



Bearing 315

The newsletter of the Cascade Orienteering Club

Second Quarter 2003

Ultimate Orienteer Series to Begin in March

It's not too late to compete in the Ultimate Orienteer series. With 3 competitions remaining, you can still satisfy the 3-meet minimum for a shot at becoming the "Ultimate Orienteer." The last three events are:

Score-O' - April 19 at Woodland Park
Classic-O' - May 10 at Cle Elum Ridge
Long-O' - June 1 at a location to be announced

Six Degrees of Navigation Adventure Race

The Six Degrees of Navigation Adventure Race will begin at St. Edward State Park in Kenmore on August 30. Please join our organizing team and help us make this a great event. Volunteers so far include:

Event Director - Debbie Newell
Course Planners - Erik Nachtrieb, Dave Tallent
Communications Director - Jennifer Knowles
First Aid Coordinator - Bill Allemann
Day-of-event help - Don Atkinson, Eugen Groff

Other volunteer opportunities include:

Food	Equipment manager
Awards	Volunteer coordination
Sponsorship	Map production

Current COC Officers and Coordinators

President – Jennifer Knowles, 253-845-6588, jsknowles@msn.com
***Vice President** – Eugen Groff, 206-985-2198, groffmarek@earthlink.net
Training/Volunteer Coordinator – Eric Bone, 206-634-2279, eric.bone@attbi.com
***Treasurer** – Katie Sprugel, 206-365-8742, sprugels@att.net
Secretary – Ardis Dull, 206-364-4062, ardisdull@juno.com
Mapping Coordinator – Don Denbo, 206-366-0624, dwd6@mindspring.com
***Equipment Coordinator** – Don Atkinson, 425-488-0270, dona@atmos.washington.edu
Newsletter Editor – Debbie Newell, 425-488-3691, dnewel@verizon.net
Membership Coordinator – Jim Siscel, 425-778-7202, jsiscel@cmc.net
Publicity/Promotion Coordinator – vacant
Land Use Coordinator – Steve Knowles, 253-845-6588
***Technical Coordinator** – Bill Cusworth, 206-271-0652, cusworth@chem.washington.edu
E-punch Coordinator – Jennifer Knowles
*Patrick Kelly, 206-760-9554, patandlaureen@onebox.com

* Executive Board Member

Publicity	First aid
Timing/results	T-shirt

If you would like to help in any of these areas, please contact Debbie at 425-488-3691 (dnewel@verizon.net). We need your help to put on a quality event and your participation will be greatly appreciated. For more information about the race, see the club's website.

Pacific Northwest Orienteering Festival 2003

If you're planning to attend the Pacific Northwest Orienteering Festival this summer, please consider volunteering to help out. The schedule of events appears below.

June 21-22	Classic-O, Teanaway (COC)
June 23	Short-O, Fishtrap Lake, e. Spokane
June 24	Goat event, Riverside State Park, Spokane
June 25	Trail-O, Riverside State Park
June 25	Night-O, Riverside State Park
June 27	Sprint-O, Thorn Creek, McCall ID
June 28	Classic-O, Bear Basin, McCall ID
June 29	US Relay Champs, Ponderosa St. Park, ID

To volunteer at Cascade's event, please contact **Jennifer Knowles** (253-845-6588, jsknowles@msn.com). You can also help out at any of the other events by contacting the appropriate person for that event. See the event website (<http://velichko.home.mindspring.com/PNWOF2003>) for additional information.

E-Punch Decision

At its March board meeting, COC's Board of Directors approved the purchase of the Sportident electronic punching system. After a demonstration of the system at the March 8 Seward Park event, it was clear that the chief advantages of the system are accuracy and speed of results. Depending on when the equipment arrives, we plan to use it at some of our spring events, as well as at the PNWOF event in Cle Elum, the Six Degrees of Navigation adventure race, and at all of next



A control lurks in the vegetation at Ft. Steilacoom Park
(photo: Debbie Newell; camera: Rick Breseman)

season's WIOL events. Jennifer Knowles, in addition to her duties as club president, has agreed to be the E-punch Coordinator for at least the next 2 years. Thanks, Jennifer, for taking on this critical role.

Spring Skills Clinic a Success

Sixteen people braved blustery spring weather for a day of orienteering workshops on March 22 at Lynndale Park. The classroom at Lynndale was smaller than expected, so this turned out to be a very full house! The participants ranged from absolute beginners to people with quite a bit of experience. Doug Sprugel started the day with a discussion of basic and intermediate level skills that included some lively discussion about route choices. This was followed by practice with compass skills on a precision pacing and bearing course set up by Eric Bone. Bill Cusworth gave a clear overview of the effort and jobs that go into making each orienteering event succeed or fail. After lunch, Eric talked about strategies for relocating when you lose contact with the map or can't find that darn control, then sent everyone out in pairs on complementary maps for a relocation exercise. The day ended with a session on course

design presented by Katie Sprugel, focusing on local meets. Everyone got a chance to design some hypothetical legs at Magnuson Park and get them critiqued. A good time appeared to be had by all (and the forecast rain didn't happen)!

We had to turn a few people away because the clinic was full, so we will consider doing another one in the fall if there is sufficient interest.

Thanks to Katie for organizing the workshop and

Eric, Doug, Katie and Bill for presenting. Jim Siscel made arrangements for the room at Lynndale. Thanks also to Bruce McAlister for bringing some great home baked treats.

Katie Sprugel

Local Students Attend US Interscholastic Champs

Several students from the Northwest attended the US Interscholastic Orienteering Champs in Georgia in January. The following students had the opportunity to compete in the open, runnable forests of Sweetwater State Park near Atlanta:

Leif Anderson	Bremerton High School	1st, varsity boys
Hilary Dyer	Thomas Jefferson H.S.	2nd, varsity girls
Will Enger	Int'l Comm. School	5th, varsity boys
Kyle Haddad-Fonda	Lakeside	mispunch
Ryan Breseman	Leota Jr. H.S.	35th, jr. varsity boys
Kelsey Breseman	Woodinville Montessori	2nd, girls m.s.
Matt Skorina	Sacajawea Orienteers	7th, boys m.s.

Congratulations to everyone who participated in the event. Next year's Interscholastic Championships is scheduled for the end of March in Virginia.

Meet Results

Forest Park - January 11

Sammamish Orienteering Club

Course 4 - Winter O' Series #5

Jon Campbell	COC	32:48	100
Steve Knowles	COC	34:01	95
Mark Howlett	COC	35:34	92
Dave Tallent	COC	35:35	90
Peter Golde	COC	36:11	89
Eugen Groff	COC	37:16	88
Rick Breseman	COC	37:55	87
Debbie Newell	COC	38:44	100
Jennifer Knowles	COC	39:00	95
Victoria Campbell	COC	42:45	92
Dale Width	EOC	43:00	86
Eileen Breseman	COC	44:59	90
A.J. Ritter		45:16	85
Don Atkinson	COC	45:18	84
Bill Allemann	COC	46:18	83
Tyler Frederickson	COC	46:48	82
Oyvind Naess	COC	46:59	81
Roy Colven	COC	47:51	80
Hans Frederick	COC	48:39	79
Jana Dvorak	COC	49:00	89
Targo Tennisberg	SAMM	51:21	78
Robert Johnson	COC	53:26	77
David Parsons	COC	55:02	76
Kean Williams	COC	56:59	75
Ben Lischner	COC	57:13	74
Don Denbo	COC	59:01	73
Patrick Kelly	COC	59:54	72
Raimo Janenpaa	IISU	60:15	71
Dave Dummeyer		60:38	70
Ardis Dull	COC	61:42	88
Paul Magnus Adam Rauma		62:36	
Steve Miner	COC	66:55	68
Terry Bryant		67:30	67
Dave Petty	COC	70:48	66
Eric Pearson		71:57	65
Chris Whitmyre	COC	72:54	64
Rik Jones	COC	75:36	63
Cheryl Marek	COC	75:41	87
Larry Eich		77:01	62
Virginia Stratton	COC	79:38	86
John Clouse		87:15	61
Nelson Harbour		87:15	61
Ken Lew	COC	92:19	59
Kyle Seifullen		101:26	58
Glenn Gordon		101:30	57
Rod Sternagel		107:59	56
Alan Chaffee		111:16	55
Harvey Friedman	COC	112:48	54
Nick Matveer		DNF	
Ron Brown	COC	DNF	
Paul Shanahan	COC	DNF	
Dean Vergillo		DNF	

Ft. Steilacoom Park - January 25

Meet Director: Jennifer Knowles

Courses: Jon Campbell

Registration: Don Denbo (WIOL), Sandy Kish Miller,

Tori Campbell

Starts: Pat Kelly, Mark Howlett, cadets from Curtis

Finish: Eugen Groff, Steve Knowles, Ardis Dull, Don

Atkinson, cadet from Curtis

Pickup: Jon & Tori Campbell

Course 1 (1.8k, 6 controls)

Indians	35:04
Troop 414	37:26
Wesley Hikida	37:51
Mark Malloy	39:42
Ville Jarvenpaa	47:37
Scouts (Michael & Clint)	49:34
Toomas & Katrin Tennisberg	72:43

Course 2 (2.5k, 6 controls)

Colin Dietrich	16:36
Cliff Hansen	19:09
Harry & Geoff Morgan	26:39
Micah Linscott	32:11
Ben Linscott	32:33
Paulson	33:07
Joan Maza & Brigitte Malley	34:09
Kim Voros	41:28
Derek Pederson	43:37

Brian Linscott	44:32
Neil Munson	45:36
Munson	47:53
Dottie Selby	49:52
Marshall Suttles	51:58
Pederson	58:43
Tracy Whelan	62:22
Chris & Joan Miller	70:42
Sophia Lewis	82:45

Course 3F (4.2k, 8 controls) - Public

Dean Vergillo	28:08
Raimo Janenpaa	32:58
Cliff Hansen	35:15
Philippe Nicolle	44:44
Paul Wade	46:06
Geoffrey & Harry Morgan	57:19
Fred L.	61:44
Tom Clymer & group	64:45
Anthony & Jason	75:35
David Wahlstrom	75:52
Dave Kirkendall	90:46
Alice Lai	92:00
David Lai	92:15
Andy Whitmyre	92:48
G. Rinehart & C. Matter-Rinehart	97:45
Suzi Overcast & Matt Koettel	100:52
Marjorie Stratton	113:00
S.K. Miller	DNF

Course 3M (4.4k, 8 controls) - Public

Fox Patrol	147:24
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Course 4 (6.1k, 12 controls) - Winter O' Series #6

Eric Bone	COC	35:12	100
Mike Miller		43:31	95
Ben Hall	COC	44:48	92
Rick Breseman	COC	46:46	90
Steve Knowles	COC	47:15	89
Jennifer Knowles	COC	48:59	100
Debbie Newell	COC	50:44	95
Peter Golde	COC	50:50	88
Anneliese Steuben	COC	51:46	92
Tyler Frederickson	COC	52:03	87
Steve Miner	COC	52:52	86
Eugen Groff	COC	53:04	85
Dave Tallent	COC	54:05	84
A.J. Ritter		55:13	83
Kean Williams	COC	56:08	82
Jana Dvorak	COC	56:39	90
Targo Tennisberg	SAMM	56:59	81
Don Atkinson	COC	57:29	80
Dean Vergillo		58:30	79
Robin Clark	COC	59:08	88
Roman Kotecky	SAMM	59:09	78
John Lee		59:17	77
George Daniels		62:13	76
Victoria Campbell	COC	62:16	87
Dave Enger	SAMM	62:58	75
Scott Coble	EWOC	64:42	74
Mike Schuh	COC	65:50	73
John Selby	COC	66:48	72
George Whelan		68:03	71
Dale Width	EOC	69:17	70
Steve Frederickson	COC	69:58	69
Jake Reeder		70:15	68
Paul Shanahan	COC	70:44	67
Andrew Gilmour	SAMM	71:29	66
Kim Evans		71:31	86
Patrick Kelly	COC	72:05	65
Stuart Bradshaw		72:36	64
Dave Petty	COC	73:03	63
Chris Whitmyre	COC	76:15	62
Sean Conto		77:34	61
Steven Phillips	COC	77:43	60
Paul Cornish		78:00	59
Terry Bryant		78:55	58
Don Denbo	COC	78:56	57
Sid Whaley		79:42	56
Dan Milligan		80:33	55
Ardis Dull	COC	81:33	85
Ken Lew	COC	85:12	54
Gary McCausland	NISQ	86:56	53
Troy Chaffee		91:03	52
Alan Chaffee		91:12	51
Harvey Friedman	COC	92:15	50
Rod Sternagel		95:18	50
Jim Sisco	COC	96:42	48
Virginia Stratton	COC	98:32	84

Nelson Harbour	100:15	47
Ann Glenn	130:07	83
Steve Steinbrink	132:05	46
Troop 101B	162:16	0
Troop 101A	165:33	0
Aimee	DNF	0
Matt Stevens	DNF	0
Win Sargent	DNF	0

Washington Park - February 8

Meet Director: Ginger Stratton

Courses: Don Atkinson

Course 1

Dan Burns/Barb Fus		14:58
Sarah Whitmyre	COC	26:38
Connie Serrer		29:38
Logan Knowles	COC	35:08
Allison Knowles	COC	35:11
Toomas /Katrin Tennisberg	SAMM	46:07
Nicki Caulfield		48:38
Rogers		49:53
Ville Jarvenpaa	IISU	55:31
Kayla Rogers		107:08
Kelli Caulfield/Alicia Johnson		107:08

Course 2

Colin Dietrich		25:39
Dan Burns		29:54
Seth Suttles		39:51
Marshall Suttles	COC	43:10
Bob Reddick	SAMM	51:07
Connie Serrer		DNF
Kim Voros		MSP
Helen Roemer		MSP

Course 4 - Winter O' Series #7

Eric Bone	COC	29:24	100
Leif Anderson		32:33*	
Ben Hall	COC	36:12	95
Bill Cusworth	COC	37:49	92
Peter Golde	COC	37:50	90
Tyler Frederickson	COC	39:13	89
Ben Lischner	COC	39:54	88
Dean Vergillo		39:56	87
Jennifer Knowles	COC	40:43	100
Eugen Groff	COC	41:09	86
Rick Breseman	COC	43:17	85
Steve Knowles	COC	44:58	84
Dave Tallent	COC	45:33	83
Steve Miner	COC	45:36	82
Hans Frederick	COC	45:57	81
Jana Dvorak	COC	47:40	95
Raimo Janenpaa	IISU	48:24	80
Bill Green	CHUCKO	48:50	79
Dave Enger	SAMM	48:51	78
Oyvind Naess	COC	50:53	77
Bill Allemann	COC	51:05	76
Robin Clark	COC	51:11	92
Arne Skog	COC	51:43	75
Eileen Breseman	COC	54:44	90
Debbie Newell	COC	56:43	89
Targo Tennisberg	SAMM	56:54	74
Paul Wade	COC	58:06	73
Jake Reeder		58:07	72
Virginia Stratton	COC	60:34	88
Kean Williams	COC	60:41	71
Patrick Kelly	COC	60:53	70
Ardis Dull	COC	61:40	87
Bill MacDonald	COC	62:11	69
Chris Whitmyre	COC	62:16	68
Roman Kotecky	SAMM	64:12	67
Paul Cornish		66:27	66
Doug Sprugel	COC	66:41	65
Don Denbo	COC	67:03	64
Sara Shanahan	COC	69:55	86
Paul Shanahan	COC	75:59	63
Roxy & Clive	COC	77:28	
Tom Glenn		77:31	62
Dan Milligan		79:30	61
Terry Bryant		81:47	60
Ken Lew	COC	86:13	59
Jim Sisco	COC	87:46	58
Nelson Harbour		102:51	57
Rod Sternagel		103:59	56
Cam Jones		118:15	55
Fred Liehaber		DNF	0
John Lee	MSP (#6)		0

* second course

Bearing 315

Lake Tradition - February 22

Meet Director: Jim Siscel
 Courses: Mike Schuh, Eugen Groff
 Registration: Sandy Kish Miller, Ardis Dull
 Start: Pat Kelly
 Finish: Don Atkinson, Anne York, Harvey Friedman
 Marker Pickup: Eric Bone, Ardis Dull, Jennifer Knowles, Dean Vergillo

Course 2 (2.0k, 9 controls)

Murray, Seth	23:44
Seth Suttles	25:13
Simon Kahan	28:09
McQueen	28:31
Jeny, Andy and Erin	31:57
Nick	32:19
Bob Reddick	45:44
Bill Prichard	47:48
Valerie Mannuci	64:27
Denise Klein	69:54
Kyle, Derrick Howlett	70:45
Matt Lekson	MSP

Course 3F (3.1k, 9 controls)

Craig Sternagel	43:21
Roy Colven	51:36
Doug Sprugel	63:14
Phillipe Nicolle	69:16
Ken Lew	73:53
Don Denbo	80:25
Simon Kahan	80:25
Jeremy Jallsal(?)	88:48
Geoff Morgan	90:47
Katie Sprugel	92:53
Welton-Selby	94:27
Robert Stratton	100:17
Dave Kirkendall	112:42
Nelson Harbor	114:40
Marge Stratton	142:12
Suzi Overcast/Matt Koettel	147:11
Charnack	169:07
Fred Liehaber	DNF
Ardis Dull	DNF
Kuestner Family	DNF

Course 3M (4.4k, 10 controls)

Sandy K-Miller	98:33
Harvey Friedman	167:58
Ginny Alleman	DNF

Course 4 (6.6 K, 19 controls) - Winter O'

Series Championships

Eric Bone	72:43
Bill Cusworth	76:43
Oyvind Naess	77:25
Ben Hall	77:32
Bill MacDonald	84:04
Peter Golde	84:53
Ben Lischer	85:06
Eugen Groff	89:20
Mac MacDonald	90:38
Rick Breseman	90:53
Dave Enger	91:03
Raimo Jarvenpaa	91:34
John Clouse	93:00
Cliff Hansen	94:21
Debbie Newell	96:53
Targo Tennisberg	99:31
Kean Williams	101:20
Roman Kotecky	101:29
Jake Reeder	105:57
Jennifer Knowles	106:31
Steve Miner	108:54
AJ Ritter	109:02
Dave Dummeyer	111:00
Tyler Frederickson	111:51
Robin Clark	112:19
Virginia Stratton	113:57
Eileen Breseman	115:45
Chris Whitmyre	117:39
Troy Chafee	118:31
Heidi Hoter	118:35
Pat Kelly	121:38
Jana Dvorak/Anna Urbanova	128:58
Rod Sternagel	138:15
Robert Miller	155:58

Mike Kanaga	168:13
Danh Vo +3	179:14
Dean Vergillo	MSP
Terry Bryant	MSP
Don Atkinson	MSP
Heather Coyle	MSP
Abby Wolfe	MSP

Seward Park - March 8

Meet Director: Peter Golde
 Course Setter: Jennifer Knowles, Steve Knowles
 Start: Philippe Nicolle, Pat Kelly
 Finish: Jon Campbell, Eugen Groff, Don Atkinson
 Registration: Eric Bone, Terry Farrah, Beth Golde
 E-Punch System: Jennifer Knowles, Debbie Newell, Tori Campbell
 Marker Pickup: Dean Vergillo, Pat Kelly

Course 1

Little	12:48
Girl Scout Troop 1898	18:48
Lorin Jovag	22:45
Jake	22:53
Joseph	23:46
Deanta Kelly	36:19
Brad	36:26
Villie Jarvenpaa	44:56
Toomas & Katrin Tennisberg	47:40
Peggy Ferber	52:37
Klein/Soper	55:21
Satheida	Map Hike

Course 2

Little	18:21
Molly Enger	20:45
Angie Frederickson	25:22
Madeline Enger	26:44
Lorin Jovag	29:36
Girl Scout Troop 1898	30:03
Jim Bogesvang	30:35
Kyle Howlett	34:22
Kevin Martenill	35:34
Shana McKibben	36:07
Bob Reddick	46:09

Course 3 (2.5k, 7 controls)

Leksin, Matt	24:11
Farrah, Terry	24:15
Bohn, Heidi	25:22
Kieffer, Dmitri	35:32
Anderson, Leif	37:16
Van Gurder	39:06
Winter, Patrice	41:22
York, Anne	42:10
Douglass, Nick	48:15
Emmons, Matt	60:56
Floberg, John	70:03

Course 4 (4.1k, 8 controls) - Ultimate

Orienteer #1

Name	Club	Time	Ult	Pts.
Bone, Eric	COC	22:13	1000	
Anderson, Leif		25:55	857	
Cusworth, Bill	COC	27:03	821	
Enger, Dave	SAMM	28:33	778	
Hall, Ben	COC	29:17	759	
Campbell, Jon	COC	29:25	755	
Vergillo, Dean	COC	29:28	754	
Frederickson, Tyler	COC	29:59	741	
Tallent, Dave	COC	30:07	738	
Breseman, Rick	COC	30:35	726	
Tennisberg, Targo	SAMM	30:59	717	
Reeder, Jake	COC	31:13	712	
Newell, Debbie	COC	31:14	711	
Robeson, Stephen		31:21	709	
MacDonald, Bill	COC	31:43	700	
Clark, Robin	COC	33:46	658	
Enger, Will	SAMM	34:23	646	
Width, Dale	EOC	34:26	645	
Gilmour, Andy	COC	34:42	640	
Miner, Steve	COC	35:28	626	
Parsons, Dave	COC	35:31	626	
Jarvenpaa, Raimo		35:36	624	
Williams, Kean	COC	36:05	616	
Groff, Eugen	COC	36:19	612	
Ritter, A.J.	COC	36:25	610	
Campbell, Tori	COC	36:35	607	
Atkinson, Don	COC	36:37	607	

Cornish, Paul		36:37	607
Frederick, Hans	COC	36:52	603
Kelly, Pat	COC	37:57	585
Steuben, Anneliese		38:22	579
Breseman, Eileen	COC	39:18	565
Kotecky, Roman		40:10	553
Dyer, Hilary		40:10	553
Seifullin, Kyle	COC	40:16	552
Staerk, Laila		41:18	538
Kahan		41:40	533
MacDonald, Mac	COC	42:04	528
Selby, John	COC	42:30	523
Lee, John	COC	42:56	517
Vetere, Josh		43:39	509
Evans, Kim		44:10	503
Frederickson, Steve	COC	45:01	494
McKenzie, Bill	COC	45:21	490
Dull, Ardis	COC	45:51	485
Haddad-Fonda, Kyle		45:59	483
Denbo, Don	COC	47:38	466
Bradshaw, Stuart	COC	48:12	461
Miller, S.K.	COC	48:54	454
Dietrich, Colin		50:07	443
Sternagel, Rod		50:24	441
Stratton, Virginia	COC	50:36	439
Breseman, Ryan	COC	51:00	436
Queen, Ted	COC	52:07	426
Friedman, Harvey	COC	52:12	426
Siscel, Jim	COC	57:34	386
Breseman, Kelsey	COC	58:08	382
Petty, Dave	COC	60:43	366
Lew, Ken	COC	63:50	348
Van Gorder, R		64:28	345
Wolfe, Abby	COC	67:33	329
Sternagel, Craig	COC	MSP	0
Colven, Roy	COC	MSP	0

Lynndale Park Night-O - March 29

Meet Director: Debbie Newell
 Courses: Eric Bone
 Registration: Eugen Groff
 Start: Bjorn Freeman-Benson, Dave Tallent
 Finish: A.J. Ritter, Bill Allemann, Robin Clark
 Instruction: Dave Tallent, Kean Williams
 Marker Pickup: Debbie Newell, Dave Tallent

Course 1 (0.8k, 8 controls)

Jason & Brian	8:26
Jerry Farmers	12:40
Larry Stratton	13:34
Troop 1192 (Liz, Rd, Amy)	19:53
Kim & Lauren	26:00
Nick Matveev	26:21
Mary Lou	26:26
Erik Steele	30:27
The Cows	31:22
Troop 1898 (Catherine/Laurie)	35:46
Laura Brown	36:32
Alycia & Elin	37:01
John B. Friel	62:52
Flying Billy Goats	DNF

Course 2 (1.6k, 13 controls) - Ultimate

Orienteer #2

Bill MacDonald	SAMM	20:07	1000
Targo Tennisberg	SAMM	23:15	865
Tyler Frederickson	COC	23:21	862
Jennifer Knowles	COC	24:00	838
Steve Knowles	COC	25:19	795
Peter Golde	COC	26:23	762
Dan Baird		26:44	752
Raimo Jarvenpaa	IISU	27:09	741
Colin Dietrich	COC	27:15	738
Mac MacDonald	COC	28:51	697
Bill Allemann	COC	28:55	696
Jon Campbell	COC	28:56	695
Debbie Newell	COC	29:21	685
Matej Urban	COC	30:20	663
Kyle Haddad-Fonda		30:28	660
David Parsons	COC	33:03	609
Dave Tallent	COC	33:08	607
John Barnhardt/Liz Mitchell		34:12	
Jake Reeder	COC	34:27	584
Kean Williams	COC	36:56	545
Paul Cornish	COC	38:36	521
Jana Dvorak	COC	40:15	500
Victoria Campbell	COC	40:21	499
Virginia Stratton	COC	41:44	482

Dean Vergillo	COC	42:01	479	John Lee	COC	54:12	371	J. Roberts/A. Halkridge/G. Halgren	102:52	
Robin Clark		42:09	477	A.J. Ritter	COC	54:43	368	Troop 1898 (MMRD)	109:32	
Bjorn Freeman-Benson		44:33	452	Anna & Ashley		60:15		Marjorie Stratton	COC	112:25 179
Dave Dummeyer		48:14	417	Steve Frederickson	COC	67:11	299	Erik Steele		DNF
Illegible Name		49:17		Heather Coyle		75:28	267	Robert Stratton	COC	DNF
Terry Farrah	BAOC	49:36	406	Dickson		78:34		Alan Chaffee		DNF
Don Denbo	COC	51:23	392	Catherine/Laure/Angela		95:45				

O' Series Final Standings (best 4 results)

Female

Name	Club	1	2	3	4	5	6	7	Total
Jennifer Knowles	COC	100	100	100	92	95	100	100	400
Debbie Newell	COC				100	100	95	89	384
Jana Dvorak	COC	92	88	95		89	90	95	372
Eileen Breseman	COC	95	95		89	90		90	370
Robin Clark	COC	88			87		88	92	355
Virginia Stratton	COC		92		86	86	84	88	352
Ann Glenn			86	87	84		83		340
Victoria Campbell	COC				90	92	87		269
Sandy Kish Miller	COC	89	90	90					269
Cheryl Marek	COC			89	88	87			264
Ardis Dull	COC					88	85	87	260
Karen Case		86		92					178
Ginny Allemann	COC	90	87						177
Katrin Tennisberg	SAMM	87	89						176
Adrienne Lopez		84		88					172
Maiya Kraus					95				95
Anneliese Steuben	COC						92		92
Sara Shanahan	COC							86	86
Kim Evans							86		86
M.J. Eich	COC	85							85
Cindy Dennis					85				85
Marjorie Stratton	COC				83				83

Male

Eric Bone	COC			100	100		100	100	400
Steve Knowles	COC	89	95	92	86	95	89	84	371
Ben Hall	COC	90	89		79		92	95	366
Eugen Groff	COC	95	88	89	85	88	85	86	360
Rick Breseman	COC		92	90	87	87	90	85	359
Peter Golde	COC	88	85			89	88	90	355
Dave Tallent	COC				90	90	84	83	347
Tyler Frederickson	COC	87	84		83	82	87	89	347
Oyvind Naess	COC	92	87		80	81		77	340
A.J. Ritter		77	83	85	76	85	83		336
Ben Lischner	COC	86	80		77	74		88	331
Targo Tennisberg	SAMM	86	86			78	81	74	331
Steve Miner	COC	72	76	82	74	68	86	82	326
Patrick Kelly	COC	83	78	83	62	72	65	70	316
Sean Conto			90	87	69		61		307
Kean Williams	COC			78	63	75	82	71	306
Jake Reeder		79			72		68	72	291
John Selby	COC	80	70		66		72		288
Don Denbo	COC	71	57	79		73	57	64	287
Terry Bryant		75	61	81		67	58	60	284
Chris Whitmyre	COC		71	80		64	62	68	283
Paul Shanahan	COC	78	70				67	63	278
Mike Miller				88	88		95		271
Dave Petty	COC	73	62			66	63		264
Ken Lew	COC	67	59	77		59	54	59	262
Paul Cornish			74		61		59	66	260
Dean Vergillo					84		79	87	250
Jim Sisel	COC	66	63		53		48	58	240
Dave Enger	SAMM			86			75	78	239
Don Atkinson	COC				73	84	80		237
John Lee		81			71		77		229
Dave Dummeyer					64	70	92		226
Mike Schuh	COC			84	59		73		216
Doug Sprugel	COC	74	68					65	207
Danh Vo		69	55		75				199
Jon Campbell	COC			95		100			195
Paul Magnus	COC	100			92				192
Steve Frederickson	COC		64		56		69		189
Mark Howlett	COC				95	92			187
Harvey Friedman	COC		65			54	50		169
Nelson Harbour						61	47	57	165
Robert Miller	COC	82	81						163
Rod Sternagel						56	50	56	162
Andy Bennett		84	77						161
Hans Frederick	COC					79		81	160
Bill Allemann	COC					83		76	159
Dale Width	EOC					86	70		156
Raimo Janenpaa	IISU					71		80	151
Larry Eich		85				62			147
Bill MacDonald	COC				78			69	147

Roman Kotecky	SAMM						78	67	145
John Clouse			67			61			128
Ron Brown	COC	70	54						124
Sid Whaley					68		56		124
Eric Pearson			58			65			123
Dan Milligan							55	61	116
Alan Chaffee						55	51		106
Eric Carlson		100							100
Bill Cusworth	COC							92	92
Bruce Christopherson					89				89
Jeff Robeson					82				82
Dave Vergillo			82						82
Andrew McDavid					81				81
Roy Colven	COC					80			80
Bill Green	CHUCKO							79	79
Manuel Schmitt			79						79
Robert Johnson	COC					77			77
David Parsons	COC					76			76
George Daniels							76		76
Matt Hazel		76							76
Walter Braun			75						75
Arne Skog	COC							75	75
Scott Coble	EWOC						74		74
Paul Wade	COC							73	73
Mac MacDonald	COC		73						73
Jason Andrews			72						72
George Whelan							71		71
Justin Yeager	COC				70				70
Jim Keahy		68							68
Ken Peters					67				67
Jerry Howe			66						66
Andrew Gilmour	SAMM						66		66
Don Howard		65							65
Keith Burdette					65				65
Stuart Bradshaw							64		64
Rik Jones	COC					63			63
Tom Glenn							62		62
Carl Ebeling		60							60
Steven Phillips	COC						60		60
Theo Browne					60				60
Kyle Seifullen						58			58
Bernd Voht					58				58
Richard Staudt					57				57
Glenn Gordon					57				57
Anthony Vergillo		56							56
Cam Jones							55		55
Frank Magaña					55				55
Scott Robeson					54				54
Gary McCausland	NISQ						53		53
Ed Pottharst	COC		53						53
Troy Chaffee							52		52
Steve Steinbrink							46		46

Meets in the 2002-2003 Winter O' Series

1 - Woodland Park, November 9 • 2 - Kelsey Creek Park, November 23 •
3 - NAD Park, December 7 • 4 - Pt. Defiance Park, December 21 • 5 - Forest
Park, January 11 • 6 - Ft. Steilacoom Park, January 25 • 7 - Washington Park,
February 8

The Ultimate Orienteer - Current Standings

		1	2	3	4	5	Total
MacDonald, Bill	COC	700	1000				1700
Frederickson, Tyler	COC	741	862				1602
Tennisberg, Targo	SAMM	717	865				1582
Campbell, Jon	COC	755	695				1451
Newell, Debbie	COC	711	685				1397
Jarvenpaa, Raimo		624	741				1365
Tallent, Dave	COC	738	607				1345
Reeder, Jake	COC	712	584				1296
Parsons, Dave	COC	626	609				1234
Vergillo, Dean	COC	754	479				1233
MacDonald, Mac	COC	528	697				1225
Dietrich, Colin		443	738				1182
Williams, Kean	COC	616	545				1160
Haddad-Fonda, Kyle		483	660				1143
Clark, Robin	COC	658	477				1135
Cornish, Paul	COC	607	521				1128
Campbell, Tori	COC	607	499				1106
Bone, Eric	COC	1000					1000

Bearing 315

Ritter, A.J.	COC	610	368	978
Stratton, Virginia	COC	439	482	921
Lee, John		517	371	889
Denbo, Don	COC	466	392	858
Anderson, Leif		857		857
Knowles, Jennifer	COC		838	838
Cusworth, Bill	COC	821		821
Knowles, Steve	COC		795	795
Frederickson, Steve	COC	494	299	793
Enger, Dave	SAMM	778		778
Golde, Peter	COC		762	762
Hall, Ben	COC	759		759
Baird, Dan			752	752
Breseman, Rick	COC	726		726
Robeson, Stephen		709		709
Allemann, Bill	COC		696	696
Urban, Matej	COC		663	663
Width, Dale	EOC	645		645
Enger, Will	SAMM	646		646
Gilmour, Andy	COC	640		640
Miner, Steve	COC	626		640
Groff, Eugen	COC	612		626
Atkinson, Don	COC	607		607
Frederick, Hans	COC	603		603
Kelly, Pat	COC	585		585
Steuben, Anneliese		579		579
Breseman, Eileen	COC	565		565
Dyer, Hilary		553		553
Kotecky, Roman		553		553
Seifullin, Kyle		552		552
Staerk, Laila	COC	538		538
Kahan,		533		533
Selby, John		523		523
Vetere, Josh	SACO	509		509
Evans, Kim	COC	503		503
Jana Dvorak	COC		500	500
McKenzie, Bill	COC	490		490
Dull, Ardis	COC	485		485
Bradshaw, Stuart		461		461
Miller, S.K.		454		454
Freeman-Benson, Bjorn		452		452
Sternagel, Rod	COC	441		441
Breseman, Ryan	COC	436		436
Queen, Ted	COC	426		426
Friedman, Harvey	COC	426		426
Dave Dummeyer			417	417
Farah, Terry	BAOC		406	406
Siscl, Jim	COC	386		386
Breseman, Kelsey	COC	382		382
Petty, Dave	COC	366		366
Lew, Ken	COC	348		348
Van Gorder, R		345		345
Wolfe, Abby	COC	329		329
Coyle, Heather			267	267
Stratton, Marjorie	COC		179	179

Meets in the 2003 Ultimate Orienteer Series

1 - Seward Park Short-O (March 8) • 2 - Lynndale Park Night-O (March 29) • 3 - Woodland Park Score-O (April 19) • 4 - Cle Elum Ridge Classic-O (May 10) • 5 - Long-O, location TBA (June 01)

Ultimate Orienteer Scoring System

The winner of each event receives 1000 points. Everyone else receives a percentage of 1000 points based on their time compared to that of the winner. For example, if the winner has a time of 25 minutes and your time is 50 minutes, you will receive 500 points. Your best 3 scores are combined for your total score.

2002 Official U.S. Orienteering Federation National Rankings

Cacade OC and Sammamish members only

Prepared by Bill Cusworth <cusworth@chem.washington.edu>

Rank	Name	Club	# of Races	Rank Pts	Time Rank	USOF Patch
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Blue Course

M-21+

7	Eric Bone	COC	20	95.6	78:28	Silver
26	William Cusworth	COC	8	76.5	98:02	Bronze
	Jonathan Campbell	COC	2	57.3	130:57	

Red Course

F-21+

	Victoria Campbell	COC	2	48.4	123:51	
	Virginia Stratton	COC	2	41.1	145:54	

M35+

9	Jan Urban	COC	9	78.1	76:50	Silver
17	William Cusworth	COC	2	54.6	109:57	

M40+

31	Kean Williams	COC	12	59.7	100:26	
33	Steve Knowles	COC	4	57.1	105:06	

M45+

10	Benjamin Hall	COC	13	79.6	75:24	Silver
16	John Rogers	SAMM	9	75.9	79:03	Silver
22	Rick Breseman	COC	10	72.1	83:16	Bronze
	Dave Enger	SAMM	2	62.2	96:31	

M-Red

	Dan Baird	COC	2	62.6	95:53	
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Green Course

F-20

1	Anneliese Steuben	COC	6	78.4	63:46	Gold
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F35+

1	Jennifer Knowles	COC	8	74.3	67:20	Gold
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F40+

8	Eileen Breseman	COC	8	59.4	84:14	Bronze
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F45+

1	Debbie Newell	COC	6	73.1	68:25	Gold
16	Ardis Dull	COC	15	53.8	92:55	Bronze
31	Katie Sprugel	COC	4	36.0	138:50	

M-18

	Steve Robeson	SAMM	2	27.5	181:51	
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M50+

17	David Tallent	COC	6	62.8	79:36	Bronze
21	Michael Schuh	COC	3	60.0	83:23	
27	Doug Sprugel	COC	6	51.3	97:28	

M55+

13	Don Atkinson	COC	5	71.0	70:26	Bronze
20	Mac Macdonald	SAMM	12	62.1	80:29	
25	Robert Miller	COC	4	60.5	82:36	
	Robert Stratton	COC	2	29.4	169:47	
	David Petty	COC	2	29.3	170:32	

M60+

14	Scott Donald	COC	12	57.8	86:33	Bronze
30	Harvey Friedman	COC	10	35.4	141:18	

F-Green

	Virginia Stratton	COC	2	47.3	105:46	
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M-Green

	Targo Tennisberg	SAMM	2	50.1	99:48	
	Jeff Robeson	SAMM	2	42.5	117:41	
	Michael Pope	COC	2	36.9	135:30	

Brown Course

F-18

	Karen Case	SAMM	2	39.7	113:23	
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F50+

3	Ardis Dull	COC	3	68.4	65:47	Gold
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F55+

	Marjorie Stratton	COC	2	24.3	184:59	
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F60+

15	Anne York	COC	8	36.1	124:41	
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M70+

5	Kenneth Lew	COC	15	58.5	76:53	Silver
6	Bruce McAlister	SAMM	7	54.6	82:26	Silver

M-Brown

4	David Petty	COC	4	64.8	69:28	
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Orange Course

M-16

19	Ryan Breseman	COC	4	40.8	122:35	
	William Enger	SAMM	2	77.5	64:28	

Yellow Course

F-14

	Kelsey Breseman	COC	2	41.7	95:59	
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F-Yellow

2	Heidi Bohn	COC	4	42.8	93:31	
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White Course

F-12

6	Kelsey Breseman	COC	6	73.5	40:47	Silver
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M-12

2	Ryan Breseman	COC	6	98.0	30:36	Gold
6	Ben Sprugel	COC	6	79.6	37:40	Sil-

Schedule of Events

APRIL

Sat 19 10am-noon	Ultimate Orienteer #3 (Score-O) & Newcomers Meet Woodland Park, Seattle • N. 50th St. entrance	C	COC	1:15,000	Doug Sprugel (206-365-8742) sprugels@att.net
26-27	Aspen Grove Express - Merritt, BC	B	GVOC	1:15,000	John Rance (604-526-3319) rance1@shaw.ca

MAY

3-4	U.S. Long and Short Course Championships - Mannsville, NY	A	CNYO	1:15,000	Barb Dominie (607-849-3101) SOCHOPX@aol.com
* Sat 10 10am-noon	Ultimate Orienteer #4 , Classic-O - Cle Elum Ridge, Cle Elum I-90 exit 85, east on SR10, left on Red Bridge Road	C	COC	1:15,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
16-19	OABC Junior Training Camp - McQueen Lake, Kamloops	X	OABC		Ted de St. Croix tdestcroix@telus.net
17-19	BC Championships - McQueen Lake, Kamloops	B	SAGE	1:15,000	Allan Stradeski woods@ocis.net
24-25	Newcastle Island - Nanaimo, Vancouver Island BC	B,C	VICO	1:10,000	(250) 598-6420

JUNE

* Sat 01 10am-noon	Ultimate Orienteer #5 , Long-O - Trollhaugen, Snoqualmie Pass I-90, exit 62	C	COC	1:15,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
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Pacific Northwest Orienteering Festival (<http://velichko.home.mindspring.com/PNWOF2003>)

21-22	"A" Meet, Teanaway Forks/Lick Creek, Cle Elum	A	COC	1:15,000	Jennifer Knowles (253-845-6588) jsknowles@msn.com
Mon 23	Short-O, Fishtrap Lake, east of Spokane	A	SACO		Frank Skorina (509-522-2770) frank@skorina.com
Tue 24	Goat-O, Riverside State Park, Spokane				
Wed 25	Trail-O, Riverside State Park, Spokane	X	EWOC	1:15,000	John Beck (509-838-7078) beck@gem.gonzaga.edu
Wed 25	Night-O, Riverside State Park, Spokane	A			
Fri 27	Sprint-O, Thorn Creek, McCall ID (US O' Team benefit)	A	US Team		
Sat 28	"A" Meet, Bear Basin, McCall ID	A	CTOC		Sergey Velichko (208-377-4213) savelichko@micron.com
Sun 29	US Relay Champs, Ponderosa State Park, McCall ID	A	CTOC		

JULY

19-20	Seattle Night and Day Navigation Challenge 3, 7, or 16-hour navigation event (www.SeattleNightAndDay.com)	X	COC/MG		Terry Farrah (650-697-6359) tfarrah@mindspring.com
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AUGUST

16-24	Sage Stomp (including the Canadian Orienteering Championships) Kamloops, BC	A	SAGE		Gill Bailey (250-477-4469) leighb@islandnet.com
Sat 30	Six Degrees of Navigation Adventure Race St. Edward Park, Kenmore - kayaking, orienteering, mt. biking, trekking, etc.	X	COC	various	Debbie Newell (425-488-3691) dnewell@verizon.net

* Pending land use permission - check web site

A - National meet

B - Major local meet

C - Regular local meet

R - Rogaine

X - Special event

Pacific Northwest Orienteering web site - www.pnwo.org

US O' Federation web site - www.us.orienteering.org

Chuckanut Orienteers - www.televa.com/~maryse/chucko.htm

City of Trees O' Club - <http://velichko.home.mindspring.com/ctoc>

Columbia River O' Club - www.croc.org

Foothills Wanderers O' Club - <http://gumbi.com/fwoc>

Greater Vancouver Orienteering Club - <http://www.orienteeringbc.ca/gvoc/>

Husky O' Club - <http://students.washington.edu/run>

Oregon Cascades O' Club - www.geocities.com/orca_orienteering

Sacajawea Orienteers - mutiny.cbvcp.com/saco

Sage Orienteers - <http://www.orienteeringbc.ca/sage/>

VictOrienteers O' Club - <http://www.orienteeringbc.ca/vico/>

Join the Cascade Orienteering Club E-mail List

COC's email list is used to announce upcoming events, post results of past events, make carpool arrangements, and discuss club business or orienteering in general. You must subscribe to the list in order to receive and post messages.

To subscribe to the list

- Visit <http://groups.yahoo.com/group/cascadeoc/> OR
- Send e-mail to: cascadeoc-subscribe@yahoogroups.com

To post a message

cascadeoc@yahoogroups.com

To unsubscribe

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Follow the signs to orienteering fun

Bearing 315
c/o Cascade Orienteering Club
P.O. Box 31375
Seattle WA 98103

First Class