

# BEARING 315

March/April 1979  
CASCADE ORIENTEERING CLUB

President	
Mike Sherman	322 9018
Vice President	
Karl Nolte	632 5559
Secretary	
office open	
Treasurer	
Jean Hendrickson	772 1241
Publicity	
Corrie Fiedler	322 9018
Membership	
Dave Enger	455 5320
Training	
Tom Stewart	1-964 4309
Events	
Len Englund	746 3822

Greetings,

February/March 1979 have been extraordinary months for the sport of ORIENTEERING in Western Washington. The Cascade Orienteering Club (COC) held two successful training workshop/meets and a fantastic intermediate meet, all of which were well attended. The club's membership roster and treasury are growing and we are receiving some good press coverage. Nearly every day we receive a call or two from prospective orienteers wishing to know more about the sport. To keep the club functioning at a high level of activity, we'll need some help. Addressing newsletters, publicity work, map field checks, training seminars . . . these are only a few of the jobs on our list. When you have a free evening or only an hour or two, give me a call (322 9018). With your help, the COC will continue in its growth toward an exciting, active club.

*Mike*

## EVENTS

The COC sponsored two training meets and an intermediate event during the months of February/March. Although the weather conditions ranged from perfect to somewhat less than perfect, enthusiasm prevailed and all meets were enjoyable, learning experiences.

### A. Discovery Part - February 24

Meet Directors, Mike Sherman and Corrie Fiedler

Participants in this COC sponsored Map and Compass training course spent about an hour in the Discovery Park visitors' center, learning the basics of compass use and Novice orienteering technique.

The classroom work was followed by a short (0.8 km, 5 control) course in the southeast corner of the park. Mike had obtained and extensively field-corrected the meet map. This excellent, although small-scale (1:2500), map of Discovery Park will be useful for future training events held in the park.

- |     |                      |       |
|-----|----------------------|-------|
|     | 1. Susan Hamilton    | 14:00 |
|     | 2. Dewey Orcutt      | 15:30 |
|     | 3. Susan Brinkerhoff | 17:00 |
| (T) | 4. Adrienne Darr     |       |
|     | Linda Lilliard       |       |
|     | Beth Burrows         |       |
|     | 5. Joan Benderson    | 23:30 |
|     | 6. Frank Neuffer     | 26:30 |
|     | 7. Celeste Neuffer   | 28:00 |
|     | 7. Savitri Kaukhal   | 28:00 |
| (W) | Herbie Meyer         |       |
| (W) | Rob Olin             |       |
| (W) | Martha Brinkerhoff   |       |

### B. Ft. Lewis, Area 18 - February 25

Meet Director, Tom Stewart

Tom held this novice meet in the Lake Chambers area of Ft. Lewis in conjunction with an Orienteering seminar presented at PLU and sponsored by the President's Council on Physical Fitness. The 5.4 km, 11 control course began with several straightforward control points, then progressed to more difficult clues and geographic locations as the novice orienteers became more confident.

Once again it was shown that 'orienteering is for everyone' as Richard Broelser finished the course with his 4 (count them, four) children ages 3-8 years old.

- |     |                                     |      |
|-----|-------------------------------------|------|
|     | 1. Brad Sleeper                     | 0:57 |
| (T) | 2. Corrie & Sue Fiedler             | 1:06 |
|     | 3. Susan Brinkerhoff                | 1:12 |
|     | 4. Dewey Orcutt                     | 1:23 |
|     | 5. Gary Anderson                    | 1:27 |
| (T) | 6. Sarah Officer & Alison Dahl      | 1:34 |
|     | 6. Susan Hamilton                   | 1:34 |
|     | 6. Anthony Paulson                  | 1:34 |
| (W) | 9. Gary and Debbie MacDonald        | 1:39 |
| (W) | 10. Hendricksens                    | 1:57 |
| (W) | 11. Richard Broelser and 4 children | 3:10 |
|     | 12. Martha Brinkerhoff              |      |

### C. Ft. Lewis, Area CTA-A, March 18

Meet Director, Tom Stewart

Tom organized the most successful meet in the COC's history at a new Ft. Lewis area near the town of Stellacoom. Nearly 30 orienteers (including children) finished the 3.9 km, 9 control novice course, or the 5.1 km, 10 control red (intermediate) course. The weather was beautiful, the courses were challenging, and the socializing was a lot of fun.

#### RED COURSE

- |     |   |      |
|-----|---|------|
|     | 1. Dave Enger                             | 1:04 |
|     | 2. Mike Sherman                           | 1:18 |
|     | 3. Tony Paulson                           | 1:24 |
|     | 4. Mark Wentzel                           | 1:36 |
|     | 5. Dave Larson                            | 1:38 |
|     | 6. Corrie Fiedler                         | 2:05 |
|     | 7. Douglas Lund                           | 2:18 |
|     | 8. Richard Breen                          | 2:21 |
|     | 9. Susan Brinkerhoff                      | 2:27 |
|     | 9. Dewey Orcutt                           | 2:27 |
| (T) | 11. Lyle & Kless                          | 2:34 |
|     | 11. Susan Hamilton                        | 2:34 |
| (T) | 12. Hendricksens                          | 2:39 |
| (T) | 13. Savitri Khalsa & Gara Preakaar Khalsa | 3:16 |

#### WHITE COURSE

- |     |                          |      |
|-----|--------------------------|------|
|     | 1. Charlie Bock          | 0:52 |
|     | 2. Blair Blacker         | 1:48 |
|     | 3. MacDonalds            | 1:50 |
|     | 4. Gill Andrew           | 2:11 |
| (T) | Neuffers                 |      |
|     | Annette Stewart          |      |
|     | (W) - Walkers (T) - Team |      |

## COC MEETINGS

The Cascade Orienteering Club held its March monthly meeting on 12 March at the Puget Power Building, Bellevue. Attendance was good (including several newcomers) and we covered alot of ground. Major actions and changes in the COC are as follow:

1. The club will now meet on a (modified) bimonthly schedule. Meetings will continue to be on the second Monday, but on alternate months, the next meetings are scheduled for April, June, and August.

2. The meeting place has been moved to west of Lake Washington. Starting with the June 11 COC club meeting, we will meet in the basement meeting room of the Greenlake Library.

3. The COC has ordered another 2 doz. club T-shirts to replentish our supply of small and medium sizes. We will sell them for \$4.00/each at club events.

4. A new publicity flier has been prepared and is being distributed through sports shops and on college bulletin boards through out the area.

5. We have received several opportunities to help Scout troops and other youth groups learn map-and-compass. Tom Stewart (chairman of the Training committee) reported that the club is ready and able to help in any way possible.

6. The two training workshops held during the month of February were very successful and introduced 50+ people to the sport of Orienteering. Plans were made to continue training events, with a map-and-compass workshop to be held in May in Discovery Park.

7. The office of Secretary in the COC is still open and help is badly needed with the newsletter and meeting minute taking.

COC meetings are open to everyone and we especially appreciate seeing newcomers to the sport of Orienteering. Join us April 9 at the Puget Power Building in Bellevue at 7 pm for a short map-and-compass course followed by the club meeting at 7:30 pm.

## TRAINING TIPS

Because I have recently mentioned a few things I have done with orienteering that surprised some people (Mike Sherman), I have decided to share whenever possible some tips on the sport with everyone involved.

### Tip #1-

After you complete an orienteering event, save your course map. When you do your 'post-mortem' of your mistakes or good points, trace your exact route in a distinctive color directly onto the map. In this way you'll develop a file on how you run an event. You may see certain patterns developing - some good and some bad. At least in this way you'll be able to see the patterns and deal with them as necessary.

Tom Stewart

(Tom is a great source of information and enthusiasm to the COC on all aspects of orienteering, both as a meet participant and as a meet director. Tom will be leaving Washington State in July for several years duty in Hawaii with the U.S. Army. Each member of COC might make an effort to spend a few minutes with Tom before he leaves to learn a few tricks from his vast knowledge of the sport of orienteering.)

## FOR BEGINNERS

The COC is a growing club and we are especially comitted to teaching others the skills of map-and-compass use and the sport of Orienteering. At every COC meet several people are available to help beginners with Orienteering skills and to accompany them through the first few control points.

If you are new to Orienteering, you may be interested in the following information:

Q. How do I learn to Orienteer?  
A. Come to the COC map-and-compass workshop at Discovery Park in May (see coming events) or just come to any COC orienteering event. It's an easy sport to learn.

Q. Do I need an expensive compass?  
A. No, COC rents compasses for 25¢ at all meets and workshops. If you wish to purchase a compass, the Silva "Starter 1-2-3" is available for \$3.00 and the Silva Polaris 7 for \$4.00 in many sporting goods stores.

Q. Do I need to be an active runner or in excellent physical shape to Orienteer?

A. No, Orienteering is for everyone. Many participants in COC's meet walk through the course and enjoy the fresh air and scenery. Others come as a family and enjoy the outdoors together while the children learn map-and-compass skills. Of course, Orienteering can also be a competitive sport and we have several members who enjoy running the course for the best times.

Q. Do I need to join the Cascade Orienteering Club to participate in the meets?  
A. No, usually there is a small extra charge for non-COC members, but everyone is welcome to come, participate, and learn at COC's meets. (Typical meet charges are 50¢-1.50 for COC members and \$1.00-\$2.00 for non-members.)

## COC SHORTS

\* A compass was found after the March 18 meet at Ft. Lewis. Call Mike at 322-9018 and identify it and its yours.

\* Thanks to the Hendricksons for the donation of the meet first aid kit.

## COMING EVENTS

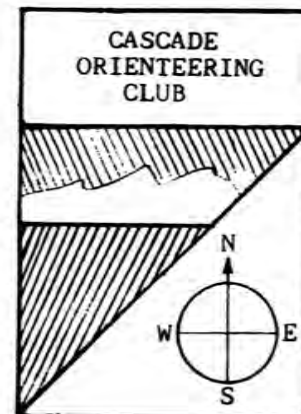
- April 9 7:00 pm. A short map-and-compass demonstration for those new to orienteering will be given prior to the April business meeting: Puget Power Building, Bellevue
- April 9 7:30 pm. The April COC business meeting. Should be short. Come and participate. Puget Power Building, Bellevue.
- April 21 10:00 am. Novice and intermediate meet at Seward Park in Seattle. Map-and-compass training will be available to those new to orienteering. Meet director: Len Englund (746 3822)
- April 28  
April 29 4th Northwest Regional Orienteering Meet: Deary-Bovill area, St. Joe Nat'l Forest, Idaho. Sponsored by the University of Idaho Orienteering Club. For info and application call Mike (322 9018)
- May 12 10:00 am. Novice and intermediate meet at Ft. Lewis. Meet in the town of Rainier. (From Seattle travel S on I-5 to the Highway 512 exit and then east to Hwy 7. South on Hwy 7 through Spanaway to the Hwy 507 turnoff. Take a right and follow 507 for 18 miles. Follow control points into the town of Rainier. The drive is about 70 min from Seattle). Meet director: Tom Stewart (1-964 4309)
- June 2 10:00 am. Map-and-compass training event and short novice meet: Discovery Park. Meet directors Mike and Corrie (322 9018)
- June 11 7:30 pm. June COC business meeting: Greenlake Library (meeting room in the basement)

- June 16 10:00 am. Novice and Intermediate meet at Ft. Lewis. Meet in the town of Rainier (for driving instructions see May 12 meet). Meet director: Tom Stewart (1 964 4309).
- June 30 10:00 am. Meet in a Seattle City Park, place and meet director to be announced.
- July 14 10:00 am. Meet and bon voyage party for the Stewarts. Meet director: Tom Stewart.
- August 13 7:30 pm. August COC business meeting: Greenlake Library meeting room (basement).
- Sept ?? 10:00 am. Regional meet at Stampede Pass. Meet directors: Len Englund and Einar Storakers.

The Orienteering Association of British Columbia (OABC) sponsors several events each month throughout British Columbia. We have written to OABC for more specifics concerning their meets, but have yet received no reply. The Canadians are very enthusiastic orienteers, so if you wish to participate give the listed contact person a call or call Mike (322-9018) and inquire if COC has received any meet specifics.

- (T) April 21 Orienteering Clinic at Surrey Parks and Rec. Charlie Fox (604) 888 8570.
- \*\* April 22 University of British Columbia Research Forest (Maple Ridge). Charlie Fox (604) 888 8570
- \*\* April 28 Kaledin-Penticton. Tony Byrne (604) 733 6854.
- (T) May 6 Novice Instruction in North Vancouver. John Breckon (604) 926 6571.
- May 12 Mapping Clinic in Vancouver. Afan Jones (604) 732 0055.
- \*\* May 13 Lighthouse Park in West Vancouver. Jack Saprunkoff (604) 986 4796.

(T) - Training Event \*\* - indicates a points event counting towards the OABC championships.



MEMBERSHIP  
INFORMATION

INDIVIDUAL...\$4

FAMILY...\$7

\*\*\*\*\*

The CASCADE ORIENTEERING CLUB is now in its THIRD year and continues to grow. If you would like to join in the fun and learn this sport we would be happy to have you as a member. We are also looking for help on all our committees and if you would let us know your interests we would be happy to let you know how you could help. Orienteering is the THINKING SPORT...

Interests:

- ☐ Publicity
- ☐ Training
- ☐ Events (mapping, site selection)
- ☐ Newsletter

CASCADE

P.O. Box 3572  
Bellevue, WA 98009

ORIENTEERING CLUB

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_





**Cascade  
Orienteering  
Club**

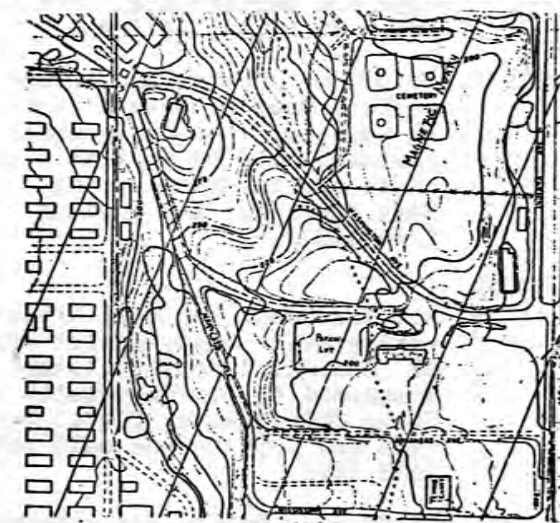
P.O. BOX 3572  
BELLEVUE, WASHINGTON 98009

**CASCADE  
Orienteering  
CLUB**



## MAPPING

Two maps were added to the COC's collection over the last months. Mike Sherman extensively field checked and corrected an old Army map of the SW corner of Discovery Park. Tom Stewart did substantial correction and field work in his preparation of the CTA\_A map for the Ft. Lewis meet.



- LEGEND**
- |                           |       |                         |
|---------------------------|-------|-------------------------|
| Fence                     | ----- | Scale 1:5000            |
| Discovery Park Loop Trail | ----- | Contour Interval 5 feet |
| Paved Road                | ===== |                         |
| Trail or Unpaved Road     | ----- |                         |
| Building                  | ===== |                         |
| Vegetation                | ===== |                         |
- GROUNDWORK**
1. The Cemetery is off limits
  2. Walkers and joggers have priority on all trails
  3. Use trails or roads. . . do not blaze new trails
  4. Do not trespass on marked U.S. Government property

