

Bearing 315

The Newsletter of Orienteering in the Pacific Northwest

May 1997

Cascade to Host 1998 Individual and Relay Champs and Eric Bone on the 1997 US Team!

COC to host 1998 Champs!

"The USOF Board Of Directors has granted Cascade Orienteering Club the 1998 Individual and Relay Championships. The vote on granting COC the two-day champs (the original bid) was 14-0-0. A motion was then made to amend this to be a one day individual and a relay. After some debate/discussion, this was passed with a vote of 11-3-0. Total elapsed time was just 35 minutes." [from the o-net, Editor]

Eric Bone on US Team

Eileen Breseman



Eric Bone, of Seattle, Washington was one of five members selected to the U.S. Orienteering Team at the national trials held near Cincinnati, Ohio this past weekend.

Bone, 22 years old, a UW senior and Garfield High graduate competed successfully by navigating the forest with map and compass through numerous checkpoints at top speed, to emerge in the top five positions. Two separate races in varied hilly terrain were totalled for both the Friday and Saturday meet.

Eric has competed for the U.S. two years ago at the '95 World Championship in Germany. He hopes to use his elite experience and this summer's advanced training in Sweden to advantage, when he represents the U.S. again at the '97 World Championships in Norway this August. He is a member locally of Cascade Orienteering Club, Seattle.

Pacific Northwest's own Fred Veler, U.S. Team Coach will accompany the team.

BullFrog Event - May 3,4

Dave Enger



The Sammamish Orienteering Club will be hosting a class B regional orienteering event on the Bullfrog areas near Roslyn and Cle Elum, Washington on Saturday and Sunday, May 3rd and 4th. Four courses will be available each day, ranging from beginner to advanced. Instruction will be provided, and all orienteers are welcome. Saturday's courses will be set on the Bullfrog Pond map by Mark Howlett. Sunday's courses will be set on the Bullfrog Flats map by Jan Urban.

Registration and starts will be from 11:00 AM to 1:00 PM on Saturday, and from 10:00 AM to noon on Sunday. From I-90, take Exit 80 (Roslyn, Salmon La Sac) and drive north on Bullfrog Road toward Roslyn for nearly two miles. Where the big powerlines cross Bullfrog Road, turn right. Parking, registration, starts and finishes will be at or near the powerline clearing. The event cost each day is \$5.00 for orienteering club members, \$6.00 for non-members, and \$4.00 for those under 19 years of age.

Camping and cabins will be available for Saturday night at Camp Koinonia, located about four miles west of the event site. From I-90, take Exit 78 (Golf Club Road), drive south about half a mile, turn right onto Nelson Siding Road, drive west

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about half a mile, turn left into the Camp Koinonia driveway (a dirt road through the woods), and follow the driveway about a half mile to the camp. Camping cost per night is \$5.00 for those 13 years or older, \$2.50 for ages 9-12, and free for those under nine years of age. Cabin costs per night are double the camping costs (\$10.00 for 13 years or older, \$5.00 for ages 9-12). For more information on the event or accommodations, call Dave Enger at 425-822-6254.

WSOA Meeting - May 3

Dave Enger

The Washington State Orienteering Association will meet on Saturday, May 3 at 4:00 PM at Kent Verbeck's home located between Easton and Cle Elum, Washington. The meeting will follow the Bullfrog Pond event earlier in the day. Kent will prepare one of his famous spaghetti feeds for meeting attendees. For more information about the meeting, call Kent Verbeck at 509-674-2755 or Dave Enger at 425-822-6254.

Washington State Champs at Trollhaugen

Mike Schuh

State Championships an A meet.

On August 23-24, Cascade OC will host a two day A meet at Trollhaugen (please see entry form in the July newsletter). The designation "A meet" means that the event will be organized to the standards of the US Orienteering Federation, and will include courses for all levels of experience, from novice to elite. For members of Washington State O' clubs, the event will serve as the 1997 state championships.

The format of the weekend event will be the same as that to be used in August 1998, when Cascade OC will host the US Championships. The first day will be a "normal" set of courses, and the individual results for the weekend will be determined by them. The second day will be a four-person relay, and will be the state

relay championships. The courses that form the four laps of the relay will range from a beginner course to short advanced.

Eligible relay teams must have at least four "points" as follows: participants 35 years old or older earn 1 point, 50 and older earn 2 points, 65 and older earn 3 points, 20 and younger earn 1 point, 16 and younger earn 2 points, and 14 and younger earn 3 points (age is based on the participant's age as of December 31, 1997); women contribute an additional 2 points. Teams with 4 points comprised of four different members of the same Washington State O' club will be eligible for the state relay championship; awards will be given to other 4 point teams. Participants are welcome to form teams that do not have 4 points, and participants will be allowed to do more than one lap of the relay (e.g., two participants could do the laps as person A, person B, person A, person B), but these teams will not receive awards.

From I-90 exit 62, head southwest and west, following orange and white O' signs to the start/finish area. There will be very limited facilities.

For questions or to volunteer, please call Mike Schuh 206-783-3960.

What's An Orienteering Convention?

Rick Hood

This year on August 23/24, Cascade Orienteering Club is hosting an "A"-meet on the Trollhaugen map just off of I-90 some 62 miles east of Seattle. (Please see Meet Director Mike Schuh's article in this issue and the registration flyer at upcoming local events and the next issue of the Bearing.) COC is also hosting the annual United States Orienteering Federation Convention starting that Sunday afternoon, the 24th, and continuing through Tuesday the 26th.

Since many of you may not be familiar with what happens at a USOF convention or why it is an enjoyable and impor-

tant event, I thought you might appreciate a little more info. (We will have all of the details in the next issue, but please feel free to give me a call; Rick at 367-2606 in Seattle, or visit our website <http://weber.u.washington.edu/~bill3/conv97.html> if you have any questions before then.)

Basically, the convention is a blend of three things: workshops, meetings/discussions, and social orienteering events and programs. The two days are also dynamic and fun. So whether you are involved with helping run your club, or a meet, or would just like to run better at a meet, you will find the convention the "place to be".

This year's "formal" workshops will have a broad range from GPS for O Mapping to O First Aid 101 (ankles to Zinc Oxide) for example; they will also be mostly hands-on or interactive. The workshops will be offered Monday morning, Monday afternoon, and Tuesday morning. Moreover, because there are about three different workshops run concurrently, there is truly something for everyone. There will also be a guided hike or alternative activity during these periods. (For example, we have arranged to have the author of the climbing guide for the local area to come and give a brief talk and then host a session "on the rock" for those wishing to try "vertical O".)

Many come to the convention also to take an active part in USOF and attend some of committee meetings that really affect all of us. These range from rankings (the good, the bad, and the ugly) to environmental concerns (orienteering land access 101). And while these might sound somewhat daunting or dry, each host really goes out of his or her way to make everyone, especially newcomers, feel welcome and keep the meeting moving. So, here is your chance to help your club and USOF grow; moreover, you can really get the lowdown on what is what or likely to be such, as well as let the folks upstairs know what you think. (These shorter/smaller sessions are scheduled for late afternoon and early evening.)

There are also those who feel that the heart of the convention is the socializing with orienteers from around the nation. To promote that we will have both informal and "formal" social options. For example, there will be Peter Golde modified score-O events before lunch on Monday and Tuesday and the first ever "regional volleyball tournament" in the late afternoons. We will also have more "formal" social programs in the evenings. All of this, and more, will be detailed in the next issue of the Bearing: for those in training for the annual 2-mile run, the course this year is both flat, fast, and easy to follow (early odds makers put Mark Howlett at?. no wait, I'd better not say).

All this takes place about 34 miles east of Seattle at a scenic environmental camp just outside of North Bend. You can stay at the camp or commute from home or go up-scale and stay at a motel in the area. The camp has arranged a nice set of meals for us, too. (Besides, everyone knows that the really good times and info are had at the meals; did I mention door prizes.) Mostly, we think you will like the nice workshop and meeting rooms coupled with a rich trail network big enough for the score-O events right at camp.

OK, just wanted to give you a heads-up on why you really should take Monday the 25th and Tuesday the 26th off from work and plan on coming to the USOF Convention that is this year in our own backyard. So don't miss the fun, the fellowship, and the field sessions: save those dates; you will be glad you did.

Mappers Wanted

Debbie Newell

Teanaway Forks and Lick Creek

The Cascade Orienteering Club (Seattle, WA) is accepting bids for field checking and cartography for two orienteering maps: Teanaway Forks and Lick Creek.

Location: North of Cle Elum, approximately 85 miles east of Seattle

Size: Total area to be mapped is 20 sq. km.
Teanaway Forks - 15 sq. km
Lick Creek - 5 sq. km

Final scale: 1:15000, 5m contour interval

Base map provided: Photogrammetric base map by Ivar Helgesen

Food and lodging: Provided

Transportation allowance: Up to \$200

Cartography shall be done in OCAD 5.0.

Mapping schedule: Begin fieldwork August 1, 1997; complete fieldwork & begin cartography, September 15, 1997; and complete cartography October 15, 1997

You may submit a bid for only one element of the project, i.e. cartography only or fieldwork only. Please submit your bid by May 15, 1997. Include your name, address, phone number, price, qualifications, list of previous successful projects, and up to 3 references (include name and phone number). Please express payment in U.S. dollars per square kilometer, with separate amounts for each element. Submit your bids to:

Cascade Orienteering Club
Mapping Bids
P.O. Box 31375
Seattle WA 98107

Farrel-Mc Whirter

The Cascade Orienteering Club is looking for volunteer mappers to update our orienteering map of Farrel-McWhirter Park in Redmond. The project includes converting the map to OCAD 5.0. If you are interested in this project, contact Debbie Newell at 206-488-7471.

US Team Trials

Eileen Breseman

Hi out there. Just though you NW o'ers would like some fast breaking news of the past weekend.

Team Selection was as follows: Peggy Dickison, Kris Harrison, Sharon Crawford, - Discretionary picks; Kristin (Fed-

erer) Hall, and Karen Williams. Alternates based on 6 preselected races in '96 and the 2-day Team Trials: #1 Penny DeMoss (not at the trials), #2 Debbie Newell, #3 Eileen Breseman.

For the men: James Scarborough, Mihai Veres*, Peter Anderson - Discretionary picks: Mikell Platt, Eric Bone. Alternates: Gregory Balter*, Eirik Moe, Michael Eglinski, and Mark Everett. (* pending IOF approval)

Debbie had a great race going on Friday, but accidentally skipped a control (discovered after finishing). Eileen came in 5th, 3 minutes behind 3rd (the position needed to gain a team position). On Saturday's classic distance Debbie altruistically stopped helped a grandmotherly type find her directions, losing some minutes. Eileen came in 4th, with Crawford only 1 1/2 minutes behind, losing a position literally by minutes. Eric placed 5th and 2nd I think for Fri & Sat respectively.

Sunday was a motala (2 loops with map exchange in the middle, 3 loops for the M21, - 12 km., with same leg controls and forked legs. F21 was 7.8k and a tiring one at that for sore, hill weary legs. Debbie took an overall 2day 1st place for the A meet. Eric took 2nd in the mens. Eileen finished!

Also ran: Bruce McAlister on Sat & Sunday, helping out on Friday. Fred Veler on Green Friday & Saturday, sore ankle keeping him out of competition on Sunday.

Finn Hill Pot-Luck

Bruce McAlister

Finn Hill Pot-Luck - Wednesday, June 11 Return to Finn Hill Park. The map has been updated, and gets a little better technically, but the green is still green. Part of the Wednesday evening schedule this year. Three courses: Novice, Intermediate, and Advanced. The course starts and ends at Bruce McAlister's, just east of St. Edward. There will be a pot luck and barbecue to relax after the meet.

Orienteering In Europe

Michel Billaux

If you want to go to Europe this summer, don't miss the Junior World Orienteering Championships (JWOC) in Belgium on July 4-11 1997. Spectator races are organized the same week in Belgium and in the Netherlands:

July 4: in the Netherlands

July 5: in the Netherlands

July 6: in the Netherlands

July 7: at Lichtaart in Belgium

July 8: at Lichtaart in Belgium

July 9: at Leopoldsborg in Belgium

July 10: at Leopoldsborg (short distance)

July 11: at Leopoldsborg (classic courses)

You will have the possibility to be invited in Belgian families and to participate to social events. It is also possible to combine tourism and orienteering. Leopoldsborg is located at 40 miles from Brussels, 80 miles from the medieval city of Brugge, and at only 210 miles from Paris. You will receive all the necessary support from the Belgian orienteers to organize your trip. All the orienteers of the Northwest are welcome. You will find more detailed information on the web: <http://www.ping.be/%7Eping0623/jwoc/index.htm> For more information, for registration to the courses, and to be introduced into a Belgian family, please contact Michel Billaux, 9404 W.Court St., Pasco, WA 99301, tel: (509) 545-8036 (home) or (509) 375-8130 (work), e-mail: billaux@3-cities.com (home) or mrb@nfuel.com.

Cle Elum Ridge Event

Mike Schuh

Even will use a different start/finish area!

The two day orienteering event at Cle Elum Ridge June 14-15 will feature courses designed by Jim Siscel and Eric Bone and will use a different start and finish area (not the usual one). Through the courtesy of George and Penny Blackburn, who own some of the land on the map, we will have access to an area towards the west end of the map. For

most of the courses (mostly the shorter ones), this will provide a fresh experience, using terrain that is rarely used by anything but the longer courses. Jim and Eric are designing some good courses - come and take advantage of this opportunity to see "new" areas of an old map.

There are no facilities; bring extra drinking water.

From I-90 exit 85, go east on SR 970 about 3 miles, turn north on Masterson Road, and then east 1.5 miles on Red Bridge Road, and turn north up Whiel Road. At the two gates, bear left and follow orange and white O' signs to the start area. Start times are the usual 10:00 AM until noon. For questions or to volunteer, please call Mike Schuh 206-783-3960.

Field Notes

Rick Hood

St. Edward State Park

On Saturday the 10th of May and Sunday the 8th of June, COC will be hosting work parties at St. Edward State Park, the home of our annual Bog Slog (a.k.a. O' Lang Syne) event. Our project for this year is to "attack the green". By that I mean we have been asked to help remove unwanted non-native vegetation. So, rather than building trail, this year we will be making the area more runnable. (OK, the park isn't actually taking this tack for our benefit, but rather to keep the non-native vegetation in check. Say, are blackberries native?)

Please call (Rick) at 367-2606 if you are planning to help out, as the ranger staff would like to assign us an area relative to our "volunteer size".

EarthWork/Earth Day

Four COC members (Nic Bone, Don Denbo, Jim Siscel, and Rick Hood) and Dave Tallent from SAMM helped out with trail work in conjunction with EarthWork/Earth Day at various projects. The one the majority of us worked on was a small non-orienteering park but also one in the same system as both Hamlin and Boeing Creek. In short, the King County Parks Dept. was

impressed with our work and, on top of the satisfaction we received for our efforts, the projects help foster/maintain a positive rapport with the Parks Office. Next year, Rick suggested we do a project in Hamlin, Boeing Creek with KC or one at Woodland or Seward with Seattle Parks Dept.; any interest?

Moran State Park

Speaking of state parks, Rick Hood went to a meeting about user access regarding off-trail areas at Moran State Park, since we have a map of Moran and have experienced some access problems in the past. Basically, there are three issues: How orienteering is classified in the State Park's CAMP or Classification and Management Planning project; how the land at Moran is classified; and what precedent, if any, this has for other State Parks and Washington State public lands. (Rick spoke with three key individuals from the Department and followed up our concerns with a multi-page letter; he hopes to be able to report more positive news in the next Bearing. This is a potentially very major issue for all orienteers and we thus welcome your input and involvement.)

The Orienteering Hotline

You might notice some "new voices" on the orienteering hotline - always a great source for the latest O updates at 783-3866 in Seattle - as we are actively seeking to have the meet directors update mailbox number three, which has the details about the next local event. Our hope is that this will get you the best and most accurate info. (The general info on mailbox number one and the schedule-in-brief on mailbox two are being done by Margie Bone and Rick Hood, respectively, though if someone else would like to jump in...)

Bearing 315 Editor Change

Thanks to Don Denbo, who has stepped forward to put out this and the next issue of the Bearing. (If we are nice to Don, he may even continue being the editor.) You may also notice that the Bearing is being mailed first class again as we felt you are more interested in a timely than a voluminous newsletter; are we right? (Let Don know.)

Nic Bone to Sing!

On the lighter side. Want to hear O' done musically; come hear Nic Bone in "Oklahoma" this month in one of the UW productions. (Please wear your best O suit or other formal garb for preferred seating; for more info, call Nic at 634-2279; no autographs please.)

Thanks for the Help

A special thanks to Mike and Vivien Fritz and Ron Brown for agreeing to serve as Cascade's "Map Bid Evaluation Committee" which the club has implemented in an effort to more effectively explore and evaluate the mapping projects bids for our '97 and '98 projects.

Late Breaking News

Late breaking news: Congratulations to the winning team in the mixed division of the Twenty Mile Marysville-Pilchuck Spring Relay. The 9 orienteers each ran 2 miles legs to easily out pace about 10 other teams. Team members Paul Magnus Rick and Eileen Breseman, Keene Williams, and Debbie Newell of Cascade and Chris Lum, Mark Howlett, and Jana & Jan Urban of SAMM each will take turn housing the team trophy! Oh, and since putting the team together was Debbie's idea, they made her run two legs. Debbie also put together a team for the x-c ski, downhill ski, canoe, bike, and run multi-event Ridge-to-River Relay and was joined by again by Chris and Jan. She also recruited Kevin Welton of COC and Samm's Dave Tallent. Now they didn't exact win, but they had a strong finish and came back with a story that will be extremely funny in 15 or so years.

Fee in the Forest

As you may know, come June 1st the US Forest Service will implement a "Trail Park" Pass System, very similar to the existing "SnoPark" System. The bad news is that one must pay \$3 a car to park within a 1/4 mile of trailhead at selected locations or obtain a yearly pass for \$25. The good news is that at least 80% of the monies generated must be used for maintenance of trails in that area. The better news is that if one is willing to volunteer two days doing trail work on USFS lands, one gets a pass for those work days plus a yearly pass for no cost. The best news for orienteers is that since we

don't typically use a designated trailhead parking area, the Trail Park System only effects us if we are going hiking or some other non-orienteering activity.

New Web sites announced

We are pleased to pass on a new orienteering website from Olive Kearney of LAOC that has schedule info for all of the west coast. The address is: <http://www.geocities.com/Yosemite/Trails/4040/>. (Of course, Howard Halter's, of Sammamish OC, website is a super place for puget sound info. The address is: <http://www.eskimo.com/~halter/orienteering/pnw.html>.)

Congrats Eric!

And last by not least, congrats to COC's Eric Bone, who took 2nd place at the orienteering team trials and is again on our National Federation Orienteering Team. Eric will be join by 9 others from around the country for the upcoming international federation competition, all under the seasoned eye of USOF Team Coach - our own Fred Veler of Sammamish OC.



Meet Results

Carkeek Park, March 16, 1997

Cascade Orienteering Club

Meet Director, Pick-Up: Bill Cusworth
Courses, Timing, Pick-Up: Donald Denbo

Registration: Mark Hartinger, Bill Cusworth

Timing: Ardis Dull, Margie Bone
Timing, Pick-Up: Eric Bone

Course 1 (1.3 km, 25 m, 6 controls)

Ken Young	14:19
James Dempewolf, et. al.	19:26
Eric Svaren	23:33
Mykel Stivers	23:56
Jonathan Boze	23:57
Madeleine & Will Enger	SAMM 24:36
Molly & Dave Enger	SAMM 28:15
Denise Lishner	43:06
Gary Faulds	68:05

Course 2 (1.7 km, 85 m, 8 controls)

Ken Young	19:35
Margie Bone	COC 38:53

Mark Hartinger, et. al.	COC	44:07
James Dempewolf		49:21
Janet Flatten		49:43
Bob & Pat Reddick	SAMM	52:29
Roger Sharp & Ed Kaplan	COC	56:12
Anna, Matej, & Jana Urban	SAMM	57:35

Course 3 (2.3 km, 130 m, 10 controls)

Don Atkinson	COC	36:57
Burr Knapp		45:43

Course 4 (3.0 km, 165 m, 13 controls)

Jan Urban	SAMM	31:44
Eric Bone	COC	36:11
Rick Breseman	COC	36:44
Dave Enger	SAMM	41:24
Jan Vrana	COC	44:11
Tyler Frederickson	COC	46:55
Fred Veler	SAMM	49:33
Eileen Breseman	COC	55:02
Todd Drobnick		55:44
Ardis Dull	COC	57:11
Sandy K Miller	COC	58:37
Ken Lew	COC	65:23
Jim Slyfield	COC	66:25
Jake Reeder		67:19
Pat Kelly	COC	68:21
Dan Parr		69:07
Roger Rosenblatt	COC	69:11
Larry Sorenson	COC	72:12
Jim Siscel	COC	82:07

Horns Rapids County Park, March 16, 1997

Sacajawea Orienteers

Meet Director, Course Setter: Michel Billaux

Instruction: Ivar Husa

Saturday morning brought an accumulation of near to an inch of snow. Good thing that this meet was on Sunday when the weather was close to the 60 degree mark! Our web page is at <http://www.cbvcp.com/saco/>

Beginner Course

John & Mari Hubbe, Anna Prentice and Christina Husa	78:12
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Intermediate Course

Steve Krogrud	54:15
Ron & Jerry Claghorn and Tim Crow	56:15
Stan, Maggi and Christina Crow	60:49
Chuck and Dylan Peden	76:10
Liliane Billaux	79:32

Advanced Course

Frank Skorina	48:09
Ivar Husa	66:44
Robert Gruel and Ben Johnson	101:31

Washington Park, March 23, 1997*Chuckanut Orienteering Club*

Meet Director, Courses: Ken Klepsch
Registration, Timing: Johanne Klepsch
Beginner clinic: Mike Schuh

Course 1 (1.4 km, 8 controls)

Ken + Richard Johnson	24:47
Miller Family	59:00
Laurie Sherman	59:00
Elsner Family	61:35
Anette Haggard	Map Hike

Course 2 (2.4 km, 9 controls)

Ken + Richard Johnson	46:16
Jim Thompson Family	99:00

Course 3 (3.5 km, 12 controls)

Todd Drobnick	35:45
Don Atkinson	42:25
Roger Mertens	47:21
Daniel Parr	55:45

Marymoor Park, March 23, 1997*Sammamish Orienteering Club*

Meet Director: Dave Enger
Courses: John Sinock
Registration: Lew Sinock

Course 1 (2.1 km, 5 controls)

Joe Buck	28:30
Margie Bone, Ann & Robbie Paine	30:34
Thompson/English	34:40
Ken Houghton	35:55
Bob, Mike & Lauren McLaughlin	37:44
Albert McLague (group of 3)	39:05

Course 2 (3.4 km, 6 controls)

Knut Olson/Heath McHenry	43:24
Roger Sharp	50:12
Sally Riggers + 3 kids	77:43
Thompson/English	DNF
Fernne Rosenblatt	DNF

Course 3 (5.3 km, 11 controls)

Dave Enger	38:28
Dave Tallent	38:53
Roger Rosenblatt	43:35
Gorden Bowen	43:54
Rob Knudsen	44:50
Burr Knapp	46:51
Fred Veler	50:04
Carl Moore	50:05
Linda Moore	54:42
Don Denbo	55:10
Harvey Freidman	58:02
Ken Lew	58:10
Don Powell	61:25
Randy Kriesel, Joe Mannion, David Cowan, Bill Bohi	61:25

Jim Sissel

66:00

Jim Enright

DNF

Ron Lorentsen

map hike

Joanne Hurst

COC map hike

Woodland Park, April 1, 1997*Cascade Orienteering Club***Newcomer's Meet**

Registration: Linda Hood
Courses & starts: Harvey Friedman
Finishes: Randy Brasfield?, Margie Bone

Beginner Instruction: Fred Veler, Ardis Dull, Margie Bone

Went for more maps: Don Atkinson

Marker Pickup: Harvey, Don

Meet Director: Margie (forgive me if I've forgotten some helpers; I'm writing this 3 wks later)

The weather was kind, the courses good. Except for my misjudgment in how many of what kind of map to print, things went smoothly and turnout included kids from both the school league and Girl Scouts. There was a great turnout from Marysville-Pilchuck and Burlington-Edison.

Novice Course (1.11 km, 7 controls)

Jesse Sanchez M-P JROTC	11:00
Frances Evans, Polly Macomber, David Black	13:00
Dave & Penny Thompson	18:00
Ron Lorentsen	18:48
Diane Hennessey	18:55
Jennifer Hale & Hope Haugen	GS 20:48
Marilyn Thomas	COC 21:00
Kirsten, Gillian, Sara, Whitney	GS 24:00
Eric Hofbeck, Joanne Fall	COC 24:41
Polly, Francis, David	33:10
Austin & Aaron Amort	COC 30:00
Adam Stone	38:50
Jessica Rykken & friends	GMOC 40:30
Steve Krippner	45:20
Carol Bevan & Rana Wilcox	48:20
Brownies 267 (Sroczynski)	map hike
Caitlin, Brita	map hike
Eric & Ardis	map hike
Carloyn	map hike

Beginner Course (1.5 km, 8 controls)

Nathaniel Heeg	11:30
Roger Dean Sr.	NISQ 12:00
Jennifer Hale	21:30
Michele Dean	NISQ 21:45
Roger Dean Jr.	NISQ 23:45
Eric Hofbeck, Joanne Fall	COC 27:20
Dunning Family	28:05
Bill Ryan	28:50
Matej & Anna Urban	SAMM 29:03
Marilyn Thomas & Team	COC 31:30
Kirsten, Whitney, Sara, Emily	GS 33:45
Maria Towle & Family	41:00

Intermediate Course (2.39 km, 10 controls)

Steve Layman	19:08
Nathaniel Heeg	20:45
Bill Ryan	Boy 36:00 Scouts
Bob Reddick	SAMM 36:35
Ron Lorentsen	40:38
Eric Svaren	41:48
James Dempewolf	42:30
Jim Laurel	45:05
Pat Dempsey & Carol Lynn Ockford	48:10
Diane Hennessey	59:33
Steve Krippner	map hike
Joanne Hurst	COC map hike

Advanced Course (3.2 km, 10 controls)

Jan Urban	SAMM 19:20
Debbie Newell	COC 20:26
Jana Urbanova	SAMM 22:09
Chris Lum	SAMM 23:21
Curtis Chambers	24:33
Nathaniel Heeg	24:40
Howard Halter	25:20
Don Atkinson	COC 26:10
Michael Medina	MPHS 26:20
Jason Dempsey	Bethel 28:14
Nathan Hardy	MPHS 28:59
Donald Denbo	COC 29:30
Burr Knapp	COC 30:20
Josh Panchot	MPHS 33:53
Daniel Parr	ARC 34:00
Joseph Marks	34:44
Steve Core	34:55
Randy Brasfield	COC 43:20
Paula Brown	COC 49:20
Alvin Imadhay	51:45
Erika Jones	BEHS 52:38
Jack Kennard	53:20
Wendi Kennard	58:20
Miguel Valencia	JROTC 62:38
Ashley Elzea	72:25
Will & Dave Enger	SAMM 82:45

Sacajawea Park, April 6, 1997*Sacajawea Orienteers*

Control Pickup: Michel and Liliane Billaux, Joshua Holland, Erik Husa, Frank Skorina

Meet Director and Everything Else: Ivar Husa

What a wonderful day to orienteer. It was 70F and severely clear over the course at the confluence of the mighty Snake and Columbia Rivers. The course was set over a wonderful site to observe wildlife, which could explain some of the times that were turned in. One pair of competitors was nearly lapped by an ambitious

runner who covered the advanced course twice in succession.

Coyotes were seen (and heard), as were pheasant, deer, ducks, quail, and red-tailed hawk. A real birder could report many more. Hmm... a new form of Score-O? Five points for a control, one point for each type of bird identified???

Beginner (1km, 6 controls)

Barb Hernandez	18:00
Christina Husa	26:00
Joshua Holland	31:00

Intermediate (2km, 7 controls)

Liliane Billaux	33:15
Barb Hernandez	47:00
Joshua Holland	56:30

Advanced (3.8km, 9 controls)

Frank Skorina	28:25
Gordon Bowen	36:15
Michel Billaux	45:10
Dan and Robin Kenney	92:15
Larry Birkhead & Paul Patterson	98:00

1996 USOF Rankings

Bill Cusworth, Ranking coordinator

The following is a summary of the 1996 USOF Rankings. Local orienteers are in bold. [My apologies for any local orienteers that I may have left out - Editor]

	Club	# of Races	Time	Rank	USOF Patch
Blue Course					
M21A					
1 Mikell Platt	RMOC	12	67:13	Gold	
2 James Scarborough	BAOC	8	71:09	Gold	
3 Eric Bone	COC	11	71:47	Gold	
21 Fred Schmitt	COC	6	87:35	Bronze	
25 Bill Cusworth	COC	11	91:27	Bronze	
40 Nicholas Bone	COC	12	107:10		
Arne Skog	SAMM	3	109:26		
Red Course					
F21A					
1 Kristin Hall	UNO	6	64:00	Gold	
2 Sandy Stripp	AOK	6	74:03	Gold	
3 Peggy Dickison	OK	17	76:31	Gold	
10 Debbie Newell	COC	7	94:15	Bronze	
18 Eileen Breseman	COC	6	111:30		
M20A					
1 Fred Schmitt	COC	4	79:17	Gold	

2	Kenny Walker Jr	QOC	4	80:44	Gold
3	Christoph Zurcher	RMOC	4	82:59	Gold
	Eric Riggers	SAMM	2	137:22	
M35A					
1	Mikell Platt	RMOC	2	54:46	Gold
2	Mihai Veres	SVO	6	65:35	Gold
3	Alar Ruutopold	UNO	9	66:22	Gold
	Howard Halter	SAMM	2	161:45	
M40A					
1	Ernst Linder	NEOC	8	67:10	Gold
2	Brad Whitmore	SVO	12	68:18	Gold
3	Bruce Wolfe	BAOC	5	69:58	Gold
18	Rick Breseman	COC	9	96:08	Bronze
	John Rogers	SAMM	3	75:18	
M45A					
1	Peter Gagarin	NEOC	4	62:02	Gold
2	Stephen Tarry	UNO	8	66:31	Gold
3	Don Davis	QOC	8	73:34	Gold
23	Dave Tallent	SAMM	7	103:59	
M21B					
1	Eric Bone	COC	2	56:54	
2	Nicholas Bone	COC	2	79:02	
3	Erik Olson	USMA	2	79:49	
4	Bill Cusworth	COC	4	83:02	
	Mark Howlett	SAMM	3	93:38	
Green Course					

1	Tony Federer	UNO	10 54:48	Gold
2	Joe Scarborough	BAOC	18 66:37	Gold
3	John Edwards	DVOA	12 68:10	Gold
10	Scott Donald	COC	17 80:38	
<i>M60A</i>				
1	Edwin Gookin	SDO	15 61:49	Gold
2	Al Smith	SLOC	12 66:44	Gold
3	Bruce Case	DVOA	12 67:18	Gold
4	Carl Moore	NISQ	11 74:46	Silver
<i>MOPG</i>				
1	Peter Andersen	UNO	2 49:17	
2	Bill Cusworth	COC	4 53:02	
3	Stephen Stibler	HVO	6 69:12	

Brown Course

M65A					
1 Al Smith	SLOC	7	36:26	Gold	
2 Russ Bruce	FLO	15	48:57	Gold	
3 Knut Olson	COC	21	53:10	Gold	
6 Kenneth Lew	COC	17	60:43	Bronze	
13 Bruce McAlister	COC	12	102:47		
F45B					
1 Susan Pearson	NEOC	6	57:29		
2 Kathleen Weber	QOC	8	68:25		
3 Leslie Minarik	BAOC	9	75:03		
7 Anne York	COC	4	89:11		

M50B

1 Jack Williams	DVOA	6	53:07		
2 Bill Royall	HVO	6	73:30		
3 Michael Commons	NEOC	8	125:46		
Harvey Friedman	COC	2	95:15		

MOPBr

1 Wyatt Riley	BAOC	7	41:56		
2 George Minarik	BAOC	3	42:17		
3 Bill Cusworth	COC	2	44:49		

Orange Course

MOPO

1 Edwin Zipp	POC	8	71:26		
2 Van Anthony	QOC	8	78:13		
3 James Dupriest	GAOC	3	81:16		
4 Ken Klepsch	CHUKO	4	92:22		
Bruce McAlister	COC	3	155:19		

Yellow Course

FOPY

1 Gloria Armbruster	HVO	8	81:14		
2 Samantha Zipp	POC	8	81:59		
3 Phylis Wood	DVOA	4	87:10		
13 Johanne Klepsch	CHUKO	4	170:59		
Karen MacDonald	SAMM	2	98:45		

Where and what are these Orienteering Clubs?

The Orienteering clubs listed here 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, Sacajawea is based in the Tri-Cities area, and Chuckanut O.C. is based in Bellingham. 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 loan (with deposit) 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 of socks and shoes are nice. Bring a watch so you can keep track of the time.

COC Officers and Coordinators:

Bill Cusworth	President	789-1346
Eric Bone	Vice-President	634-2279
Sandy Kish Miller	Treasurer	782-1437
Ardis Dull	Secretary	364-4062
Rob Simpson	Volunteer Coordinator	361-9316
Aaron Charlop	Memberships	937-5855
Debbie Newell	Mapping Coordinator	488-7471
Don Atkinson	Equipment	488-0270
Eric Bone	Training Coordinator	524-3718
Don Denbo	Newsletter	366-0624
Paul Magnus	Executive Board	335-3555
Jim Siscel	Executive Board	778-7202
Eileen Breseman	Publicity and Promotion	483-6592
Rick Hood	Environmental Coordinator	367-2606

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

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. Fees vary, but 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.

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
 Seattle, WA 98103
 —OR—

P.O. Box 3682
 Bellevue, WA 98009
 —OR—

Ellensburg Orienteering Sacajawea Orienteers

c/o Will Sperry
 1006 N. Water St.
 Ellensburg, WA 98926

c/o Frank Skorina
 116 Stanton
 Walla Walla, WA 99362

Other Club Contacts:

Frank Skorina, Sacajawea Orienteers	(509)522-2770
Will Sperry, Ellensburg O.C.	(509)925-4716
John Beck, Eastern Washington O.C.	(509)838-7078
Scott Drumm, Columbia River O.C.	(503)261-1493
Eric Bone, Husky O.C.	(206)634-2279
Ken & Joanne Klepsch, Chuckanut Orienteers	(360)299-1010

Club members (any club)	\$4.00
Non-club members	\$5.00
Junior (under 18)	\$3.00
Families	map fee only after first two

Upcoming Orienteering Events

Call the Hot Line at 206-783-3866 (or the website at

<http://www.eskimo.com/~halter/orienteering/pnw.html>) for latest information and details

Date/Time	Location and Comments	Type	Club	Map	Contact
MAY					
Sat/Sun May 3/4 11-1pm/10am -noon	Bullfrog. Near Cle Elum. Take Salmon La Sac Exit No. 80 on I-90. About 2 miles N to site	B	SAMM	1:15000	Dave/Val Enger 206-822-6254
Sat, May 3, 4 pm	W.S.O.A Meeting. Cle Elum. Kent Verbeck. 509-674-2755	X			
Sat, May 10, 9 am	St. Edward Park. Remove vegetation party. (206-367-2606)	X			Rick Hood
Sun, May 11 10am - noon	Lynndale Park, Lynnwood. Take 196th St. West from I-5 and Hiway 99 to 68th Ave. W, N to 189th Pl, W to park. A <i>motalla individual relay mass start</i> will be at 11am. Beginner course starts from 10am - noon	C	COC	1:5000	Rick Hood 206-367-2606
Sun, May 18 1 - 3 pm	Rooks Park, Walla Walla. Take Mill Creek Road off SR 12 east of Walla Walla	C	CROC	1:10000	Frank Skorina 509-522-2770
Sun, May 18 10am - noon	Hoyt Arboretum, Portland OR. North of Zoo.	C	CROC	1:7500	John Britton 503-224-3253
Sun, May 18 11am - 1 pm	Cornwall Park, Bellingham	C	CHUCKO	1:5000	Ken Klepsch 360-299-1010
Wed, May 21 5:30 - 7 pm	Robinswood, Bellevue. East of 148th Ave. NE, North of Eastgate interchange on I-90	C	SAMM	1:3000	Chris Lum 206-822-6254
Sat - Mon May 24 - 26	U.S. Team Training Camp, Cle Elum. Open to all interested.	X			Fred Veler 206-545-7220
Sat/Sun May 31/ Jun 1, 1-3pm, 9am	Riverside St. Park, Spokane. Take Exit 281 from I-90 go North on Division to Francis, then west on Francis to Nine Mile Road (SR 291).	B	EWOC	1:15000	John Beck 509-838-7078
Sat/Sun May 31/ Jun 1, 12 - 2 pm	Newcastle Island, Nanaimo, B.C. Take Tsawassen-Nanaimo Ferry.	B	VO	1:10000	Marvin Eng 250-652-9115
JUNE					
Sat/Sun, Jun 7/8	Aspen Grove, Near Merritt, B.C.	B	GVOC	1:15000	John Rance 604-526-3319
Sun, Jun 8, 9 am	St. Edward Park. Remove vegetation party. (206-367-2606)	X			Rick Hood
Wed, Jun 11 5:30 - 7 pm	Big Finn Hill, Bothel. At Bruce McAlister's 14014 81st Pl. NE, Bothel, WA.	C	SAMM	1:5000	Bruce McAlister 206-821-6862
Sat/Sun, Jun 14/15 (times?)	Cle Elum Ridge. Cle Elum, WA. Take Exit 86 on I-90, north across freeway, then east on SR 10.	C	COC	1:15000	206-783-3866
Sat, Jun 21	Mt. Dufferin Park, Kamloops B.C.	R	SAGE		Allan Stradeski 250-374-7018
Jun 22 11 am - 1 pm	Champoeg State Park, Newberg OR. From I-5 or I-205 south of where they rejoin south of Portland, follow signs from I-5.	C	CROC	1:10000	Mal Harding 503-638-8977
Jun 22/23	Eden Valley Scout O', Medford, OR.	C	CROC		Joe Hallett
Sat/Sun Jun 28-29	Ruckle Park, Victoria, BC.	B	VO		Diana Hocking 250-477-7624
JULY					
Jul 3-13	Colorado "1000-day" w/ 4 Champs. Lake George, CO	A	BSK		Dan Walker 303-828-3491
Jul 5-6	Alberta Champs, MacKenzie Crossing, Edmonton	A	EOOC		Doug Dowell 403-435-2351
Jul 12	University of Washington Campus, Seattle. Take 45th St. Exit from I-5 east to 17th Ave., turn right into UW.	C	COC	1:5000	206-783-3866
Jul 16 5:30 - 7 pm	Luther Burbank (mass start). Exit I-90 at the Island Crest Way exit. North one block to 26th St. east to park.	C	SAMM	1:5000	Dave/Val Enger 206-822-6254
Jul 20 11am - 1pm	Battle Ground State Park, Battle Ground WA. Travel to Battle Ground from I-5, turn North on Grace Ave., follow signs to park.	C	CROC	1:10000	Terradan Lanchild 360-254-4090
Sat/Sun, Jul 26/27 11-1pm, 10-noon	Bullfrog. Near Cle Elum. Take exit 80 on I-90. About 2 miles N to site.	B	SAMM	1:15000	Dave Enger 206-822-6254

COC: Cascade Orienteering Club

EWOC: Eastern Washington O.C.

VO: Victoria Orienteers

GVOC: Greater Vancouver

SAMM: Sammamish O.C.

CHUCKO: Chuckanut

CROC: Columbia River O.C.

SAGE: Sage Orienteering Club, Kamloops B.C.

A: National Meet

R: Rogaine

B: Major Event

C: Regular Local Meet

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 \$450 ☐ Family Life \$540

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 along 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 costs, are fully tax deductible. JOIN NOW!

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(206) 783-3866



If your label is marked with high-
lighter, your membership has lapsed!

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