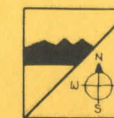


Cascade
Orienteering
Club
P.O. BOX 3572
BELLEVUE, WASHINGTON 98009

BEARING 315

Newsletter of the Cascade Orienteering Club



(1980)

Inside:

From the President.....	page 2
Editorial Comment.....	page 2
Canada Two-Day Meet.....	page 3
Meet Results.....	page 4
Schedule of Upcoming Events.....	page 5

T-SHIRTS

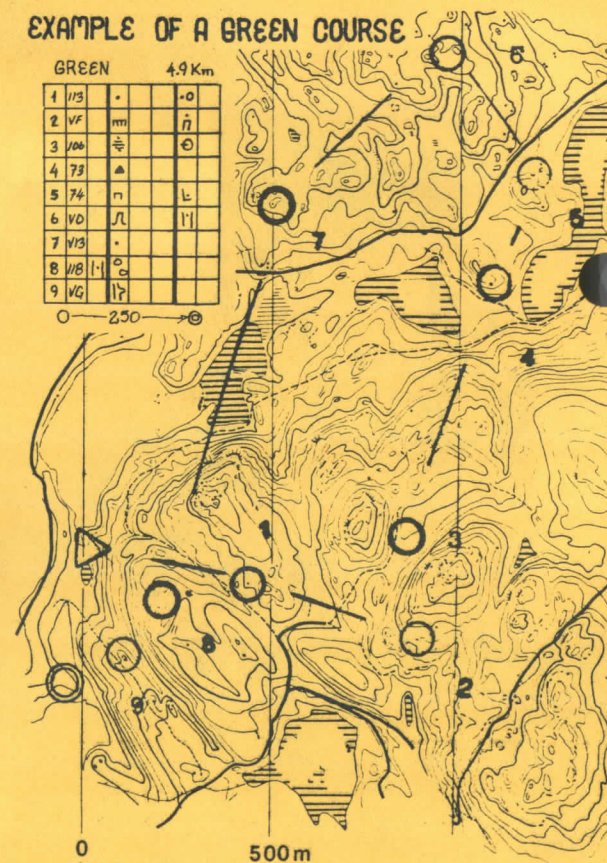
A new order of club T-shirts are in and will be available for sale at all club meets. The shirts are red with the club distinctive logo in white on the upper left (the wearer's upper left) front side. They are just like the other T-shirts that were for sale. The T-shirts are made of 50% cotton and 50% polyester. They will be available in sizes; S,M,L and XL for \$5.00 to COC members and \$6.00 to non-members.

A Green Course ?

For many years throughout the USA and Canada there has been only five different levels of courses that varied in difficulty. They were: the white course for novice orienteers; yellow and orange for intermediate orienteers; red for the women's advance and blue for the men's advance. Although our club meets have not included all of these courses, all Class A and most Class B meets include all five levels of courses. These courses are further broken down into age categories for women and men so that anyone can compete in a category that is commensurate with their age and experience level. As an orienteer progressed from white to red or blue, the courses increased in both distance and technical difficulty. There has been a growing need to have a technically challenging course that was not as physically demanding. As a result USOF has proposed a green course be added to the current set of courses and has requested that it be included in all Class A and B meets on an experimental basis. This course is designed to be approximately the same length as the orange course but with the orienteering challenge equal to the red course. The green course is a good idea for those who want the technical challenge of a red course without the physical challenge. After all, that's what orienteering is all about — The Thinking Sport.

EXAMPLE OF A GREEN COURSE

GREEN		4.9 Km	
1	1/13	.	•0
2	VF	mm	h
3	100	⊕	⊕
4	73	▲	
5	74	n	L
6	VD	√	11
7	1/13	.	
8	1/8	1/8	
9	VG	1/7	





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	Göran Larsson	938-2058
TRAINING	Gary & Debbie MacDonald	823-9337

from the President

After our usual summertime lull, we are embarking on an ambitious fall schedule. Our current efforts are geared toward the October 5, Class "B" Regional Meet to be held at Fort Lewis. The map is being completed and we are attempting to find a sponsor. Of course, we will appreciate any ideas and assistance offered for this meet and other events. Also, since the best advertising is by word of mouth, I encourage you to tell a friend about our club. Better yet, bring them to a meet and let them experience our fun sport first hand!

Dave



"Maybe I should have approached this control from the other direction." (Cartoon by John Cassady)

Editorial Comment

What happened to the newsletter? Let me explain.....Lorrie O'Brien has been doing our newsletter in addition to being the club Secretary and doing a great job at both. But recently she has been out of town and Dave Enger was looking for someone to help do this issue when I volunteered to do the whole thing. For those who don't know me, I like orienteering and enjoy doing things like newsletters so when this newsletter started to fall together I got carried away and you are reading the outcome. Any comments, suggestions or ideas, whether good or bad, about this newsletter would be greatly appreciated. We will use the information in putting together further newsletters. What will happen to the format and content of future newsletters will depend on your input plus who will continue as editor. In the mean time, send in your thoughts to the editor in care of the club address. Your ideas are important, so share them with us.

Yours in orienteering,
Clayton

Membership

If you would like to join in the fun and learn more about the sport of orienteering, we would be happy to have you as a member of the Cascade Orienteering Club. Fill in the membership blank below and send with the yearly dues to:

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

☐ Family ☐ Individual ☐ Associate (under
\$8.00 \$5.00 18 years) \$3.00

Name: _____

Address: _____

Telephone Number: _____

Schedule of upcoming events

THURSDAY, AUGUST 28 - REI ORIENTEERING CLINIC
Goeran Larsson and Dave Enger will give a presentation on the use of the map and compass as well as the sport of orienteering in general. A filmstrip, "Orienteering-What's That?", will be shown. The clinic is open to anyone who is interested in coming, bring a friend and pass the word. The clinic is from 7:00 - 9:00pm at the Seattle REI store located at 1525 11th Avenue.

SATURDAY, AUGUST 30 - WOODLAND PARK MEET
As a follow up to the REI clinic, field instruction on the use of the map and compass is available in addition to a beginner's and intermediate level courses. For the more advanced orienteer there will be a map memory course which is a good training method to develop your competitive edge as well as being alot of fun. Starting area is in the picnic area inside the N 50th Street entrance to Lower Woodland Park in Seattle. Registration; 10:00 - 12:00am. Meet director; Goeran Larsson. Color map.

SATURDAY, SEPTEMBER 13 - ST EDWARDS PARK MEET
Registration: 10:00 - 12:00am. Courses for all levels - Novice, Intermediate & Adv. An orienteering workshop for members of the Mountaineers will be conducted. St Edwards State Park is located on the northeast side of Lake Washington, just south of Kenmore. The park entrance is on Juanita Drive N.E. at NE 145th Street. Come run on a good color map. Meet director: Tony Paulson.

SATURDAY - SUNDAY, SEPTEMBER 13 and 14
SAN DIEGO, CALIFORNIA CLASS "B" MEET
The San Diego Orienteering Club in Southern California is hosting a two-day, Class "B" meet. The SDOC is a very large and active orienteering club that has hosted many successful meets. For more information if you are interested in going contact Dave Enger.

SATURDAY - SUNDAY, SEPTEMBER 6 and 7
6th ANNUAL B.C. ORIENTEERING CHAMPIONSHIPS
This two-day meet is an excellent opportunity to attend a well organized competitive orienteering meet. The map is in five-colors 1:10,000 scale with 3m contour interval. Courses are pre-marked on the maps with a map case supplied. Courses will range from White to Blue, separate men and women classes with various age groups (17 total different

classes). The Orienteering Association of B.C. is hosting the meet in the Brandywine Falls Provincial Park located on Highway 99 near the Whistler Mt Ski Area about 110 kms north of Vancouver, B.C. The meet begins at 2:00pm on Saturday and 10:00am on Sunday, a schedule which fits the four hour drive from Seattle very nicely. Everyone is welcome, the cost is nominal, but pre-registration is preferred. A group from COC will carpool up and camp overnight Saturday. If you are interested contact Dave Enger for more info.

SATURDAY, SEPTEMBER 20 - POSSIBLE CLE ELUM MEET
Permission has been granted to use a ranch and some adjacent property which is excellent orienteering terrain. COC would like to hold a joint meet with the Ellensburg Orienteering Club, but the details still are being worked out. Contact Dave Enger or Len Englund for more information.

SUNDAY, OCTOBER 5 - FORT LEWIS CLASS "B" MEET
Our second Class "B" meet will be held at Fort Lewis on a new five-color, 1:15,000 map. Five courses will be set; White, Yellow, Orange, Red and Blue. For more information see the next issue of the newsletter, to be mailed first class on September 16. Meet Director: Clayton Smith.

MONDAY, OCTOBER 13 - CLUB BUSINESS MEETING
The meeting will begin at 7:00pm in the Greenlake Library at 7364 E. Greenlake Drive N. in Seattle. Anyone interested in attending is welcome.

SATURDAY - SUNDAY, OCTOBER 18 and 19 ***
U.S. ORIENTEERING CHAMPIONSHIPS (CLASS "A")
St. Louis Orienteering Club, St Louis, MO.

SATURDAY - SUNDAY, NOVEMBER 1 and 2 ***
NORTH AMERICAN ORIENTEERING CHAMPIONSHIPS (CLASS "A" MEET) Cleveland, Ohio hosted by the Northeast Ohio Orienteering Club

*** Contact Dave Enger (or any other member of USOF) for information on these meets. Several COC members are planning to go to these meets. You do not have to be competing for the championship titles to attend or enjoy these meets. They are alot of fun and a good chance to meet and develop orienteering friends from across the USA, Canada and other countries. If you like orienteering they are well worth the trip. See you there.

CANADA 2 DAY MEET

AUGUST 3 and 4

The two-day Class A meet at Merritt, B.C. was well worth the trip. It was a shame more members of COC could not get a day off from work to go. The drive through Canada was beautiful because you had a choice of two different routes, each displaying its own dramatic beauty. One followed a canyon cut by a river while the other went over the Cascades through mountain passes. The route selection afforded the opportunity to drive two completely different ways going up and coming back.

The meet site was even more beautiful with the camp site located on Lundbom Lake right on the edge of the orienteering map. There was a fair amount of animal life to see on the courses and no stinging plants. I was fortunate to be the first one on the course on day two and saw a number of deer and other smaller wildlife in addition to the ever present cattle grazing in

the open fields. I could not help wondering what they thought of us as we raced back and forth over the open grassland.

The red and blue courses were a treat as they were designed by a Swedish orienteer who had visited the OABC earlier in the summer when they were using the same area for a training meet. His courses were challenging and required a variety of orienteering techniques. Several of the legs on both days of the blue course were long (1.8Km and 2.1Km) which afforded the competitors many route options.

The start for both days was within 600 meters of our camp site and the courses finished within 30 meters of our tents. If you want to know about the fun we had between the start and finish, anyone of us who went (Dave Enger, Mike Schuh, Dorothy and Clayton Smith) will be more than happy to trade some tall tales about a great orienteering meet and some great people. Most enjoyable!!!!

- Clayton

BLUE (1) 7.5 Km

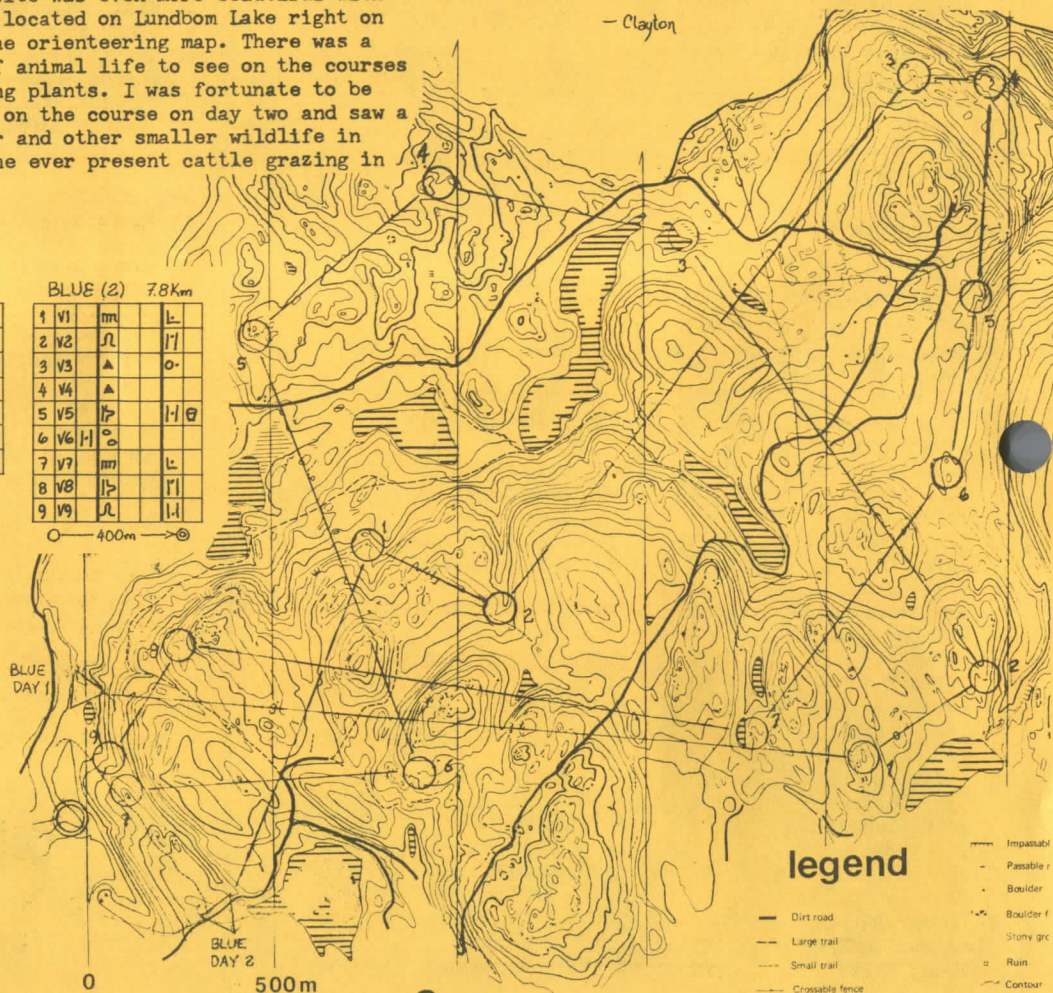
1	VA	O		V
2	VB	□		E
3	VC	≡		□
4	VD	∩		I
5	VE	∩		I
6	VF	m		n
7	VG	∩		

0 — 250m —>

BLUE (2) 7.8 Km

1	VI	m		E
2	V2	∩		I
3	V3	△		O
4	V4	△		
5	V5	∩		I
6	V6	∩		I
7	V7	m		E
8	V8	∩		I
9	V9	∩		I

0 — 400m —>



legend

- Impassable
- Passable
- Boulder
- Boulder f
- Stone gr
- Ruin
- Crossable fence
- Contour
- Dirt road
- Large trail
- Small trail

MEET RESULTS

SEWARD PARK

AUGUST 9, 1980

WHITE COURSE

6 controls, 1.1 Km

1	Bill Hall	:21
2	Harry Morgan	:22
3	Sue Lantz	:30
	Jessica Rykken	
4	Aaron Tate	:37
5	Paul Reese	:44
6	Marlys Svensson	:53
	Marit Svensson	
7	Victor Jocson	:54
8	Jason Edwards	1:02
9	Carola Burroughs	1:22
	Cassandra Trimble	
	Lorna Pauley	
10	Tony Coutcher	1:29
11	David Staub	1:34
	Bill Bracken	DNF
	Mike Mosey	DNF

ORANGE COURSE

10 controls, 3.1 Km

1	Harry Morgan	:50
2	Bill Hall	:52
3	Jean Davis	:57
4	Debbie Newell	:59
5	Bob Barnes	1:01
6	Karen Thomson	1:08
7	Clyde Laughlin	1:20
8	Jeannit Nordholm	1:22
9	John Svensson	1:26
	Pat Rahkonen	
10	Henrik Nordholm	1:32
11	Aaron Tate	1:39
12	Carol Johnson	1:45
13	Janice Reynolds	1:50
	Kai Reynolds	
14	JoAnne Nivens	1:54
15	Debra MacDonald	2:01
16	Howard Smith	2:05
17	Tory Laughlin	2:12
18	Bob Hale-Harbaugh	2:18
19	Brinkerhoffs	2:26
20	Fred Warden	2:31
	Brian Warden	
	Kathy Edwards	
21	Sue Lantz	2:39
	Jessica Rykken	
22	George Harbaugh	3:05
	Andrew Devore	DNF
	Brady Smith	DNF

CARKEEK PARK

JULY 12, 1980

YELLOW COURSE

8 controls - 2 Km

1	Harry Morgan	37:05
2	Janet Wall	53:40
3	Marlys Svensson	55:25
4	Dwight Jacobson	56:20
5	Dorothy Moushegian	63:30
6	Jeannit Nordholm	79:50
7	Dana Ransom	86:45
8	the Brinkerhoffs	98:00
9	David Vondracher	
	John Vondracher	114:20
	Maria Delbusto	

ORANGE COURSE

11 controls - 3 Km

1	Harry Morgan	46:20
2	Henrik Nordholm	55:37
3	Ben Yang	68:47
4	Einar Svensson	88:30
	Kraus	
	Kare Svensson	
5	Diane Kraus	101:40
6	Einar Storakers	105:43
7	Gerry Doyle	136:55
8	Harvey Friedman	DNF

RED COURSE

15 controls - 4.7 Km

1	Clayton Smith	68:00
2	Egon Nordholm	71:50
3	Greg Konzelman	113:20
	Joan Konzelman	
4	Debbie Newell	151:35

SCORE ORIENTEERING

21 controls, time limit: 60 min

49 maximum points

overtime penalty: 1 pt/min

1	Goran Larsson	(49-0)	49
2	Mike Schuh	(36-0)	36
3	Richard Lacy	(34-0)	34
4	Charlie Bock	(33-1)	32
5	Clayton Smith	(36-6)	30
6	Einar Storakers	(27-0)	27
7	Greg Konzelman	(13-8)	5
	Dawn Hall		
8	Mike Reynolds	(32-32)	0

FT LEWIS

JULY 27, 1980

WHITE COURSE

7 controls - 2.2 Km

1	Diane & Lavon Kraus	45:05
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ORANGE COURSE

9 controls - 3.8 Km

1	Annette Lantz	55:00
	Berith Larsson	
2	Jean Davis	64:32
3	Bob Barnes	83:05
4	Einar Storakers	89:20
5	Tom Hardin	99:46
6	Carol Johnson	172:20
	Martha Brinkerhoff	DNF
	Richard Brinkerhoff	DNF
	Jeannit Nordholm	DNF

RED COURSE

15 controls - 6.8 Km

1	Goran Larsson	55:15
2	Leif Aspund	63:30
3	Dave Enger	83:11
4	Tony Paulson	101:34
5	Richard Lacy	105:50
6	Glen Dudenoir	118:12
	J. Stone	DQ
	Mike Schuh	DNF
	Mike & Lei Reynolds	DNF
	Henrik Nordholm	DNF

Henrik & Egun Nordholm

Egun Nordholm	DNF
Joan Konzelman	DNF
Greg Konzelman	DNF

Henrik & Egun Nordholm	DNF
Joan & Greg Konzelman	DNF

