

# Bearing 315

Newsletter of the Cascade Orienteering Club

Spring 2008

## President's Comments

Jim Siscel, COC President

We have just concluded an outstanding Winter O/WIOL Season. We had more participants during the past season than in any past years. A tremendous Thank-You to all the volunteers who help at each meet. Without you our meets could not be so successful. Thank you to the eight course setters who laid out seven challenging courses at each meet. Thank you Jana Dvorak for being permanent Meet Director and Don Atkinson and Doug Sprugel for running the Epunch Computer area at each meet. Thank you to Mike Schuh for recruiting the volunteers needed at each meet.

The weather varied from nasty, windy, and rainy at Magnuson Park to a beautiful conclusion at the Championships at Green River Community College. Thanks to Mike Schuh for another great new map at Green River CC.

We are looking forward to an exciting Ultimate O Season. All of the venues have been approved.

The Northwest Forest Frenzy, an A-Meet, will be held the first week-end of August. Our Junior orienteers and other Junior orienteers from across the U.S. are putting this meet on in the Cle Elum area. I have attended some of their meetings and they are doing a great job of preparation. Be sure to put this meet on your summer schedule. Watch our website for more information when the registration period rolls around.

Thank you, Gina Pricco, for volunteering to be Equipment Coordinator.

## New Permanent Orienteering Course

Jim Siscel, COC President

A new permanent orienteering course has been installed in North Neighborhood Park in Lynnwood. The map is available through the Lynnwood Parks and Recreation Office. The course was funded by REI, the Lynnwood Elementary School PFT, and Lynnwood Parks and Recreation. This is a beginners-only course of seven controls around the small neighborhood park. The map and course were made so that Susan Sellers, the Physical Education Teacher at neighboring Lynnwood Elementary School, would have a real orienteering map and course to teach orienteering to her PE classes. Susan has been using a hand drawn B & W map for years and is thrilled to have the colored O' map to use now.



Jim Siscel presents the Vampire Cape to the winner of the Vampire O, Patrick Nuss. Patrick will set courses for the 2008 Vampire O.



Left to Right: Katie Swan, 4th grade student of Susan Sellers; Dave Swan, REI; and Jim Siscel who along with Susan Sellers, photographer, installed the 7 controls at the park.

## What Makes a Strong Team?

Bob Forgrave, EAS Coach

This was the first year that Environmental & Adventure School (EAS) sent a team to Interscholastics, but the planning for it actually started four years ago. WIOL scoring has an interesting dual definition of a team. Mathematically, it's the sum of everyone who runs, up to three participants. Socially, it's the entire school's participants, even across competition categories. Four years ago, the little EAS school of 138 kids had a team of one orienteer. From a team standpoint, it was mathematically and socially irrelevant. But it was a start...an army of one. So we crafted the yearly goals for the super-secret EAS Plan for World Dominance:

Year 1: End the year with three kids on a middle school team

Year 2: Win middle school and have a complete Girls JV team

Year 3: Win both middle school and Girls JV and enjoy WIOL Champs

Year 4: Field middle school, Girls JV, and Boys JV teams and enjoy Interscholastics

Along the way, we discovered even more about what makes a strong team. It's the kids who enjoy each other's successes, share learnings, and design team t-shirts and group activities. It's the parents who walk out on the course with maps to see what all the excitement is about, and still have hot chocolate for cold, wet kids after the competition. It's the teachers who ask how the meet went and guide new members toward the fun. It's the volunteers who make sure everyone is taken care of, from the newest kids to the most grizzled leaders. And it's the other teams' coaches and orienteering enthusiasts who share skills and warmly welcome new members into the community. Heck, this whole area is a team!

And that's why 43 intermingling Cascade Orienteering Club members enroute to Interscholastics were happily crowded aboard American Airlines Flight 1516 to Dallas, AKA "The Party Plane" the night of February 14<sup>th</sup>, all coordinated by parent and volunteer-extraordinaire Sue Kuestner. Among them was an EAS team of four—Danielle Spencer, Andrew Spencer, Anne Wilkinson, and Bonnie Gilbery—heading into the unknown with equal parts excitement and apprehension. Even their coach was an Interscholastics novice! All I knew for sure was that the registration process was complicated, the courses were going to be longer than anything we'd ever experienced before, and that we had a really good team. We were going to enjoy the three-day Interscholastics event no matter what.

Things are different in rural Texas. The state flag flies higher than the US flag, there's a lot less underbrush (all with thorns), less greenery, and there are a lot fewer pedestrians and sidewalks. On the first day, I checked into Clements Boy Scout Ranch, a wilderness area bigger than four Camp Hamiltons. The ranch's commitment to ecological preservation is evident by the 22 well-preserved taxidermy specimens that adorn the walls of the registration area (Okay, 21 were well-preserved, actually. The last one was a deer head with bandaged left ear and eye that certainly has a local story behind it. Roadkill Ronnie?)

Eventually we completed check-in and ran the 2K "Sprint" Course, which was basically a tune-up for

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the two-day big event. Our first discovery, other than the thorns that we were already warned about, is that humidity wears you down. Even the rain was warm! After we overheated and learned about thorns all over again, we changed into clothing that was as cool as possible but protected the shins. This paid off in the second day's run—the first of the big championship—when everyone went a lot faster and Bonnie and Danielle even finished near the top.



Danielle Spencer receiving her third place medal.

Then the surprises happened. Bonnie got a severe stomach flu and needed to go to the hospital with me for a couple of IVs. Meanwhile, Andrew finally figured out how to use his thumb compass and cut his time IN HALF on the same length course. (A compass lesson my daughter Becky learned in the same event, oddly). By the time the dust had settled, Anne had cut half an hour off her course time for a fourth-place Day 2 finish, Danielle had medaled third place overall for all middle-schoolers in the country, and our EAS team with an orienteer in the hospital had still managed to...well, I'm still not certain. Until the official team data gets posted from a week ago or the method for calculating team scores gets simplified, I'm as in the dark as the spectators. (Note to USOF, here's a great opportunity to improve the appeal of our sport!) Rumor has it, we outran the defending champions, yet placed fourth behind three teams that came from nowhere. No matter, we achieved our goals anyway.

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Even more than that, we made some great memories for a lifetime. I will always remember the thunderstorms that rattled the hotel walls and knocked out power. And the in-room card games with ex-EAS team members that involved knocking someone off the bed when some repeated event happens (I never did figure out exactly what...) The restaurant where our local club asked if they could have a table for 50 (Aaahhh! Okay). The EAS cheering squad that involved The Wave and cheering mob following our finishers down the finish chute. Bonnie cheering to consecutive finishers from other teams: First, "Hurry up, he's going to catch you!" then to the second person, "Hurry up, you can catch him!" And ex-EAS kids, now on various club teams, forming strong bonds of their own with other members of the orienteering community as they build their own winning teams.

Yep, this event definitely deserves a repeat performance. EAS will be back. There's a fifth year to the super-secret plan.

## Northwest Forest Frenzy Update

Holly Kuestner

Planning for Northwest Forest Frenzy, the first junior-hosted A Meet, is underway. Events will take place August 1-3 in the Cle Elum area. The meet will feature a sprint course and street scramble in Cle Elum on Friday August 1<sup>st</sup> (courtesy of Eric Bone) and two national-ranking races on Saturday and Sunday.

We are very excited to have Camp Koinonia reserved for the weekend. Cabins, tent sites, and meals can be booked at Koinonia, and it will soon be possible to make these arrangements through the online registration system. See you in August!





## Desert Orienteering: Arizona

Matej Urban

*Editor's Note: Cascade members Eric Bone, Kelsey, Rick, and Ryan Breseman, John Lee, Ken Lew, Marissa Roecks, Anna Urbanova, Matej Urban, and Kean Williams competed recently in the Western States Orienteering Championships near Tucson, Arizona. In the following article, Matej shares route choices from the Day 1 Red course.*

**S-1:** My dad always has problems with the higher altitudes, and it was apparent the minute he turned the air conditioning off and stepped out of the car. So far, I had spent a few days in Arizona already and it wasn't too bad. Unfortunately, I hadn't yet done much physical activity besides walking around, and warming up seemed to be counterproductive. It was getting quite warm, and the breathing situation had gotten a lot worse. I started out going more or less north from the start, and I followed the riverbed through the left fork of the reentrant, around the bend and up the smaller reentrant, right to the control.

**1-2:** I started out running up the reentrant from the control, sticking to the left side of the hill and following it right around to a reentrant on the other side.

**2-3:** I didn't see any way to aid some climb here, so I just followed the line on the map, down one

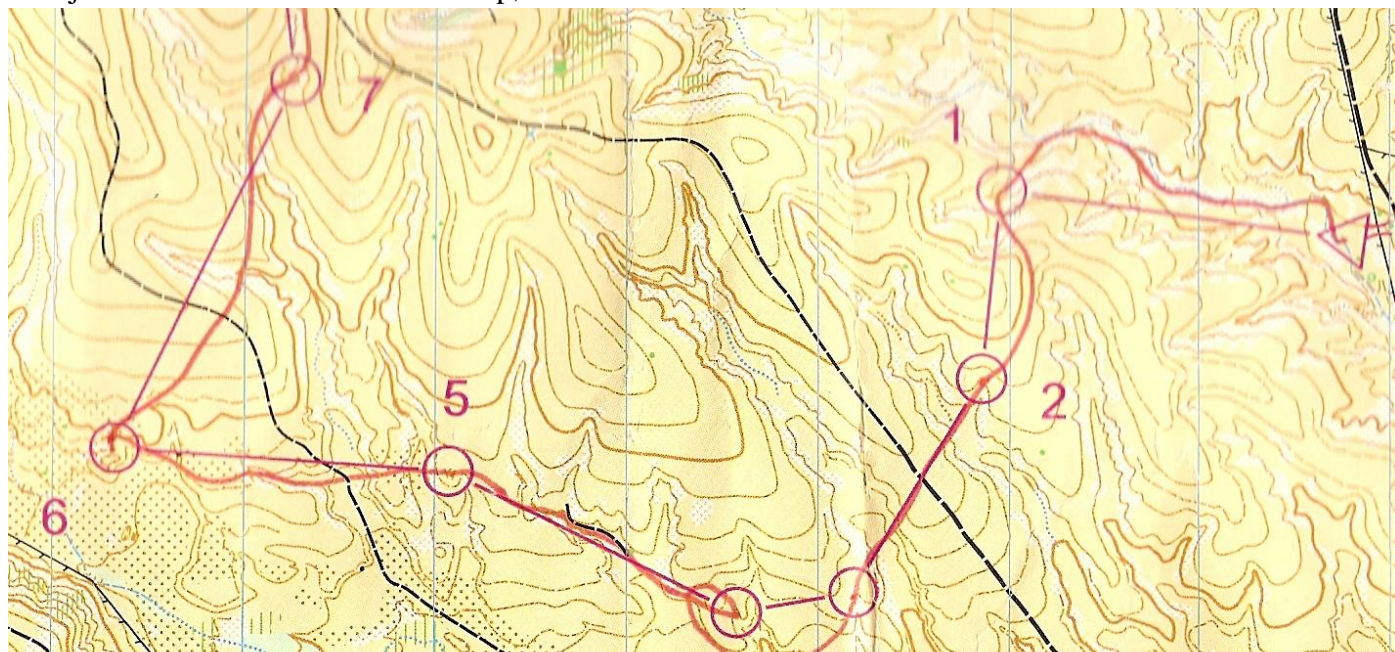
reentrant, over a spur, through another reentrant and up the last spur to the control.

**3-4:** Looking at the map, control 4 seemed significantly lower in elevation than control 3. I could see a reentrant—okay, what is with reentrants in Arizona? Of 42 controls, only 17 WERE NOT in a reentrant—that led right to the control. I ran down to the bottom of the reentrant, followed it right around the corner and up the opening and realized it was a different reentrant. I wheeled around and up the hill to the control.

**4-5:** I returned down the hill and followed the left fork of the reentrant I had just come from. Once it ended, it was a short hop up the hill to the next control.

**5-6:** A little bit of up and down was necessary before I crossed the trail, and guess what? Yep! You got it; I ran through yet another reentrant until it curved north. I continued west and around the hill to my control.

**6-7:** This was one of those legs where I glanced at the map and saw a bunch of options, and after deciding which one would be best, I realized it was definitely not the one I had started executing. I decided to keep running anyway. It's not like I could screw this leg up (oh just wait)... I ran up against the hill, down a short stretch and across a spur and reentrant before taking the north fork up to my control.



Map section showing the first seven controls of the Day 1 Red course at the Western States Championships. Matej's route choices are marked in red.

**7-8:** I decided to continue up the side of the reentrant and onto the trail. I ran up the trail and cut the very long corner before realizing I could just continue straight down this hill to the next trail and save some time. I followed the tip of the hill down around the riverbed and into a clearing. I noticed the tree to my right, and to this day I don't know if it was the one on the map. I wanted to follow the reentrant until it curved west, and I guess I took the west reentrant up instead, but I swear it curved west at the top. I ran to the right of a hill, and as it didn't look like a hill to my right, I thought I was correct. I ran a bit further west and finally realized I was wrong. I turned around and ran to the reentrant and it wasn't the right one, so I continued to the right one, didn't see the control, and finally decided that this was orienteering right—"I'd be lost without it." I ran along the spur I was on until I was able to determine exactly where I was by using the power lines way down yonder. Eventually, I returned to the correct reentrant. After traveling downhill to where I thought the control was, I didn't see it. Later, I was told there were weird whistling birds around, but at the time I had no idea; I just heard a whistle and went 3 meters toward it, and there was the control—lucky me. Dang, now that is what I call getting my money's worth—right, Anna?



Map section showing controls seven through ten, with Matej's routes marked in red.

**8-9:** At this point in the course, I wanted to be even more careful than I had been earlier, and I started noticing the lovely scenery more. Advertising side note: the orienteering in Arizona is amazing; I loved it. Anyway, I ran down the reentrant from the last control and followed the fence until a hill started protruding from the fence...sort of. I turned with the flat basin I was running in, passed one significant saddle by a tree, continued around into the reentrant, and found my ninth control.

**9-10:** At first, I thought it would be good to attempt to go around the huge spur before me, but my map revealed otherwise. Using the power line poles atop the spur I picked a reentrant and ran up and over the spur to my control.

**10-11:** I could see where I needed to go from the control, so I took off down the hill and onto the trail. When I came to the trail junction, I turned east and continued off the trail and down the hill. After running through the tight, little reentrant, I ran around the tip of the spur, and there it was.

**11-12:** I followed the reentrant southwest, crossed under the power lines at the top of the hill, and dropped into a reentrant that led down into a valley. Across the valley, I spotted the control in a small re-entrant in the opposing hillside.

**12-13:** I ran southwest from the control, trying to stay on the high ground, and cut from the spur onto the large trail nearby. I chose to follow the re-entrant while staying a bit high on the eastern side before reaching the fence. I shimmied—probably more of an army crawl—and ran down the remaining part of the reentrant to my control.

**13-14:** I continued down the reentrant and around the corner to the last control.

**14-F:** I pretty much straight-lined this one with the map tucked away, and I just ran as fast as I could.

Orienteering in the Tucson area was a blast. I'm glad I was able to enjoy the wonderful terrain and great course setting. If you weren't there, it is definitely a place you should check out. It's a



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beautiful place and lots of fun for orienteering—if you don't mind most of your controls being in reentrants.



Map section showing controls ten through the finish, with Matej's routes marked in red.

## An Appeal for Fleeter Orienteers to Volunteer for 2nd Shift at O'-meets

Harvey Friedman

Due to an unusual confluence of occurrences, at the WIOL champs at Green River Community College, no volunteer appeared to relieve me at the finish computer so, despite looking forward to it, I did not get to check out this new map. We all enjoy our sport and, I hope, would not want other volunteers to miss their runs. With the compressed window between course opening and marker pickup, the best solution would be for the fleeter finishers to plan to volunteer for 2nd shift. I quote a regular (and not that slow) orienteer below.

"This is why I don't volunteer at the meets anymore. If you are a slow runner it does not work. If I volunteer for 1<sup>st</sup> shift and my relief does not get there until noonish there is a good chance the controls will get picked up on me while I am still on the course. If I volunteer for second shift I may not get back in time to relieve the first shift, and if they are slow runners they don't get to finish their courses. I don't like irritating others..." so I no longer volunteer.

If we want to have splits done for us with the SportIdent Epunch system, and not have to fumble with the buttons on our Casio or Timex lap-memory watches, we need volunteers. The club can provide training on any of the positions for anyone, new volunteers or old, needing same.

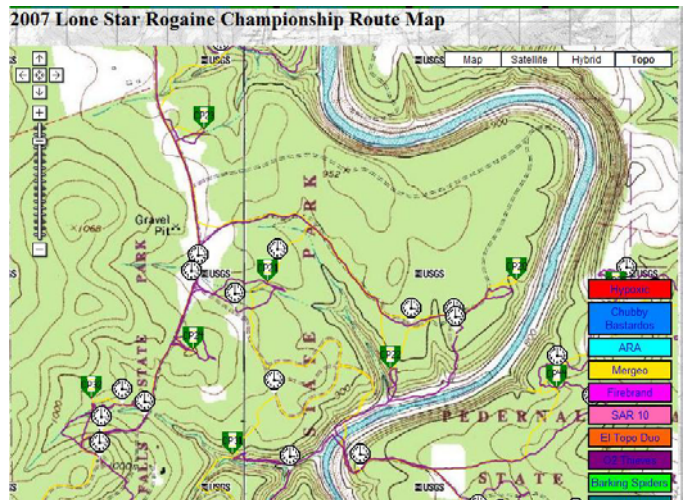
Please help arthritic old geezers enjoy the forest again.

## Technology and Orienteering

Peteris Ledins

As a beginner orienteer, I find it hard to analyze my mistakes—the more complex the map, the more surprising my routes are. This can be improved if the route is recorded with a GPS device and then analyzed later.

The first race analyzed this way for me was the Lone Star Rogaine championship where we were provided with an i-Blue 747 Bluetooth Data Logger (or maybe a different but similar model), packed in a water resistant container. Several teams carried these with the following results:



Map section showing the results of recording data during the rogaine. Two teams' routes are overlaid in purple and yellow. Image courtesy of <http://route-mapper.com/2007/LoneStarRogaineChampionship/index.html>

Currently it seems that they are working with only a small subset of all data points, although once much more precise routes were available.

After seeing this I decided to experiment a bit, and it turns out that google map customization is very, very easy if you know a little bit of Javascript

programming. I followed advice from mapki.com and accomplished the following:

1. enabled google maps in my web site
2. enabled TOPO maps through google maps interface
3. added some custom orienteering maps
4. enabled displaying of a GPS route
5. enabled clicking on a map to leave an orienteering checkpoint.

It turns out that number 1 was very easy—I just followed the manual provided by google:

<http://code.google.com/apis/maps/>.

The second item was a bit trickier, but possible to accomplish since TOPO maps are shared through <http://www.terraser.com/>. All I had to do was give an address from terraser such that it contained the needed picture of given region. An example url is this:

```
http://terraser-
usa.com/ogcmap6.ashx?REQUEST=GetMap&SERVICE=WMS&
VERSION=1.1.1&LAYERS=DRG&STYLES=&FORMAT=imag
e/jpeg&BGCOLOR=0xFFFFFFFF&TRANSPARENT=TRUE&SRS=
EPSG:4326&BBOX=-122.310791015625,47.65058757118734,-
122.2998046875,47.657987988142274&WIDTH=256&HEIGHT=
256
```

The BBOX part of the url describes two corners of the region while height and width at the very end specify the dimensions of the returned picture. The trickiest part for forming this url is to go from google map x and y and z coordinates to latitude and longitude ones.

Item 3 was of similar difficulty to 2, but here I had to serve the map myself—thus I had to rotate, scale, position, make tiles of, and finally, keep it somewhere on the web. For rotation I used the free GIMP tool; for positioning I used mapki.com, which provides links to pages that allow one to

determine how the given map overlays on an existing one; for tiling, I wrote a small utility in Python programming language, but one can also be obtained through mapki.com.

Item 4: Displaying a route is very easy with google maps, due to the GPolyline class and xml parsing capabilities of Javascript: a route saved in gpx xml format can be parsed very easily.

Item 5 can be achieved by adding a listener for a click event.

The current state of my google maps playground is here: <http://www.ltn.lv/~ledins/maps.html>. Click on TOPO to get TOPO maps. To get an orienteering map and see a sample route: <http://www.ltn.lv/~ledins/maps.html?path=priestp oint.xml> and click on the Priest button. Try clicking on a map to get some checkpoints drawn.

There is some work in the To-Do list, but I am not sure it will ever be done; I have satisfied my appetite. If anyone is interested in continuing to play around, I'm here to answer all questions. You can use the source I have written!

Interesting knowledge gained while playing with google maps and COC orienteering maps:

1. If a map is 20 years old then the magnetic declination has probably changed since then by some 3-4 degrees.
2. Visit [http://www.ltn.lv/~ledins/maps.html?path=ledi ns\\_fire.xml](http://www.ltn.lv/~ledins/maps.html?path=ledi ns_fire.xml) and press on Priest again. Since I followed the trails, one can read the actual shape of the trail there.

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**COC Officers and Coordinators:**

Jim Siscel	President/Membership/WIOL	Eric Bone	Training
Bob Forgrave	Vice President	Peter Golde	Mapping
Don Atkinson	Treasurer/Executive board	Terry Farrah	Publicity
Sue Kuestner	Executive Board	Sally Dow	Secretary
Debbie Newell	Executive Board/Events	Mike Schuh	Volunteer Coordinator
Jana Dvorak	Executive Board	Holly Kuestner	Newsletter
Patrick Nuss	Executive Board	Kathy Forgrave	Land Permissions & Insurance
Gina Pricco	Equipment Coordinator		

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## Upcoming Orienteering Events

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Contact</i>
<b>Apr-08</b>				
Sat, Apr 12	<b>Ultimate Orienteer #2</b> - Night-O', Lynndale Park, Lynnwood. Registration 7:45-9:00 PM; start times 8:15-9:15 PM.	C	COC	Jim Siscel asjs68@earthlink.net
Apr 19-20	<b>Relay and Middle Distance Championships, Sprint</b> , New York	A	ROC	Rob Holmes rahklh@frontiernet.net
Sat, Apr 26	<b>COC Course Design Seminar</b> , Magnuson Park. 9:00 AM – 3:00 PM. Preregistration required. Details coming soon.	X	COC	Dave Tallent
Sun, Apr 27	<b>U-District Street Scramble</b> , University Heights Center, 5031 University Way NE, Seattle, 98105. 9:30 AM. www.streetscramble.com	S	MerGeo	Eric Bone info@StreetScramble.com
<b>May-08</b>				
Sat, May 3	<b>Ultimate Orienteer #3</b> - Score-O', Priest Pt. Park, Olympia	C	COC	Jim Siscel asjs68@earthlink.net
Sat, May 24	<b>Gig Harbor Street Scramble</b> , Skansie Brothers Park, 3207 Harborview Dr, Gig Harbor. 9:30 AM. FREE. www.streetscramble.com	S	MerGeo	Eric Bone info@StreetScramble.com
<b>Jun-08</b>				
Sat, Jun 14	<b>Ultimate Orienteer #4 &amp; 5</b> - Sprint-O' followed by Short-O', Lord Hill Park, Snohomish	C	COC	Jim Siscel asjs68@earthlink.net
Sat, June 28	<b>Port Orchard Street Scramble</b> , 619 Bay St, in front of the Kitsap Bank, Port Orchard. 9:30 AM.	S	MerGeo	Eric Bone info@StreetScramble.com
<b>Jul-08</b>				
Fri, Jul 4	<b>Family 4<sup>th</sup> Street Scramble</b> , Wallingford Steps, N 34th St. & Wallingford Ave. N, Seattle, 98103. Afternoon, before fireworks. www.streetscramble.com	S	MerGeo	Eric Bone info@StreetScramble.com
Sat, Jul 19	<b>Seattle Night &amp; Day Challenge</b> , Seattle; precise location TBA. 16- hour, 7-hour, 3-hour options. 4:00 PM. www.streetscramble.com	S	MerGeo	Eric Bone info@StreetScramble.com
Sat, Jul 26	<b>Six Degrees of Navigation Adventure Race</b> , Teanaway Valley. Pending land use permission.	X	COC	Debbie Newell dnewel@verizon.net
Sun, Jul 27	<b>Ultimate Orienteer #6</b> - Goat-O', Teanaway Valley	C	COC	Jim Siscel asjs68@earthlink.net
<b>Aug-08</b>				
Aug 1-3	<b>Northwest Forest Frenzy</b> – 2-day A Meet & Junior Fundraiser, Cle Elum Ridge. Events begin Friday with a sprint and street scramble.	A	COC	Kelsey Breseman northwestforestfrenzy@gmail.com
Aug 4-10	<b>Laramie Daze – events close with Classic Distance Championships</b> August 9-10, Laramie, Wyoming	A	LROC/ RMOC	Mikell Platt Mikell@wyoming.com
Sun, Aug 17	<b>Canoe-O</b> (including kyaks and rowboats!), Union Bay, Seattle. Pending land use permission.	X	COC	Jim Siscel asjs68@earthlink.net

COC: Cascade Orienteering Club

LROC: Laramie Range Orienteering Club

SAMM: Sammamish Orienteering Club

RMOC: Rocky Mtn Orienteering Club

ROC: Rochester Orienteering Club

A: National Meet

C: Regular Local Meet

S: Street Scramble

X: Special Event