get out a schedule and to have a place (the coordinator) to get answers to inquiries and to get people together. In case you don't know regionalism is cropping up all over. There is one forming in the southwest already.

Yours in O
Dick Adams

By-laws Amendments

In order to amend the By-laws of COC, the amendments must first be 'submitted in writing and discussed at a previous regular meeting, and they must have been mailed by the club to the membership at large' (Article XI). The following three amendments were proposed by Dave Enger at the October 12, 1981 meeting.

Article III, Section 2: (Add underlined portion)
Membership grades shall consist of single memberships, family memberships, associate memberships, life memberships, and honorary memberships. The single membership shall be allotted one vote. The family membership shall include the members of an immediate family or a formally organized group and shall be allotted one vote per person present, with a maximum of two votes. The associate membership shall be for persons under eighteen (18) years of age and shall not be eligible to vote or hold office. The life membership shall be allotted one vote. The honorary membership shall be bestowed upon worthy individuals as seen fit by the club, may be revoked by the Club, and shall entitle the bearer to all the rights and duties of a single membership.

Article III, Section 3: (Add underlined portion)
Effective March 25, 1981, the annual dues shall become:

single \$7.00, family \$10.00, associate \$4.00, life \$100.00. Effective November 25, 1982, the annual dues for life membership shall be \$140.00. Life membership shall be good for the life of the individual. There shall be no annual dues for an honorary membership. The membership Coordinator shall notify members two months in arrears and those members whose dues are not paid within one month thereafter shall be automatically dropped from the Club.

Article VII, Section 6,7,8: (Renumber Section 6,7,8 to 7,8,9 respectively and then add a new Section 6 as follows) A Social Coordinator shall be appointed by the President after each annual meeting, whose duties shall be to organize refreshments, entertainment or other social activities in conjunction with club events.

There are several written comments submitted by club members pertaining to the life membership proposal, these will be available to read prior to the start of the club meeting.

These proposed amendments will be voted on at the meeting of COC to be held Monday, April 12, 1982.

Nancy Lewis
Secretary

Cascade Orienteering Club

MEMBERSHIP APPLICATION

Check one: ☐ New Member ☐ Renewal

Name _____

Address _____

_____ Zip _____

Phone _____

☐ Family \$10.00 ☐ Individual \$7.00 ☐ Associate (under 18 years) \$4.00

If family membership, list other members;

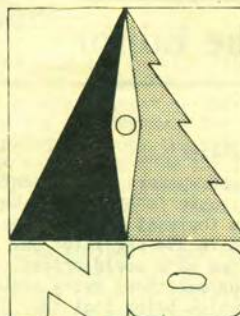
Send application and check payable to the Cascade Orienteering Club by mailing to COC, PO Box 31375, Seattle, WA 98103

Time Dated Material

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

EMY
8212

BULK MAIL



NISQUALLY ORIENTEERS

The Nisqually Orienteers is a new USOF club that is being formed to promote orienteering from south King County to Olympia. Interested orienteers are welcome to attend a meeting on Tuesday, March 16th at the Hawk's Prairie restaurant at I-5 Exit 111, just west of the Nisqually River basin. The meeting will begin promptly at 7:00pm in the banquet room. The purpose of this meeting is to take care of all the initial administrative details necessary to form a club, ie; USOF club charter application, By-laws, decide on initial officers, etc. If you plan to attend this important meeting please call Pat Malloy in Lacey, 491-0861(W), 491-0606(H) or Clayton Smith in Tacoma, 474-5675 and let us know so before March 15th so that we can reserve table space for you. The club can also be reached by mail at this address: Nisqually Orienteers, PO Box 1856, Tacoma, WA 98401.

United States Orienteering Federation

APPLICATION FOR MEMBERSHIP

Date _____

I hereby apply for membership in the United States Orienteering Federation. I understand that I am entitled to all benefits of the organization, including membership in the International Orienteering Federation.

LAST NAME	FIRST NAME	SEX	YEAR BORN

[If a family membership, please list other members]

ADDRESS	PHONE ()
CITY	STATE
LOCAL	ZIP
USOF CLUB	

A. I am applying as (check one): ☐ a member of ☐ a member-at-large

B. Check type of membership and pay either

	club rate	-or- at-large rate
<input type="checkbox"/> individual.....	\$8.00	\$10.00
<input type="checkbox"/> student (age 18 or younger).....	\$4.00	\$ 5.00
<input type="checkbox"/> family.....	\$12.00	\$15.00
<input type="checkbox"/> lifetime(individual).....	\$125.00	\$125.00
<input type="checkbox"/> contributing (minimum amount).....	\$40.00	\$40.00

C. Check one: ☐ new member ☐ renewal

D. Please send application with a check payable to the UNITED STATES ORIENTEERING FEDERATION, and mail to: USOF, PO Box 1039, Ballwin, MO 63011. (note: memberships expire one year from date of receipt by USOF. For renewals, membership is for one year from the expiration date shown on the front of your card.) 12/81

The United States Orienteering Federation is constantly trying to better serve its members but to do that takes money. In addition to membership dues, donations to the Federation are always welcome. All contributions are deductible from your federal income taxes under IRS section 501 (c) 3. As an added incentive, for any donations of \$20 or more, you will receive ORIENTEERING USA by first class mail for the next year.

"YES, I would like to help. Sign me up as a sponsor of U.S.A." Enclosed is:

<input type="checkbox"/> \$10	<input type="checkbox"/> \$20
<input type="checkbox"/> \$50	<input type="checkbox"/> \$

NAME _____
ADDRESS _____
CITY, ST, ZIP _____
[Make check payable to: U.S. Orienteering Federation; mail to: USOF, PO Box 1039, Ballwin, MO 63011]