


## What I Did On My Winter Vacation

by Anne York

*In January of this year, Anne York and her husband, Harvey Friedman, traveled to the Asian Pacific Orienteering Carnival in Tasmania. Following are Anne's impressions of their trip. Paragraphs in italics are from the journal Anne kept during her trip.*

 have an old souvenir pennant that my father sent me from Australia when I was two or three years old; it is blue felt and has a koala bear on it and I think I had wanted to visit Australia ever since I got that pennant. Wallabies, kangaroos, real koala bears, echidnas, and platypuses were some of my other reasons. Since Harvey hardly ever goes on a vacation-- especially an expensive vacation-- that lacks orienteering, it took more than my feminine wiles to convince him to go Down Under. I began my campaign for the trip in 1986 after Mike Shuh's club meeting presentation on the Hong Kong Asian Pacific Orienteering Carnival (APOC) (see, it is worthwhile to attend those meetings). Mike mentioned that the Aussies were hosting the APOC in early January 1988 on the island state of Tasmania. The carnival lasted over a week, with various clubs hosting different meets: a "pre-event," a "model event," the event, relays, a "post-event," and a mountain marathon.

My original goals were fulfilled in the first event of the Carnival-- the "pre-event" held a few miles south of Launceston in the northern part of Tasmania:

*6 Jan. 1988-- Tressick Hills, 10 km. S. of Launceston, Tasmania. I was running down the hill toward my next to last control, when I first heard the loud thumps*

*and saw them jump; frankly, they scared me to death. I suppose it was my undisciplined lack of concentration but no worries mate (maite), they were the first wallabies I saw in the wild. I didn't worry about the lost minute or so that I spent watching them-- I had made a terrible 15 minute error about 3 controls before and I wasn't too concerned about losing another minute. At the moment, the animals were more interesting than the orienteering. They alternately jumped toward me or away from me depending on their distance to other competitors who were actually searching for their next to last control.*

The "main event," the World Cup and Asian Pacific Orienteering Championships, was held at St. Helens on the east coast of Tasmania. The meet site was a beautiful open forest of gum and wattle trees (eucalyptus and acacia). The terrain featured complicated spur-gully systems with lots of rock features and open meadows. The hills were smooth and the gullies were not very steep; it was quite dry and there was hardly any underbrush, although some of the open meadows were difficult running because of large hummocks. It was a very interesting area; I had never orienteered on

*continued →*

anything quite like it, although it had some similarities to other places. It was closest to the Mt. Laguna area near San Diego, but was more smooth and eroded-- sort of what Mt. Laguna might look like in 10 million years. The map was first class-- both in field work and cartography. I had a really good run-- perhaps losing only a minute with navigational mistakes. It was a fantastic feeling to hit so many controls. If I had only been faster ... However, not to complain too much, I did win a medal in D-45B:

*9 January 1988; St. Helens, Tasmania: It sounds schmaltzy but it was a great feeling when my name was called during today's award ceremony. "Anne York of the United States of America," the announcer said over the loudspeaker. I stepped up to the lowest position of the dais to receive my bronze medal with a Tasmanian devil holding an orienteering marker. Gave me an inkling of what someone feels when they win an Olympic medal. People were so nice-- "So happy someone besides an Aussie or a Scandie won something" or "You Yanks did quite well; half of you won a medal."*

The competitors in the World Cup event were taken by bus to their start area very early in the morning. The event was organized so that lots of spectators could watch the World Cup finishers. The World Cup winners were all from Scandinavia Harald Tveite of Norway and Malin Westlund of Sweden were the winners. Ross Burnett (from British Columbia), the only North American running in the World Cup, finished in the middle of the pack.

The relays were held the following day. Most teams in the relays were from clubs, but some, like mine, was a mix. I had a terrible run but enjoyed myself anyway. It was a blisteringly hot day (40° C) and the heat took its toll on me. I had never run the first leg of a relay and the mass start was a zoo

and I was gaga. It took me 45 minutes to find the first control. After that it went OK but neither I nor the rest of my team were pleased. The heat also affected the elite competition: the men's team from Switzerland upset the Scandinavian teams. The women's team from Sweden was able to uphold the honor of Scandinavia.

The post-event was held in southern Tasmania, near Hobart. Hobart is a beautiful city with a magnificent harbor, very reminiscent of Bergen, Norway. We were lucky to see many Tall Ships, which were visiting Hobart in honor of the Australian Bicentennial celebration. The orienteering took place on Seven-Mile Beach, an area of large and very intricate sand dunes. The map was at a 1:10000 scale with 2.5 meter contour interval. An added attraction of the post-event was the Australia-New Zealand Challenge. The mountain marathon took place in the mountains in the southwest of Tasmania. This is the only region in Australia which was glaciated during the last glaciation. I did not participate in the mountain marathon, but everyone who did said the area was fantastic. Ross Burnett (with his partner Roger Nicoll from Australia) won the elite event-- first prize was a round trip ticket to Nepal-- will we ever see Ross again?

One of the reasons that I participate in orienteering is for the opportunity to meet so many nice people. The APOC event was terrific from a people meeting perspective. The Aussies are really friendly and nice; the orienteers even more so. We received so many nice invitations from people we met during the events that we actually changed our planned itinerary and visited several of them in the last two weeks of our vacation. We saw some places we hadn't even considered visiting before, ran on several orienteering maps adjacent to our friends' homes, and socialized and traded maps from Adelaide to Ballarat to Sydney.



## 1987 U.S. Rankings

It's that time of year again, when we find out how rank orienteers are. Several people from the Northwest were either ranked, or should have been ranked. Below are the names of the lucky few.

Name	Class	Club	Ranking
Pat Albright	F45-B	Cascade	5
Harvey Friedman	MOpen Or.	Cascade	3
Carl Moore	M50-A	Nisqually	13
Debbie Newell	F21-A	Cascade	17
Katie Sprugel	F21-B	Cascade	3
Dave Tallent	M35-B	Samm.	4

Others who should have been ranked, but apparently are in orienteering limbo, were **Arnold Kay** (Cascade) in M21B, **Anne York** (Cascade) in F45A, **Knut Olson** (Cascade) in M60A, and **Dave Enger** (Sammamish) in M21A.

## It's Easier To Get Ranked

Those of you who are interested in getting a U.S. Orienteering Federation ranking will find it easier to do this year. Last year, USOF members living in our fair state had to attend 4 days of U.S. "A" meets in order to be ranked. This year, you will be allowed to use 2 days of Canadian "A" meets to fulfill the minimum yearly requirement.

You must still attend (and complete the course in) 2 U.S. "A" meet days. But being able to use Canadian "A" meets will make it easier for Northwesterners to receive a USOF ranking. Our neighbors to the north in B.C. have scheduled no less than 10 days of "A" meets this year, while the nearest U.S. "A" meet is reportedly happening in the Bay Area (a mere 800 miles away) this fall. The best thing for us to do is hold our own "A" meet every year, and attend Canadian "A" meets.

## Pot-O-Luck

The next pot-o-luck will be at 6:00 p.m. on March 12 (after the Lake Tradition meet) at the new home of Doug and Katie Sprugel. Bring your favorite dish to 10559 41st Pl. N.E., Seattle, and try all the other great food that is sure to appear. Katie, is becoming a legend in her own time when it comes to food, and is sure to make some delicious dish.

## Lynndale Park Relay Update

The April 23 event at Lynndale Park in Lynnwood will feature a relay event instead of the usual advanced courses, though we will still offer a novice course.

Teams will consist of two members, with each member completing two legs. Since the purpose of a relay is to build excitement, the courses will be fast and fairly easy.

Because a relay requires a mass start, it is very important that you be ready to start at 10:45 a.m. Please be there to register as close to 10:00 a.m. as possible. You can either team up with someone ahead of time, or show up and find a teammate at the meet.

## General Meeting March 23

The next General Meeting will be held at the **Green Lake Library**, 7364 E. Green Lake Dr. N. at 6:45 p.m. on March 23. The meeting will feature a presentation on course setting by Mike Schuh. Slides of local orienteering meets will also be shown, so if you want to see yourself on the big screen, be sure to be there.

## Western States Championships '89 Update

**Sandy Kish Miller** and **Katie Sprugel** have been named co-directors of next year's Western States Championships, to be held at Moran State Park on Orcas Island. Of course, they will need volunteers to make everything run smoothly, volunteers for course designing, vetting, timing, and other glamorous activities. It's never too early to volunteer, so beat the rush and volunteer now. Sandy can be reached at 782-1437 and Katie can be reached at 365-8742.

## Sammamish Orienteering Club Cancels Hazelwood Meet

SAMM has been forced to cancel their **March 6** meet at Hazelwood due to a lack of trees. The Hazelwood area is currently being turned into a housing development, and bulldozers are leveling trees left and right. So, you orienteering junkies will have to go cold turkey that weekend.

## Falls To Gasworks Relay

The annual Falls to Gasworks Relay will be held on April 17. Teams of five runners (with at least 2 women) start at Mt. Si High School in Snoqualmie and run 75 kilometers to Gasworks Park in Seattle. Each team member runs two legs, each leg ranging in length from 3 to 7 miles. Last year was Cascade's first try at this relay, and all the runners seemed to enjoy it. If you are interested in running this year, call Debbie Newell by **March 31** at 488-7471.

## Orienteering Instructor Needed

The Redmond Parks and Recreation Department is looking for someone to lead basic skills classes in orienteering for youth and adults. The classes are scheduled for summer at Farrel-McWhirter Park in Redmond. This is a paying position, and the rate is negotiable. If you are interested, call Sandra Bettencourt by March 11 at 882-6401.



## Orienteering Hotline

Have you ever wanted to know when the next orienteering meet was, but couldn't find your schedule? Well, now you can call the Cascade Orienteering Club's **Orienteering Hotline** to get the latest information about upcoming meets.

With the help of a grant from the U.S. Orienteering Federation, we have purchased an answering machine and now have our own telephone number (it's even in the new phone book!). The line is installed in a club member's home, and the machine's message will be updated regularly, and will also allow you to leave messages. The new phone number is **783-3866**, and is scheduled to be in operation on **March 1**. But you know how the phone company is, so if you try this number and it doesn't work, call Mike Schuh (783-3960) and ask him about it.

## Orienteering Returns to Oregon

After an absence of several years, Oregon Orienteering has been reincarnated, and will hold a two-day meet at Spring Creek, near Bend, on April 30 and May 1. The meet will be run on a black and white 1:15,000 scale map, and will be organized by Jeff Lewis. If you want more information, give Jeff a call at (503) 254-9578.

## Presidential Ramblings *by Mike Schuh*

Traditionally, the end of one year and the beginning of the next is a time to reflect on our accomplishments and contemplate the future. Last year was my first year as President of COC; this year will be my second. In retrospect, the past year had many good things happen, though not as many as had been hoped for.

Some of my goals for 1987 were: to have at least \$1,000 in our treasury at year's end, to boost average meet attendance to at least 100, and to have at least one meet be run completely by new meet staff. Our meet attendance has topped 100 only a few times in our existence (in 1987, only at the Washington State Championships), but the other two goals were met.

My goals for 1988? Well, I'd still like to see our meet attendance increase, and the other two goals from 1987 -- healthy finances and a broadening base of volunteers -- are still worth striving for. My goals -- desires, dreams, visions, aspirations, whatever -- are only mine. What are yours? If we -- all of us -- can agree on a goal, then we can move towards it with a unanimity that is unstoppable. The future is what we make it, and is ours for the shaping.

A bit more down to earth, I'd like to recognize some of the club members who have contributed to

the club's success during 1987. I hope I have not overlooked anyone. **Debbie Newell** has edited and produced our newsletter all year, and contributed to the 10th Anniversary booklet. **Doug Sprugel** was our Treasurer and, with his wife **Katie**, directed the Washington State Championships at Trollhaugen. They also helped organize our trip to Moran State Park. **Harvey Friedman** has maintained our membership records and has taken the lead in our venture to host a major event in 1990 (originally intended to be a part of the Goodwill Games, now hoping to be a World Cup event). **Arnold Kay** has kept our equipment in good shape and has set courses and directed meets. **John Huth** did the fieldchecking for the Fort Casey map, and served as Mapping Coordinator until moving to Nevada. **Len Englund** was our Vice President until October, and was responsible for organizing our meets. He has since left to join the Seattle Goodwill Games organization, where I'm sure his contributions will be as appreciated as they were with us. **Robin Harvard** has been our Secretary and has also made the arrangements for meeting rooms for club meetings. **Judy Cohen** organized our Pot-O-Luck social events and helped with our 10th Anniversary banquet. **Betty Berreth** wore out several telephones and both ears calling club members to solicit volunteers. She did such a good job that to list all of the members who did help at our meets last year would double the length of this article -- THANKS, Betty. **Pat Albright** helped sew our meet staff vests, helped with the 10th Anniversary booklet, and designed the Washington State O' Association logo. **Rick Hood**, who is now in Belgium, contributed greatly to the 10th Anniversary celebration -- it simply would not have happened without him.

Many members directed meets this year, some for the first time. Among them: **Don Atkinson**, **Eileen Breseman**, **Ardis Dull**, **Len Englund**, **Harvey Friedman**, **John Huth**, **Arnold Kay**, **Bruce McAlister**, **Debbie Newell**, **Doug Sprugel**, and **Katie Sprugel**.

Many course setters were also first-timers: **Pat Albright**, **Don Atkinson**, **Jack Raidy**, and **Tony Saulewicz**.

Of special note are the courses designed by **Ron Pontius** for the State Championships at Trollhaugen. Knowing that he would be leaving the state before the event, he offered to design the courses, thereby allowing nearly everyone from the state a chance to run. Thank you, Ron!

At the next meet you attend, thank the meet staff. They made the event possible. Then please consider helping out at a later event so that they can participate in it. Our club would not exist without volunteers. With volunteers, we can do many wonderful things, and 1988 will bring us a lot of fun.

# Meet Results

## Island Crest Park - December 5, 1988

*Sammamish Orienteering Club*

Meet Director: Dave Enger

Course Setter: Bob Rein

Registration: Dave Cook

Start: John Lilly

Finish: Dave Lilly

Refreshments: Valerie Enger

Weather: steady rain, cool

### Course 1 (1.1k, 7 controls)

Chris G./Bryant A. (Troop 367)	26:10
Melissa Fleming	27:02
Wade Grass	41:22
Joe G./Jason L. (Troop 367)	47:41
Carl/Kelly/Heather	48:35

### Course 2 (2.8k, 8 controls)

Nathan Tharp & 2 friends	39:36
Carl/Kelly/Heather	47:31
Chris/Brent/Bob (Troop 367)	67:00
Liz Diesner	68:00
Dick Diesner	70:55
Joe G./Jason L. (Troop 367)	99:00
George Lilly	99:15
Paul Kish	121:57

### Course 3 (3.5k, 10 controls)

Mark Howlett	48:18
Larry Sasser	75:22
John Lilly	84:29
Pat Albright	89:51
Pat Nolan	130:23
Laura Skog	DNF
Roger Sharp	DNF
Pat Reddick	DNF

### Course 4 (4.1k, 12 controls)

Mike Schuh	51:00
Arne Skog	58:30
Dave Tallent	65:58
Debbie Newell/Boomer	66:38
Scott Elich	67:50
Arnold Kay/Aska	74:35
Sandy Kish Miller	81:34
Don Atkinson	84:36
Ross Stevens	87:08
Bob Reddick	98:34
Mac MacDonald	102:06
Joe Saba	113:35

## Kelsey Creek Park - January 9

*Sammamish Orienteering Club*

Meet Director: Dave Enger

Course Setter: Dave Dummeyer

Registration: Stephanie English

Start: Larry Sasser

Finish: Dave Dummeyer

Weather: rain

### Course 1 (1.0k, 5 controls)

Lance McGinnis	10:14
Nathan Tharp & 4 friends	13:12
Angela Tallent	13:33
Ann Adams	14:06

Kathryn Fisher	14:37
Craig Abramson/Bonnie	17:25
Craig Nelson	18:37
Wade Grass	20:27
Mike Tharp group	23:28
Emily Jarvis	26:26

### Course 2 (1.8k, 10 controls)

Ann Adams	61:41
Sara Holland	64:28
Steve Layman/Laura Morin	64:50
Agneta Hagman	77:27

### High School

James Schopf	G	29:22
Steve Corley	G	29:24
Kyle Phillips	Y	30:10
Rachel Tharp	T	31:32
Tim Denison	G	32:07
Lenny Jordan		37:38
Abel Zimmerman	T	37:50
Toby Barnes	W	47:22
Michelle Goller	Y	52:26
Natalie Payne	S	55:23
Jeff Ingham/Eric Benek	T	64:48
M. Arrell/J. Rowland	Y	67:43
Craig Nelson	TA	76:19
Melissa Moffett	S	109:54
Shawn Perkins	S	112:52
Richard Hampton	W	DNF
Frank Medina	W	DNF

G - Garfield; S - Stadium; T - Timberline;  
TA - Tahoma; W - Wilson; Y - Yelm

### Course 3 (2.2k, 10 controls)

Jeff Coker	27:03
Nathan Tharp	30:52
Mark Howlett	37:05
Don Atkinson	39:25
Steve Layman	50:21
Lance McGinnis	58:09
Scott Kraft	59:10
Dat Nguyen	59:43
Larry Sasser	61:34
Bryan Kraft	63:46
Bob & Mary Anne Berreth	81:39
Tony Saulewicz	90:53
Bruce Terrell	103:03
Joe & Tim Hudson	109:10
Jason Smith	DQ
Dick Diesner	DNF
Pat Reddick	DNF
Kiwis	DNF

### Course 4 (freestyle, 25 controls)

*blw map, some trails deleted*

Arne Skog	41:30
Raimo Pitkanen	41:37
Dave Tallent	42:30
Debbie Newell	46:30
Bob Reddick	48:08
Arnold Kay	50:02
Mac MacDonald	52:00
Harry Morgan	52:20

Doug Sprugel	53:27
Rob Olsen	60:52
Knut Olson	65:10
Scott Elich	70:20
Katie Sprugel	72:34
Joe Saba	81:19

## Farrel-McWhirter Park - Jan. 24

Meet Director: Anne Amundsen

Course Setter: Arnold Kay

Registration: Tom Mellor, Debbie Newell,

Betty Berreth

Start: Mike Schuh

Finish: Arnold, Debbie, Jo Brown

Course Pickup: Arnold, Ron Underwood,  
Robert & Bob Berreth

### Course 1 (1.2k, 8 controls)

Stephanie English	13:49
Angela Tallent	20:02
Wade Grass	22:18
Steve Haines	28:06
Fred Canada	34:10
Helen Ross	36:17
Emily Jarvis	36:24
Ron Underwood	42:53
Bill Yost	No Time

### Course 2 (1.4k, 10 controls)

Jason Smith	14:09
Bill Yost	21:33
John Lilly	23:05
James Lilly	23:44
Richard Fairfield	25:47
Laura Skog	33:37
Dan Berreth	33:43
Bob & Mary Anne Berreth	33:56
Jeff & Valerie Hamm	35:07
Wanda Howlett	41:06
Diane & Nathan Hamm	40:23
Bruce McAlister	46:03
Ken Lew	63:37
Ron Underwood	86:48
George & Nancy Lilly	DSQ

### High School

Kyle Phillips	Y	18:56
Jason Smith	T	18:56
James Kather	Y	19:15
Rachel Tharp	T	19:30
Melissa Moffett	S	21:12
Jeff Henderson	F	24:36
Toby Barnes	W	26:52
Michelle Goller	Y	30:22
Natalie Payne	S	31:11
Jennifer Rowland	Y	34:56
Mo Nguyen	W	35:01
Cindy Harmon/Bianca Martin	T	35:09
Cheri Peterson	Y	36:39
Sara Rowland	Y	36:41
Ken Stallworth	F	36:52
Heath Gunn	F	38:42
Dave Robson	F	40:02
Kathryn Fisher	F	57:24

Jenni Rega	S	57:41
Shawn Perkins	S	62:50
Andrea Nye/Ami Schroeder	S	81:52

F - Foss; S - Stadium; T - Timberline; W - Wilson; Y - Yelm

#### Course 3 (1.8k, 12 controls)

Nathan Tharp	14:12
Raimo Pitkanen	16:23
Mark Howlett	16:37
Arne Skog	16:46
Richard Fairfield	17:24
Gary McCausland	21:20
Dave Dummeyer	21:34
James Kather	26:50
Layman/Morin	31:37
Scott Kraft	32:30
Don Atkinson	32:59
Glenn Gordon	34:04
Bob Barnes	37:35
Will Sperry/Ned Toomey	72:20
Michelle Everett	75:06
Tania Hernandez	82:14

#### Course 4 (freestyle, 22 controls)

Jeff Coker	23:17
Debbie Newell	23:19
Dave Lilly	24:04
Dave Tallent	28:43
Doug Sprugel	30:05
Rob Olsen	32:46
Troy Hilse	32:46
Carl Moore	36:32
Larry Sasser	38:14
Joe Saba	40:44
Bob Reddick	43:00
Steve & Paul Herber	43:22
Rick Breseman	44:48
Martin Vincent	59:25
Martin Mellish	DNF

### **Cle Elum Ski-O - January 31**

Meet Director: Mike Schuh  
Course Designers: Arnold Kay, Doug Sprugel

#### Course 1 (3.8k, 5 controls)

Robert Olsen	71:45
Amy Loomis	75:45
Bob & Pat Reddick	93:12
Steve & Jeanie Haines	100:03

#### Course 2 (6.0k, 5 controls)

Doug Sprugel	96:19
Knut Olson	96:20
Kurt Blakstad	111:40
Martin Mellish/Tania Hernandez	155:34

### **Bridle Trails Park - February 7**

*Sammamish Orienteering Club*

Meet Director: Dave Enger  
Course Setter: Arne Skog  
Registration: Laura Skog  
Start: Joe Saba  
Finish: George Lilly  
Refreshments: Valerie Enger  
Weather: overcast

#### Course 1 (1.2k, 6 controls)

Stephanie English	21:20
Angela Tallent	26:12
Ken Darrow	26:18
Thanh Phan	27:50
Kean Williams	35:18
Shawn Bremerton	37:10
Pat Nutt	37:20
Jim Echert	No Time

#### Course 2 (2.4k, 7 controls)

Jason Smith	20:15
Tim Denison	24:07
Jim Echert	24:09
Rachel Tharp	25:38
Melissa Moffett	26:59
Chris Olmstead	28:53
Lee Lopez	31:01
Bob Reddick	32:10
Richard Hampton	32:28
Mike McManama	32:53
James Kather	34:20
Jeff Henderson	36:10
Andrew Gilmore	37:18
Toby Barnes	38:10
Natalie Payne	42:53
Sean Olmstead	42:58
Abel Zimmerman	43:18
Jennifer Rowland/Cindy Harmon	43:48
Toby Graves	44:46
Brooks Martin	46:21
Michelle Goller	46:35
Steve Menghini	46:46
Khoa Vo	47:28
Shawn Perkins	47:46
Thanh Pham	49:16
Sara Rowland/Cheri Peterson	49:40
Dave Robson	50:00
Brooks Priest/Jenni Rega	52:50
Leo Dobner	53:09
Kyle Phillips	54:14
James Schopf	67:30
Peggy Tharp	72:36
Makoto Hirose	73:15
Brett Gorley	83:09
Royle Johnson	84:40
Kean Williams	No Time

#### Course 3 (3.4k, 8 controls)

Don Atkinson	58:00
Kiwis Team 1	59:18
Kiwis Team 2	59:45
Roger Sharp	64:30
John Lilly	71:40
Ardis Dull	83:40
Dick Diesner	119:30
Lauri Kohli/Jane Jones	124:17
Fred Canada/Pat Detmer	129:45
Ron Underwood	No Time

JoAnne Sperry	DNF
Toby Barnes	DNF

#### Course 4 (6.2k, 15 controls)

Nathan Tharp	63:10
Dave Tallent	77:12
Dave Lilly	85:05
Debbie Newell	85:52
Jeff Coker	94:18
Rick Breseman	99:59
Scott Elich	102:53
Carl Moore	108:00
Rob Olsen/Troy Hilse	108:09
Knut Olson	118:32
Dave Dummeyer	120:57
Joe Saba	129:40
Will Sperry	142:02
Bob Reddick	150:06
Steve, Paul, & Brent Herber	187:50
Ross Stevens	DNF

### **University of Washington - Feb. 13**

Meet Director: Scott Elich  
Course Setter: Doug Sprugel  
Registration: Betty Berreth  
Start: Dick Diesner  
Finish: Robert Olson  
UW Liaison: Don Atkinson

#### Course 1 (1.8k, 9 controls)

Nora Atkinson	29:12
The Bell males	39:02
Lisa Yost	42:18
The Bell females	47:27

#### Course 2 (2.7k, 10 controls)

Jeff Coker	15:34
Ernest Ryan (first time through)	15:39
Nathan Tharp	17:50
Robert Olsen	19:20
Lenny Jordan	20:18
Lee Lopez	20:20
Jason Smith	20:52
Kyle Phillips	20:58
Dat Nguyen	21:38
Sean Olmstead	22:01
Melissa Moffett	22:12
Richard Hampton	22:45
Glenn Gordon	23:02
Andrew Gilmour	23:46
Abel Zimmerman	23:52
Rachel Tharp	24:04
Mark Roddy	24:21
Toby Barnes	24:49
Don & Betty DeWees	27:19
Natalie Payne	27:22
James Kather	29:12
Bob Reddick	30:42
Stephanie English	31:10
Khoa Vo	31:35
Bob Berreth	32:59
Ken Lew	33:00
Mikoto Hirose	33:26
Layman/Morin/Grass	33:39
Frank Medina	34:34
Keith Brooks	34:50
Eric Exner	36:41



Toby Graves	37:05
Mo Nguyen	38:07
Bill Yost/Wayne Winder	39:43
Angela DeWees	41:08
Paula Laible/Carla Forney	41:20
Eileen Breseman/Paige Jensen	42:26
Thanh Pham	44:20
Shawn Perkins	45:06
Kelly Hoff	46:37
Mike McManama	46:50
Cindy Harmon	47:29
Heather Jorg	48:07
Kelly Nah	48:07
Ernest Ryan (second run)	48:33
Pat Reddick	51:10
Steve, Judy, and Aaron Hill	51:17
Jenni Rega	52:31
Michelle Goller	53:27
Dave Enger/Jim Hunt	58:09
Ryan & Kevin Hill	62:49
Cheri Peterson	64:53
Sara Rowland	64:53
Ron Underwood	DSQ

#### Course 3 (score, 22 controls)

Time limit of 25 minutes, 3 point penalty for each minute overtime, 28 pts. maximum.

	Time	Gross Pts.	Pen. Pts.	Net Pts.
Mark Roddy	25:59	17	3	14
Debbie Newell	27:52	22	9	13
Harvey Friedman	24:05	12	0	12
Bob Reddick	27:11	18	9	9
Ross Stevens	27:49	17	9	8
Don Atkinson	28:32	19	12	7
Dave Lilly	?	19	15	4
Dave Tallent	33:27	23	27	--
Dave Dummeyer	38:29	26	42	--
Ardis Dull	42:49	22	54	--
Jim Pope	52:53	26	84	--
Nancy Rabel	?	28	?	--

## The Pontius Arrowhead

by Bob Reddick

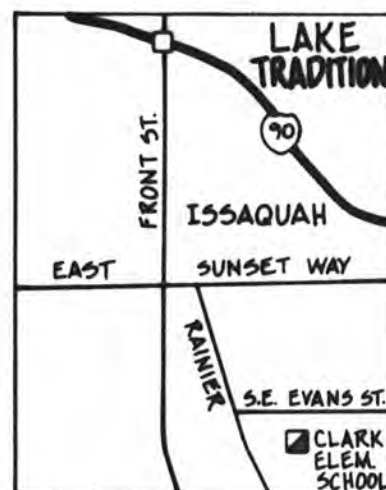
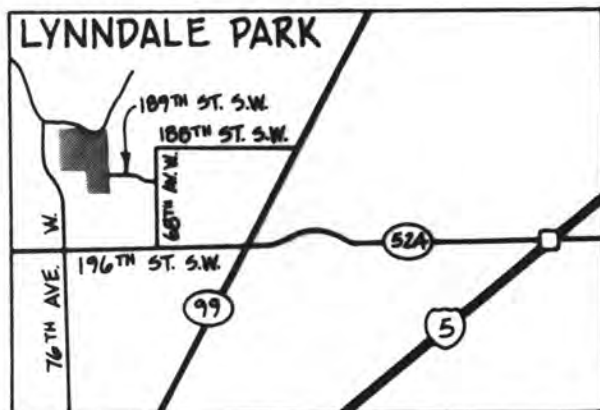
Decades from now, as our children's children ponder over the arcane history and lore of their ancestors' rudimentary attempts at orienteering, questions may arise over the origin of the lonely little mark stuck by itself down at the south end of O' maps. Well, for those future researchers who locate this hallowed publication, here is the story. It seems that one Ron Pontius, a famous and very fast M21 elite type, member of the notorious Blue Star Komplex, and while affiliated with the Nisqually O' Club of Olympia-Tacoma, once ran a championship relay at the equally infamous Forest of Nisene Marks in California. At an early control, his compass and folded map somehow slipped in his hand, and when he reset them for his next leg, a ghastly 180-degree error developed! By the time he caught it, all hope for his relay team had been wiped out!

All for the lack of a visible arrowhead? Yes, it's true! If this happened to an elite orienteer, imagine what the rest of the orienteers were doing after folding

up those big maps to manageable size to grasp neatly with a thumb compass on top. The magnetic north lines are carefully spaced across the map, and names are north-side up, but those arrowheads often disappear from sight as maps are turned and folded. Thus, north becomes south, but only at the most inopportune times. Murphy never heard of this one!

Some astute orienteers had for some time been placing supplemental arrowheads here and there on their maps during events, but it occurred to the author, hearing Ron's sad story while making my first map, that a little arrowhead or two belonged down at the south end of those lines, at some likely spot(s) which would remain visible even if the entire north end of the map got turned under.

Well, the rest is history. Sure enough, other Northwest U.S. mapmakers adopted this simple convention, and little by little the thing spread, and the Pontius name stuck. Eventually, it will win IOF approval (after several decades). No one ever heard of Ron again, but his namesake, the **Pontius Arrowhead**, has made him immortal.



# SCHEDULE OF EVENTS

Date/Time	Location	Type	Club	Map	Information
Sun, MAR 6 *	Hazelwood, Bellevue <b>CANCELLED!!</b>	C	SAMM	b/w 1:15,000	Dave Enger (206) 822-6254
Sat, MAR 12 10-12 noon	Lake Tradition, Issaquah I-90, Front St. exit	C	COC	color 1:15,000	Mike Schuh (206) 783-3960
Sat, MAR 12 * 6:00 p.m.	Pot-O-Luck & Goal-setting Meeting 10559 41st Pl. N.E.				Doug Sprugel (206) 365-8742
Sat-Sun MAR 12-13	Thetis Lake, Victoria, B.C.	A	VO	color 1:10,000	Dennis Fedoruk (604) 592-5739
Sat-Sun MAR 19-20	U.S. Intercollegiates, near Houston, TX Sam Houston National Forest	A	HOC	color 1:15,000	Hannes Hofer (713) 664-7784
Wed, MAR 23 6:45 p.m.	General Meeting, Green Lake Library 7364 E. Green Lake Dr. N.		COC		Mike Schuh (206) 783-3960
Sat, MAR 26 * 10-12 noon	Island Crest, Mercer Island Island Crest Way & S.E. 58th	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sat-Sun MAR 26-27	U.S. Long-O and Relay Championships, St. Louis, MO Cuivre River	A	SLOC	color 1:15,000	John Oliver (314) 487-5924
Sat-Sun APR 2-3	Maple Mountain, Duncan, B.C.	A	CVO		Peter Smith (604) 748-3235
Tue, APR 5 7:00 p.m.	Board Meeting, Seattle 1706 N.W. 57th #3		COC		Mike Schuh (206) 783-3960
Sun, APR 10 * 10-12 noon	St. Edward State Park, Kirkland Juanita Dr.	C	COC	color 1:10,000	Mike Schuh (206) 783-3960
Sun, APR 17 10-12 noon	Marymoor Park, Redmond (new map) W. Lake Sammamish Parkway	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sat, APR 23 10-12 noon	Lynndale Park, Relay and Novice Event, Lynnwood 188th Pl. S.W. & 72nd Ave. W.	C	COC	color 1:5,000	Mike Schuh (206) 783-3960
Sat-Sun APR 30-MAY 1	Spring Creek - Bend, Oregon	C	ORO	b/w 1:15,000	Jeff Lewis (503) 254-9578
Sun, MAY 1 10-12 noon	Ballard Bike-O <b>TENTATIVE!! call for confirmation</b>	S	COC	b/w 1:15,000	Mike Schuh (206) 783-3960
Sat-Sun MAY 7-8	Aspen Grove - Merritt, B.C.	B	GVOC	color 1:15,000	John Rance (604) 526-3319
Sat, MAY 14 10-12 noon	Lake Sammamish State Park, Issaquah (new area)	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sun, MAY 15 11 a.m.-1 p.m.	Kittitas Valley O' Festival, Cle Elum Ridge I-90 exit 85	B	EOC	color 1:15,000	Dale Width (509) 925-5873
Sat, MAY 21 10-12 noon	Lincoln Park, West Seattle Fauntleroy Way	C	COC	color 1:5000	Mike Schuh (206) 783-3960
Sat-Sun MAY 21-22	ROGAINE (Rugged Outdoor Group Activity Involving Navigation Endurance), Kamloops, B.C.	S	SOCK		Murray Foubister (604) 374-6497
Wed, MAY 25 5:30-7:00 p.m.	Luther Burbank Park, Mercer Island 84th Ave. S.E. at S.E. 24th St.	C	SAMM	color 1:5000	Dave Enger (206) 822-6254
Sat-Sun MAY 28-29	Newcastle Island, Nanaimo, Vancouver Island, B.C.	A	CVO	color 1:15,000	Peter Smith (604) 748-3235
Sun, JUN 5 10-12 noon	Bridle Trails State Park, Kirkland 116th Ave. N.E. & N.E. 60th St.	C	SAMM	color 1:10,000	Dave Enger (206) 822-6254
Sat-Sun JUN 11-12	Mountain Marathon, Tumac Mountain Deep Creek Campground, east of Mt. Rainier	C	COC	b/w 1:32,000	Mike Schuh (206) 783-3960

## Event Key:

## Club Key:

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

## Changes from last issue

- \* March 6, Hazelwood meet CANCELLED
- \* March 12, Pot-O-Luck added
- \* March 26, Island Crest date correction (from March 19)
- \* April 10, St. Edward Park meet added

COC - Cascade Orienteering Club; EOC - Ellensburg Orienteering Club; NISQ - Nisqually Orienteers; SAMM - Sammamish Orienteering Club; AOA - Alberta O' Assoc.; CVO - Cowichan Valley Orienteers; GVOC - Greater Vancouver O' Club; HOC - Houston O' Club; ORO - Oregon Orienteering; SLOC - St. Louis O' Club; SOCK - Sage O' Club of Kamloops; VO - VictOrienteers



## COC OFFICERS AND COORDINATORS

<i>President</i>	Mike Schuh	(206) 783-3960
<i>Vice President</i>		
<i>Secretary</i>	Robin Harvard	(206) 622-0918 (day)
<i>Treasurer</i>	Doug Sprugel	(206) 365-8742
<i>Mapping Coordinator</i>		
<i>Membership Coordinator</i>	Harvey Friedman	(206) 784-2774
<i>Newsletter Editor</i>	Debbie Newell	(206) 488-7471
<i>Training Coordinator</i>		
<i>Publicity Coordinator</i>	Tony Saulewicz	(206) 784-5398
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<i>Volunteer Coordinator</i>	Betty Berreth	(206) 546-2128
<i>Social Director</i>	Judy Cohen	(206) 789-5641

## COC MEMBERSHIP FEES

Single	\$7.00/year
Family	\$10.00/year
Associate (under 18)	\$4.00/year
Newsletter Only	\$5.00/year

## COC "C" MEET FEES

	<u>b/w map</u>	<u>color map</u>
Orienteering Club Members	\$2.00	\$2.50
Non Club Members	3.00	3.50
Novice Course	1.00	1.00
Families (regular fee for first 2 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 is not guaranteed to appear in the next newsletter issue.

<u>Issue</u>	<u>Publication Date</u>	<u>Submittal Deadline</u>
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:

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Newsletter Editor  
P.O. Box 31375  
Seattle, WA 98103*



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

Address correction requested