

BEARING 315

The Newsletter of the Cascade Orienteering Club

May-June 1990



More than 300 have already entered PNWOF90 - have you?

As of April 13, we have over 300 entries for the 1990 Pacific Northwest Orienteering Festival from a dozen countries, which already makes this the biggest meet ever held in Washington. And that number doesn't include many North Americans, who still have a few weeks to enter.

Enclosed in this issue of your newsletter is an entry form for PNWOF90, which will be the final meet of the Asia-Pacific O' Championships 7-day Event (see the schedule below for a list of all the APOC events).

The first day of PNWOF will also be a World Cup event and both days will take place in Cle Elum August 17-19. The low rate deadline for PNWOF90 only is July 1. If you want to enter more of the APOC 7-day events, the low rate

deadline is June 1, and you will need an APOC entry form, which you can get by sending a self-addressed, stamped 8½ x 11 envelope to:

Harvey Friedman
c/o Cascade Orienteering Club
P.O. Box 31375
Seattle, WA 98103

Don't miss the excitement of meeting orienteers from around the world. Enter today!



ASIA-PACIFIC 7-DAY EVENTS

Pri, AUG 3	Model (training) Event, Kamloops	C	SOCK	color	Charlie Fox
Sat-Sun	Canadian Orienteering Championships	A	SOCK	1:15,000	(604) 533-3352
AUG 4-5	Kamloops, B.C.	Days 1, 2		color	see above
Mon, AUG 6	APOC/Canadian Relay Championships	A	SOCK	1:15,000	see above
	Kamloops, B.C.			color	
Wed, AUG 8	Asia-Pacific Orienteering Championships	A	SOCK	1:15,000	see above
	Kamloops, B.C.	Day 3		color	
Sat, AUG 11	North American Orienteering Championships & World Cup event, Innisfail, Alberta	A		1:15,000	Adrian Zissos
		Day 4		color	(403) 274-6259
Sun, AUG 12	North American Orienteering Championships	A		1:15,000	see above
	Innisfail, Alberta	Day 5		color	
Tue-Wed	ROGAINE, Innisfail, Alberta				Kitty Jones
AUG 14-15					(403) 282-5235
Wed, AUG 15	Orienteering Skills Clinic				Pat Albright
3-5 p.m.	conducted by the Norwegian National Orienteering Team				(206) 285-8674
Thu, AUG 16	Riverside State Park, Spokane	C	EWOC	color	Pat Albright
				1:15,000	(206) 285-8674
Fri, AUG 17	Model (training) Event, Cle Elum	C	WSOA	color	Harvey Friedman
				1:15,000	(206) 784-2774
Sat, AUG 18	Pacific Northwest O' Festival & World Cup event	A	WSOA	color	see above
	Cle Elum, Washington	Day 6		1:15,000	
Sun, AUG 19	Pacific Northwest O' Festival	A	WSOA	color	see above
	Cle Elum, Washington	Day 7		1:15,000	

Club meeting May 17

Our next club meeting will be on Thursday, May 17 at 7:00 p.m. at the University Branch Library (50th and Roosevelt) in Seattle. The featured presentation will be a "See How They Ran" segment about the May 13-14 U.S. Long-O & Relay Championships in San Diego. Everyone is welcome, so come and enjoy seeing how others get lost.

Newsletter editor wanted

After nearly four years, I have decided to retire and let someone else experience the joys and frustrations of editing the club newsletter. Although I have enjoyed (and sometimes hated) doing the newsletter, I can no longer give the job the time it deserves. So, if anyone out there wants to take over, beginning immediately, please give me a call at 488-7471, and let me know.

Debbie Newell, editor

Meet Results

LAKE TRADITION - March 17

"Shades O' Green"

Meet Director: Ardis Dull

Courses: Mike Schuh

Registration: Laura Morin

Start: Dick Diesner

Finish: Steve Layman, Dean Conrood, Lisa Johnson

Marker Pickup: Steve, Mike, Ardis

Course 1 "Lime Green" (3.2k, 8 controls)

Bill Hecht/Mac MacDonald	31:13
Amanda Kolehmainen	51:26
Jim Horn	59:48
Dean Conrood/Lisa Johnson	61:35
Ron & Julie Lee	75:22
George & Nancy Lilly	88:57
Wade Grass	100:12
Anne Skwira/Kevin Brown	102:52
Norm & Gerri King	109:23
C. Jundi/K. Llera/Hanna/Laura/Linda	113:05
Steve Hoffman	116:36

Course 2 "Chartreuse" (3.3k, 7 controls)

Stanton Brown	54:36
Jim Horn	54:36
Tim & Lila Richard	61:55
Dick Diesner	67:44
Jill Gallie/Kathy Trost	73:29
Ruth McCormick/Barbara Sall	143:07
Roger Sharp	No Time

Course 3 "Teal" (3.9k, 8 controls)

Rachel Tharp	67:34
Wayne Tomasello	68:55
Harvey Friedman	70:30
Bill Hecht/Mac MacDonald	78:20
Bruce McAlister	83:03
Steve & Mark Avolio	121:22
Michael Odom	121:34
M. Pagel/B. Klube/P. Emsley	148:00
Brad Tower/Ken Fabritius	DNF

Course 4 "Forest Green" (4.4k, 10 controls)

Dave Enger	55:44
Michel Tharp	57:24
David Tallent	60:49
Debbie Newell	61:27
Mark Howlett	72:19
Brian Hart	74:06
Knut Olson	85:52
Ian Kennedy	90:58
Doug Sprugel	92:01
Steve Miner	104:17
Brad Miner	136:42
Tim Miner	146:14
Ken Lew	166:21
Jan Vrana	DNF
Tom Travis	DNF

LINCOLN PARK - April 7

Meet Director: Bruce McAlister

Course Design: Mike Schuh

Course Setting: Don Atkinson

Registration: Harvey Friedman

Marker Pickup: Dave Tallent

Course 1 (1.7k, 7 controls)

Michael McCarthy	16:15
Wade & Tom Grass	21:00
Steve Layman	22:33
Yost family	46:55

Course 2 (2.1k, 9 controls)

Kolehmainen	32:17
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Course 3 (2.7k, 11 controls)

Dave Tallent	19:17
Michael McCarthy	19:44
Brad Miner	23:13
J. & F. Tomasello	37:09
Denise Klein/David Soper	52:00
Gadd/Clark/Erdal	70:14

Course 4 (freestyle, 22 controls)

Dave Tallent (marker pickup)	29:25
Ardis Dull	43:54
Bob & Suzy Lynch	49:27
K & K Schlaudraff	65:00
Barry Reiss	99:33

POINT DEFIANCE PARK - April 8

Nisqually Orienteers

Meet Director: Fred Veler

Courses: Fred Veler

Registration: Linda Skog

Starts: Karla

Finish: Carl Moore

Marker Pickup: Carl Moore, Arne Skog

Weather: warm & mostly dry

Course 1 (1.2k, 9 controls)

Hanna	29:20
Jim Averkamp	32:21
Sarah Miner	43:30
David Miner	44:00
R. Linder	48:50
Cori Williamson	57:59

Course 2 (2.2k, 7 controls)

Arne Skog	19:45
Valerie Moffett	38:00
Brett Aniballi	57:00
Cori Williamson	57:27
Jim Averkamp	59:00
Kathy Miner	74:00
Kathy Bailey/Anne Bacholz	74:40

Course 3 (3.3k, 15 controls)

David Tallent	33:01
Steve Miner	33:57
Rick Breseman	35:02
Arne Skog	37:05
Sidney Whaley	40:25
Debbie Newell	40:29
Carl Moore	41:55
Mac MacDonald	44:21
Stuart Bradshaw	45:53
Brad Miner	52:34
Ken Peters	52:56
Melissa Moffett	54:35
Eileen Breseman	56:13
Rachel Tharp	58:22
Ken Lew	62:54
Reid Bristow	63:23
Nicholas Bone	71:17
Jim & Lila Richard	72:08
Ellen Boomer/Rene Reder	72:44
Eric Bone	74:09
Margie Bone	82:09
Schlaudraff	82:42
Bob & Suzy Lynch	108:03
Oberloh family	125:00

LYNNDALE PARK - April 14

Meet Director: Pat Albright

Course Design: Eileen Breseman (1&2), Peter Zurcher (3)

Registration: Rick Donaldson

Start: Dave Petty

Finish: Paul Bullard

Instruction: Eileen, Mike Schuh, Kurt Blakstad
Control Pickup: Peter, Paul & Mac MacDonald

Course 1 (1.0k)

John Sincock	12:32
Joan Ward	22:20
Gail Smith/Doris Maertz	24:51

Course 2 (2.0k)

George Guenter/Jim Siscel	23:37
John Sincock	26:34
Bruce McAlister	29:06
Kurt Blakstad	29:32
Grieg Rolfe	33:06
A. Kolehmainen	35:30
Norm & Gerri King	47:43
Adam Klein/Alex Phillips	48:02
Walt Turley	48:05
Ken Benner/Chris Simard	61:58
Joan Ward	66:23
Bob Sunderland	79:57

Course 3 (23 controls, 45 min. time limit)

	Points	Time
Robert Miller	69	30:11
Ardis Dull	69	37:21
Mac MacDonald	69	38:23
Doug Sprugel	65	36:32
Sandy Kish Miller	65	42:11
Steve Miner	65	42:39
Sid Whaley	63	47:30
Brad Miner	60	45:49
Tim Miner	46	48:38
Carl Moore	7	75:09

INLAND EMPIRE CUP - April 28-29

Riverside State Park, Spokane

Meet Director: Debbie Newell

Course Design: Dave Tallent (Day 1), Mike Schuh

(Day 2), Marshall Nelson (Course 1)

Course Setting: John Beck, Scott Coble, Marshall

Nelson

Registration: Scott Coble, Ardis Dull, John Sin-

cock

Start: Debbie Newell

Finish: Jean Davis, Mark Howlett, Dave Tallent

Course 1 Day 1: 2.0k, 10 controls

Day 2: 2.0k, 9 controls

F12			
Antonia Grady	68:48	DNF	

Course 2 Day 1: 3.6k, 9 controls, 15m climb

Day 2: 3.6k, 9 controls, 35m climb

F12-13

1. Lisa Grady	59:24	98:50	158:14
Sarah Smith	92:57	DNF	

FOpenC

Kathy Giesler	DNS	77:53	
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MOpenC

1. Dennis Leveridge	39:49	95:26	135:15
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Group

1. Jason Ruskin	74:26	95:40	170:06
Michael Ratcliffe			
Matthew Leslie			

Course 3 Day 1: 4.0k, 12 controls, 75m climb

Day 2: 4.4k, 8 controls, 70m climb

F35

1. Kathy Trost	156:00	99:19	255:19
Ann Bufkin	DNS	128:55	
April Bresgal	DNS	130:56	

F45

1. Shirley Donald	52:22	48:49	101:11
Ursula Grady	54:46	49:52	104:38
3. JoAnne Sperry	75:54	76:47	152:41
Anne York	57:50	DSQ	

Group

1. Bill Salisbury,	60:20	94:20	154:40
Jesse Salisbury,			
Bonnie Breseman,			
Jay Hecker			
Jacki /Joe McManus	DNS	164:23	

Course 4 Day 1: 6.4k, 11 controls, 140m climb Day 2: 5.2k, 12 controls, 100m climb

FOpenA

1. Eileen Breseman	69:41	63:22	133:03
2. Ardis Dull	89:35	62:39	152:14
3. Sandy Kish Miller	105:27	64:41	170:08

M40

1. Robert Miller	56:39	48:54	105:33
2. Scott Coble	73:04	65:01	138:05
3. Dave Smith	79:30	59:34	139:04

M45

1. Fred Veler	51:24	49:27	100:51
2. Terry Coombs	79:12	106:23	185:35
3. Harvey Friedman	175:09	82:06	257:15
Thomas Mosher	115:40	DNS	

M50

1. Udo Grady	77:15	60:00	137:15
2. Scott Donald	81:05	58:44	139:49
3. Willard Sperry	101:26	95:55	197:21

M60

1. Marshall Nelson	116:17	128:30	244:47
2. Bruce McAlister	138:13	126:31	264:44

MOpenA

1. Brian Hart	56:54	37:17	94:08
2. Ben Hall	66:02	51:41	117:43
3. Peter Kehoe	68:56	51:12	120:08
4. Arne Lund	62:53	62:30	125:23
5. John Sincock	93:56	68:23	162:19
6. Jim McNamara	91:48	71:31	163:19
Greig Rolfe	DNS	82:16	
Rob Gibson	DNS	84:20	

Course 5 Day 1: 9.6k, 13 controls, 230m climb Day 2: 7.7k, 14 controls, 95m climb

F21

1. Debbie Newell	81:45	57:54	139:39
2. Hannah North	96:58	59:29	156:27

M21

1. Dave Enger	69:41	47:53	117:34
*Dave Tallent	84:12	44:27	128:39
2. Rick Breseman	97:36	57:19	154:55
3. Jacob Carton	119:06	58:11	177:17
4. Dave Lilly	123:56	56:15	180:11

*Not eligible - Day 1 course designer

Group

William Honea/	122:28	DNS
Bill Coultas		

U.S. INTERCOLLEGIATE CHAMPIONSHIPS

Rochester, NY - April 14-15
(local finishers shaded)

Blue Day 1: 10.7k, 19 controls, 300m climb Day 2: 10.2k, 19 controls, 270m climb

M21A (52 entrants)

1. Mark Adams	60:55	62:51	123:46
2. Julian Birkinshaw	65:33	64:10	129:43
3. Mike Waddington	68:59	67:13	136:12
35. Jeff Coker	101:05	103:43	204:48

Red Y Day 1: 7.6k, 16 controls, 235m climb Day 2: 6.6k, 17 controls, 205m climb

M35A (16 entrants)

1. Pete Bundschuh	65:45	61:16	127:01
2. John Yardley	59:54	73:41	133:35
3. Max Wells	70:01	75:31	145:32
6. Dave Tallent	79:28	75:11	154:39

Red X Day 1: 7.9k, 12 controls, 200m climb Day 2: 7.0k, 15 controls, 240m climb

F21A (22 entrants)

1. Peggy Dickison	64:52	65:56	130:48
2. Debbie Newell	73:03	72:46	145:49
3. Sharon Crawford	69:44	76:18	146:02

Local orienteers named to U.S. Team

Four orienteers from the Puget Sound area were chosen as members of the U.S. Orienteering Team for 1990. **Nathan Tharp**, of the Nisqually Orienteers, was one of 10 people named to the U.S. Junior Men's "A" Team, while **Jeff Coker**, also of Nisqually, was one of 6 named to the Junior Men's "B" Team. And yet another Nisqually member was honored, as **Rachel Tharp** was named as one of 10 on the Junior Women's Development Team.

And, just to show it's not only young Nisquallyites who know where they are, **Debbie Newell**, of the Cascade Orienteering Club, was selected as one of the 9-member U.S. Women's "B" Team (the "A" Team has only 2 members this year).

Congratulations, and keep up the good work.

To Russia, With O'

Several local orienteers, including **Mike Schuh**, will be traveling to the Soviet Union to participate in a multi-day orienteering meet. The trip is part of an exchange program between Olympia and its sister city in the U.S.S.R.

PIG WAR CHALLENGE II

Don't miss these two island events! The two-meet Pig War Challenge was initiated to commemorate the near war between Britain and the U.S. caused by an indiscriminate British pig in the San Juan Islands. At the first Pig War Challenge, held last year, the Canadians walked away with the somewhat ostentatious, but highly sought-after perpetual trophy. The first half of this year's Challenge will take place on Newcastle Island May 26-27, while the second half will be the Washington State Championships held at Moran State Park on Orcas Island June 9-10.

Newcastle Island

Newcastle Island is across a short strait from Nanaimo, Vancouver Island. Ferries to Nanaimo run from both Horseshoe Bay in North Vancouver, and, beginning this year, from Tsawwassen in South Vancouver. From Nanaimo, you may walk the 1.5 miles to the passenger-only Newcastle Island Ferry, or take your car. Camping is available on Newcastle, (restrooms, but no showers) and the fee is included in your meet registration. The island also has a snack bar, and a ferry runs to neighboring Protection Island and the Dingy Dock Pub, a popular après O spot. Pre-registration is required for the meet, and must be postmarked by May 14. For

an entry form, please contact Ardis Dull at 364-4062. Or call the meet director, Kris Battistuzzi, at (604) 743-9678.

Orcas Island - Washington State Championships

The American half of the Pig War will be on beautiful Orcas Island June 9-10. Preregistration is *not* required. Registration and starts are 11 a.m.- 1 p.m. Saturday and 9-11 a.m. Sunday. Fees are \$6 for one day or \$11 for both days (under 18 \$5 one day, \$9 both). Camping is available at the park, and campsites may be reserved (highly recommended) if done in writing at least 2 weeks in advance. Call the State Parks Information Center at 1-800-562-0990 or Moran State Park at 376-2326 for more information. If you can help at the meet, please call Ruth McCormick For more information, call Ardis Dull at 364-4062.

Please try to carpool. Getting on a ferry either coming or going is very difficult on June weekends, and parking at the park is also very tight. Come to the May 17th Club Meeting for fliers, camping forms, ferry schedules, and carpooling information.

Schedule

Month	Date/Time	Location	Type	Club	Map	Information
MAY	Wed, MAY 9 5:30 p.m.	Luther Burbank Park, Mercer Island	C	SAMM	color 1:5,000	Dave Tallent (206) 392-3061
	Thu, MAY 17 7:00-8:30 p.m.	Club Meeting, University Branch Library, 50th & Roosevelt, Seattle		COC		Mike Schuh (206) 783-3960
	Sat, MAY 19 10 - noon	Woodland Park, Seattle	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
		N.E. 50th St., 2 regular courses plus sprint-O Sprint-O participants, be at the park at 10:30 for the mass start!				
	Sat-Sun MAY 19-20	ROGAINE (Rugged Outdoor Group Activity Involving Navigation and Endurance), Kamloops, B.C.		SOCK	color 1:50,000	Murray Foubister (604) 374-6497
	Sun, MAY 20 1-3 p.m.	+ Liberty Lake, Spokane	C	EWOC	b/w	John Beck (509) 536-0650
	Sat-Sun MAY 26-27	« Newcastle Island, Nanaimo, B.C., Meet 3 of the Island Series ♦ Meet 1 of Pig Wars II	A	VO	color 1:10,000	Kris Battistuzzi (604) 743-9678
JUNE →	JUNE 1	LOW RATE ENTRY DEADLINE FOR ASIA-PACIFIC 7-DAY ORIENTEERING EVENTS!				
	Wed, JUN 6 5:30 p.m.	Bridle Trails State Park, Kirkland	C	SAMM	color 1:10,000	Dave Tallent (206) 392-3061
	Thu, JUN 7 7:30 p.m.	COC Board Meeting, 625 12th Ave. E.		COC		Mike Schuh (206) 783-3960
	Sat, JUN 9 10 - noon	* Riverside State Park, Spokane	C	EWOC	color 1:15,000	John Beck (509) 536-4498
	Sat-Sun JUN 9-10	♦ Washington State Orienteering Championships Moran State Park, Orcas Island, Meet 2 of Pig Wars II	B	COC	color 1:15,000	Ardis Dull (206) 364-4062
	Fri, JUN 15 6:00 p.m.	+ Meet & Pot-O-Luck, 14014 81st Pl. N.E. (Bruce McAlister) gather at Bruce's house, then walk to Big Finn Hill park (1 block)	C	COC	b/w 1:5,000	Bruce McAlister (206) 821-6862
	Wed, JUN 20 5:30 p.m.	+ Farrel-McWhirter Park, Redmond come try the updated F-M map!	C	COC	color 1:3500	Mike Schuh (206) 783-3960
	Sat-Sun JUN 23-24	Lost Lake/Brandywine Whistler, B.C.	B	GVOC	color 1:15,000	George Pugh (604) 261-1075
	JULY → JULY 1	LOW RATE ENTRY DEADLINE FOR PNWOF90!				
	Sun, JUL 1	Drunken Charlie Lake, Duvall	C	SAMM	color 1:15,000	Dave Tallent (206) 392-3061
	Wed, JUL 11 5:30 p.m.	Kelsey Creek Park, Bellevue	C	SAMM	color 1:5,000	Dave Tallent (206) 392-3061
	Sat, JUL 14 10 a.m. - noon	Easton Grade, Snoqualmie Pass I-90, exit	C	EOC	color 1:7,500	Dale Width (509) 925-5873
	Sun, JUL 15 10 a.m.	Trollhaugen, Snoqualmie Pass I-90, exit 62	C	COC	color 1:15,000	Mike Schuh (206) 783-3960
	Thu, JUL 19 7-8:30 p.m.	Club Meeting, University Branch Library, 50th & Roosevelt, Seattle		COC		Mike Schuh (206) 783-3960
	→ JULY 21	FINAL ENTRY DEADLINES FOR APOC 7-DAY & PNWOF90 ORIENTEERING EVENTS!				
	AUGUST Wed, AUG 1 5:30 p.m.	Forest Park, Everett	C	SAMM	b/w 1:5,000	Dave Tallent (206) 392-3061
	→	SEE PAGE 1 FOR APOC90 MEET SCHEDULE				
	Sun, AUG 26 9-11 a.m.	Union Bay Canoe-O, University of Washington Waterfront Activities Center, Montlake Blvd., Seattle	S	COC	color 1:10,000	Mike Schuh (206) 783-3960

for the latest meet information, call the ORIENTEERING HOTLINE at 783-3866

Event Key

- A - major event on good quality color map, 5 courses minimum
- B - major local event, 3-4 courses minimum
- C - local club event, 3 or 4 courses
- S - special event (bicycle, canoe, ski, night, etc.)

Explanation of symbols:

- « Vancouver Island series meet
- + meet added since last issue
- ♦ Pig Wars meet
- * correction

Club Key

- COC - Cascade O Club; EOC - Ellensburg O Club; EWOC - Eastern Washington O Club; NISQ - Nisqually Orienteers;
- SAMM - Sammamish O Club; WSOA - Washington State O Assoc.
- CVO - Cowichan Valley Orienteers; SOCK - Sage Orienteering Club of Kamloops; VO - VictOrienteers

the Washington State Orienteering Association presents
1990 Pacific Northwest Orienteering Festival
August 17-19

Cle Elum, Washington

This application form is for those orienteers who will enter *PNWOF* only. If you wish to enter any of the Canadian orienteering days of the Asia-Pacific Orienteering Championships 90 event or be eligible for an APOC90 Seven Day Award, you must use the regular APOC90 application form. These forms are available from Harvey Friedman at any Cascade Orienteering Club meet.

Join in the world class atmosphere at the Pacific Northwest Orienteering Festival. This year, Day 1 of PNWOF will be held in conjunction with a World Cup event. Prequalified World Cup teams will compete on the same map that the PNWOF courses will be run on; hence, we need to be vague about the exact location of the competition area. PNWOF will be held in Kittitas County, Washington about 150 km (90 mi) east of Seattle or about 320km (200 mi) west of Spokane by I-90. Participants arrange their own accommodations.

Meet Director - Harvey Friedman (206)784-2774. **Registrars** - Robert Miller and Sandy Kish Miller (206)784-5939 days. **Course Designers** - Bob & Mary Forbes, Fred Veler, and Anne York.

Maps - 1:15,000, IOP 5 color, 5-meter contour interval. *Day 1*: new map; base map by ProOrienteering; fieldchecked 1989 by Åre Kristiansen & Vidar Strand. *Day 2*: 1990 re-fieldchecked and redrawn version of 1981 Cle Elum Ridge map.

Terrain - the forest is predominantly ponderosa pine of variable runnability. *Day 1*: abandoned coal mining operations add an interesting complexity to the moderately steep terrain which ranges in elevation from 500 to 1090 meters.

Competition Center - Thursday - the lobby of Courson Hall at Central Washington University, 8th St. & Walnut in Ellensburg; Friday-Sunday - Cle Elum High School, Rte. 4, Cle Elum. Check the schedule below for the hours open.

Competitive Classes - please see the attached entry form for classes offered. Day-of-meet registration is available only for wayfarer's courses (see below). *You must preregister for competitive classes.*

Awards for the top three finishers in each competitive class. Classes may be combined if there are insufficient entries.

Wayfarer Courses - each day there will be three wayfarer courses: beginner, intermediate and advanced. For wayfarer courses, registration is on the day of the event; there is no preregistration. Instruction and limited compass rental will be available. The registration fee for wayfarer courses will be \$5.00 per map, per day.

A **String-O** will be available each day. The registration fee for the string-O will be \$1.00 per map, per day.

A **Model Event** will be offered on Friday, August 17 for anyone, cost \$4.00. A model event is a non-competitive event designed to simulate the conditions that will be present during the actual meet. The map for the model event was produced by the same people who produced the Day 1 competition map. You may do any of the available courses, but no times will be recorded.

Child Care is available (only while competing, please) at \$1 per child, per hour. Please indicate on the registration form if needed.

Whistles are required of all entrants, on all courses and will be checked at Start Areas. They will be on sale at the event center.

T-shirts (100% cotton w/short sleeves) celebrating both the World Cup and PNWOF can be ordered on the registration form.

Saturday Night Social - there will be a Social Event at the Central Washington University Student Union Ballroom on Saturday, August 18 at 8 p.m. Although details are still to be worked out, we may have a dance. The expected cost, payable at the door, will be approximately \$5.00 per person, with a discount for those staying at CWU. Come join the fun!

SCHEDULE

Friday, June 1	Last day for early bird registrations to be received.
Saturday, July 21	Last day preregistrations for PNWOF to be accepted.
Thursday, August 16	1700-2200 Registration packet pickup at CWU.
Friday, August 17	0900-1200 Model Event Registration and Registration packet pickup at Cle Elum High School
	1000-1400 Model Event (for training purposes)
	1600 World Cup Start Draw
	1700-2200 Registration packet pickup at Cle Elum High School
Saturday, August 18	0700-1100 Wayfarer Registration and Registration packet pickup at Cle Elum High School
	0900 First Start PNWOF
	0900 First Start World Cup Event
	2000-2200 Social Event in Ellensburg
Sunday, August 19	0700-1100 Wayfarer Registration and Registration packet pickup at Cle Elum High School
	0900 First Start PNWOF
	1500 Awards Presentation

Please allow 45 minutes to get from Cle Elum High School to the meet start area.

Accommodation Information

The following is provided as information only. Please make your own accommodation arrangements.

Central Washington University (CWU), Ellensburg

Prices cover only items listed below.

	PACKAGE A (\$135/PERSON)				PACKAGE B (\$100/PERSON)				PACKAGE C (\$45/PERSON)				PACKAGE D (\$25/PERSON)
	Aug. 16	Aug. 17	Aug. 18	Aug. 19	Aug. 16	Aug. 17	Aug. 18	Aug. 19	Aug. 16	Aug. 17	Aug. 18	Aug. 19	
breakfast		•	•	•			•	•					lodging only per night
sack lunch		•	•	•			•	•				•	
dinner		•	•			•	•						
lodging	•	•	•			•	•				•		
bus transportation		•	•	•			•	•			•		
reception			•				•				•		

Lodging is in dormitory residence halls, 2 persons per room. Linen and towels provided. Toilet and showers are on each floor. Laundry facilities on every other floor.

Meal Hours:

breakfast	0600-0700
lunch pickup	0600-0700
dinner	1730-1830

Inquiries and payment to: CWU Conference Center
Ellensburg, WA 98926
(509) 963-1141

Motels (rates are \$45-50 per night, double occupancy, twin beds)

Best Western Motel 1700 Canyon Road Ellensburg, WA 98926 (509) 925-9801	Harold's Motel 601 N. Water Ellensburg, WA 98926 (509) 925-4141	I-90 Inn 1390 Dollar Way Ellensburg, WA 98926 (509) 925-9844	Knight's Inn 1200 S. Ruby Ellensburg, WA 98926 (509) 962-9600	Regal Lodge 6th & Water Ellensburg, WA 98926 (509) 625-3116	Super 8 Motel 1500 Canyon Rd. Ellensburg, WA 98926 (509) 962-6888
Thunderbird 403 W. 8th Ellensburg, WA 98926 (509) 962-9856	The Cedars Motel 1001 E. 1st Cle Elum, WA 98922 (509) 674-5535	The Chalet 800 E. 1st Cle Elum, WA 98922 (509) 674-5966	Cle Elum Motel 101 Oakes Cle Elum, WA 98922 (509) 674-5571	Stewart Lodge 805 W. 1st Cle Elum, WA 98922 (509) 674-4548	Timber Lodge 301 W. 1st, Ste. 3 Cle Elum, WA 98922 (509) 674-5966

Bed & Breakfast (rates are \$40-100 per night, double occupancy)

Surrey House Ellensburg, WA (509) 962-5425	Moore House 526 Marie S. Cle Elum, WA 98943 (509) 674-5939	Murphy's Country B&B Rt. 1, Box 400 Ellensburg, WA 98926 (509) 925-7986	Rambling Rose W. 102 Railroad S. Cle Elum, WA 98922 (509) 674-5224
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Campgrounds (rates range from \$0-15 per night)

KOA Ellensburg I-90 Interchange W Ellensburg, WA 98926 (509) 925-9319 reservations accepted	Lake Easton State Park Cle Elum, WA 98922 (509) 656-2230 no reservations	U.S. Forest Service campgrounds (several) Cle Elum Ranger Station Cle Elum, WA 98922 (509) 674-4411 no reservations
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Meet Packet Pickup - pick up your meet program, start list, and t-shirt at the Competition Center. See the previous page for the times and places of the Competition Center.

Entries and Payment - please read the entry form carefully, and be sure to sign the Release. Make payment in U.S. funds to *Washington State Orienteering Association*. Mail entry and payment to:

Classes - see reverse side for classes offered.

1990 Pacific Northwest Orienteering Festival Entry Form

* If you enter a different class each day, please use a separate line for each class entered.

**** Please give full name of clubs below**

*** Pay for child care at the meet site.

Notes, comments, doodles

Please make checks payable (in U.S. funds) to Washington State Orienteering Association

Totals

Competitive Classes - see the following list for the classes offered for the international nature of PNWOF90, we are using international designations for classes. Female classes begin with a D (from the Swedish word for females, *damen*) and male classes begin with an H (from the Swedish word for males, *herren*).

Female

D12A D35A
D13-14A D35B
D13-14B D40A
D15-16A D40B
D15-16B D45A
D17-18A D45B
D17-18B D50A
D19-20A D50B
D19-20B D55A
D21E D55B
D21A D60
D21B D65 +
D21C

Male

H12A H35A
H13-14A H35B
H13-14B H40A
H15-16A H40B
H15-16B H45A
H17-18A H45B
H17-18B H50A
H19-20A H50B
H19-20B H55A
H21E H55B
H21A H60
H21B H65 +
H21C

Release - it is important that every entrant sign (with witness) the release. Please attach MEDIC-ALERT or medical information that we should know about.

Release and Indemnity (read carefully)

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, recognizing that orienteering is a hazardous sport, hereby forever release, discharge, and hold harmless APOC90 and PNWOF representatives and agents for any injury, loss, or damage to my person or property howsoever caused, arising out of or in connection with my taking part in the events and activities which I am hereby entering.

Date	Name (signature)	Parent/guardian (if entrant under 18)	Witness
Date	Name (signature)	Parent/guardian (if entrant under 18)	Witness
Date	Name (signature)	Parent/guardian (if entrant under 18)	Witness
Date	Name (signature)	Parent/guardian (if entrant under 18)	Witness
Date	Name (signature)	Parent/guardian (if entrant under 18)	Witness

Cascade Chatter

compiled by Harvey Friedman

As usual, we'll start with positive roster changes as of 25 April. Words of both thanks and welcome go to the following new or renewing club members: Rich Anter, Boy Scout Troop 325, Patricia Castaldi, Steve & Judy Hill family, Amanda Kolehmainen, Steve Layman & Laura Morin family, Ron & Julie Lee, Roger Leed, Michael McCarthy, Brad Miner, John Nitardy, Smitty Parratt, Barry Reiss, Roger Sharp, Mark E. Sinclair, Tom Travis, Walt & Nancy Turley, Jan Vrana family, Dan Waugh family, Ken Willjanen, and Bob Williamson.

If you all don't come to meets, you'll probably not see your name in the newsletter until 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 special events. If you want to get your membership card, contact the membership coordinator, me, at a Cascade sponsored meet or at one of the above-mentioned happenings. 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...Former club member Ingemar Jansson and Helga Haverstad are the proud parents of a second son Eirik. They have moved into their new house in Tranby, which is in Norway between Oslo and Drammen, and are enjoying the added space. Ingemar left his job with DEC and is now working for Oracle...Cascade's own Debbie Newell surprised most of the east coast orienteering cognoscenti by finishing a strong second to Peggy Dickson in the women's open class at the Intercollegiate championship meet back in Rochester 14-15 April. That fine showing assures her a place representing the U.S. on the World Cup team. Congratulations, Debbie...Tony Paulson and Joan Benderson are proud parents of their second child Monica, born last February. Their son Philip is adjusting to the new addition. Maybe the whole family will get involved

with O' again with APOC90 and PNWOF coming in August...This next item is not about an individual or family but rather an event. Three countries have indicated that they intend to enter a total of 15 men and 12 women in the World Cup that we are hosting next August. As you all realize by now this World Cup event will be part of the bigger event PNWOF90. The Pacific Northwest O' Festival 17-19 August will be the biggest and most enjoyable meet on this continent until the 1993 World Championship back east. As of 13 April, we already have 314 people from a dozen countries signed up for both days; we expect a big surge 1 June and again 1 July. All you orienteers who only come to 1 or 2 meets a year, now is your chance. Be a part of the meet either by volunteering to help out (you will still be able to do a course) or just sign up and run. Competitive class just means that you do the course by yourself, not that everyone is supercompetitive. The courses will be similar to what you are used to and the people from other parts of the world want to meet new friends same as you would, so participate. In any event, do your part by talking to the foreign visitors and help convince everyone that we are hospitable in the northwest. If you can't participate yourself, perhaps some of your equipment can. We need about 100 folding chairs, 20-30 folding tables, water jugs, large tents or tarps, donations of wood, hooks & eyes, and people to produce the roughly 1000 results boards that we will need (depending upon total entries) and a truck or two or more to transport the stuff over to the Cle Elum sites, etc. Equipment coordinator Dave Lilly is compiling a list of what will be needed, but you don't have to wait. Contact him (preferably in writing) or me with what you can lend to help make this a great meet...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.

COC OFFICERS AND COORDINATORS

President	Mike Schuh	(206) 783-3960
Vice President		
Secretary	Ardis Dull	(206) 364-4062
Treasurer	Katie Sprugel	(206) 365-8742
Mapping Coordinator	Bruce McAlister	(206) 821-6862
Membership Coordinator	Harvey Friedman	(206) 784-2774
Newsletter Editor	Debbie Newell	(206) 488-7471
Training Coordinator		
Publicity Coordinator	Pat Albright	(206) 285-8674
Equipment Coordinator	Don Atkinson	(206) 488-0270
Volunteer Coordinator	Ruth McCormick	

COC MEMBERSHIP DUES

Single	\$10.00/year
Family	15.00/year
Associate (under 18)	5.00/year
Newsletter Only	6.00/year

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.

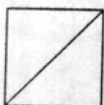
"BEARING 315" PUBLICATION SCHEDULE

"Bearing 315" is a bi-monthly publication of the Cascade Orienteering Club. You are encouraged to submit orienteering-related material for publication. Send items for publication to the address below by the scheduled deadline. Material received after the deadline may not appear in the next newsletter issue.

Issue	Publication Date	Submission Deadline
JAN-FEB	December 31	December 10
MAR-APR	February 28	February 10
MAY-JUN	April 30	April 10
JUL-AUG	June 30	June 10
SEP-OCT	August 31	August 10
NOV-DEC	October 31	October 10

Mail material to:

Debbie Newell
6216 N.E. 154th St.
Bothell, WA 98011



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



ADDRESS CORRECTION REQUESTED