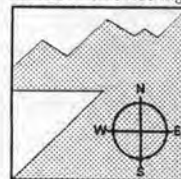




BEARING 315

Cascade Orienteering



The Newsletter of Orienteering in the Pacific Northwest

November, 1993

Running the World Champs

Debbie Newell

Last month, I had the privilege of participating in the World Orienteering Championships in Harriman Park in New York. The competition was very exciting, with orienteers from over 35 countries participating. As the senior member of the U.S. team, I carried the U.S. flag at the opening ceremony, which was held at the West Point Military Academy overlooking the Hudson River. The woods were spectacular, with the leaves nearly at their peak autumn colors. The terrain is much rockier than we are used to here, with boulder fields and cliffs covering the forest floor. The chief difference, though, is the almost total lack of underbrush, which makes for extremely fast going through the woods.

The weather (except for one day) was great the entire time, with the temperature usually in the 60s during the day. Although billed as a no frills competition due to the financial situation of the U.S. Orienteering Federation, I didn't notice anything missing. The courses and maps were great, the social events perfect, and the results flawless: what more could anyone want?

The Courses

The competition consisted of three separate events: the Short Distance, the Classic Distance, and the Relay. I participated in the Short Distance and Relay competitions.

Short Distance Event

The Short Distance event took place the first two days, with the semifinal heat on Saturday and the finals on Sunday. The semifinal consisted of 5 heats (1 competitor from each country in each heat), with the top 10 from each heat advancing to the A final, the next 10 going to the B final and, for the men, the remaining competitors going to the C final.

It was a bit daunting seeing all the Scandinavians and Europeans flit through the woods in the warm-up area. But I reminded myself that we Americans were not expected to do well anyway, so there was nothing to be nervous about. As it happened, we did much better than many people expected (for top 3 overall plus American finishes, see the Results Section). Because there were public events on alternate days, many foreigners brought their own cheering sections. The finish for each day was set up to take advantage of this, with a long run-in past cheering crowds.

The Classic Event

The weather on this day was the only instance of bad weather, with torrential rains the entire day. Fortunately, I did not compete in the Classic. The weather took its toll on the field, with three women and one man not finishing and another man finishing despite being injured by a stick in the eye. It was definitely survival of the fittest in this event. Jörgen Mårtensson (Sweden) nearly made it two in a row, until Allan Mogensen (Denmark), the last starter, beat his time by just 30 seconds. Marita Skogum (Sweden) clobbered her competition, winning by nearly 2 minutes over Annika Viilo (Finland). In third place was Yvette Hague of Great Britain, becoming the first native speaker of English to medal at a WOC.

The Relay

The relay was very exciting because of its mass start, with everyone cheering and waving flags. The Scandinavians were again favored, and the women's race followed form, with the Swedes first, Norway second, and Finland third. The men's race, however, had some surprises. The Swiss team proved that 1991

Inside This Issue:

Running the World Champs	1
King County Search & Rescue	2
Map, Compass, and Fangs	2
Winter O-Series Begins Soon	2
Beginner's Column: Attack Points	2
Dawg Digest	3
WOC '93 Race Report	4
Explanation of Rankings	6
COC Annual Meeting	7
Cascade Chatter	7
Field Notes	8
Cascade O.C. Ballot/Survey	9
Results and Standings	11
Upcoming Orienteering Events	15

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was no fluke by winning their second WOC relay title. And only 15 seconds behind was the team from Great Britain, taking their first WOC relay medal. In third place was Finland.

The 1993 World Orienteering Championships was an exciting and fun event. All of the races were well run, with no glitches that I noticed. The maps and terrain were great, the weather was good, and the competition was spectacular. And with more and more non-Scandinavians breaking into the upper ranks, future WOCs should become even more competitive. Maybe we will even see an American bring home a medal in the near future.

King County Search & Rescue

The King Country Search and Rescue Association (KCSARA) is a ten unit rescue organization specializing in everything from communications to tracking to technical mountain rescues. We are on call every minute of every day of the year, holidays included. We search for lost hikers, skiers, and climbers, downed aircraft, missing children and for police evidence. Recently, we were involved in searching for the Boy Scouts lost in the Foss River drainage area. We provide first aid and transportation (ground and air) assistance to people injured during their recreation activities. We also provide first aid and communications assistance for local events such as the Hydro races, Seafair, the Goodwill Games, orienteering competitions, and other group and community events.

Last year we were called on 251 missions, traveled 90,656 miles, and spent 12,549 hours. We are not funded by the State, County, or by any tax dollars. We have no paid employees and are a 100% volunteer organization. Also, we are nationally recognized as one of the top five search and rescue organizations with regard to out skill, training, and motivation.

This year, we are trying to raise funds for training, specialized equipment, and special operations. Please call Art Scarf at 821-3938 for more information on how you can help. Thank you.

[King County Search and Rescue has been very cooperative in the past with orienteering clubs in the Northwest. We thank them for their efforts. - ed.]

Map, Compass, and Fangs

Rick Hood

Boy, the vampires were out at Hamlin Park and they were thirsty—they didn't even wait for total darkness. Nonetheless, 35 made their way to the finish showing they overcame the evils of the woods at this year's Vampire-O.

We decided to start a little earlier this year to see if some more folks might give our night 'O a try if they could ease into it and it worked. We had about double our attendance of last year. (Next year we will let those walking or with under one year experience go out just before darkness and 15 minutes ahead of the seasoned

orienteers, who will have 45 minutes to navigate their way back safely.)

Now for some Vampire tales: Mark (all black lycr and speed) Howlett just look too tasty—he was bitten 6 times and ended up staying a vampire (so be careful in the evening if you share a cabin or room with Mark as some 'O meet before next year's event). In contrast, Ben (the silver night fox) Hall choose a strategy tailored to the extend time limit of one hour and the twilight start. [As relayed by Rick Breseman] "get the middle controls in the light at full speed then get the others by staying on the perimeter". And it worked too as Ben was one of two to get them all and he finished in a mere 46 minutes or so.

Dave Tallent also had an interesting strategy; he took his kids (Nick and Angela for those that don't know) on the course and used them as "decoys and flushers". I didn't get the whole story, so ask Dave for details. Fending off near feeding vampires isn't a glass of punch. (Piece of cake just didn't sound right.)

It looks as if the average for the course was about 11 of 18 controls and being bitten twice (hey, it's turtleneck season anyway), so come next year expect about the same number of controls and vampire ratio but, be prepared for total darkness and only 45 minutes if you are a seasoned orienteer.

Oh, the after event pizza BYO at Alf's, just down the street, was a great place to trade vampire stories and exchange thought about the O-Fest and WOC '93. So look for us next year on the Sunday night before Halloween and you really don't need to wear a wreath of garlic; just be a good flashlight and be ready to have a great time.

Winter O-Series Begins Soon

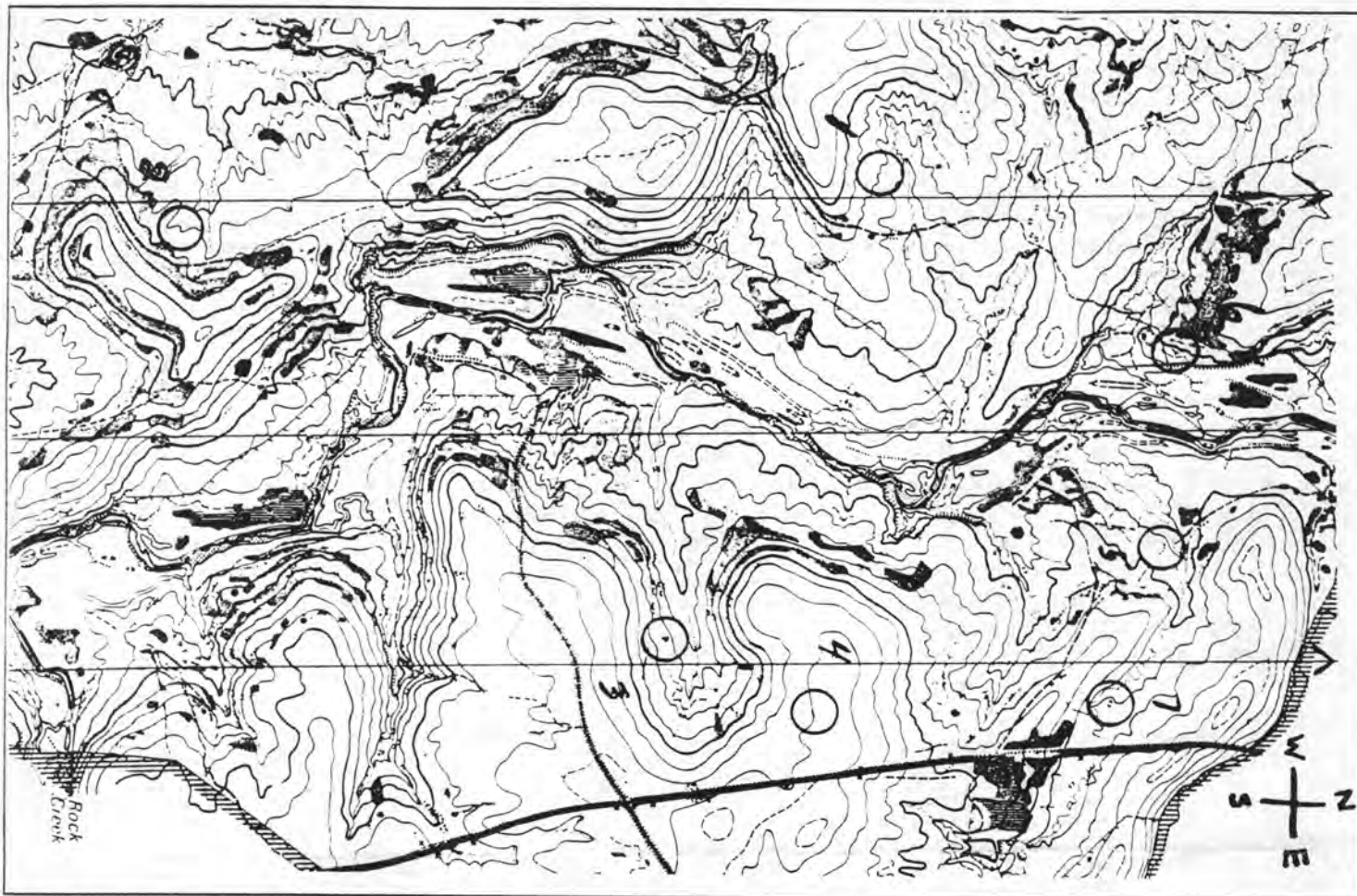
As with last year, this year we will be running a special Winter O-Series set of races. The Winter O-Series runs in parallel with the WIOL school league events. Beginning with Ft. Steilacoom (Dec. 18) to Seward Park (Feb. 12), we will compile the results of the top course (your best four races count) at each event. At the Seward Park meet, the top men and women will be announced and receive recognition as the Winter O-Series champions. The more events you attend, the better your chances of being winter champion, so be sure to come every weekend!

Beginner's Column: Attack Points

reprinted from St. Louis O.C. "Contour Line"

ATTACK POINT: A large feature near a control from which one can precision orienteer (attack) into the control. The large feature is much easier to find than the actual control site and is close enough so precision bearing can be used with a high degree of success. The closer the attack point is to the feature the better.

Let us look at a few control sites marked on the adjoining map to get an idea of an attack point.



1) If we were trying to find the reentrant indicated by control 1, and we were coming from the south or east, a good attack point would either be the intersection of the path and open area, or the path and the stream. I would prefer the open area since your bearing would take you across all the various reentrants and missing it would be less likely than coming in from the north.

2) Similarly trying to find the reentrant indicated by control 2 coming from the east a good attack point would be the intersection of the stream and path. Each are distinct features and a bearing which looks like a little sought of directly west would take you right into it. If you were coming from the west you could use the first stream forking as an attack point and take the bearing up the reentrant.

3) To find the thick area marked by control 3 there are a couple of choices (it is always nice to have than one attack point.) Coming from the south there is a path to the southeast and rock faces to the southwest. Small segments of paths are usually easily missed. This time I would opt for looking for the several rock faces and take a bearing from the eastern one.

4) To find the open area indicated by control 4 from the east I would use the intersection of the paths, one of which is running along an open strip area. Coming from the west or south is more difficult and lacking good attack points. Try finding attack points for

controls 5, 6, and 7. After you have decided what you would look for, turn to page 9 for my suggestions.

Dawg Digest

Eric Bone

It's that time of year again, folks. The leaves are covering the ground; pumpkin pie and roast turkey are in the air; and of course the calendar is soon-to-be chock full of the exciting, high quality O-meets we know as the WIOL season. Well, the Dawgs would like to announce that U.W.'s own Husky O.C. is hosting some additions to the already great complement of events this winter. These meets will be a bit different than your garden variety O-event, but we think you'll have fun, so make sure to put these on your calendar. Here's a preview...

For starters, we've planned a couple of meets at the start and close of the season-bookends to the WIOL series-called the WIOL Warm-up Relay (Nov. 21) and the WIOL Wind-up Trivia-O (Feb. 26). Both events will be held on a new OCAD map of Lincoln Park in beautiful West Seattle. This venue features tall trees, grass, picnic tables, bushes, trails, public restrooms, drinking fountains, play equipment for the kiddies, as well as blue skies, sunshine, and a great view of adjacent Puget Sound.

The relay is for teams of two, so bring a friend (or even an enemy, as long as your partner can read a map and has an appetite for fun). In this mass start event, each person goes out twice, alternating with their partner so that each team completes four loops. The course is freestyle: There are 18 controls to choose from. Olive goes out first and punches either five or eight controls, depending on whether her team has chosen the shorter or longer option, then she tags off to Oyvin, who in turn punches any five or any eight markers before returning to tag off to Olive. The second time out, Olive and Oyvin each punch the same number of markers again, but neither can punch the same marker twice, so both partners end up visiting either 10 or 16 markers of their choice. And of course, as at all meets, beginner courses and instruction will be offered. Also, if you want to do the relay but don't have a partner, come anyway and we'll pair you up.

The second Lincoln Park meet is a trivia-O score event, in which points are won by correctly answering questions about the Washington Interscholastic O'League within the time limit. Answers to trivia questions will be found at the controls, and questions will focus mostly on this season's athletes and schools, so keep abreast of the WIOL action this winter.

This December (11th), Husky O.C. is hosting one of the regularly scheduled school league meets with a normal selection of courses at Woodland Park in Seattle. In addition however, this event will feature a mass start "sprint-O" course. This won't be very long, but it could be a bit tricky and it's guaranteed to be intense, so bring your cunning and a level head. Sprint-O ain't for the faint!

The last event we'd like to tell you about is a mainstay of the winter O' season, the WIOL Relay Championships (Jan. 30). Husky O.C. invites you once again to navigate your way through the labyrinth of paths and buildings of the vast and beautiful University of Washington campus. You and two clubmates share in the fun as you field a team in one of the six (6!) divisions of this exciting, hotly contested event. If you don't have a team come anyway and we'll put you on one. Be there, or be absent!

When it comes to the winter O' schedule, Husky events are just the tip of the ice latte, but we're looking forward to putting them on and betting that we'll see you there. We expect they'll help put the -ring" in your orienteering this season.

WOC '93 Race Report

Heather Williams

[Heather reports on her impressions watching the elite of the world compete at the World Orienteering Championships.]

Both the short distance semifinals and finals were run on flattish but typical Harriman State Park glaciated

granite terrain; the landforms are very similar to those of Norway, but the woods are open mixed deciduous forest with some stands of hemlocks on north-west facing slopes. The only features that restrict running speed are stony ground and patches of mountain laurel, which is a particularly tough woody shrub. Eric Weyman, the course setter for the short race, and Steve Tarry, the head of the course setting team, had a major battle with the IOF controllers over distances for the courses; the IOF controllers demanded shorter courses but fortunately the US course setters denied the demand (if they had given in, the winning times would have been well under 20 minutes). The courses were designed to be as technical as possible while still being fair, but avoided major climbs and thick forest.

Both Anna Bogren and Petter Thoresen won their gold medals convincingly, by margins that would translate to about 3 minutes on a classic-length event. However, the men's and women's races unfolded very differently.

Petter Thoresen had won his semifinal course the previous day, and is also the defending classic race champion, so he was really no surprise as the winner. His victory makes him the first person to win gold medals in both individual races. But there was a lot of exciting action earlier, as the seeding system of start times has runners starting in the reverse order of their finish in the semifinal races. Jon Tvedt was the first runner to finish in under 23:30, and his time looked very good for a few minutes—and then Stephen Hale arrived at the last control at a comparable time and sprinted down into the chute. As he hit the bend, the crowd started counting the seconds off, and it was immediately clear to everyone that he had run exactly the same time as Tvedt. Soon afterwards, the scene was replayed, with Martin Johansson crossing the line in a time just 1 second faster than Hale and Tvedt. Then came Jorgen Mortensson, who was a bit slower than the three clustered 1 second apart. But now the crowd was aware of Thoresen's splits, and it was clear that unless he had a major problem with the end of the course, he would take over the lead. If anything, Thoresen accelerated over the last few controls, and as he came into the finish chute the crowd knew that he was the champion and greeted him accordingly. Timo Karppinen, the last starter, also had a fantastic run and took over the silver medal position, bumping the Hale/Tvedt tie to fourth place. But on this day, no one could touch Thoresen.

Anna Bogren was as convincing (if not more convincing) a winner as Thoresen, but the women's race did not develop in the same way as the men's race. Because she was in the same heat of the semifinals as Katalin Olah (who scorched the course in the fastest time of the day) and Eija Koskivaara (eventually a medalist) Bogren found herself in third place in her heat. Thus Bogren received a start time relatively early on the day of the finals, with 14 runners (all the other semifinal third, second, and first place finishers) starting behind her. Ragnhild Bente Andersen's time of

* No, smart alics, that doesn't mean six factorial.

** We certainly hope our meets don't put the -teer- in your orienteering

22:09 stood as the time to beat for over half an hour until Bogren came flying into the finish with a time exactly one and a half minutes faster. Anna Bogren's time of 20:39 became the target, and the remaining 14 women one by one took their chances, but as each one reached the split control it became increasingly clear that the race was now for the silver and bronze medals. Eija Koskivaara came in with a fast time, one minute ahead of Ragnhild Bente Anderson but still well behind Bogren. Then came Torunn Fossli, taking over the bronze medal position and bumping her teammate to fourth place—but there was still over one minute between the gold and the bronze, room for several runners to squeeze in. Katalin Olah (the defending classic champion who had been so fast in the semifinals) had a two minute mistake early in the course and was out of contention for a medal. The only remaining runner in the woods with good split times was Marita Skogum, and as she came down the finish chute, the seconds ticked past 21 minutes and the crowd again shouted and watched the clock at the same time. Skogum's sprint carried her past the results board, past the clock, and across the line; had she tied Koskivaara or beaten her? The official timing system was on the screen in the announcer's booth, and we soon knew that Skogum had taken the silver and Koskivaara the bronze—one second behind.

All in all, the most exciting race ever at a World Championships. The announcers and the results workers made it easy to keep up with the race and understand what was happening, which made it a spectator's delight, and the gorgeous fall weather, sunny for the spectators and cool for the runners, made the day perfect.

One thing the need for shaving seconds off one's time seems to have developed is faster punching techniques. I watched one of the spectator controls for a while, and some of us were almost sure that Ragnhild Bente Andersen had failed to punch—she never broke stride as she went past the control.

The relay terrain was a mix of the short and classic terrain types. Rockhouse Mountain, the feature the map was named for, is in the NW corner of the map and has the steep slopes and intricate contour and rock detail that characterized the classic terrain. The IOF controllers had "demanded" that the women's course not use this terrain, as they felt that this would make the women's course far too long; this issue was in fact the major bone of contention between the course setters and the IOF controllers. As in all of the other cases, the IOF controllers were dead wrong; even though the loop through Rockhouse Mountain was kept in the course, the times were a bit short (low 40 minutes for some of the women). The men's times were also a bit short and I can only conclude that the top orienteers are even better than they used to be.

It seems in retrospect as if the winner of the women's relay was never in doubt. Anna Bogren (of the blazing fast gold medal run in the short race) took a strong lead on the first leg, and it was never seriously

threatened. The real race was for the other medals. Finland and Norway had saved their best runners for last, and Ragnhild Bente Andersen had her finest run of the World Championships, actually cutting into Sweden's lead on the last leg—and it was Marita Skogum running the leg! Eija Koskivaara likewise ran solidly and brought home the bronze for Finland; she may be criticized at home for not getting the team the silver medal, but I think that would be unfair, as Andersen was just better on that particular day.

Early on, it seemed as if the men's race would be played out along a similar scenario. Many men's teams have strong first leg runners, and times tend to be very tightly clustered after the first leg of the men's race. This World Championships was no exception, with teams down to about 15th place still within reach of medals as they started the second leg. Then came a shake-up, with Kent Olsson of Sweden running a superb leg (the best leg he ran in his five World Championships, he stated in an interview), and pulling Sweden several minutes clear into first place. Only one other runner had a leg approaching Olsson's, and that was Olivier Coupat of France, who is still a junior. France was in 14th place after the first leg, and in 5th place after Coupat ran his second leg—and he said he ran the first half of the course very conservatively! He looks like one to watch in the future. Jorgen Martensson was the third leg runner for Sweden, and things went badly wrong for him—I'm not sure where or how. The solid Swiss team, defending relay champions from 1991, who had been barely in first place at the end of the first leg and had stayed close on the second leg, took advantage with a strong third-leg run that put them well clear in first place. The Swiss suddenly looked as if they had the gold locked up, with no one within a few minutes, Sweden in fourth place, and Norway in seventh place—even Petter Thoresen couldn't be expected to make up that deficit.

Well, this is when things got all shaken up. A couple of other teams had been running strong but unspectacular team races, notably the Czechs and the Brits. Stephen Palmer finished his leg in fifth place and tagged off to last-leg runner Steve Hale (you may recall that he had an excellent run to finish one second out of the medals in the short race). Most of us figured that Steve Hale might be able to pull up to fourth or maybe threaten for a bronze medal ... until we started hearing the splits from the radio controls. Hale was taking HUGE chunks of time out everyone, including the Swiss! He was reeling them at a rate of about 40 seconds a kilometer! He was flying at under 5 minutes/km. It seemed impossible to make up that amount of time. He was past the Swedes, the Czechs, and the Finns. People were shaking their heads at each other. The Swiss runner (I can't remember which one of their four fine runners ran the last leg) didn't know what was happening, but his teammates must have gone from anticipatory thoughts of celebration to disbelief to fear. At the last radio control, (about 800 m to go) Hale was 54 sec. down—no way he could do it.

At the next control, about 200 m farther on, he was 40 sec down—the Swiss probably have it locked up. At the last control, there was a gap of about 29 seconds—by far too much to do yet. The Swiss were going into their victory procession up to the finish when they suddenly realized that they couldn't afford to. Quite frankly, I am in awe of Hale; he almost did the impossible, gaining 14 seconds in the approximately 250 meters of the run-in. In other words he fell short by 15 seconds of bringing home a gold medal. He ended up doing a 10.2 km course with 470 m of climb in one of the most (if not the most) technical terrain for a relay World Championships in about 49:40—well under 5 min./km. I think those of us who were there may forget in later years that the Swiss won the gold, but remember Hale's run as the truly golden moment of the World Championships. The Finnish team soon came in for the bronze, and the crowd was still abuzz over the British silver. By the time the Swedes came in for fourth, the crowd lining the finish chute had moved up to the awards area to listen to interviews with Hale and his teammates. Hale thought he would probably have needed another kilometer to catch the Swiss, but Dieter Wolf (who medalled for Switzerland a decade ago and was conducting the interview) said that he was afraid another 200-300 would have done it.

Explanation of Rankings

Bill Cusworth

[This month we premier a semi-regular feature of Bearing 315: Pacific Northwest Rankings. These rankings are listed in the results section at the back. — ed.]

I confess. I am compulsive when it comes to ranking things. So it is no surprise that I became very interested in the ranking of orienteers very soon after reading about it on the O-Net earlier this year. When I attended the USOF convention in July, one of the discussions dealt with ranking systems. It was pure joy for me to listen to the three presenters at this discussion. [Ranking systems are pure joy? Maybe you need to get out more, Bill. — ed.] Peggy Dickison presented the current USOF ranking system while JJ Cote and Wyatt Riley discussed systems which they had developed. I decided that after listening to this discussion that it would be interesting to rank local B and C meets as Wyatt had done in the Bay Area. I decided to use Wyatt's iterative method (as it is called) since it didn't require any previous year's rankings in order to work as the other two did. So I took Wyatt's general method and embellished the details on a standard spreadsheet until I came up with a decent system. Since it is fairly complicated, I will try to spare you all the gory details and give only a summary.

First of all, a person's rank is an inverse relation to their average time on a course compared to other competitors. The highest rated person is arbitrarily assigned a value of 100 and all others are scaled to this value. For example, someone who on the average

spends twice as long on a course as the highest rated person would receive half as many points which would be 50.

An individual's rank represents an average of ranking points they receive for each DAY of competition (two day events are not combined into one score). The "Table of Days Counted" at the end of the ranking list tells how many days of competition "count" in your average for a given number of entered events. This list is very similar to the current list used for the USOF rankings. It starts at the arbitrary value of four (as the USOF table does) since you need to have this many days to achieve an "accurate" ranking and to be included in the rankings list. Your first four days count in your rank and after that, one day is dropped for every two events entered. This means that there is an inherent advantage in going to more events (At this point, several of you will probably notice that since I've been to many events, I am benefiting from this system).

The events used to compile the rankings are given at the end of the rankings list along with the corresponding Gnarliness Values (a term used in JJ's system and equivalent to the scoring constant in the USOF system). Unless otherwise noted, only the longest course at each event is used in the rankings. The criteria for using an event in the rankings are:

1. It must be a "regular" event which produces times (i.e. no score-O's, rogaines, canoe-O's, etc. but mass start events are O.K.)
2. It must take place in the Pacific Northwest
3. Full results must be available
4. It must have at least four ranked competitors

To determine your ranking points for a particular event, take the gnarliness value (GV) and divide it by your time (after converting to decimal minutes form: e.g., 83.5 minutes if you ran 1 hour, 23 minutes, 30 seconds.)

Gnarliness values represent a kind of rating for each course. They are determined by an iterative process in which all the ranked competitors on a course contribute to its value. A GV can be large for several reasons; the course is long (e.g. the Mountain Goat Run), the course is "gnarly" meaning the terrain is slow or technical (e.g. Ros Elum), or both.

A few other items to note: 1. Disqualifications such as DNF (did not finish), OVT (overtime), and MSP (mispunched) are assigned a score of 0 since it is impossible to compute a score without a time. This will significantly lower your rank until you run enough events to drop them out of your average. 2. Teams or groups are ranked as a separate entities on the spreadsheet and don't affect the members' personal rankings. 3. Gnarliness values and ranking points are not set in stone. They will change slightly when new results are added due to the nature of the method.

I would like to briefly comment on how these rankings should be interpreted. They are not necessarily a measure of who is a better orienteer and may not accurately predict the outcome of the next event. Many local events are not very technical and

sometimes there are outside factors which contribute to the results (such as hidden controls). The rankings are only as accurate as the reported times and even then it's hard to accurately rate a course that has only a few competitors. I feel that these rankings should be taken lightly and in the context of friendly competition.

COC Annual Meeting

At 7:00 on Tuesday, October 16, Cascade Orienteering Club will hold its annual membership meeting. This is a great time to meet new people in the club (you'd be surprised how respectable some of them look when they *haven't* just run 5k in the mud!), as well as give your input on the future direction of Cascade. The meeting will feature refreshments, general mingling and socializing, a slide show of people's travels to the World Champs, and election of next year's Cascade board. Harvey mentions that last year's meeting was really fun and that you should definitely come.

The meeting is at the cabana at Peter Golde's apartment complex in Bellevue. To get there, take the NE 51st exit from SR 520. Turn west (left if exiting eastbound) on NE 51st, then right at the 7-11 onto 148th. Follow 148th south, turn right into The Lakes North just before the fire station (well before the next light). The cabana is the building straight in front of you; park in any *uncovered* parking spot.

If you don't come to the annual meeting you can still vote and give your opinion with the ballot/survey in this issue.

Cascade Chatter

Harvey Friedman

As usual, we'll start with positive roster changes as of 24 October 1993. Words of both thanks and welcome go to the following new or renewing club members: David Allen, Mark Anderson, Margie Bone family, Boy Scout Troop 50 c/o Walter Estep, Boy Scout Troop 615 c/o Ralph Chapman, Stanton Brown, Chris Burns, Ralph Chapman family, Selma Christian, Deborah B. Cushing, Dick Eitel, Peter Golde, Mark Hartinger, Ronald Herr family, William Hickman family, Tom Hutchinson family, Kent Jameson, Patricia Kennedy, David & Alison Keyes, Ken & Johanne Klepsch, Paul Knutzen, Lynn Lively, Carl McNabb, Fionnuala Morrish, Dot Newell, Jonathan Newmark, Nils Oystenfor, Karen Russell family, Jessica Rykken, Brad Robinson family, Larry Sorenson, Steve Thomas, Maureen Traxler, Chuck & Jan Ward, Bob Williamson, Dick Wilson, Bill & Lisa Yost. If you all don't come to meets, you'll probably not see your name in the newsletter until the next time you renew. If you move, don't forget to turn in a change of address card; you don't want your newsletter to be late (or lost); especially since we now send the newsletters out at bulk rate, the post office no longer sends back those that were undeliverable.

Now on to the news. Rick and Eileen Breseman are back from the second half of their orienteering vagabond adventure. As you remember, they spent 6 months in New Zealand (APOC94 is coming up in January) spent a few weeks here in Seattle and then went to Europe for more sight-seeing and O'. They seem to have survived despite traveling with 2 small children. Welcome back, Rick and Eileen, & Ryan & Kelsey....Those of you who were club members any time between 1984 and 1987 might remember Pam & Sture Carlsson. They have been in Sweden the past 5 or 6 years but have now decided that they will try to spend 6 months here in the Seattle area and 6 months in Sweden. Pam is here now trying to renew her RN license and Sture will arrive in December when he finishes up his forestry contract. He is an expert on alternatives to clear-cut logging to maintain productive forests. He is also an excellent O' instructor....Ingemar (Jansson) Haverstad stopped in Seattle for a brief 18 hours in which he found time to pick blackberries with Robert Miller and to chat with Sandy, Anne and me on his way to San Jose....Anne & I met a British couple, Jean Smith & David Booth, at the Hamlin Park meet in July after we returned from the USOF convention. A meet down in the Donner Pass area in California. Being our usual garrulous and friendly selves, we offered them a place to sleep and wash laundry when we learned that they had been camping in the Olympics for a week and still had another 3 weeks of holiday before flying out of Sea-Tac. We got on quite well so offered them the bed again for the night before their flight. After visiting the major western national parks and enjoying those tremendously, they arrived in Seattle early enough to go out for salmon dinner. We then really impressed them by taking them to the Trolleyman Pub, which is completely non-smoking and attached to the Redhook Brewery. They said that they knew of no non-smoking pubs in the Lakes district where they are from but certainly wanted some to be available if and when we visited them. Maybe the Veterans' Cup in Scotland next August....More foreign visitors—those who attended the Ft. Casey meet on 3 October might have met Magne and Elsa Raadal, Norwegians from Bergen who will be here fall quarter where he is an exchange professor in the dental school. Anne & I discussed many mutual acquaintances from Bergen, thanks to our visits to former Cascade member and

Submission Guidelines

Bearing 315 welcomes submissions of articles, letters, or photographs about orienteering. If you would like your submission returned, please include a self-addressed envelope. The submission deadline is the 23rd of each even month for the issue to be mailed on the following 1st. Submissions should be mailed to:

Bearing 315
c/o Peter Golde
14422 NE 42nd Pl. #801
Bellevue, WA 98007

If possible, please submit on an IBM or Macintosh diskette, or submit via electronic mail to petergo@microsoft.com. If you use a word processor (preferred), please submit in Microsoft Word, WordPerfect, MacWrite, or RTF format; plain text format is also an option. Meet directors, please send meet results to Debbie Newell for compilation.

visiting Bergenite, Stein Sandven. Magne and Stein worked together on the 1990 World Cup held in Voss. M & E also went back to New York for the World O' Championships and were able to see the short course final and run in the 1st day of O-fest before having to leave to present a paper in Chicago. No doubt you will see them at other meets this fall....Another Norwegian visitor is 17-year-old exchange student, Nils Ostenfors, who attends Roosevelt H. S. We haven't seen him at a meet yet, but he runs only elite courses in Norway. Perhaps he can help some of the local youngsters improve....Close to 30 O'ers from Washington state and another half dozen or so from Victorienteers or GVOC attended either the O-Fest 3-day or US Champs 2-day during the week of the World O' Champs 93, 8-17 October. Cascade O. C. alone was club with 4th largest attendance of U.S. clubs at O-Fest. No wonder we have the reputation as the club whose members travel the most....Anne & I renewed ties with quite a few O'ers from Europe and Australia. Several who enjoyed our 1990 World Cup at Ros*Elum asked me when we would have the world championships in Washington state. I replied that I didn't think we would put in a bid until we had at least 500 *active* members in the clubs here. Seeing all the work involved for the 1989 and 1993 WOC's and all the volunteers required (we had offers from only 2 east coast US orienteers to help in 1990) led me to this estimate. We do not have nearly enough people for a WOC yet. We could do a US Champs or North American Champs though.

Keep on traveling.

Field Notes

Rick Hood

- The next work party dates for bridge and trail work at St. Edward State Park are February 6th and 13th, both Sundays. It's a great way to make a difference, enhance our position with the state parks system, and have a good time with great folks. We hope you can join us! Call me for more info at 367-2606.
- We're also continuing our efforts of getting younger kids to experience park team navigation—an 'O experience adapted to large groups that want to focus on getting along and team building in addition to a wooded adventure. This fall I did an in-class and park session for 90 sixth grades at Lake Forest Park and will be doing another for the Inner-City Outings Program sponsored by the Sierra Club. It's a lot of fun to see some many young kids have such a great time and learn some 'O skill too. (Robert Miller has brought up the idea of doing something with/for the Big Brother & Sisters program.)
- Congratulations to Doctor Aaron Charlop, PhD. who received his doctorate from the UW in nuclear physics. Which way to the hot controls?
- A super congrats to "our Debbie" for her strong performance both at the US team trials and at the

World Orienteering Championships! There was also a very nice two page article about Debbie (and her coach, Dave) in an Eastside newspaper. While there has been no formal request for "the Debbie Newell Story" from Hollywood North (aka Robert Miller), I understand Debbie wants to play herself if a film version would also star Mel Gibson.

- Our friends to the north in British Colombia and Alberta are putting their 1994 schedule together now and we should be able to let you know about their big events for the year in the next issue.
- Oh, another big congrats to Martin Pardoe who one the Canadian Champs in the M21 class this year! Martin, besides being a nice guy and talented mapper, has been a member of a Washington club (COC) for the past two years.
- Speaking of friends to the north, Peter Bonek and Claudia Künzel called to say that are making great use out of the headlamp and candle lantern "thank you" gifts that those who attended their spring training camp at Cle and Ros Elum gave them. Hey, they light up our life too!
- While many of us were cozy in our beds at the O-Fest and WOC '93, Mike and Vivien Fritz, sans Moose, were putting up some 20 finish banners every day. (Tying knots in the cold and rain isn't much fun either.) PS: guess who took them down every day too. Mike Schuh, the Bone Family, Ardis, and myself also found projects to keep us busy during the week. I still claim that I tied for having "the best time/most fun" though.
- I've just subscribed our Orienteering section of the local electronic bulletin board service to the national/international orienteering net. So, now anyone with a computer and modem can get plenty of local, national and international 'O news often (and maybe more than you want). The number your computer needs to dial is local 882-0110. There is no charge for this access. For more info, give me a call at 367-2606.
- Big news here, Cascade OC has applied for a 2-day A-meet in Sept. 94 at Moran State Park. We've encountered some land access problems, but we hope to work through them soon.
- As an inducement to get some of the fine BC school (and some of the "older folks" too) down for this years school championships, we (OK, Mike and I) are looking at a Poker O at Hamlin or at Lynndale Park. So, save that weekend for some great times.
- Speaking of ideas, Dave Lilly, Kathy Trost, Linda Hood and myself are thinking about making a two day ski outing at the site of last year's great ski 'O at Lake Wanatchee in an open weekend in Feb. If we get any takers, Dave and I will set a two-day course at the same place.

Cascade O.C. Ballot/Survey

This is Cascade Orienteering Club's annual ballot and survey. If you will not be attending the annual meeting, we would welcome your input. Please mail the survey to Cascade O.C. at P.O. Box 31375, Seattle, WA 98103. Please, Cascade O.C. members only.

I. Board of Directors (vote for 5). Please indicate your preference for the board of directors. You may write in additional nominations.

- | | |
|--|--|
| <input type="checkbox"/> Mike Schuh | <input type="checkbox"/> Paul Magnus |
| <input type="checkbox"/> Bill Cusworth | <input type="checkbox"/> Debbie Newell |
| <input type="checkbox"/> Margie Bone | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

II. Priorities for next year (non-binding). Since we have a limited number of volunteers, Cascade must balance its time and effort between a number of different activities. Please indicate your opinion as to what the priorities of Cascade Orienteering Club should be. Please indicate if the club should spend **more** time and effort, about the **same** as this year, or **less** time and effort.

Public events at parks in the Seattle urban area (e.g., Seward park, Volunteer park, Magnuson park): ☐ More ☐ Same ☐ Less

Public events at larger, more challenging areas further from Seattle, including two-day events (e.g., Moran state park, Drunken Charlie Lake, Cle-Elum Ridge): ☐ More ☐ Same ☐ Less

National-level "A" meets and events, like the convention and Ros-Elum meet last July: ☐ More ☐ Same ☐ Less

WJOL school league orienteering: ☐ More ☐ Same ☐ Less

Publicity and special events designed to attract new people to the club and the sport: ☐ More ☐ Same ☐ Less

Clinics and training opportunities, apart from meets: ☐ More ☐ Same ☐ Less

Social events, like dinner pot-lucks: ☐ More ☐ Same ☐ Less

Community service projects: ☐ More ☐ Same ☐ Less

Phone hot-line: ☐ More ☐ Same ☐ Less

Bearing 315 newsletter: ☐ More ☐ Same ☐ Less

Other (please specify): ☐ More ☐ Same ☐ Less

III. Cascade Orienteering Club relies on volunteers like you to keep everything running. Please indicate below if you would be willing to help out this year. Please note this is a not a binding commitment.

Name and Phone Number: _____

- ☐ Meet director
☐ Course setting
☐ Day-of-meet help (start, finish, registration)
☐ Coordinator or officer: _____
☐ Other: _____

IV. Additional comments. Please add any other additional comments you have about Cascade Orienteering Club.

Beginner's Column: Suggested Answers

A) For the ditch marked by control 5 coming in from the north I would use the end of the trail at the stream as my attack point. The trail could be used as a catching feature also. Coming from the south I would use the open areas (they look like light fight in the black and white) then to the small path into the control. If I missed it I always have the stream as a catching feature and can come back as indicated from the north.

B) For the small fence marked by control 6 coming in from the south I would look for the building. This will probably be seen before any of the trails since you would be coming downhill. The building however is the largest feature south of the control site. Coming

from the north (east or west) I would use the passable cliff as a catching feature and the intersection of the cliff and fence as the attack point.

C) For the depression marked by control 7 coming in from the south or east I would use the narrow open area running north and south as a catching feature or handrail depending on my direction and then use the first bend in the creek west of the creek and open area intersection as my attack point. I probably would not even take a bearing since the depression lies in a direct line the stream makes as it leaves the open area.

Where and what are these Orienteering Clubs?

Cascade Orienteering Club, Sammamish Orienteering Club, Ellensburg Orienteering Club, Sacajawea Orienteers, and Husky O.C. are independently administered non-profit organizations chartered by the United States Orienteering Federation. Sammamish primarily operates in the east-side (Bellevue and Redmond) area, while Cascade (the largest club) operates in the greater Seattle area. Ellensburg is centered in that town, and Sacajawea is based in the Tri-Cities area. Husky Orienteering is for University of Washington students, faculty, and staff. Cascade and Sammamish clubs hold orienteering events throughout the year in the Puget Sound area, and eastward into the Cascade Mountains; the other clubs hold events in their areas. Membership is open to everyone, and entitles you to event discounts, club voting rights, and includes a subscription to Bearing 315, published six times per year.

What equipment do I need?

The only requirement is a compass. The best kind is a protractor-type with a clear plastic base so that you can see through it to the map underneath. Compasses are available for rent at orienteering events if you don't own one. At each event you will receive a detailed topographic map of the area, usually produced specifically for orienteering by the club. Long pants (light nylon is best, but jeans will do) and long-sleeve shirts are recommended because of sometimes dense underbrush. Jogging shoes or lightweight hiking boots are preferable; your feet may get wet and muddy, so a spare pair socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

Dave Petty	President	822-4223
Margie Bone	Vice-President	634-2279
Sandy Kish Miller	Treasurer	782-1437
Ardis Dull	Secretary	364-4062
vacant	Event Coordinator	
Debbie Newell	Mapping Coordinator	488-7471
Harvey Friedman	Memberships	784-2774
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	634-2279
Peter Golde	Newsletter	883-3732
Mike Schuh	Executive Board	783-3960
Bruce McAlister	Executive Board	821-6862
Jim Siscel	Trim Course Coordinator	778-7202
Mark Anderson	Publicity and Promotion	286-9136

Sammamish Officers and Coordinators:

Dave Tallent	President	392-3061
John Sincok	Vice President	822-3621
Valerie Enger	Treasurer	822-6254
Dave Enger	Mapping Coordinator	822-6254
David Lilly	Newsletter Coordinator	454-4136
Kathy Trost	Memberships	271-5508

Orienteering Club Membership Application

- ☐ Cascade O.C. ☐ Sammamish O.C.
☐ Ellensburg O.C. ☐ Sacajawea O.C.

Name _____

Address _____

Home phone _____ Work (opt.) _____

E-mail _____

Family Members _____

Optional Information:

Occupation _____

Orienteering Experience _____

Special Interests _____

Orienteering Interests (circle):

- Event Participation Improving Skills Writing Teaching
 Event Organization Map Making Publicity Coaching
 Course Setting Field Checking Exploration of new areas

- ☐ Family or Group \$15.00/year
☐ Individual \$10.00/year
☐ Associate (under 18) \$5.00/year
☐ Newsletter only [COC only] \$6.00/year

Mail this form, along with payment, to one of:

Cascade Orienteering **Sammamish Orienteering**
P.O. Box 31375 **P.O. Box 3682**
Seattle, WA 98103 **Bellevue, WA 98009**

—OR—

—OR—

Ellensburg Orienteering **Sacajawea Orienteers**
c/o Will Sperry **c/o Elis Eberlein**
1006 N. Water St. **520 Meadows Drive S.**
Ellensburg, WA 98926 **Richland, WA 99352**

Other Clubs:

Elis Eberlein, President Sacajawea O.C.	(509)627-0378
Will Sperry, President Ellensburg O.C.	(509)925-4816
John Beck, President Eastern Wash. O.C.	(509)838-7078
Charley Kellerman, Columbia River O.C.	(503)231-0443
Eric Bone, President, Husky O.C.	(206)634-2279

Event Fees

Event fees are charged on a per-registration basis: two people running together with the same map and punch card pay a single fee. Additional maps are available; the charge varies depending on the map. The following are typical fees for local ("C") events with color maps. "A" and "B" meets, state championships, rogaines, and other events will cost somewhat more.

Club members (any club)	\$3.00
Non-club members	\$4.00
Junior (<18, except WIOL)	\$2.00
WIOL (school league) participants	\$3.00
First time orienteering participants	\$2.00
Families	\$1/person after first two

Meet Results and Standings

Riverside State Park

1993 Washington State Championships
Inland Empire Cup
September 11-12
Eastern Washington Orienteering Club

Meet Director: John Beck
Courses: Scott Coble
Registration: Dorothy Luby
Course Consultant: Scott Donald
Vetters: Scott and Shirley Donald
Water: Richard Wood
First Aid: Jerry Corey
Control Pickup: Joe Zamora, Dennis
Leveridge, Dan Fears, Johan
Bahlmann, Scott Coble, John Beck
Start: Joe Zamora, Ralph Russell,
Michael Bowen
Finish: Gary Thorne, Johan Bahlmann,
Mike Schuh, Marshall Newlson, Scott
Coble
Results: Dan Fears, Carl Moore

Course 1 (2.6k/2.6k)	Day 1	Day 2	Total
Jeff Stalcup	36:42	24:32	61:14

Course 2 (3.8k/3.7k)	Day 1	Day 2	Total
<i>F OPEN</i>			
Patricia R. Charlop	62:34	60:15	122:49
Sally VanderZee	72:19	54:08	126:27
Dannie Loriano	DSQ	DNS	

Course 3 (4.6k/4.2k)	Day 1	Day 2	Total
<i>F OPEN</i>			
Marti Anderson	62:49	56:29	119:18
Toko Magnus	57:10	65:40	122:50
Zhiping Zhao	69:05	170:17	239:22

<i>M OPEN</i>			
John O'Brien	100:50	91:46	192:36
Michael Bowen	DSQ	107:54	
Jesse Salisbury	DNS	159:01	
Art & Derrick Allen	DSQ	DNS	

<i>M16</i>			
Eric Riggers*	45:35	42:32	88:07

Course 4 (5.3k/5.7k)	Day 1	Day 2	Total
<i>F OPEN</i>			
Eileen Breseman**	50:49	56:02	106:51
Jane Bond	76:02	78:54	154:56

<i>F35</i>			
Ardis Dull*	56:29	52:53	109:22
Sandy Kish Miller	60:51	52:06	112:57
Viven Birswhistle Fritz	58:45	54:22	113:07
Margie Bone	98:45	81:15	180:00
Pam Carlsson	81:17	DNS	

<i>F45</i>			
Linda Moore*	64:32	85:25	149:57
Anne York	88:11	78:44	166:55

<i>M OPEN</i>			
Aaron Charlop	81:24	62:49	143:13

<i>M20</i>			
Roly Russell	46:09	50:13	96:22

<i>M35</i>			
Mike Fritz*	40:26	35:43	76:09
Dennis Leveridge	55:27	56:41	112:08
Marshall Nelson	82:58	84:01	166:59

<i>M45</i>			
Fred Veler*	40:20	40:20	80:40
Robert Miller	48:47	48:16	97:03
Michel Billaux	58:44	57:58	116:42
Don Atkinson	59:37	58:01	117:38

M. Schneiderman	61:27	58:44	120:11
Ralph Russell	83:51	62:14	146:05
Harvey Friedman	84:31	63:22	147:53

<i>M55</i>			
Carl Moore*	55:34	46:07	101:41
Ken Lew	73:10	74:43	147:53
Knut Olson	64:34	86:15	150:49
Bob Reddick	110:43	82:35	193:18

<i>M OPEN</i>			
Jeff Orum/Maya			
& Jack Thurston	DNS	107:25	

Course 5 (8.1k/7.4k)	Day 1	Day 2	Total
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<i>M21</i>			
Ben Hall**	52:41	54:27	107:08
Paul Magnus	56:47	52:12	108:59
Rick Breseman	59:17	52:10	111:27
Dave Enger	58:34	59:10	117:44
Bill Cusworth	55:45	63:13	119:08
Peter Golde	62:00	59:35	121:35
Nick Bone	70:53	65:36	136:29
Mac MacDonald	72:41	78:57	151:32
Andy Hill	98:59	84:14	183:13
Ralph Olson	120:37	125:14	245:51
Mike Schuh	74:02	DNS	

<i>OPEN</i>			
Bonnie Breseman/			
Bill Salisbury	DNS	139:03	

<i>ROTC</i>			
Brewer/Wickenhagen	154:19	104:38	258:57
Ensign/Hawks	150:03	128:53	278:56
Perugini/Campbell	170:44	115:34	286:18
Wolfe/Skok	174:18	130:35	304:53
Pittman/Scoville	147:08	161:30	308:38
Sessions/Hickman	152:19	157:07	309:26
Carlisle/Belluschi	165:56	155:48	321:44
Fields/Duntow	DSQ	107:42	
Burns/Alley	DSQ	142:14	
Stephens/Gates	DSQ	149:52	
Halko/Warren	DNF	152:43	
Andrews/Parson	DSQ	161:16	
Billingsley/Rodriguez	167:55	DSQ	
Matthews/Heber	170:36	DSQ	
Swain/Wallace	171:04	DSQ	
Linde/Evers	174:49	DSQ	
Wilson/Thorman	DNF	DNF	
Baca/Carlisle	DSQ	DSQ	

** Inland Empire Cup trophy winner

* Washington State Champion

Lake Sammamish State Park

September 26
Sammamish Orienteering Club

Meet Director: John Sincock
Courses: Dave Tallent
Timing: Rick Hood, Debbie Newell, Sid
Whaley

Course 1

Justin Owner/Josh D'Erico	13:17
Lael Smith	14:49
Ryan	20:46
Chris Moore	22:48
Beverly Schoen	23:26
Jay & Marianne Wickens	24:00
Paul Heino	26:10
J. Falls	26:26
Forest Beckwith	27:40
Arne Lund	28:22
Troop 1585	29:20
Troop 1595	30:40
Jan Ward	32:48
Dick Friday	33:09
Mary Campbell	33:16
Mary Jo Tomberg	33:22
Jeff Roof	37:16
Debbie Buse	43:13
Ron Herr	43:20
Marla Wood	44:05
Carol & Chris Robinson	49:02
Jan McFeely	DNF
Elizabeth Panne	Map hike
Brie Wrenn	Map hike

Course 2

Mac MacDonald	11:58
Steve McConnell	12:10
D. Mansell	13:02
Julie Fisher	17:40
Mike Dolen	19:06
Roger Sharp	19:16
Alex Lee	20:46
David Nichols	23:15
James Hopper	26:29
Nancy Ryan	28:00
Herr	30:01
Bob & Pat Reddick	30:32
Tony & Michael Posch	31:29
Forest	32:00
Kelly/Karen/Suzanne	32:00
Tony & Ann Amort	33:00
Ward	34:20
Bruce York	34:44
Johanne Klepsch	35:34
John King	37:52
Andrea C./Andrea D/	
Marina/Linsay/Katie	46:22

Jerry Stover	66:10
<u>Course 3 (4.3k 14 controls)</u>	
Dave Enger	28:54
Mark Howlett	29:29
Rick Breseman	31:42
Harald Gundersen/ Yngvar Bratsberg	35:03
Arne Skog	35:55
Fred Veler	36:13
Mac MacDonald	37:46
Jan Urban	38:50
Arne Lund	39:38
Derek Mansell	40:00
Peter Golde	40:55
Nick Bone	43:00
Steve McConnell	43:10
Eileen Breseman	48:03
Knut Olson	48:08
Sid Whaley	48:43
Bob Williamson	50:44
Robert Roose/Janet Flatter	52:00
Howard Nacter	52:55
Ken Klepsch	53:30
Jana Urbanova	55:14
Carl Moore	57:12
Linda Coleman	64:09
Justin & David	68:00
Brad & Darren Robinson	70:08
Komarnitsky	75:36
Jeff Roose	88:10
Julie Isher	99:61
Courtney & Darrel Miller	100:20
John Hurst	108:03
Derek Mansell	No time
Michael Corey	DNF
Henry Morgan	DNF
Therese Eby	DNF
Barbara Woods	DNF
Doug Woods	DNF
Josh D'Errico	DNF
Sue Ulric	DNF

Fort Casey State Park

October 3
Cascade Orienteering Club

Meet Director: Bruce McAlister
Courses: Peter Golde
Registration: Rick Hood
Timing: Peter Golde, Mike Schuh
Food: Bruce McAlister

<u>Course 1 (1.7k, 8 controls)</u>	
Jana, Matej & Anna Urban	25:52
Therese Eby	33:11
Sandra Schafer	55:00
Matt Gurrin/Tom Chapman	MSP

<u>Course 2 (2.5k, 10 controls)</u>	
Jan Urban	24:10
Marti Anderson	42:00
Aaron & Patricia Charlop	45:56

Else Raadal	46:25
Tom Chapman/Matt Gurrad	56:05
Johanne Klepsch	84:41
Doug Woods/Barbara Woods/Anne Crawford	91:31
Haines family	Map hike

<u>Course 3 (4.3k, 15 controls)</u>	
Fred Veler	47:14
Magne Raadal	48:02
Howard Halter/Blake Flynn	51:38
Mark Anderson	52:44
Jana Urbanova	61:17
Ardis Dull	62:36
Eva & Michael Corey	70:10
Ken Lew	75:48
Ken Klepsch	77:08
Neil Smith/Karen Nordeng	90:38
Margie Bone	95:56
Harvey Friedman	99:00
Ralph Chapman	MSP
Jan Urban	MSP
Anne York	DNF
Sally VanderZee	DNF

<u>Course 4 (4k, 9 controls, memory)</u>	
Mike Schuh	38:26
Don Atkinson	72:24
Marti Anderson	82:18
Robert Roose	106:55

<u>Course 5 (7.5k, 19 controls, memory)</u>	
Eric Bone	53:32
Nick Bone/Glen Covert	106:20

<u>Course 1+2+3 (8.5k, 33 controls)</u>	
Debbie Newell	96:29
(14:20 + 27:02 + 55:07)	

World Orienteering Championships

October 9-14
Harriman Park, New York

Short Distance "A" Final		
<u>Men (4.4k) 50 competitors</u>		
1. Petter Thoresen	Norway	22:34
2. Timo Karppinen	Finland	23:00
3. Martin Johansson	Sweden	23:26
49. Mikell Platt	USA	32:15

<u>Women (3.6k) 50 competitors</u>		
1. Anna Bogren	Sweden	20:39
2. Marita Skogum	Sweden	21:10
3. Eija Koskivaara	Finland	21:11
42. Kristen Federer	USA	28:22

Short Distance "B" Final		
<u>Men, 50 competitors</u>		
36. Joe Brautigam	USA	28:42

<u>Women (3.5k) 61 competitors</u>		
25. Debbie Newell	USA	27:19
26. Peggy Dickison	USA	27:22
28. Sandy Stripp	USA	28:00
49. Crystine Lee	USA	35:23

Short Distance "C" Final		
<u>Men, 58 competitors</u>		
11. James Scarborough	USA	26:49
24. Mike Eglinski	USA	28:49
32. Carl Childs	USA	30:51

Classic Distance		
<u>Men (13.5k) 86 competitors</u>		
1. Allan Mogensen	Denmark	87:36
2. Jörgen Mårtensson	Sweden	88:07
3. Petter Thoresen	Norway	89:28
60. Joe Brautigam	USA	116:18
71. James Scarborough	USA	125:32
74. Mikell Platt	USA	127:28
79. Carl Childs	USA	135:10

<u>Women (8.6k) 82 competitors</u>		
1. Marita Skogum	Sweden	62:27
2. Annika Viilo	Finland	64:42
3. Yvette Hague	Great Britain	66:09
48. Kristin Federer	USA	84:56
53. Peggy Dickison	USA	88:42
61. Crystine Lee	USA	94:27
68. Sandy Stripp	USA	100:56

Relay		
<u>Men (4x10.0k) 32 teams</u>		
1. Switzerland	217:16	
2. Great Britain	217:31	
3. Finland	218:20	
24. USA	275:03	
(Brautigam, Eglinski, Scarborough, Platt)		

<u>Women (4x6.5k) 21 teams</u>		
1. Sweden	168:48	
2. Norway	172:51	
3. Finland	176:59	
17. USA	222:59	
(Federer, Dickison, Newell, Lee)		

WOC '93 O-Fest

October 11, 13, 15
Harriman Park, New York

Local participants listed.

Blue (8.6k/11.5k/7.6k)	Day 1	Day 2	Day 3	Total
<u>M21A (105 competitors)</u>				
37. Eric Bone	80:50	125:01	56:56	262:47

Red X (6.4k/8.9k/6.0k)	Day 1	Day 2	Day 3	Total
<u>M21B (63 competitors)</u>				
21. Steve McConnell*	69:29	116:05	55:46	241:20
25. Bill Cusworth	70:27	131:32	60:47	262:46

Red Y (5.9k/7.6k/5.6k)	Day 1	Day 2	Day 3	Total
<u>M35A (42 competitors)</u>				
19. Rick Breseman	65:44	96:25	54:40	216:49

24. Arne Skog	66:00	109:10	53:47	228:57
29. Mike Fritz	85:41	128:09	62:24	276:14
Ben Hall	DNS	DNF	46:37	

Red Z (5.7k/7.3k/5.4k)	Day 1	Day 2	Day 3	Total
M40A (50 competitors)				
15. Dave Enger*	65:52	94:53	53:04	213:49
37. Dave Tallent	79:20	139:15	111:37	330:12
M45A (48 competitors)				
Mac MacDonald	DNS	DNS	DNF	

Green X (4.8k/5.4k/4.5k)	Day 1	Day 2	Day 3	Total
M18A (5 competitors)				
3. Nick Bone*	59:38	68:19	49:38	177:35
Henry Morgan	DNS	DNS	124:23	
M50A (63 competitors)				
6. Fred Veler*	52:09	58:16	44:57	155:22

Green Y (4.4k/5.3k/3.9k)	Day 1	Day 2	Day 3	Total
F21B (32 competitors)				
7. Eileen Breseman*	54:40	90:36	35:35	180:51
F35A (14 competitors)				
3. Debbie Newell*	60:53	75:36	34:35	171:04
F40A (19 competitors)				
6. Vivien B. Fritz	73:29	107:30	54:36	235:35
8. Ardis Dull	81:47	126:06	50:49	258:42
Sandy K. Miller	64:05	DNS	DNS	

Green Z (3.9k/4.5k/3.4k)	Day 1	Day 2	Day 3	Total
M40B (12 competitors)				
Rick Hood	60:06	DNF	DNF	
M45B (17 competitors)				
Robert Miller	47:07	72:29	DNS	

Brown (3.4k/3.2k/3.2k)	Day 1	Day 2	Day 3	Total
F35B (8 competitors)				
6. Margie Bone	84:54	100:28	44:59	230:21
F45B (17 competitors)				
9. Anne York	65:32	151:35	82:24	299:31
M50B (13 competitors)				
10. Harvey Friedman	55:13	90:00	70:06	215:19
M65A (27 competitors)				
17. Ken Lew	61:44	72:09	38:57	172:50
20. Knut Olson	58:47	62:00	56:27	177:14

* Fastest American in category

U.S. Orienteering Championships

October 16-17
Harriman Park, New York

Local participants listed.

First number is overall finish, second number is U.S. finish.

Red X (6.3k/6.5k)	Day 1	Day 2	Total
M21B (41 competitors)			
18 (8) Steve McConnell	68:04	84:47	152:51
21 (10) Bill Cusworth	95:33	67:47	163:20
M20A (8 competitors)			
4 (2) Eric Bone	56:08	50:15	106:23

Red Y (6.4k/6.7k)	Day 1	Day 2	Total
M35A (51 competitors)			
19 (9) Ben Hall	68:12	62:27	130:39
20 (10) Arne Skog	75:13	61:12	136:25
32 (18) Rick Breseman	85:41	72:28	158:09

36 (20) Mike Fritz	90:19	79:41	170:00
Red Y (6.5k/6.6k)	Day 1	Day 2	Total

M40A (47 competitors)			
9 (2) Dave Enger	81:10	60:04	141:14
32 (16) Dave Tallent	95:09	119:22	214:31
M45A			
47 competitors			
Mac MacDonald	103:51	DNF	

Green X (4.7k/4.6k)	Day 1	Day 2	Total
M18A (12 competitors)			
4 (2) Henry Morgan	55:02	57:13	112:15
7 (4) Nick Bone	72:42	50:17	122:59
M50A (50 competitors)			
26 (11) Fred Veler	51:03	87:00	138:03
M55A (41 competitors)			
22 (5) Carl Moore	72:31	68:02	140:33
M OPEN (16 competitors)			
4 (3) David Thatcher	56:57	60:07	117:04

Green Y (4.5k/4.5k)	Day 1	Day 2	Total
F21B (27 competitors)			
11 (5) Eileen Breseman	64:02	90:10	154:12
F35A (16 competitors)			
4 (1) Debbie Newell	52:53	56:53	109:46
F40A (22 competitors)			
7 (4) Ardis Dull	78:04	77:50	155:54
13 (9) Sandy K. Miller	97:22	98:59	196:21
Vivien B. Fritz	DNF	81:01	

Green Y (4.4k/4.2k)	Day 1	Day 2	Total
F50A (22 competitors)			
13 (6) Linda Moore	94:29	95:33	190:02
M45B (14 competitors)			
2 (1) Robert Miller	58:18	51:38	109:56

Brown (4.0k/3.7k)	Day 1	Day 2	Total
F35B (11 competitors)			
6 (4) Margie Bone	75:37	71:17	146:54
F45B (11 competitors)			
Anne York	DSQ	113:53	
M50B (10 competitors)			
7 (7) Harvey Friedman	76:42	94:45	171:27
M65A (26 competitors)			
17 (3) Knut Olson	82:18	59:43	142:01
22 (6) Ken Lew	109:46	100:03	209:49
M OPEN (2 competitors)			
2 (2) Bruce McAlister	147:50	148:07	295:57

Bridle Trails State Park

October 23
Sammamish Orienteering Club

Meet Director: Mac MacDonald
Courses: Jana Urbanova
Registration: Mac MacDonald
Timing: Mac MacDonald

Course 1 (1.6k, 8 controls)	
Debbie Helpert	43:24
Sean Doherty	44:48
Ewing	46:20
VanderZee	53:43
Tony Amort	58:14
Troop 897a	59:53
Donna & Jana Gerhart	74:05

Troop 897b	No time
Bob & Pat Reddick	No time

Course 2 (3.2k, 9 controls)

Mike Miller	31:05
Beth Elliott	46:35
Dave Petty	49:23
Margie Bone	70:12
John Sincock	75:00
Ginny Finney/Maggie Lovell	100:14
Ann Amort	118:51
Joe Dockery	119:10
Brown	Map hike
Suttmeier	No time
Jim Hein	DNF
Else Lerche Raadal	DNF

Course 3 (5.4k, 15 controls)

Rick Breseman	53:08
Bill Cusworth	54:28
Magne Raadal	57:12
Mark Howlett	58:36
John Rogers	60:00
Debbie Newell	65:13
Mike Schuh	69:55
Robert Miller	70:33
Peter Golde	81:28
Mark Anderson	85:41
Nick Bone	86:10
Kevin Finney	88:20
John Weir	90:50
Ardis Dull	99:23
Blake Flynn	108:42
Eva & Michael Corey	119:22
Jim Sissel	123:50
Ken Lew	125:08
Jane Bond	No time*
Sandy Kish Miller	No time*
Starcevic	No time*
Steve McConnell	DNF
Craig Randall	DNF

* Some markers were, unfortunately, removed before these people got to them.

Hamlin Park

Vampire-O
Cascade OC
October 24, at night

Meet Director: Rick Hood
Courses Design, Setting, and Pick-up:
Mark Hartinger
Beginner Course/Instruction: Marti
Anderson and Bruce McAlister
Results: Kathy Trost, Marti, Bruce, and Rick

The weather was dry and warm, an unexpected treat; the turn-out super; and the "biting" plentiful. Thanks to all those that came and to Mark for setting such a clean and enjoyable course!

18 Controls, 1 hour Score O format, 1 control deduction per minute overtime.

Name	Net Score
Ben Hall	18
James Hamaker	18
Troop 615	17
Tyler Frederickson	16
Nick & Adrian	16
Mark Anderson	15
Anita Moore	15
Jan Urbana	15
Debbie Newell	15
Sally V.	14
Dave Lilly	14
Doug Sprugel	14
Don Cannon	14
Steve Frederickson	13
Chris Schreiner	13
Bill Cusworth	13
Mike Schuh	13
Ann Amort & family	13
Janson Dempsey	12
Ulric	12
David Mikols	12
Daniel Bursch & Andy	12
Bill, Ethan, & Glen	11
Tallents & Chapman	10
Rick Breseman	10
Howard Smith	9
Donald Balonin	9
Sandy KM and Sue	8
Marti Anderson	8
Ralph Chapman	8
Chris Feet & Bryce Wood	8
James Terk	7
Brian Walker	3
Ron Brown	had fun
Peter Golde	Vampired
Mark Howlett	Vampired
Mac McDonald	Vampired
Jeff Feet	Vampired

Short Course, 5 controls, 600 meters

Ryan, Kelsey, and Eileen Breseman
Ben and Katie Sprugel
The Urbana Family
Troop 615

1993 PNW Rankings

Ranking covers events from Jan 1, 1993, to November 1, 1993. See article this issue about ranking method.

Name	days ranked	points
1. Ben Hall	7	100.00
2. Mark Howlett	7	99.38
3. Eric Bone	6	95.81
4. Dave Enger	8	93.14
5. Paul Magnus	5	88.94
6. Rick Breseman	4	86.94
7. Arne Skog	4	85.90

8. Bill Cusworth	10	85.45
9. Debbie Newell	9	81.55
10. Steve McConnell	6	81.47
11. Dave Tallent	6	79.87
12. Fred Veler	6	76.20
13. Peter Golde	9	72.23
14. Jan Urban	10	71.00
15. Mac MacDonald	7	70.37
16. Mike Schuh	4	69.84
17. Robert Miller	4	67.08
18. Sandy Kish Miller	4	66.92
19. Nick Bone	6	62.57
20. Don Atkinson	6	60.47
21. Jana Urbanova	5	58.65
22. Dave Lilly	4	53.06
23. Ardis Dull	6	51.51
24. Eva & Michael Corey	8	51.35
25. Ken Lew	8	49.60
26. Mark Anderson	4	43.33
27. Sid Whaley	4	41.04
28. Margie Bone	5	39.23
29. Carl Moore	4	36.20

Competitors who need just one more day to be ranked:

Harald Gunderson
Arne Lund
Bob Williamson
Dennis Leveridge
Linda Moore
Steve Frederickson
Craig Randall

Events used for rankings:

Date	Event	Gnarliness Value (GV)
1/9	NAD Park	2145
1/16	Marymoor	2506
1/23	Priest Point	4530
2/13	Lake Sammamish	3092
2/28	Carkeek	3654
3/14	Lake Tradition	7876
4/17	Woodland	2473
4/25	Bridle Trails	4644
5/5	Kelsey Creek	2131
5/16	Moran	8292
5/26	Luther Burbank	2293
6/16	Howarth	3542
6/26	Cle Elum (Mountain Goat)	12634
7/21	Marymoor	3888
7/24	Hamlin	2446
8/4	Robinswood	1146
8/28	Ros Elum	9588
8/29	Cle Elum	9071
9/11	Riverside, Day 1	4749
9/12	Riverside, Day 2	4660
9/26	Lake Sammamish	2667
10/3	Fort Casey (Course 3)	3425
10/23	Bridle Trails	5007

Upcoming Orienteering Events

(call 783-3866 for latest information and details)

Date/Time	Location and Comments (events close to Seattle in bold)	Type	Club	Map	Contact
NOVEMBER					
Sat., Nov. 6 9am-3:30pm	St. Edward State Park trail building. Meet at the parking lot by the pool. We will either be building a bridge or a new section of trail.	X	COC		Rick Hood (206)367-2606
Sun., Nov. 14 10am-noon	Forest Park, Everett. West on 41st St. which becomes Mulkiteo Blvd.; park is on Mulkiteo Blvd.	C	SAMM	color 1:10000	Dave Enger (206)822-6254
Sun., Nov. 14 1pm-3pm	Riverside State Park, Spokane	C	EWOC	color 1:15000	John Beck (509)838-7087
Sun., Nov. 14 noon-2pm	Champoeg State Park, Newberg, OR.	C	CROC		Glen Cafferty (503)281-5137
Sun., Nov. 21 10am	Lincoln Park, West Seattle. Two-person relay: mass start 10:30; beginner courses also. Exit I-5 Spokane St, W until Fauntleroy Wy, S to park.	C	HUSK	new clr 1:5000	Eric Bone (206)624-2279
Sat., Nov. 27 10am	Evergreen H.S., Seattle. WIOL clinic/public event. Exit W end Hwy 518 or take SW 128th exit from Hwy 509. W to 1st Ave S, N to 116th SW, then W.	X/C	WIOL COC	color 1:5000	Mike Schuh (206)783-3960
DECEMBER					
Sat., Dec. 4 10am-noon	Kelsey Creek Park, Bellevue. WIOL Practice #2. East from I-405 SE 8th exit, cross Lake Hills Connector onto SE 7th and follow O signs to park.	C	WIOL SAMM	color 1:3000	Kathy Trost (206)271-5508
Sat., Dec. 11 10am-noon	Woodland Park, Seattle. WIOL Practice #3. Take NE 50th exit from I-5, drive west. Just past Greenlake Way, turn right into park (before Aurora).	C	WIOL HUSK	color 1:5000	Eric Bone (206)624-2279
Sat., Dec. 18 10am-noon	Ft. Steilacoom Park, Tacoma. WIOL Event #1. I-5 exit 129 of I-5 onto 72nd W. This becomes Custer, right onto 88th SW, becomes Steilacoom to park.	C	WIOL NISQ	color 1:10000	(206)783-3866
Sun., Dec. 26 10am-noon	St. Edwards State Park, Kirkland. WIOL Event #2. 12th Annual Bog Slog, pot-luck to follow. NE 141st and Juanita Drive NE.	C	WIOL COC	color 1:10000	(206)783-3866
JANUARY					
Sat., Jan. 8 10am-noon	NAD Park, Bremerton. NAD Park, Bremerton. WIOL Event #3. N on SR 304 from ferry to West SR3, Kitsap Way exit, north to park.	C	WIOL NISQ	color 1:5000	Sean Olmstead (206)697-1815
Sat., Jan. 8 noon-2pm	Lake Oswego, OR.	C	CROC		Glen Cafferty (503)281-5137
Sat., Jan. 15 10am-noon	Marymoor Park, Redmond. WIOL Event #4. Take 520 east, Lake Sammamish Pkwy exit, south to park entrance.	C	WIOL SAMM	color 1:10000	Dave Enger (206)822-6254
Sat., Jan. 22 10am sharp	Point Defiance St. Park, Tacoma. Rambo V: mass start Score-O/Rogaine format. Exit 132 on I-5 to SR 16, 6th St. exit, 3mi. N on Pearl to park.	C	NISQ	color 1:10000	Carl Moore (206)756-5739
Sun. Jan. 23	Possible Ski-O. Call hot-line for information.	X	COC		(206)783-3866
Sat., Jan. 29 10am-noon	Priest Point Park, Olympia. WIOL Event #5. I-5 exit 105B. Plum St. NW into town, becomes East Bay Dr., follow to park.	C	WIOL NISQ		G. McCausland (206)352-5542
Sun., Jan. 30 10am-noon	University of Washington, Seattle. WIOL Relay event. Call hot-line for campus location.	C	WIOL HUSK	color 1:10000	Eric Bone (206)634-2279
FEBRUARY					
Sat., Feb. 5 10am-noon	Bridle Trails State Park, Bellevue. WIOL Event #6. Exit 17 on I-405 at NE 70th/NE 68th, south on 116th Ave NE, turn left into park.	C	WIOL SAMM	color 1:10000	Dave Enger (206)822-6254
Sat., Feb. 5 10am-noon	Manito Park, Spokane. WIOL Event #7.	C	WIOL EWOC		John Beck (509)838-7087
Sun., Feb. 6 10am-noon	Kelso High School, Kelso. WIOL Event #8. Exit 39 from I-5.	C	WIOL CROC	color 1:5000	Glen Cafferty (503)281-5137
Sat., Feb. 12 10am-noon	Seward Park, Seattle. Includes WIOL Championships. Lake Washington Blvd. S at Orcas.	C	WIOL COC	color 1:10000	(206)783-3866
Sat., Feb. 26 10am-noon	Lincoln Park, Seattle. Trivia Orienteering. On Fauntleroy Ave. SW, just north of Fauntleroy ferry terminal.	C	HUSK		Eric Bone (206)634-2279
Sun., Feb. 27 10am-noon	Lake Tradition, Issaquah. Includes WA Intercollegiate Champs. Call hot-line for detailed directions.	C	COC	color 1:15000	(206)783-3866
MAJOR NATIONAL EVENTS					
April 9-10	U.S. Intercollegiate Championships, Devil's Soup Bowl, MI.	A		1:15000	
June 20-23	U.S. Championships plus 1-day "A", Anchorage, AK.	A	ARTC	1:15000	(907)333-5429
June 28-July 3	Colorado 5-day.	A	BSK	1:15000	(303)494-8695
Aug. 13-21	Canadian Champs, North American Champs, O-Fest, USOF Convention	A/X	ROC	1:15000	(716)865-2161

COC: Cascade Orienteering Club
EWOC: Eastern Wash. O. C.
CROC: Columbia River O. C.
HUSK: Husky O. C.

CLUBS:

SAMM: Sammamish O. C.

EOC: Ellensburg O. C.

SACO: Sacajawea O. C.

SAGE: Sage O. C., Kamloops B.C.

NISQ: Nisqually O. C.

WIOL: Wash. Interscholastic O' League

GVOC: Greater Vancouver O. C.

VO: Victorienteers

MEET TYPES:

C: Regular local meet

B: Large local meet, more courses

A: National-level meet, must preregister

X: Special event

United States Orienteering Federation

P.O. Box 1444
Forest Park, GA 30051
MEMBERSHIP APPLICATION

☐ New member ☐ Renewal ☐ Address Change

As a U.S. Citizen or U.S. Resident, I hereby apply for USOF membership. I understand that I am entitled to a one-year subscription to *Orienteering North America*, voting rights, and membership in the IOF. Please print.

Date _____ Yr. Born _____

Name _____

Address _____

Home Phone (____) _____ - _____

If family membership, list other persons:

Name _____ Year Born _____

Member of a chartered club? Club _____

- ☐ Individual \$25 member of a chartered club
☐ Individual \$30 at-large
☐ Family \$30 members of a chartered club
☐ Family \$35 at-large
☐ Student \$10 (21 & under)
☐ Junior \$5 (18 & under/no vote/no magazine)
☐ Individual Life \$300 ☐ Couple Life \$450
 For mailing O/NA overseas (except APO & FPO):
☐ \$5 extra surface ☐ \$25 extra airmail

What is USOF?

Often in this newsletter, or in orienteering conversation, you will hear references to "yousoff," and you may have seen the magazine "Orienteering/North America." But why do they need so much money, you ask? We charge \$10/year for local dues, so why should it cost an extra \$25 to join an organization that doesn't seem to do much? The answer, of course, is that USOF does quite a bit.

The largest part of USOF dues goes for the O/NA subscription. This is not only a great source of information, it is well written and edited, and has many articles of general interest on health, exercise, and training. From time to time, we reprint articles from O/NA, and there are always copies available at major meets and club meetings. Most of the rest of USOF dues goes to pay for insurance. Although we, as individuals, might be willing to waive insurance, virtually all land owners, both public and private, require insurance as a precondition even to talking about using their land for orienteering. USOF members get a small rebate, about \$2 per national meet, to help balance out the insurance, but, basically, USOF subsidizes our meets. Without USOF, I doubt that either Cascade or Sammamish could afford the insurance to hold another meet.

So we encourage you not only to join your local club, but to join and support USOF. The magazine alone is worth the cost. You will also find as many opportunities to serve on national committees as there are to serve locally. USOF, like our local clubs, has no paid employees, and does not pay travel or per diem expenses for its officers. USOF, like Cascade, is an IRS section 501c(3) corporation. Which means that donations, including out-of-pocket costs, are fully tax deductible. JOIN NOW!

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