



Bearing 315

The newsletter of the Cascade Orienteering Club

Fourth Quarter 2004

2005 Pacific Northwest Orienteering Festival to include US Championships

The **2005 Pacific Northwest Orienteering Festival** will begin with the Western States Orienteering Championships in Cle Elum (hosted by COC) and end with the US Individual Championships in Bend, Oregon (hosted by ORCA). In between, orienteers will be able to participate in a sprint adventure race, a long sprint orienteering course, and a relay. There will also be a junior training camp. The current PNWOF2005 schedule follows:

- August 20-21 (Sat/Sun) - Western States Championships, Cle Elum, WA (Cascade O' Club)
- August 22 (Mon) - short adventure race with orienteering-only option, Cle Elum, WA (COC)
- August 23 (Tues) - travel day
- August 24-25 (Wed-Thu) - junior training camp, Bend
- August 24 (Wed) - long sprint (prologue + chase), Arnold Ice Cave, Bend, OR (US Team)
- August 25 (Thu) - relay, Lava Butte, Bend, OR (US Team)
- August 26 (Fri) - model event, Dutchman Flats, Bend, OR (ORCA)
- August 27-28 (Sat/Sun) - US Championships, Bend, OR (ORCA)

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@comcast.net
*Treasurer – Katie Sprugel
Secretary – Ardis Dull, 206-364-4062, ardisdull@juno.com
Mapping Coordinator – Patrick Kelly, 206-760-9554, patandlaureen@onebox.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 Sisco, 425-778-7202, jsisco@cmc.net
Publicity/Promotion Coordinator – Terry Farrah, tfarrah@mindspring.com
Land Use Coordinator – Dave Tallent, 425-488-3691
Technical Coordinator – Bill Cusworth, 206-271-0652, cusworth@chem.washington.edu
E-punch Coordinator – Ben Hall, ben@rpsys.com
*Don Denbo, 206-366-0624, dwd6@mindspring.com
*Peter Golde, peter@golde.org

* Executive Board Member

This should be a great series of events, so keep up to date by regularly checking the PNWOF website (www.pnwof.org).

Mapping Plans

In preparation for PNWOF 2005, we recently updated our maps in the Cle Elum area. Cle Elum Ridge and Teanaway Forks were updated by Mark Dominie, a mapper from New York. In addition, we have a new base map for Lord Hill Park produced by Mapping Coordinator Pat Kelly, which we plan to use for a field-checking excursion this fall/winter.

School League

The Washington Interscholastic Orienteering League (WIOL) begins its 23rd season on November 6 at Woodland Park in Seattle. The school league is a series of orienteering events aimed at school-age kids, culminating in a championship event in February. The events are open to kids from 1st through 12th grade, with individual and team awards. Please visit our website for more details about WIOL and to download a registration form.

Winter O' Series

The 2004-2005 edition of the Winter O' Series begins on November 6. The O' Series consists of the longest course at each WIOL event (see above) and is designed for adults. The O' Series Championship is also held in conjunction with the WIOL championship in February. Pre-registration for the O' Series is not required; just do the longest course at an O' Series event and you are automatically entered in the series. Points are awarded based on your placing and your highest 4 scores are added to get your total O' Series score. Awards are given to the top 3 men and top 3 women for the season and for the championship.

*When the map you have leads to doubt
When there's no information
And the compass turns to nowhere that you know well
Let your soul be your pilot
Let your soul guide you, he'll guide you well*

—Gordon Sumner

Annual Meeting and Board of Directors Elections

This year's annual meeting will take place on November 20 following the orienteering event at Woodland Park. Meet at 1:30 at **Olympia Pizza** (4501 Interlake Ave. N., 7 blocks from Woodland Park) for food (buy your own) and socializing.

You should be receiving a ballot in the mail shortly to elect 5 board members. You can either mail the ballot back or turn it in at the annual meeting. Election results will be announced at the annual meeting.

Following the annual meeting, the board will hold its monthly meeting, which everyone is welcome to attend.

Frequent O' Card

Ever arrived at an orienteering event and found you had no cash, thus requiring you to borrow money from your friends? You can purchase a Frequent O' Card, a pre-paid punchcard accepted at any Cascade event. As a bonus, after you use all the punches, turn in the card for a free \$5 entry. Cards are \$50 each and have 10 punch boxes worth \$5 each. To get a punch card, send a check for \$50 and a self-addressed, stamped envelope to:

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

You can also purchase the cards at events from Debbie Newell (dnewel@verizon.net, 425-488-3691). Please contact her before an event to ensure that she will have the cards at that event.



Jim Siscel Visits 172 Ballparks

Cascade's membership coordinator, Jim Siscel, and his wife Andrea, recently completed a tour of all 172

major- and minor-league baseball parks in the US and Canada. The Siscels split the tour into 3 seasons, beginning in June 2002 and ending in August of this year.

The story of the Siscels' odyssey, along with their picture, appeared on the front page of the Seattle Times, and Jim was interviewed by several radio and newspaper reporters.

If you'd like more details about the Siscels' trip,

check out their web page at www.baseballroadtrip.net.

Jim has now returned to his humble existence as COC's membership coordinator, but would probably agree to an autograph if asked.

Bresemans Take National Relay Championship

by Rick Breseman

[Following is Rick Breseman's blow-by-blow account of the US Relay Championships held in Maine in September. The Bresemans won the 12-point category.]

Ryan led off and finished ahead of all other runners, giving us a 3½-minute lead.

Kelsey took the second leg. Our strongest competitors opted to put their strongest runner (Tony Federer from UNO) on this leg and he managed to catch and pass Kelsey. However, Kelsey became inspired and outsprinted him on the run to the finish.



The Breseman clan (from left): Kelsey, Rick, Ryan, and Eileen

Eileen, therefore, started with a slim lead on the 3rd leg. She was passed by Deb Humisten of UNO on the way to the first control, but maintained her calm and gained back the lead and then some.

So, when I started the anchor leg, I had a good lead over the next official team, but a slim lead over a strong unofficial team anchored by Jim Eagleton. Jim ran well and passed me several times when I hesitated or miscued a couple of times. It took me until the last quarter of the race to be sure that all competitors were behind - Jim was a close second and the next official team about 7 minutes back.

Balsamroot

by Joe Meuchel

Not many plants can put on a flower show like our balsamroot. This sunny sunflower with large arrow-shaped basal leaves can and does turn hill-sides into a blaze of yellow-orange. You just can't possibly miss these.

An aptly named plant, this showy plant provided nourishment for Native Americans from pre-emergence to post flowering.

In early spring when the soil begins to warm, the balsamroot begins to produce fiddle-necked curled shoots below the surface. Root gatherers, hungry for a taste of something green, would hunt up last year's telltale curled dried leaves and dig up the newly-formed shoots.

Later, the bud shoots, young leaves, and peeled balsam tasting roots were also utilized. The plant's largesse didn't end there, but furnished yet another staple: when ripe, gatherers with a stick and a basket would gather the mature seeds to eat raw, or ground into flour with mortar and pestle. The Yakama Indians have 6 different names for this plant, depending on its stage of development.



Balsamwood in Eastern Washington

The plant was so plentiful in some areas of the west that early pioneers utilized it also: they called the flour Pinole and baked it into Mormon Biscuits.

Submitted by Don Atkinson. Originally printed in the Cascades Mountain-Echo (May 2003).

Meet Results

Split times for all events using SPORTident electronic punching can be found at: <http://www.obasen.nu/winsplits/online/en>

Ultimate Orienteer #1 - Priest Pt. Park, March 6, 2004

Meet director: Don Atkinson
Course setter: Peter Golde
Starts and initial Setup: Mark Howlett
Finishes and Computer Coordination: Jennifer Knowles, Tori Campbell, Peter Golde
Registration: Patrick Kelly, Don Atkinson
Ivy Coordination: Mike Schuh and Sally Dow
Marker pickup: Peter Golde, Mark Howlett, Don Atkinson

Course 1 (1.4k, 7 controls)

Mark Vonprause	17:53
Dane & Ryan Luensman	25:36
Wyatt Halverson	25:39
Neal Amaral	38:21
Don Jaolsson	41:31
Andrea Snetsinger	41:50
Patrick Snetsinger	42:00
Ville Jarvenpaa	47:50
Toomas Tennisberg	55:39

Course 2 (1.4k, 8 controls)

Nathan Malubay	25:14
Kelsey Breseman	26:01
Stephanie English	43:00
Dane Luensman	56:20
Ryan Luensman	69:28
Parker Setter	75:08
Chase Wamen	75:29
Patrick Snetsinger	80:53
James Parsons	87:19

Course 3 (2.0k, 11 controls)

Madeline Enger	SAMM	41:34
Molly Enger	SAMM	41:38
Don Dermenstein	COC	55:55

Sally Dow	COC	63:01
Marjorie Stratton	COC	81:01
Mark Vonprause		116:37

Course 4 (3.5k, 13 controls) - Ultimate

Orienteer #1				
Dave Enger	SAMM	43:01	1000	
Rick Breseman	COC	43:22	992	
Targo Tennisberg	SAMM	43:27	990	
David Parsons		45:18	950	
Raimo Jarvenpaa		47:59	896	
Tyler Frederickson	COC	49:35	868	
Oyvind Naess	COC	49:56	861	
Dave Tallent	COC	50:24	854	
Davin Fifield	COC	50:28	852	
Debbie Newell	COC	52:24	821	
Steve Miner	COC	52:50	814	
A.J. Ritter	COC	53:12	809	
Dave Miner	COC	53:27	805	
Jennifer Knowles	COC	55:08	780	
Kjersti-Helene Boe		55:46	771	
Benjamin Lengerich		55:55	769	
Wyatt Givens		56:33	761	
John Lee	COC	56:39	759	
Kean Williams	COC	57:45	745	
Don Atkinson	COC	60:02	717	
Michael Schuh	COC	60:31	711	
Robert Miller	COC	61:02	705	
Pat Kelly	COC	62:10	692	
Dave Dummeyer	COC	66:25	648	
Ryan Breseman	COC	66:46	644	
Will Enger	SAMM	66:54	643	
Tori Campbell	COC	67:02	642	
Jake Reeder	COC	67:19	639	
Cheryl Marek	COC	69:09	622	
Holly Kuestner		69:59	615	
Steve Frederickson	COC	74:06	581	
Kevin Marble		74:56	574	

Ardis Dull	COC	75:03	573
Sandy Miller	COC	82:37	521
Harvey Friedman	COC	86:50	495
Chris Whitmyre	COC	87:52	490
Nick Matveev		88:01	489
Craig Sternagel		90:35	475
Katrin Tennisberg		91:00	473
Ken Lew	COC	93:09	462
Adam Ehlers		95:10	452
Rolf Kuestner		97:45	440
Jim Siscel	COC	97:54	439
Sue Kuestner		98:21	437
Marsha Majors		114:55	374
Alex Kuestner		122:12	352
Forrest Graber		158:07	
Mike Kennish		197:31	
Patrick Chaffeur		197:31	
Ginger Stratton		DNF	0
Eugen Groff	COC	DNF	0
Justin Wright		DNF	0

Ultimate Orienteer #2 - Score-O, Fire Mt. Scout Reservation, Mt. Vernon, April 17

Meet Director: Eugen Groff
Course Setter: Bill Cusworth
Registration: Sandy and Robert Miller Kish, Heidi Cusworth
Start: Harvey Friedman, Terry Farrah
Finish: Alex MacLeod, Ben Hall/Dean Vergillo, Cheryl Marek
Control Pickup: Bill and Heidi Cusworth, Eric Bone, Anneliese Steuben

Bearing 315

Weather: cloudy and mild; some sun-breaks

Course 1 (2.66 km, 35 meters, 7 controls)

Gregg Pilgreen/Lana Anderson	50:09
Troop #32, GS USA Totemcounsel	68:07
Brian Leer	72:09
Ville Jarvenpaa	73:52
Rosemary (Terry Farrah)	93:58

Course 4 (Score-o, 17 controls) - Ultimate

Orienteer #2

60 min. limit, 2-control penalty for each minute overtime

17 controls	Time	Penalty	Pts.
Eric Bone	39:25		1000
Jon Campbell	46:13		853
Ben Hall	50:07		786
Raimo Jarvenpaa	52:41		748
Jake Reeder	55:04		716
Anneliese Steuben	56:14		701

15 controls	Time	Pts.
Dave Dummeyer	55:38	620
Robert Miller	56:18	620
Alex MacLeod	60:00	620

14 controls	Time	Pts.
Kean Williams	57:48	580
Peter Golde	58:29	580
Tyler Frederickson	59:52	580

13 controls	Time	Pts.
Tori Campbell	56:11	540

12 controls	Time	Pts.
Philippe Nicole	59:05	500
Pat Kelly	59:33	500

11 controls	Time	Pts.
Dean Vergillo	56:52	460
Harvey Friedman	58:22	460
Don Atkinson	60:22	2 controls 460

10 controls	Time	Pts.
Cheryl Marek	56:17	420
Ginger Stratton	60:00	420
David Parsons	62:11	6 controls 420

9 controls	Time	Pts.
Sandy Kish Miller	52:42	380

8 controls	Time	Pts.
Don & Lib Derenstein	58:08	
Robert Stratton	60:00	340

6 controls	Time	Pts.
Dave Petty	60:14	2 controls 300
Rolf Kuestner	59:04	300

5 controls	Time	Pts.
Jim McCabe	46:16	260
Sally Riggers	56:38	260
Heidi Cusworth	57:24	260
Denise Carty	59:16	260
Scott Carty	59:18	260
Marjorie Stratton	60:00	260

4 controls	Time	Pts.
Venture Crew 898	56:41	
Scott Vargo	60:20	2 controls 220
Ben Vargo/Tim Vargo/ Wendy Beaudry	60:21	2 controls
Marsha Majors	62:21	6 controls 220

0 controls	Time	Pts.
Sue Kuestner	66:21	14 controls 180
Ken Lew	68:43	18 controls 180
Nick Matveev	DNF	0

Recreational
Nancy Neuburger
Kathy Ashead

University District Street Scramble - April 24, 2004

co-produced by Meridian Geographics

90 minute category

Foot division

Women

1 Anneliese Steuben	480
2 Debbie Newell and Lori Hope	430
3 To The Limit (O'Steen and Houck)	270

4 Barbara's Bumblers	230
5 Cheryl Marek	190
6 Babette Haserot	80

Open

1 Bruce Bassett	460
2 Eugen Groff	450
3 Jake Reeder	430
4 Jared Westlund	235
5 Spanaway Lake Orienteering	230
6 Brian Cropp and Ian Mach	140

Veteran

1 Don Atkinson	380
2 Don Derenstein	320
3 Libby Derenstein	270
4 Ken Lew and Dave Petty	260
5 Sandy Kish Miller	130

Mixed

1 Kjersti Boe	370
2 Roger and Natalie Cheng	320
3 Brett and Brenda Stav	270
4 Gary and Deborah Ferguson	250
5 Orla Demody, Kari Eisler, Jason	130

Family

1 Erdingers	300
2 Nann, Will & Emily Bassett	140
2 Robyn Newell and kids	140

Walk In

1 Winkle/Fujimoto	220
-------------------	-----

3 hour category

Foot division

Women

1 Greenlake Grinders	620
2 Tori Campbell	590
3 Ardis Dull	540
4 Amy Jo and Elizabeth Pearsall	460
5 Sally Riggers and Anita Moore	370

Open

1 Jon Campbell and Blake Lackey	700
2 Alan Presley	590
3 John Lee	580
4 Marcello Napolitano	570
5 Frankie + Reggie	560
6 Robert Miller	545
7 Jeff Sloane and Thomas Judd	420

Mixed

1 Aaron Sheedy and Meridith Pierce	660
2 Bill and Heidi Cusworth	650
3 Rolf, Sue, and Holly Kuestner	480
4 BotHell's Angels (Jordan, Jessica, James)	390
5 Doug and Traci Day	350

Family

1 Dave, Lisa, Brian, and Jason Whitney	210
2 David and Sydney Oliver and Antoine Issa	140

Walk In

1 Greg Barnes, Eliz. Walkup, Omar & Emmett	530
2 Bob Sandstrom	400
3 Amy Walter, Maureen Nolan, Khris Kline	285
4 The New Dimensions (Harrington & Hinton)	280

Bike division

Women

1 Y-Tri Club (Louise, Susan, and Shelley)	490
---	-----

Open

1 Dave Enger	870
2 Ben Hall	830
3 Roy Colven	730

Mixed

1 Kean Williams + Eileen Breseman	710
2 Chaotic Network (Jared Roach & Colleen S)	650
3 Robert and Anne Davis	520

Ultimate Orienteer #3 - Cle Elum Ridge, May 9

Meet Director: Alex MacLeod

Course Setters: Ben Hall

E-punch: Ben Hall

Course 2 (3.6k, 8 controls)

Enger, Madeline	SAMM	57:44
Enger, Molly	SAMM	61:41
Ehlers, Adam		74:45
Einarson, Gosta	COC	86:14
Roecks, Marissa		100:38
Derenstein, Libby	COC	120:52
Wyatt-Stone, Robin		165:49

Course 3 (5.9k, 11 controls)

Enger, Will	SAMM	61:30
Boe, Kjersti		77:30
Breseman, Ryan	COC	93:17
Dull, Ardis	COC	102:47
Miller, Sandy	COC	113:48
Friedman, Harvey	COC	114:56
Stratton, Marjorie	COC	137:57
Stratton, Robert	COC	138:50
Kuestner, Holly		151:45
Kuestner, Sue		156:55
Davenport, Emily		198:00
Derenstein, Don	COC	DNF
Kuestner, Rolf	COC	DNF
Carty, Scott		DNF

Course 4 (8k, 14 controls) - Ultimate Orienteer #3

Breseman, Rick	COC	64:58	1000
Enger, Dave	SAMM	66:51	972
Groff, Eugen	COC	76:28	850
Naess, Oyvind	COC	78:57	823
Steuben, Anneliese	COC	79:24	818
Braun, Mike		84:42	767
MacLeod, Alex	COC	84:53	765
Width, Dale	COC	92:54	699
Newell, Debbie	COC	96:37	672
Miller, Robert	COC	97:22	667
Howlett, Mark	COC	97:26	667
Parsons, David	COC	99:06	656
Williams, Kean	COC	104:05	624
Tallent, Dave	COC	110:03	590
Miner, Dave	COC	112:30	577
Miner, Steve	COC	122:06	532
Stratton, Ginger	COC	130:47	497
Whitmyre, Chris	COC	140:36	462
Lewis, Scott		263:38	246



Just one example of the luxurious amenities provided at the Cle Elum Ridge event.

North Aurora Street Scramble - May 29

co-produced by Meridian Geographics

90 minute category

Foot division

Family

1	4Gs (Peter, Lauren, Weston & Caitlyn Gaylord)	280
2	Survivors (Dana Plant and Gordon & Kyra Burke)	220
3	Max & Kristine Birnbaum	220
4	Snorkapoids (Michael & Tomas Corey)	200

Mixed

1	Gina Coffman & John Weller	360
2	Where's Trish? (Kim Gregoris/Paul Cornish/A.J. Ritter)	330
3	Greg Stripes, Gene Brake & Susan Parker	290
4	Roy & Tory Klemenste	180

Men

1	Eugen Groff	490
2	Brian Gruber	390
3	Peter Golde	380

Veterans

1	Don Atkinson	350
2	Don Derenstein	310
3	USAF Brat-Bots (Kathryn Bledsoe & Libby Derenstein)	220
4	Ken Lew & Dave Petty	190

Women

1	Sandy Kish Miller	220
---	-------------------	-----

3 hour category

Foot division

Family

1	Debra Godfrey and Jeff & Lucas Sconyers	320
2	Go For It (Nancy Engel/Ryan & Kathy McCabe)	320
3	Four Scramblers	310
4	Whitney (David & Lisa)	290

Junior

1	Crouching Tigress, Hidden Dragon, Flying Phoenix (Ryan & Kelsey Breseman and Marissa Roecks)	420
2	Lakeside (Tori Borish, Holly Kuestner, Anna Zocher & Stephanie Nilles)	410

Mixed

1	Whidbey Island Nerds (Heidi & Bill Cusworth)	790
2	Kate & Steve LeRoux	540
3	Abby Majercik & John Read	520
4	Baker (Justin & Patty)	490
5	James & Ginger Fields	480
6	Kuestners (Alex, Rolf and Sue)	410
7	Elizabeth Grasel & Dan Barkley	370
8	John Gregoire & Lisa Quinn	340
9	Slow Compass	250

Men

1	Gimlets (Jon Campbell & Blake Lackey)	860
2	John Lee	710
3	Randy Gaylord	640
4	Targo Tennisberg	630
5	I Don't Care (Jake Reeder & Tyler Frederickson)	620
6	Bob Sandstrom	610
7	Highlanders (James Sheridan/Jean-Pierre Green)	570
8	El Padre y su hijo (Tom Bertulis & Scott Imahara)	540
9	James McLeod & Rahn Lieberman	450
10	John & Jon (Bottum & Karakowski)	420

Veterans

1	Ding (Donald & Diane)	380
2	Robert Miller	370
3	J&T Enterprises (Gale & Joanne Uhlencott and Joan Wilson)	280

Women

1	Tori Campbell	670
2	New Dimensions (Gwyn Hinton)	350
3	Sally Riggers	340
4	The Lost Ones (Cathy Sullivan/Nancy Rauheuser)	330
5	Lisa McDaniel & Kelly Sheward	210

Bike division

Family

1	Where's Warren? (Stephen & Warren Madson)	460
2	Chaotic Network (Janet, Jared & Colleen Roach and Carter & Whealan Costello)	260

Mixed

1	Bikin' Bresemans	960
2	Team Teriyaki Donut (Elizabeth Walkup & Greg Barnes)	760

Open

1	Ben Hall	1000
2	Team Enger	960
3	Marcello Napolitano	760

Rattlesnake Lake

North Bend, June 12

About 50 newcomers joined us at Rattlesnake Lake on Mountains to Sound Greenway Discovery Days. It seems that most of them learned about the event through the Discovery Days publicity. A few regulars came, also, to check out the new map completed by Mike Schuh and Eric Bone. The park was quite busy; there was also a multi-sport race that involved at least paddling and biking, and several participants thought our registration table was a race checkpoint. A few casual passers-by decided to do a course, and one Swedish-American fellow stopped in just to pick up a Cascade event schedule.

Eric Bone set up the event with the Discovery Days people and set the courses. Many thanks to Mike Schuh for clinics and to Libby & Don Derenstein for registration, start, and finish. We look forward to having more meets in this beautiful lakeside green space.

Course 1 (0.4k, 7 controls) - untimed

Deanta Kelly	
Kevin, Clare, & Nicole Godbout	
and Karen Keeley	
Mel, Deb, Dylan, & Reilly Morgan	
Thomas Schmoe, Martha Willard, & Ella Willard-Schmoe	
Aurelia Sequoia	
Janet Kautz	
Steve Russell	
Ruth Neilson	
Nancy & Alex Anderson	
Scott, Alex, & Mike Honn	

Course 2 (1.4k, 11 controls)

Ken Lew	16:00
Willard-Schmoe family	22:00
Scott, Alex, & Mike Honn	24:25
Bob & Pat Reddick	25:40
Mark A. Bingham	26:20
Steve Russell	29:34
Reilly & Deb Morgan	31:18
Ruth Neilson	31:34
Janet Kautz	31:34
Mel & Dylan Morgan	32:25
Nancy & Alex Anderson	35:09
Pat & Deanta Kelly	51:20
Steven & Annette Alexander	untimed
Aurelia Sequoia	untimed

Course 3 (1.6k, 10 controls)

Mike Schuh	15:55
Ken Lew	27:10
Libby Derenstein	30:53
Don Derenstein	32:35
Scott, Alex, & Mike Honn	40:26
Ruth & Steve Neilson	42:00
Janet Kautz	42:00
Kevin, Clare, Nicole Godbout, Karen Keeley	43:38
Bruce McAlister	47:05
Pat & Deanta Kelly	55:48
Ted & Winston Chen (bike)	38:43

Courses 1 + 2 + 3

Rick Breseman	27:15
Eileen Breseman	29:32

Ultimate Orienteer #4, Teanaway West - Cle Elum, June 19

Meet Director: Dean Vergillo

Courses: Peter Golde

Start: Rick, Eileen, Dana and Ryan Breseman

Finish: Ben Hall, Terry Farrah, Harvey Friedman

Course clean-up: Peter Golde and Dean Vergillo

Course 1

Lemba, Maris		25:42
Klein, Theresa		41:42
Family Macleod		48:43
Breseman, Dana	COC	DNF
Sprugel, Peter	COC	DNF
Kelly, Deanta	COC	DNF

Course 2

Sprugel, Ben	COC	71:55
Kuestner, Holly	COC	105:24
Kuestner, Sue	COC	105:38
Derenstein, Libby	COC	107:40
Derenstein, Don	COC	109:22
Morgan, Family		111:00
Rogers, Glenn		113:01
Harvey, Bonnie		157:16

Course 3

Skog, Arne	COC	46:29
Schuh, Michael	COC	55:45
Webber, David		74:06
Breseman, Eileen	COC	81:47
Atkinson, Don	COC	82:05
Sprugel, Doug	COC	90:49
Breseman, Ryan	COC	91:10
Enger, Madeline	SAMM	102:27
Enger, Molly	SAMM	102:31
Sprugel, Katie	COC	105:40
Kelly, Pat	COC	112:20
Friedman, Harvey	COC	117:19
Breseman, Kelsey	COC	119:33
Cusworth, Heidi	COC	132:10
Farrah, Terry	BAOC	134:17
Sibonya, Ryan	COC	153:10
Till, Laura		205:07
Horn, Gordon	COC	DNF
Sternagel, Craig	COC	DNF
Bogesvang, Jim	COC	DNF
Whelen, Tracy		DNF

Course 4 - Ultimate Orienteer #4

Bone, Eric	COC	69:12	1000
Cusworth, Bill	COC	72:24	956
Campbell, Jon	COC	86:21	801
Breseman, Rick	COC	87:13	793
Enger, Dave	SAMM	88:26	783
Enger, Will	SAMM	95:12	727
Bassett, Bruce	COC	95:53	722
Groff, Eugen	COC	98:14	704
Parsons, David	COC	100:00	629
Hall, Ben	COC	111:59	618
Width, Dale	COC	117:20	590
Newell, Debbie	COC	129:13	536
Tallent, Dave	COC	133:17	519
Tennisberg, Targo	SAMM	158:54	435
Miner, Steve	COC	171:42	403
Woerner, Jeff		180:32	383
Michel, Roger	COC	188:01	368
Sternagel, Rod	COC	237:40	291
Reeder, Jake	COC	DNF	0
Williams, Kean	COC	DNF	0
MacLeod, Alex	COC	DNF	0
Miner, Dave	COC	DNF	0
Braun, Mike	COC	DNF	0

Central District Street Scramble - June 27

90 minute category

Foot division

Men

1	Peter Golde	420
2	Brian Gruber	350

Bearing 315

Women	
1 Fix'in 2 Win'dy (Tamara Fix, Wendy Hoger)	290
2 Greenlake Grinders (Loreen Sako, Kate Chan)	260
3 Susan Parker	230
4 Fireballs (Mary & Margaret Firebaugh)	170
5 Babette Haserot	70

Mixed	
1 Zola (Jack & Leslie Hamann)	320
2 Lolly Stragglers (David Levinger, Heather Saddler)	230
3 Ding - Edwards (Shina Edwards; Diane, Donald, and Mike Ding)	180
4 Mark & Cyndi Konecny	160

Family	
1 Stewart Family (Jennifer, John, & baby Matthew Brian Stewart)	100

Veteran	
1 Patrick Kelly	390
2 Don Atkinson	300
3 Lew's Crew (Ken Lew, Dave Petty)	290
4 Libby Dermerstein	200

3 hour category

Foot division

Men	
1 Torrs (Greg Adams, Will Ashbaugh, John Zobel, Ross Chapin)	790
2 John Lee	650
3 Marc Plano	630
4 Jon Karakowski, John Bottom	560
5 Bob Sandstrom	520
6 SE Ballers (Keith Passe, Matt Butler)	455
7 A Scot & a Jew Looking for a Bar (Rahn Lieberman, James MacLeod)	430

Women	
1 Team Breseman (Eileen & Kelsey Breseman)	510
2 Ginger Snaps (Ellen Stewart, Kathryn Sobocinski)	400
3 Streetwalkers (Julie Garbett, Victoria M. Bodanza)	350
4 Y? (Anita Moore, Sally Riggers)	270

Mixed	
1 John Read, Abby Majercik	520

Bike division

Men	
1 Ben Hall	840
2 Rod Sternagel	525
3 Team Enger (Dave & Will Enger)	190

Women	
1 Rebecca Slivka	680

Mixed	
1 Teriyaki Donut (Greg Barnes & Elizabeth Walkup)	790
2 Team Klem (Roy & Tory Klementsens)	320

Ballard Bike-O

July 11, 2004

Meet Director: Eugen Groff
 Course Setter: Patrick Kelly (Design)/ Eugen Groff
 Registration: Harvey Friedman
 Start/Finish: Jim Siscel, Susan Parker, Terry Farrah, Mike Schuh
 Control Pickup: Cheryl Marek, Mike Schuh, Eugen Groff

Weather: cloudy and mild in the beginning, very sunny in the end.

Controls were white-orange cardboard posters with big letters on them, tied to telephone poles. No punching, just writing down the letters on the "punch" card instead. Thanks to all for joining, Eugen Groff

Course 1 (2.7k, 5 controls)

BIKES	
Julie Corman, Duncan + Kevin Mitchell	10:13
Mario Enriquez	14:11
Terry Farrah	16:40
Steve Baker	63:26
Kathy Little	66:41
Terri Smith-Weller, Sam and Julian Weller	DNF-Flat Tire

Course 2 (6.8k, 9 controls)

BIKES

Borman/Mitchell/Mitchell	22:58
Roy Colven	44:46
Peter Sprugel/Jordan Spencer	49:33
P. Osterholm	94:56

FOOT

Cheryl Marek	42:30
Sandy Kish Miller	48:49
Susan Parker	54:52
Ardis Dull	55:58
Dave Petty	58:55
Ken Lew	66:52
Libby Dermerstein	68:29

Course 3 (Freestyle, 20 controls, no time limit) 20 controls

Ben Hall	47:25
Dave Enger	53:41
Janet Roach	61:23
Mario Enriquez	68:46
Gaylord	78:27
Molly, Will, Madeleine Enger	88:53
Steve Layman	92:08
Marcia and Andrew Lupton	97:29
Nancy and Vincent Horiuchi	106:43

19 controls

Eric Bone	42:53
-----------	-------

Course 4 (Wheel of Fortune, 21 controls, freestyle)

You had to visit as many controls and write down as many letters as needed to figure out 5 specific expressions (all somewhat connected to Ballard).

Alex MacLeod	16:12
Roy Colven	26:07
Jean Davis/Don Stonack	31:20
Doug Sprugel	33:22
Rebecca Slivka/Louise McGrody	37:50
Janet Roach	39:33
Don Denbo	42:49
Don Atkinson	46:14
Dave Dummeyer	61:17
Teresa and Mike Cook	62:16

Seattle Night and Day Challenge

- July 17/18

co-produced by Meridian Geographics

3 hour category

Foot division

Family	
1 Jeff & Luke Sconyers and Deb Godfrey	320
2 Josie & the Pedestrians (John, Jennifer, & Matthew Stewart, Curtis Chin, and Josie the dog)	180

Men

1 Torrs (Greg Adams/Will Ashbaugh/Ross Chapin)	170
2 Ballard Mouses (Chris Vincent & Ken Molsberry)	155

Veteran men

1 Patrick Kelly	600
-----------------	-----

Veteran women

1 Markimja (Mary Kay Brewer, Jacquelyn Henry, & Kim McMonagle)	210
--	-----

Mixed veteran

1 Who's in Charge? (Libby & Don Dermerstein and Kate Bledsoe)	320
2 Strolling Seniors (Lester Goldstein & Ramona Memmer)	190

Women

1 Ruth Anderson	480
2 Susan Parker	410
3 Fix'n 2 Win'dy (Tamara Fix and Wendy Hoger)	370
4 I love to play (Teresa Cook)	370
5 Team 32 (Cyndi Konecny & Kelly Jewell)	310
6 Margaret Firebaugh	295
7 Magnificent Duo (Cheryl Marek & LuAnne Hebb)	290

Mixed

1 Monkeyhead (Frank & Pamela Jacques)	600
---------------------------------------	-----

2 Team Carr Place (Ali Wick & Brian Gruber)	570
3 Greenlake Grinders (Loreen Sako, Bill Henry, Lisa Redburg & Kate Chen)	500
4 Henley Harriers (Susan Hesselgrave/David Henley)	310

Bike division

Women	
1 Slug Bikers (Rebecca Slivka & Louise McGrody)	890

Mixed

1 Smokin' Siblings (Darcy & Matthew Birkeland)	830
--	-----

7 hour category

Foot division

Men

1 South Whidbey Endurance 4 (Matthew Simms)	1400
2 Team Gimlet (Jonathan Campbell/Blake Lackey)	1270
3 John Lee	1210
4 Ambiguously Disgruntled (Jacob Reeder & Tyler Frederickson)	1190
5 The Johns (Jonathan Karakowski & John Bottom)	600

Veteran men

1 The Dashpointers (Jeff & Doug Sloane)	880
2 Lynn Clemon	440

Mixed veteran

1 Team Inspiration (Doug & Joan Beyerlein)	820
--	-----

Women

1 The Sopranos (Debbie Newell & Lori Hope)	920
2 The Pursuers (Lyn Smith & Laura Williams)	640
3 Dinner and Shopping (Tori Campbell/Ellen Hulse)	590

Mixed

1 Jenny Runners (Jennifer Probala, Jim Probala, Kelly Spawn, and Kenny Miyamoto)	930
2 Team Mad Dog (Tami & Michael Dunn and Shannon Cortez)	660
3 A Merging Team (Sally Riggers/Rahn Lieberman)	610
4 Scuse Me, So Rudel (Eric & Erin Riggers)	320
5 The Great Parent Escape (Erin & Bill Landon, Donelle Davis, Gelder Griffith)	200

Bike division

Veteran men

1 Brooks Brothers (Don & Erik Brooks)	2010
---------------------------------------	------

Mixed

1 Team Teriyaki Donut (Greg Barnes & Elizabeth Walkup)	1310
--	------

16 hour category

Foot division

Mixed

1 Sleepless in Seattle (Jeff Lewis/Maryellen Authier)	2060
2 The Brain of Pooh (LaVerne Woods/John Zobel)	1900
3 Wide World Runners (Glenn Rogers/Georgia Daniels)	1830
4 Whidbey Island Nerds (Heidi & Bill Cusworth)	1560
5 Blisters are Us (James Boehmer and Karen Kost)	990
6 Pant Devils (Paul Sottosanti & Rachel Reynolds)	870

Bike Division

Men

1 Enger Management (Dave & Will Enger)	3500
2 Casualty (Robin Pang & Jim Brooks)	1810

Mixed

1 Wide World Bikers (Ben Hall & Caedmon Haas)	1700
---	------

Union Bay Canoe Orienteering August 8, 2004

Meet Director: Eugen Groff
 Course Setter: Don Atkinson
 Registration: Jim Siscel, Katie Sprugel
 Start/Finish: Harvey Friedman, Ginger Stratton
 Control Pickup: Don Atkinson
 Weather: cloudless and hot

Course 1 (2.2 km, 6 controls)

Rich Manhardt	recreational
---------------	--------------

Course 2 (Freestyle, 12 controls)

Del & Erik Scharffenberg	63:50
--------------------------	-------

Mario Enriquez	69:24
Dave Dummeyer/Nick Matveev	71:54
Jored Roach	72:00
Kean Williams/Kelsey Breseman	75:52
Kyle Haddad-Fonda/Charlotte Austin	79:01
Neil Smith	82:00
M. LaScala	91:41
Kim McMonagle	92:12
Julie Johnson/Lori Sabado	95:24
Eileen & Dana Breseman	101:35
Cortney Lee	113:20
Jon Karakowski	113:30
Marcia Lupton/Pam Cole	116:15
M. Brewer	119:42
Family MacLeod	139:27
Rudy Rostro	141:30
Family Kelly	143:07
H. Fukagawa	146:50
Marjorie Stratton (not all controls)	57:00

Six Degrees of Navigation

Adventure Race - August 21

Meet Director: Debbie Newell

Course: Dave Tallent

E-punch: Ben Hall

Volunteers: Scott Bentzen, Rick Breseman, Ryan Breseman, Terry Farrah, Harvey Friedman, Eugen Groff, Prudence Holliger, Lori Hope, Ken Lew, Alan Miller, Katrina Petr, Dave Petty, Karen Poffenroth, Russell Poffenroth, Karen Simon, Jim Siscel, Jill Stoddard, Dean Vergillo, Kean Williams, Joel Yeager, Justin Yeager

Thanks to: Nils Peterson (Teams & Leaders), Dave Thomas (St. Edward Park)

1	mergeo.com	2C	4:21:48
	Eric Bone, Liz Stahl		
2	Zone 1 Fire Rescue	4C	5:04:50
	Sabine Arnold, Brian Gilbert, Terry Houghton, Chris Martin		
3	Kegworkers of America	2M	5:13:02
	Hans Frederick, Brian O'Hea		
4	Four Old Guys	2M	5:31:53
	Bruce Bassett, Jeff Newell		
5	Just Married	2C	5:43:28
	Ryan Van Gorder, Jennifer Van Gorder		
6	Hudson Explorers	2M	5:47:56
	Mark Birzell, Jef Woerner		
7	Kitsap	4C	6:22:04
	Brandon Belgin, Alex Frank, Sarah Bruce, Matt Hayes		
8	Ambiguously Disgruntled	2M	6:48:41
	Tyler Frederickson, Jake Reeder		
9	Brute Squad	2M	6:49:53
	Steve Bering, Brian Zinn		
10	Eminent Domain	2M	6:55:51
	Brian Bruininks, Andrew Harnish		
11	Your Left, Not Mine	2C	6:56:59
	Chris Farias, Mike Whalley		
12	Bendehos	2M	6:57:01
	Robert Emery, Rick McMahan		
13	Franks Without the Beans	2M	6:57:12
	Tim Franks, Barry Franks		
14	Straight out of Shoreline	2M	6:59:40
	Brent Binge, Steve Kauffman		
15	Double Trouble	2C	7:06:07
	Andrea Haslem, Reed Gillette		
16	Swiss Miss	2C	7:11:02
	Yuman Chang, Roger Michel		
17	Buffalo Droppings	4C	7:11:09
	Brian Cross, Jeffrey Jones, Sarah McQuaide, John Valente		
18	Darby's Strangers	2M	7:37:24
	Larry Aegerter, Tyler Renner		
19	Benders	2C	7:43:50
	Deborah Elliott, Erik Goodman		
20	Totally CocoNutz	2C	8:15:15
	Renee Seker, Mark Turnbull		
21	Car 54	2C	8:15:16
	Bob Hamlin, Mike Kelly		
22	BOHICA	2F	8:23:32
	Tamara Armstrong, Michelle Arney		

Road Kill	4C	9:41:07 (UNR)
Sydne Brewer, David Gillette, Nicole Klinemeier, Ginger Stratton		
Turkey Sandwich	2M	DNF
Patrick Shaw, Joe Swenson		
No Idea	2M	DNF
Pete Soucy, Bryce Foley		
Team Pelican	2M	DNF
Chuck Sutton, Tom Taylor		

It's Just A Flesh Wound	4C	DNF
Karen Crampton, Tami Dunn, Michael Dunn, Dan Lip-petti		
All Flash	2M	DNF
Justin Park, David Starks		
Dead Crows	2C	DNS
Ginger Fields, James Fields		



Six Degrees of Navigation Adventure Race

National Orienteering Day event University of Washington

September 19, 2004

Meet Director: Alex MacLeod

Course 1

John Ratliff	18:26
Tomas & Michael Corey	19:16
Lukas & Eva Corey	24:11
Robbie and Chloe Harris	24:44
Paul Costello Roach	26:24
Corbin Kozai	27:28
Robert Brandenburg	31:00
RineMarie Leon-Guerrero	31:43
Toomas Tennisberg	32:22
Michael Suguro	35:05
Peter Rosen	35:45
Ruha/Bell family	36:52
Karen & Adam Figurelle	37:12
Tom Stags	37:13
Ryan & Jess	41:46
Kerner Pack Family	43:15
Deanta Kelly	50:04
Dan Sordetto	55:10
Carter Costello, Chinda Rosch	55:43
Whelon Costello, Jared Roach	59:56
Jesse Ashworth	60:36
Schurmann	62:59

Course 2

Adam Ehlers	24:35
Marcia Lupton	27:53
John Ratliff	35:09
Rhadal Franke	36:03
Mangus Giaever	38:40
Anna Urbanova	42:01
Michael Klinge	42:07
Jim Clement	43:14
Weisser/Reed	51:59
Katie/Chelsea	52:19
Amber Shaffer	52:23
Jack Peterson	63:34
Bianca Giaever	66:41
Gerd Roe Nilsen	76:54
Robbie and Chloe Harris	78:58
Steve Hankin	79:29
Ashworth Family	93:20

Course 3

Dave Miner	24:16
Justin Yeager	25:06
Oyvind Naess	26:27
Targo Tennisberg	28:09
Ben Hall	28:21
Laszlo Kolyvek	28:28

Rick Breseman	29:10
Don Atkinson	30:18
Steve Miner	30:18
Peter Golde	31:44
Matej Urban	32:36
Jana Dvorak	33:23
James Roach	34:28
Dale Width	34:35
Chris Whitmyre	34:57
Kean Williams	36:09
Kyle Seifullin	37:00
Kjersti-Helene Ehlers	38:30
Ryan Breseman	38:33
Eileen Breseman	38:36
Rod Sternagal	39:01
Andrew Gilmour	39:26
Ben Shields	40:37
Brian Leer	44:17
Joel Yeager	45:37
Katrin Tennisberg	45:47
Kelsey Breseman	49:10
Robert Miller	55:33
Holly, Addie, Tori	57:03
Scott Carty	60:39
Jill Klinge	68:23
Sue Kuestner & Denise Carty	70:34
Don Wall	79:58
Emmons, Smith, Boyts	DNF

US Night-O' Championships - New Gloucester, ME, September 25

Washington finishers

Red (4.82 km, 135 m climb, 11 controls)

7	Rick Breseman	M45	C OC	58:47
---	---------------	-----	------	-------

Green (3.06 km, 90 m climb, 8 controls)

3	Michael Schuh	M50	COC	42:40
4	Eileen Breseman	F40	COC	63:01

Orange (2.84 km, 72 m climb, 8 controls)

3	Ryan Breseman	M16	COC	35:10
3	Kelsey Breseman	F16	COC	51:22

US Individual Championships - Cable, WI, October 16/17

WA (and honorary WA) finishers

White (Day 1: 1.9k, Day 2: 2.6k)

F-10

1	Breseman, Dana	COC	24:19	27:49	52:08
---	----------------	-----	-------	-------	-------

Brown (Day 1: 4.3k, Day 2: 4.2k)

F65+

1	Moore, Linda	LVOC1:32:11	1:11:10	2:43:21
---	--------------	-------------	---------	---------

Bearing 315

M70+

1	Moore, Carl	LVOC1:17:56	1:29:13	2:47:09
4	Lew, Kenneth	COC 1:31:34	1:48:44	3:20:18
	McAlister, Bruce	SAMM 2:39:16	dns	

Green X (Day 1: 5.6k, Day 2: 5.8k)

M-18

3	Miner, David	COC	72:56	83:50	156:46
---	--------------	-----	-------	-------	--------

M50+

13	Schuh, Michael	COC	74:58	69:07	144:05
----	----------------	-----	-------	-------	--------

M55+

14	Petty, David	COC	1:59:49	2:35:01	4:34:50
----	--------------	-----	---------	---------	---------

Green Y (Day 1: 5.6k, Day 2: 5.8k)

F40+

1	Bresemann, Eileen	COC	1:22:12	1:16:40	2:38:52
---	-------------------	-----	---------	---------	---------

F50+

3	Dull, Ardis	COC	1:51:30	2:06:19	3:57:49
---	-------------	-----	---------	---------	---------

M60+

4	Veler, Fred	SAMM1:18:38	1:17:31	2:36:09	
---	-------------	-------------	---------	---------	--

Red Y (Day 1: 6.2k, Day 2: 6.9k)

M45+

14	Miner, Stephen	COC	85:24	102:28	187:52
----	----------------	-----	-------	--------	--------

Blue (Day 1: 9.0k, Day 2: 12.2k)

M21+

2	Bone, Eric	COC	63:24	89:14	152:38
13	Anderson, Leif	SAMM	75:45	90:14	165:59

Bo Powell Memorial - Ft. Casey State Park

Whidbey Island, October 9

Meet Director: Heidi Cusworth
Course Setter: Bill Cusworth
E-punch: Ben Hall

Course 1 (0.9k, 6 controls)

Macy Ratcliff	10:28
Birch Macleod	11:37
Toomas Tennisberg	15:57
Don Foster	46:54

Course 2 (2.5k, 10 controls)

Jessie Ulri	20:17
Owen Suttles	20:45
Seth Medenza	30:31
Mark Bingham	32:20
Andrew Montgomery	32:55
Heidi Barden	32:58
Robert Bradford	34:14
James Rivero	42:36
Allie Freitas	43:47
Marsha Majors	51:34
Caleb Hull	54:00
Pat Detmer	57:35
Michelle Hooker	57:56
Ross Hunt	59:01
Jason Newquist	71:46
Emma Howey	81:39

Joseph Knutsen	83:24
Chuck Zimmermann	85:20
Cindy Calder	mp
Macy Ratcliff	mp

Course 3 (3.6k, 17 controls)

Alex Macleod	COC	31:00
Ben Hall	COC	31:23
Laszlo Kolyvek		31:45
Jake Reeder	COC	34:05
Matej Urban	COC	34:32
Targo Tennisberg	COC	35:45
Tyler Frederickson	COC	36:53
Kyle Seifullin	COC	39:01
Kjersti Ehlers	COC	41:04
Jana Dvorak	COC	41:08
Don Atkinson	COC	42:27
Mike Schuh		42:57
John Lee	COC	44:00
Chris Whitmyre	COC	44:01
Steve Fredrickson	COC	45:45
Andy Whitmyre		49:14
Dave Petty	COC	56:01
Adam Ehlers	COC	57:44
Anna Urbanova	COC	59:54
Sue Kuestner	COC	60:39
Ken Lew	COC	60:50
Katrin Tennenberg		66:40
Holly Kuestner		69:22
Brett and Lisa Aniballi		95:10

2004 Ultimate Orienteer - Final Standings (best 3 scores)

Name	Club	1	2	3	4	Total
Women						
Debbie Newell	COC	821	—	672	536	2029
Anneliese Steuben	COC	—	701	818	—	1519
Tori Campbell	COC	642	540	—	—	1182
Cheryl Marek	COC	622	420	—	—	1042
Ginger Stratton	COC	0	420	497	—	917
Sandy Miller	COC	521	380	—	—	901
Jennifer Knowles	COC	780	—	—	—	780
Kjersti-Helene Boe	COC	771	—	—	—	771
Sue Kuestner	COC	437	180	—	—	617
Holly Kuestner	COC	615	—	—	—	615
Marsha Majors	COC	374	220	—	—	594
Ardis Dull	COC	573	—	—	—	573
Katrin Tennisberg	SAMM	473	—	—	—	473
Heidi Cusworth	COC	—	260	—	—	260
Sally Riggers	—	—	260	—	—	260
Marjorie Stratton	COC	—	260	—	—	260
Men						
Rick Breseman	COC	992	—	1000	793	2785
Dave Enger	SAMM	1000	—	972	783	2755
David Parsons	COC	950	420	656	629	2235
Eric Bone	COC	—	1000	—	1000	2000
Robert Miller	COC	705	620	667	—	1992
Dave Tallent	COC	854	—	590	519	1963
Kean Williams	COC	745	580	624	0	1949
Steve Miner	COC	814	—	532	403	1749
Oyvind Naess	COC	861	—	823	—	1684
Jon Campbell	COC	—	853	—	801	1654
Raimo Jarvenpaa	—	896	748	—	—	1644
Eugen Groff	COC	0	—	850	704	1554
Tyler Frederickson	COC	868	580	—	—	1448
Targo Tennisberg	SAMM	990	—	—	435	1425
Ben Hall	COC	—	786	—	618	1404
Alex MacLeod	COC	—	620	765	0	1385
Dave Miner	—	805	—	577	0	1382
Will Enger	SAMM	643	—	—	727	1370
Jake Reeder	COC	639	716	—	0	1355

Dale Width	EOC	—	—	699	590	1289
Dave Dummeyer	COC	648	620	—	—	1268
Pat Kelly	COC	692	500	—	—	1192
Don Atkinson	COC	717	460	—	—	1177
Bill Cusworth	COC	—	—	—	956	956
Harvey Friedman	COC	495	460	—	—	955
Chris Whitmyre	COC	490	—	462	—	952
Davin Fifield	—	852	—	—	—	852
A.J. Ritter	COC	809	—	—	—	809
Benjamin Lengerich	—	769	—	—	—	769
Mike Braun	—	—	—	767	0	767
Craig Sternagel	COC	475	—	—	291	766
Wyatt Givens	—	761	—	—	—	761
John Lee	COC	759	—	—	—	759
Rolf Kuestner	COC	440	300	—	—	740
Bruce Bassett	—	—	—	—	722	722
Michael Schuh	COC	711	—	—	—	711
Mark Howlett	COC	—	—	667	—	667
Ryan Breseman	COC	644	—	—	—	644
Ken Lew	COC	462	180	—	—	642
Steve Frederickson	COC	581	—	—	—	581
Peter Golde	COC	—	580	—	—	580
Kevin Marble	—	574	—	—	—	574
Philippe Nicolle	COC	—	500	—	—	500
Nick Matveev	—	489	—	—	—	489
Dean Vergillo	COC	—	460	—	—	460
Adam Ehlers	—	452	—	—	—	452
Jim Sisco	COC	439	—	—	—	439
Jeff Woerner	—	—	—	—	383	383
Roger Michel	COC	—	—	—	368	368
Alex Kuestner	COC	352	—	—	—	352
Robert Stratton	COC	—	340	—	—	340
Dave Petty	COC	—	300	—	—	300
Jim McCabe	—	—	260	—	—	260
Scott Lewis	—	—	—	246	—	246
Scott Vargo	—	—	220	—	—	220

Events: 1 – Priest Pt. Park (Short-O), March 6 • 2 – Fire Mt. Scout Reservation (Score-O), April 17 • 3 – Cle Elum Ridge (Classic-O), May 9 • 4 – Teanaway West (Long-O), June 19

Schedule

Event information can change. Please check websites for the most up-to-date information.

Date/Time	Location	Club	Type	Map Scale	Contact
NOVEMBER					
Sat 06 10:00a-noon	WIOL 1/O' Series 1 – Lynndale Park, Lynnwood	COC	WOE	1:5,000	Eugen Groff groffmarek@earthlink.net
Sat/Sun 06/07	US Long and Short Course Championships – Livermore/San Jose, CA	BAOC	AE	1:15,000	Scott Aster astersd@aol.com
Sat 14	Mt. Tabor Park – Portland OR	CROC	C		David Rogers/Julie Pohl dnor@surfbest.net
Sat 20 10:00a-noon	WIOL 2/O' Series 2 – Woodland Park, Seattle	COC	WOE	1:5,000	Jennifer Knowles jsknowles@msn.com
Sat 20 1:00p	COC Annual Meeting and BOD Election – Olympia Pizza, 4501 Interlake Ave. N.	COC	X		Eugen Groff groffmarek@earthlink.net
Sun 21	OSU Campus – Corvallis OR	ORCA	C		Larry O'Neill

DECEMBER					
Sat 04 10:00a-noon	WIOL 3/O' Series 3 – Seward Park, Seattle	COC	WOE	1:10,000	Alex MacLeod amacleod@microsoft.com
Sat 11	Bald Hill Park – Corvallis OR	ORCA	C		Jeff Watson jeffnpaula@attbi.com
Sat 18 10:00a-noon	WIOL 4/O' Series 4 – University of Washington, Seattle	COC	WOE	1:5,000	Jennifer Knowles jsknowles@msn.com
Sun 26 10:00a-noon	Bog Slog – St. Edward State Park, Kenmore	COC	CE	1:10,000	Jennifer Knowles jsknowles@msn.com

2005

JANUARY					
Sat 08 10:00a-noon	WIOL 5/O' Series 5 – Shoreview Park, Shoreline	SAMM	WOE	1:5,000	Dave Enger enger@tranplaneng.com
Sat 22 10:00a-noon	WIOL 6/O' Series 6 – Farrel-McWhirter Park, Redmond	COC	WOE	1:5,000	Dean Vergillo rvergillo@aol.com

FEBRUARY					
Sat 05 10:00a-noon	WIOL 7/O' Series 7 – Forest Park, Everett	SAMM	WOE	1:5,000	Dave Enger enger@tranplaneng.com
Sat/Sun 19/20	US Interscholastic Championships – Pottsboro, Texas	NTOA	AE		Pam Worsham dewpmg@swbell.net
Sat 26 10:00a-noon	WIOL Championships/O' Series Championships – Ft. Steilacoom Park, Tacoma	COC	WOE	1:10,000	Jennifer Knowles jsknowles@msn.com

See our web page for directions to venues.

A - National meet • B - Major local meet • C - Regular local meet • E - Electronic punching used • O - Winter O' Series meet • W - Washington Interscholastic Orienteering League (WIOL) meet • R - Rogaine • X - Special event

Orienteering Web Sites

US O' Federation web site - www.us.orienteering.org
 Chucanut Orienteers (Bellingham) - www.televar.com/~maryse/chucko.htm
 City of Trees O' Club (Boise, ID) - <http://www.ctoc-boise.org>
 Columbia River O' Club (Portland/Vancouver) - www.croc.org
 Eastern Washington Orienteering Club - <http://www.ewoc.org>
 Greater Vancouver O' Club (Vancouver, BC) - <http://www.orienteeringbc.ca/gvoc>
 Oregon Cascades O' Club (Central Oregon) - <http://www.forestrunner.com/orca>
 Sacajawea Orienteers (Tri-Cities) - mutiny.cbvcp.com/saco
 VictOrienteers O' Club (Victoria, BC) - <http://www.orienteeringbc.ca/vico>



Follow the signs to orienteering fun

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

cascadeoc-unsubscribe@yahoogroups.com

To contact the list owner

cascadeoc-owner@yahoogroups.com

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

First Class