

Bearing 315

The Newsletter of the Cascade Orienteering Club

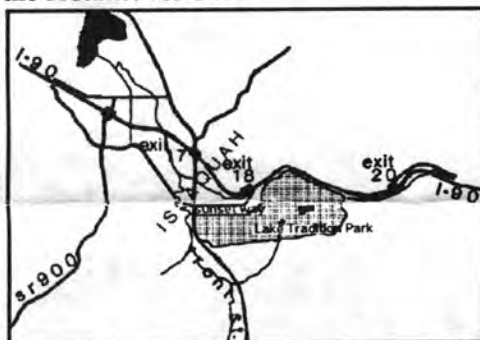
March - April, 1991



Coming Next : Lake Tradition

With a touch of spring in the air, we return to Lake Tradition Park. Lake Tradition lies on the first ridge to the east of Issaquah, and offers lots of contours and some marshes, ponds and a lake. Although there is very little open forest, most of the park is light green and runnable.

To reach the Park, take I-90 to the High Point Exit (Exit 20), several miles past Issaquah. Park along the exit road. Starts will be a short walk in from the parking area. Meet Director is Debbie Newell; courses by Glen Gordon. If you would like to help with registration/starts/finishes, please call Debbie at 488-7471. For latest meet information, call the Hotline: 783-3866.



Lake Tradition Park, Site Map

ROGAINES

COC is planning a 6 hr ROGAINE in the Tumac Mt area this August. Volunteer efforts gladly accepted. An 8 hr ROGAINE is planned near Tuscon, AZ on April 6, and RMOG is planning a 24 hr Colorado ROGAINE over Labor Day weekend. Bruce McAlister has details

ATTENTION PLEASE

Enclosed with this issue of Bearing 315 is a COC Questionnaire prepared by Rick Hood. A Club like ours depends upon knowing what YOU want. Please take the time to fill out and return the questionnaire - by mail (it takes 29c), or at any Club function. Family members please make copies and fill out individually. Extra copies (and stamps) available at club functions.

COC OFFER TO HOST '92 USOF CONVENTION

The COC Board has voted to notify USOF that COC will offer to host the 1992 USOF Convention. The proposed convention site is the UW Campus in early to mid July, after the 4th, but still well before the O-Ringen.

The typically Friday would 2-day A meet. has the A meet Elum Ridge. would include fun events; a and dinner at Blake Island. The Convention would be preceded by a Junior Training Camp.



Attendance at the Convention has typically been 75/100, with substantially more at the A meet. We want this to be a class-A event from the first welcoming to the final award presentation. This means a lot of work by a lot of people. All offers of help and ideas would be deeply appreciated. Committees are just being organized. Please call Bruce McAlister (821-6862), or leave a message on the Hot-Line if you are interested in helping.

WIOL CHAMPIONSHIPS

The ninth annual WIOL State Championships were held Saturday, February 23 at Bridle Trails State Park in Bellevue. The meet was hosted this year by the Sammamish Orienteers. The weather was warm and sunny (near 60). About 65 contestants from 15 high schools participated.

Winner of the men's division was Eric Bone, of Garfield (and COC). Rachel Tharp, of Timberline (and Nisqually Orienteers) captured the women's title.

The team championship was won by Bremerton.

COMING MEETS

Farrell/McWhirter Park Saturday, March 23

Farrel/McWhirter is the site of one of our Trim Courses, in cooperation with the Redmond Parks and Recreation Department. This Park is at its best in spring. Although mostly runnable, 'white' forest, Farrell/McWhirter collects nettles, berries and associated brush vegetation in the summer.

To get to Farrel/ McWhirter park, take SR 520 across the Evergreen Point Bridge to where it ends and becomes Avondale Road just east of Redmond. From here continue on Avondale Road about one mile, turn right on Novelty Hill Road, then left onto Redmond Road after about 1/2 mile. Park is on your left.



Site map, Farrel/McWhirter

Lynndale Park Sunday, April 7

Lynndale Park is a small, interesting park north of Edmonds with lots of green and deep ravines. The first orienteering task is finding the Park. Located away from main roads, and with minimal signing, getting there is half the fun. To reach the Park, take SW 196th St (SR 524) Exit from I-5 at Lynnwood. Go west through Lynnwood, and across SR 99 to 68th Ave. W. Then north to SW 189th St, and left to the main parking area of the Park. Since the developed area of the Park is heavily used for baseball and soccer in the spring, starts may be located around the perimeter. Follow signs to the designated start area.

Volunteer Park Saturday, May 4

Replaces Lincoln Park

Join us for May orienteering as we return to Volunteer Park after a lapse of several years. This Park is more challenging than it might seem at first, with opportunity for open running, nooks and crannies you may normally never see, and lots and lots of spring flowers. Volunteer Park is located on Capitol Hill in Seattle.

Kittitas Valley Orienteering Festival May 11/12

Note date change

If you missed the World Cup last August, here is your opportunity to check out the new Ros-Elum Ridge map. There will be a two day "B" meet the second weekend in May. With lots of terrain and lots of green (all shades), Ros-Elum is a challenging map both for runners and navigators. We are planning on at least five courses each day, with a limited number of preprinted courses. Further details in the next newsletter, but make your plans now.

The meet will be a joint effort of Ellensburg Orienteers and Cascade Orienteering. We need volunteers to help with starts and finishes and help with picking up markers both days. If you can help either day, please call Denise Klein at 322-7797.

MONTHLY MEETING

Monday, March 4, 7:00 pm

Guest speaker will be Susan Infield, UW psychology O'researcher. Susan is the one who has been doing all the interviews of orienteers. Come and find out if all they say about orienteers really is true. We have to be out of the library by nine, but rumor has it that there may be refreshments later.

ORIENTEERING VIDEOS

At the urging of Ardis Dull, the Seattle Public Library is acquiring orienteering videos. They now own *Orienteering, All Welcome*, a 12 minute upbeat introduction to orienteering, and *Orienteering from the Classroom to the Forest*, Winnie Stott's 85 minute tape directed towards teachers. These can be requested from the downtown library, or sent to your branch library.

BOARD BRIEFS

January 15, 1991

The Board met at Katie Sprugels. There was substantial discussion about hosting the USOF Convention, and how the convention and A meet could be coordinated and profits (if any) shared. Denise Klein and Peter Golde were to meet with Dave Enger and Dave Tallent. Bruce was asked to write a letter to WSOA expressing Cascade concerns.

February 12, 1991

The Board met at Bruce McAlister's following a meeting of the ad hoc USOF Convention meeting. All bills are paid, and we have about \$1,700 in the bank. We have meet directors and course directors for coming meets except Lynndale. Authorized witing to USOF with a formal offer to host 1992 USOF Convention. Next meetings March 12 at Ardis Dull's, and April 9 at Denise Klein/David Soper's. Board meetings are always open to all members.

CASCADE CHATTER

Compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 25 February 1991. Words of both thanks and welcome go to the following new or renewing club members: Rasmusud Addae family, Liz Anderson, Don Atkinson family, Steve & Kim Avolio, Boy Scout Troop 304, Elvis Campbell, B. J. Deering, Dick Diesner family, Ardis Dull, Mary & Peter Holmberg, Rick & Linda Hood, James Lee Hopper, Ken Knapp & Katherine Schubert-Knapp, Barbara Knox-Seitz, Laurie Kohli, Mike Mahoney, Jack Maloney family, Bruce McAlister, Ruth McCormick family, Bill McKenzie, Lisa Nathan, John Nitardy, Michael Odum family, Knut Olson family, Dave Petty, Julie & Sigmund Rosenberg, Mike Schuh, Jim Sissel, Tom Slocum, Neil Smith, Larry & Judy Swan, Linda Sirman, Einar Storakers, Bob Williamson, Ron Wingerson. 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. If you want to get your handsome membership card, contact the membership coordinator, me (Harvey), at a Cascade sponsored meet or at one of the above-mentioned happenings. I do not have blank membership cards with me when I attend other clubs' functions. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost).

Now on to the fun stuff...but 1st, a note for meet directors and registration workers -- remember to ask the newsletter editor for extra copies of the schedule to hand out to newcomers at meets. Also, when someone joins or renews at a meet, insist that they fill out a club membership form, put it in the metal box and after the money is accounted for, send the filled out membership blanks on to the membership coordinator. Yelling that so-and-so renewed is not responsible.

Speaking of being responsible, here is one that applies to all orienteers. When people are waiting, copy and leave the master map copying area as quickly as possible. Do not clog the master map copying area by chatting, transcribing the control descriptions from the control description sheet to your punch card, or karmic meditation. If you need a pen, leave the red pen at the map table, borrow one from the registration folks and copy somewhere else. We all will appreciate the consideration ... Also appreciated would be the sending in of the survey conducted by Rick Hood...Speaking of Rick Hood, he has a new bride Linda. We may see her at a meet or pot-O-luck soon...Someone whom we won't see soon is the Big Guy, Craig Brooks, of OABC. He did registration and results for the APOC90 7-day last August and came down to many of our A or B meets as well. He no longer is with Mohawk Oil, but is now the Business Computers Supervisor of Skeena Cellulose up in Prince Rupert, B.C. He sent a quite interesting 5 page newsletter about moving, traveling, and life in general way up there. Ask me to bring it to a meet if you want to read it...If you want more news about people in the club, you'll have to tell me something or preferably write or scribble me something that is for this column since I have such a bad memory.

FOR THE RECORD, of August 1990 - By Harvey Friedman

I finally have made time to present facts about our big international meet last summer. I was not entirely pleased with the tone of the coverage in "Orienteering North America" (ONA), the major O' magazine for this continent. There were no interviews with folks like Steve Templeton (a well-traveled orienteer and experienced mapping field-checker), who sought out the organizers of PNWOF to say that his course was the most challenging and enjoyable that he had done in the past few years; many others wanted to know when would be the next meet out west. Several WC#5 runners who stayed for the 2nd day of PNWOF were glad that Ros*Elum was used because the original Cle Elum Ridge area was too easy for them. After the numbers breakdown, I'll include quotes that others wrote about the event.

The final figures show that, including World Cup competitors, 805 individuals started at PNWOF. 817 registered and 764 participated on Saturday and 738 registered and 644 participated on Sunday (though several of a Swiss tour group picked up their maps but didn't run because they did not want to be late for their flight home). Reporting by gender, we had 461 PNWOF + 63 World Cup males and 237 PNWOF + 44 World Cup females for totals of 524 males and 281 females or a grand total of 805 different people participating. We also had about 60 or so people each day in the Direct Classes.

[For APOC90, we had the pre-registered IOF classes, some vacant slots in each class for the late-comers (all the IOF classes had pre-marked maps) and Direct Classes for people who wanted to go in groups or who could not get into an IOF class (because all the vacancies had already filled). These Direct Classes meant that people could sign up directly on the day they wanted to participate and copy their course from a master map. We offered beginner, advanced beginner, intermediate, and advanced courses which were roughly equivalent to the color courses white, yellow, orange, and red. Thus, families could go together if they wanted to, or that elite fellow from Sweden who didn't find about the meet until the previous week-end could still have a decent workout on a 'red' course. Rather than the pretentious and misleading 'competitive/recreational', we used 'pre-registered individual'/'Direct Class' for our dichotomies.]

Having 15 courses each day with 805 competitors total plus another 60 or so in the Direct Classes each day (and not the same 60 each day) should certainly qualify PNWOF90 as one of the biggest US meets ever. Bodies counts at scout meets where as many as a dozen kids run together hardly counts unless you are trying to sell O' to scouts.

It would be nice to say that this was the biggest North American meet in 1990 or in US history but the former is false and I am not sure about the latter. Each of the other individual days of APOC90 held in Canada drew more than the 805 that

we had, but despite rumors to the contrary we had the largest attendance of any meet held in the US in 1990. Since only 140 of the 805 attended from the US, we might have had the meet in the US with the largest number of participants from outside of North America EVER. Treating the APOC90 7-day event as a single meet (which it was because it had a single registration center and the same classes and course breakdown) and counting individuals who attended any of the 7 days yields 1320 individuals. I believe that 1320 plus all the Direct Class people at any of the 7 days makes the APOC 7-day the biggest meet ever held in North America.

QUOTABLES

From Per Stensby in his IOF delegate report:

... As the World Cup was given to the Washington State Orienteering Association, it was known that the clubs in the region had earlier organized only a few national events with no more than 100-200 competitors. Earlier visits by the IOF delegate to the competition area revealed exceptionally thick bands of vegetation, big ravines and a plenitude of (continuously changing) motorbike trails. In spite of these unfavorable factors, WSOA was able to organize a World Cup with passing grades.

From David Hogg, editor of the 'Australian Orienteer':

... Despite the shortcomings in the organisation, the orienteers still enjoyed their two days of competition and the hospitality offered by the local orienteers.

From Bill Wildprett, Silva Orienteering Services, USA:

... From what I have heard, your club put on a well run event. There are always detractors, but then they will be around, no matter what you do right. Don't worry about them.

From Carol McNeill, Great Britain team coordinator:

... On behalf of all the British Team our thanks for all the work you put into organising the World Cup.

From Peter Kullich, Lincolnshire, England:

... Are there any other events in the area this summer as we thoroughly enjoyed APOC - a great 'O' holiday.

From Julie De Pass, Silva compass & gear distributor for Canada:

... We both have great memories of your event, and I would like to take this opportunity to send you, Harvey, and all your valiant workers a BIG THANK YOU for all your superb efforts.

... Anyhow it was all a lot of fun and we have super memories of Cle Elum to look back on for many years to come. And somehow with the trip across the continent really worthwhile.....I certainly got my moneysworth!!!

... I just loved the terrain ... it was so different for us.

These excerpts and the many oral expressions of gratitude from many O'ers at the meet indicated to me that though PNWOF90 was not a perfect meet (whatever that may be), it was much better received than a small number have portrayed it, and almost all in attendance appreciated our friendship and hospitality. With this in mind, and knowing how to smooth out the rough edges of summer 1990, we should be able to handle our next large meet more easily. Again, I want to thank all who helped make WC#5 and PNWOF90 the successful weekend that was.

MEET RESULTS

BOG SLOG December 30

It had been a cold and wintry week. With up to 8 inches of snow before Christmas, the forecast was for another snowstorm on Sunday the 30th. Bellingham got another 8 to 12 inches of snow, but at St Edwards, there was intermittent light snow, with light winds. Not enough snow for a ski-O, but, with the cold and frozen ground, footing was good, and times were fast. But the pool was warm, and the party at Debbie's afterward was festive and well attended. Bruce McAlister was Meet Director and Don Atkinson was the Course Designer. Awards were made at the party. First places in Advanced were Peter Zurcher and Debbie Newell with Ben Hall and Pat Albright Zurcher second (men and women). Carl Coryell-Martin and Eileen Breseman were the pie winners on Course 2 Novice winner was Ian Taylor. Winners took home the usual reward of home-baked pies.

St Edwards Bog Slog December 30, 1990

Meet Director: Bruce McAlister
Course Design: Don Atkinson
Registration
Start: Sean Beasley
Finish: Ardis Dull

Course 1: 6 controls

Ian Taylor	18:45
Crawford, Higa,	
James Hopper	41:14
Parsons	41:31
Paul Peterson	73:00

Course 2: 9 controls

Carl Coryell-Martin	40:52
Dave Petty	44:00
Eileen Breseman	47:51
Roger Sharp	48:05
J Rykken	49:37
John Sincock	54:40
Bob Reddick	55:30
Linda Moore	57:58
Harvey Friedman	60:15
Noam Gundle	63:40
Ardis Dull	63:48
Jim Siscel	71:09
T. Bone	83:53
Glen Cafferty	98:37
Kathy Trost	104:52

Course 3: 10 controls

Peter Zurcher	35:33
Ben Hall	36:11
Mark Howlett	38:26
Rick Breseman	39:00
Dave Enger	40:33
Art Rausch	43:25
Dave Tallent	43:52
Mike Schuh	45:35
Debbie Newell	45:45
Dave Lilly	46:56
Sidney Whaley	51:52
Eric Bone	55:18
Scott Donald	57:37
Sean Beasley	59:41
Pat Albright Zurcher	61:03
Mac MacDonald	61:15
Glenn Gordon	63:15
Brad Miner	64:50
Doug Sprugel	64:57
Nicholas Bone	68:10
Carl Moore	68:42
Shirley Donald	84:58
Anne York	88:15

MEET RESULTS

Woodland Park January 5

Meet Director: Dave Petty
Course Design: Don Atkinson

Course 1 : (1.4k, 7 controls)

James Hopper	18:00
Maria Coryell-Martin	24:00
Troop 270	24:43
Angie Emmett/ Tracy Keeser	31:12
Irwin	40:08
Maloney	44:25
Engers	49:00

Course 2: (10 controls)

Steve Layman	19:25
Mark Sinclair	23:50
Walters	32:45
Robert Sunderland	40:40
Craig Rose	47:55
Audrey Cloven/ Katie Sprugel	51:35
Roger Sharp	60:25
Irwin	70:15

Course 3 : (1.6k, 8 controls)

Boy Scout Course

Colin Schoden-Elni	37:25
Scott Linville	44:35

Course 4 : (13 controls)

Mark Howlett	19:51
Dave Enger	20:48
Debbie Newell	22:45
Glenn Gordon	25:54
Mac MacDonald	27:04
Sandy Kish Miller	28:05
Mike Schuh	28:11
Stuart Bradshaw	28:35
Bob Williamson	30:00
Robert Miller	30:15
Wanda Howlett	31:28
Doug Sprugel	32:45
Harvey Friedman	34:25
Brett Aniballi	35:20
Linda Moore	36:07
Ken Lew	42:17
Nikki Casey	42:20
Terry Bryant	45:42
Khang Nguyen/ Thuan Nguyen	45:57
Mandy Kolehmainen	47:34

Margie Bone	49:50
Ben Hall	DSQ (#9)
Carl Moore	DSQ (#9)
Nathan Tharp	DSQ (#6)

Wanda Howlett	DNF
Ken Lew	DNF
Dave Lilly	DNF

PT DEFIANCE PARK January 19

A NISQUALLY ORIENTEERS MEET

Meet Director: Miner
Courses: Miner
Registration: Miner
Start: Miner
Finish: Miner

Course 1 : (10 controls)

H. Mathis	20:03
Kathy Miner	35:36
Zaraya Skea	39:01
Avolio	39:10
James H.	40:05

Course 2 : (11 controls)

H. Mathis	41:35
Ellen Boomer	47:11
Kim Avolio	51:40
Kathy Trost	53:25
Mike & Karen Durnn	59:18
Dick & Robert Diesner	60:24
Jean Radoserica	60:45
Lorrick Russuw /Don Morgan	63:25
Norm & Gerri King	70:35

Course 3: (14 controls)

Ardis Dull	83:00
Steve Avolio	118:50
Linda Moore	139:44

Course 4 : (5.5k, 18 controls)

Dave Enger	75:45
Fred Veler	83:49
Ben Hall	90:16
Glenn Gordon	100:28
Sid Whaley	104:57
Peter Golde	122:48
Debbie Newell	126:15
Carl Moore	132:35
Mark Howlett	DNF

NAD PARK February 2

A NISQUALLY ORIENTEERS MEET

It was a good thing that NAD Park was a small park, for this meet took place in a torrential downpour. On the drive back to the ferry, there were drowned cars in every dip. Undaunted by the weather Ben Hall and Anne York finished one, two in the intermediate course and Debbie Newell and Eileen Breseman beat out all the male competitors on the long (25 controls) course.

NAD Park

Nisqually Orienteers

February 2, 1991

Meet Director, Course Design: Bob Becker, Terry Bryant

Course 1: (8 controls, .8 km)

Anna Bailey	22:35
Hibler Group	24:09
Mark Ken	39:31
Kurtis & Kelsey	42:03
James Hopper	62:27

Course 2 : (17 controls, 1.8 km)

Ben Hall	24:10
Anne York	33:35
Bruce McAlister	36:26
Don Denbo	37:44
Ken Lew	38:24
Boomer, Ellen, Sheila	40:34
Margie Bone	48:11
Norm King	
Jack Maloney	53:54
Harvey Friedman	60:00
Jenny Glass	65:08
Lopez	Start not known
Dave Enger & Family	DNF

Course 3 : (25 controls, 2.0 km)

Debbie Newell	29:22
Eileen Breseman	30:17

MEET RESULTS

David Tallent	33:17
Sidney Whaley	35:00
Rick Breseman	35:03
Brad Miner	37:09
Steve Miner	44:13
Linda Moore	49:07
Nikki Casey	51:08
Roger Sharp	Finish not known
Mark Howlett	DSQ

UW RELAY MEET February 10

The only scheduled relay meet of the season was held on the UW campus. The meet was a benefit to raise funds to help send a UW team to the Intercollegiate meet at the end of April. The meet raised almost \$200; together with some donations it appears there will be a 3-man team from the Northwest back in Michigan.

This was also a WIOL meet, with only five non-WIOL teams. The weather was warm and sunny, and a wild scene with runners approaching from all directions.



Eileen and Ryan Breseman at the UW Relays

U W Relay
February 10, 1991

Meet Directors/Course Design:
Jeff Coker, Nathan Tharp
Registration: Mike Tharp, Ardis Dull

Non-WIOL Teams:

1. Ben Hall	
Rick Breseman	
Jake Carton	52:28
2. Debbie Newell	
Dave Tallent	
Mark Howlett	55:00
3. Eileen Breseman	
Jessica Rykken	
Mike Schuh	67:10
4. Judy Sozeloff	
Cathy Smith	
Bill Owen	76:38
5. Keith Johnson	
Margie Bone	

SEWARD PARK February 16

The weather was cool and damp, but the rain had stopped before the meet began, and there were even a few rays of sunshine. With 55 WIOL runners and 63 regular meet runners, there were 118 orienteers out on the courses.

There were a lot of new novice runners. Jessica Rykken was first on the intermediate course with Steve Layman edging out Bruce McAlister by 13 seconds for second. On Course 3, it was Ben Hall 18 seconds ahead of Dave Enger.

Seward Park February 16

Meet Director: Peter Golde
Course Design: Ross Stevens
Registration: John Nitardy
Start: Roger Sharp
Finish: Ross Stevens, Ardis Dull
Others: Mike Schuh, Mike Tharp, Dave Tallent

Course 1 : (1.2k, 5 controls)

Steve & Julie	8:55
Timb	15:15
John Nelson	18:00
Kathy Wright	19:19
Dana Dick	19:25
Tom McKay	19:30
Barbara Knox-Seiton	22:50
George Lilly	23:35
Erick Johnson	25:18

Colin Schoder-Ehri	26:15
Neil Theobald	27:20
John Green	29:30
Massad Addae	
/Elvis Campbell	33:20
Larry & Judy	36:25
Olga Addae	45:50
James Hopper	DNF

Course 2 : (2.7k, 9 controls)

Jessica Rykken	32:57
Steve Layman	45:46
Bruce McAlister	45:59
Phil	
& Michelle Everett	46:45
Dave Moore	47:01
Dana Dick	54:28
Kathy Trost	57:25
Erick Johnson	68:34
Denise Klein	
/David Soper	69:15
John Nelson	80:44
Barbara Klube	
/Karen Boston	82:28
Walt & Julie	84:49
Norm	
& Cerri King	96:00
Don Atkinson	DNF

Course 3 : (3.7k, 10 controls)

Ben Hall	26:03
Dave Enger	26:21
Nathan Tharp	30:23
Debbie Newell	30:57
Mike Schuh	35:46
Arne Lund	36:08
Dave Lilly	36:27
Jacob Carton	37:19
Steve Miner	38:12
Carl Moore	38:59
Glenn Gordon	41:41
Kevin Finney	42:19
Eileen Breseman	43:10
Brad Miner	43:55
Rick Donaldson	
/Jeri Habberstad	45:14
Steve Layman	45:46
Bob Becker	45:50
Ken Lew	46:32
Harvey Friedman	46:45
T. Bryant	58:54
John Nitardy	61:38
Steve Avolio	62:10
Linda Moore	69:05
Tim Miner	79:52

COC Questionnaire

Dear COC Member,

It has been a few years since the club has sought direct feedback from the membership in the form of a questionnaire which allows for a useful exchange of information; allowing you and the club to reexamine what they want, what direction to consider, and what we are willing to do to make it happen. This questionnaire consists of five main sections: I. Orienteering Member's Participation and Objectives; II. COC's Offering, Operations, and Orientation; III. Puget Sound and Pacific Northwest Club Orientation; IV. Member's Support of COC; and V. Final Comments. We realize that this process will take some time and effort; the COC board believes this to be an important step, so please complete the questionnaire, adding any additional comments, and returning it to Rick Hood (address below) or at meet registration.

I. Your Orienteering Participation and Objectives

- a. "I have been orienteering for:" (under 1 year) (1 to 4 years) (over 4 years).
- b. "Of my outdoor activities, Orienteering is" (my top activity) (one of my top 4 activities) (not one of my top 4 activities).
- c. "Out of the total local events listed in the newsletter that are within an one hour's drive, in an average year I typically attend:" (0 to 3 events per year) (3 to 6 events) (6 to 12 events) (over 12 events per year).
- d. "In an average year, in addition to the events that I have indicated above (question c), I generally drive to _____ meets more than an hour's from here in Washington and _____ meets in Canada and fly to _____ meets.
- e. "Of the events that COC has all or some responsibility for, in a typical year, I generally help out:"
(never) (1 or 2 events per year) (3 to 6 events) (more than 6 events)
- f. "In my age class, my orienteering approach is primarily:" (recreational or wayfaring) (low key competitive) (mostly competitive) (very competitive).
- g. "Over the next two years, I plan to do the following regarding the questions I"b" through I"f":
regarding b: (make it less important) (mostly maintain) (make it more important)
regarding c: (attend less local events) (mostly maintain) (attend more local events)
regarding d: (reduce other days) (mostly maintain) (increase other days)
regarding e: (reduce frequency of help) (mostly maintain) (increase frequency of help)
regarding f: (be less competitive) (mostly maintain) (be more competitive)
- h. "In brief, I participate in the sport of orienteering primarily because _____ and secondarily because _____; conversely what bothers me most about the sport is _____ and secondarily is _____."

II. COC's Offerings, Operations, and Orientation

"Given that it takes fellow COC members to volunteer their time, expertise, and (sometimes) equipment/money to put on an event and that by their very nature these resources are limited, I believe the club should offer or have:"

- a. Local meets requiring less than an hour's drive: (less often) (about the same) (more often) than we typically do.

- b. Distant "C" meets that require at least an hour's drive, such as a local meet at Cle Elum or Fort Casey: (less often) (about the same) (more often) than we typically do.
- c. Training Events and clinics: (less often) (about the same) (more often) than we do.
- d. Special O Events like Canoe, Ski, Night, Bike: (less often) (about the same) (more often) than we do.
- e. "B" Events, like the state championship: (less often) (about the same) (more often).
- f. "A" Events, like the Pig Wars and other major meets: (less often) (about the same) (more often).
- g. "Super A" Events (e.g.: US Championships, US Long "O" Championships, Conventions) than are aimed to draw a lot of orienteers beyond the Pacific Northwest and Western Canada area and result in participants in excess of 200: (less often) (about the same) (more often).
- h. Updating local maps: (less than now) (about like now) (more than now).
- i. Mapping new areas: (less than now) (about like now) (more than now).
- j. Club meetings and social events: (less often) (about the same) (more often).
- k. Newsletter and other mailings: (less often) (about the same) (more often).
- l. Promotional and media coverage or support: (less so) (about the same) (more so)
- m. Dues or meet fees: (decrease) (keep about the same) (increase).
- n. Development of simple "how to do sheets" and other ways of bringing newer members into positions of involvement. (less so) (about the same) (more so).
- o. New members packet and support: (less than now) (about the same) (more than now)
- p. A phone call "I will attend" system for "C" meets that are more than an hour from here (disagree) (indifferent towards) (support).
- q. String "O" and other youth and family oriented activities: (less than now) (about the same) (more than now).
- r. Scholastic orienteering league/events:(less than now)(about the same) (more than now)

"Of items II "a" through "r", I believe that for the next two or so year the club should focus on the following four:

____ (1st) ____ (2nd) ____ (3rd) ____ (4th)

"Of items II "a" through "r", I believe that for the next two or so years the club should be very cautious regarding.

____ (1st) ____ (2nd) ____ (3rd) ____ (4th)

III. Puget Sound and Pacific Northwest Orienteering club communication, coordination, or consultation.

"Although much has been done through the WSOA, the Washington State Orienteering Association, and among individual clubs, at a variety of levels, generally I feel COC should focus upon the following approach with other clubs regarding:

- a. Meet scheduling: (stand alone) (communicate with other clubs) (coordinate with other clubs) (consolidate efforts).
- b. "C" meets: (stand alone) (communicate ...) (coordinate...) (consolidate...).

-- What key questions important to you were not asked:

Question 1.

Question 2.

Question 3.

-- Please answer your own question(s):

Answer 1.

Answer 2.

Answer 3.

(PLEASE OFFER ANY OTHER COMMENTS, CONCERNS, CRITICISMS, OR COUNSEL BELOW -- THANKS)

On behalf of COC, thanks for your feedback; general results we be written up in Bearing 315 for the next issue, brought up as interest demands at the next club meeting, and individual questionnaires will be keep on file for anyone interested to review.

(Please fold in thirds, stamp and mail to Rick Hood. If you want, you can pick up a stamp at the club meets.)

From: COC Member (Name optional)

FIRST CLASS MAIL

TO: Rick Hood
19708 15th Ave. NE Apt 19
Seattle, WA 98155

- c. "B" or "A" meets: (stand alone) (communicate...) (coordinate...) (consolidate...).
- d. Newsletters/result sheets: (stand alone...) (communicate...) (coordinate...) (consolidate...).
- e. Training events: (stand alone) (communicate...) (coordinate...) (consolidate...).
- f. Mapping projects: (stand alone) (communicate...) (coordinate...) (consolidate...).
- g. Publicity and Media activities: (stand alone) (communicate...) (coordinate...) (consolidate...).
- h. Monies/treasury (stand alone) (consolidated...)
- i. Orienteering Hot Line: (stand alone) (communicate...) (coordinate...) (consolidate...).
- j. Social events: (stand alone) (communicate...) (coordinate...) (consolidate...).

IV. Member Support of COC

Please note: what follows are some pretty hard questions that will help the club get a handle on "what does club membership mean and what can we do to help the sport of orienteering".

- a. "I (believe) (am indifferent to) (do not believe) that the club should consider a two tier membership, with lower annual dues for those that agreed to help with some local meets for the year."
- b. "I (believe) (am indifferent to) (do not believe) that the club should adopt a two tier membership system, with a lower meet fee for those that have agreed to help with some local meets for the year."
- c. "I (believe) (am indifferent to) (do not believe) that a club member should attend at least several local meets a year."
- d. "I (believe) (do not believe) that a club member should help with local meets at least several times a year."
- e. "I (believe) (am indifferent to) (do not believe) that a club member should be involved in club committees or leadership positions or offer some extended service at least one year in four."
- f. "I (believe) (am indifferent to) (do not believe) that non-club members should be charged maybe double what club members are charged at meets."
- g. "I believe that a better approach to having adequate help with club events might be....."
- h. "I (would) (would not) be willing to fill out a resource sheet so that the club would have a better idea of what I was willing to volunteer for, what I felt competent doing, and what I would like more exposure with. (Note: if you would please pick up one at a meet.)"

V. Final Comments

Thanks for your help so far, now we'd like to ask a few open ended questions and really encourage your comments.

- Where would you like the club and the sport be in the Pacific Northwest in 1995 and do you think we can do that and what do you think is necessary to achieve it?

SCHEDULE

Date/Time	Location	Type	Club	Map	Information
MARCH					
Sun, MAR 3 10 - noon	Lake Tradition, Issaquah Exit 20 on I-90	C	COC	color 1:15,000	Debbie Newell (206)488-7471
Monday, MAR 4 7 - 9 pm	Club Meeting University Library, NE 50th and Roosevelt Way				
Sat, MAR 9 10-noon	Manito Park, Spokane Registration at the picnic shelter	C	EWOC	color	John Beck (509)536-06509
Sun, MAR 10 10 - noon	Kelsey Creek Park, Bellevue Exit 12 from I-405 to SE 8th, cross Lake Hills Connector Road to SE 7th	C	SAMM	color 1:3,000	Dave Enger (206) 822-6254
MARCH 16/17	Thetis Lake, Vancouver Island Camp T-Bird		OABC	color 1:15,000	Carl Coger (604)380-6562
Sat, MAR 16 12-2 pm	Washington Park, Portland	C	CROC		Glen Cafferty (503)281-5137
Sat, MAR 23 10 - noon	Farrel/McWhirter, Redmond SR 520 to end at Redmond, Avondale Rd N 1 m, Novelty Hill Rd 1/2 m to Redmond Rd	C	COC	color	Harvey Friedman (206)784-2774
Sun, MAR 24 1 - 3 pm	Riverside Park, Spokane Camp Seven Mile, use Seven Mile Road; parkway on west side of river closed	C	EWOC	color 1:15,000	John Beck (509)536-0650
APRIL					
April 6 / 7	U. British Columbia University Endowment Lands, Point Grey		OABC	color 1:15,000	Ron Green (604)224-6132
Sun, APRIL 7 10-noon	Lynndale Park, Lynnwood SW 196th west from I-5 to 68th Ave. W, north to SW 189th, west to park	C	COC	color 1:5,000	Bruce McAlister (206)821-6862
Sat, April 13 10-noon	Manito Park, Spokane	C	EWOC	color	John Beck (509)536-06509
Thurs, APRIL 18 7 - 9 pm	Pot-Luck and Hot - Tub Bash 19708 15th NE, Seattle				Rick Hood (206)367-2606
Sat, APRIL 20 10 - noon	Lake Sammamish State Park, Issaquah Exit 15 on I-90	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sun, APRIL 21	Maple Mountain, Vancouver Island	B	OABC	color 1:15,000	Ben Traynor (604)746-5955
Sun, APRIL 28 1 - 3 pm	Lincoln Park, Spokane	C	EWOC	b/w	John Beck (509)536-0650
MAY					
Sat, MAY 4 10-noon	Volunteer Park, Seattle NOTE : Change from Lincoln Park	C	COC	color	David Soper (206)322-7797
MAY 11 / 12	Kittitas Valley O-Festival Ross-Flum	B	EOC	color 1:15,000	Willard Sperry (509)925-4716

COMING "A" MEETS AND SPECIAL EVENTS

March 9/10	Texas Championships "A" Meet, Bastrop State Park, about 20 m east of Austin
April 6/7	New England Championships, "A" Meet, Houghton's Pond and Powissett Peak.
April 20/21	West Point, "A" Meet, Bull Pond map, West Point, N.Y.
April 27/28	US Intercollegiate, "A" Meet, Yankee Springs State Park, Hastings, Michigan
May 4	Royal Roads "B" Meet., Vancouver Island, C Coger, (604)380-6562
May 18/19	Sage STomp - Edith Hill, Kamloops, Frances Vyse, (604)372-8607
May 25/26	Vancouver Island 2 day, P. Smith, (604)748-3235
June 26/28	USOF Convention, West Chester University, PA, about 30 m west of Philadelphia.
August 3/4	Colorado 2 day "A" Meet, , Lake George, Colorado.
August 17	Washington State Games, Kirkland.
September 7/8	Moran State Park 2-day, "B" meet.

For the latest meet information, call the ORIENTEERING HOT LINE at 783-3866

COC OFFICERS AND COORDINATORS

Bruce McAlister	President (206) 821-6862
Peter Golde	Vice President (206) 883-3732
Ardis Dull	Secretary (206) 364-4062
Katie Sprugel	Treasurer (206) 365-8742
Mike Schuh	Executive Board (206) 783-3960
Glenn Gordon	Executive Board (206) 868-2975
Dave Petty	Executive Board (206) 822-4223
Denise Klein	Volunteer Coordinators (206) 322-7797
Dan Soper	Mapping Coordinator (206) 488-7471
Debbie Newell	Membership Coordinator (206) 784-2774
Harvey Friedman	Newsletter Editor (206) 328-1269
Dan Klein	Trim Course Coordinator (206) 778-7202
Jim Siskel	Hot Line Coordinator (206) 634-2279
Margie Bone	Publicity Coordinator
Vacant	Equipment Coordinator (206) 488-0270
Don Atkinson	

COC "C" MEET FEES

	b/w map	color map
Orienteering club members	\$2.50	\$3.00
Non club members	3.50	4.00
Novice (first time orienteering)	1.00	1.00
Families (regular fee for first 2 family members, \$1.00/person thereafter)		
Special events, such as the State Championships and "A" meets, have higher fees.		

Cascade Orienteering Club

Membership Application

Name _____

Address _____

Phone _____

Other family members _____

Club activities _____

Other interests _____

Membership	Category	Yearly Fee
<input type="checkbox"/>	Family	\$ 15.00
<input type="checkbox"/>	Individual	10.00
<input type="checkbox"/>	Associate (under 18)	5.00
<input type="checkbox"/>	Newsletter Subscription only	6.00

Mail this form, along with your payment to:

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



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

Has your membership expired?
Yes, if label marked with yellow