

Bearing 315

Newsletter of the Cascade Orienteering Club

Summer 2008

President's Comments

Jim Siscel

Is summer here yet? Well according to the calendar it is. No one can complain that they have been too hot after completing any of our recent meets. I'm writing this before our dual meet at Lord Hill, which I'm looking forward to. The Lord Hill map has some great potential and if we can find a mapper we plan on making it better this summer.

Thank you to all of the volunteers that have been helping at meets since the close of the Winter O season. I know I keep saying this, but without our volunteers we can't continue to put on the great meets that we have. So if you haven't volunteered for awhile, please consider doing so. We have some great meets this summer, and the fall/winter season will have at least two meets a month.

Speaking of this summer, the early registration is closed for the Northwest Forest Frenzy, but you still can register for this meet. Our junior orienteers have been working hard for a year to make this an exciting A-Meet in the Cle Elum area on August 2nd and 3rd, preceded by a sprint and street scramble on the 1st. The website for the meet is <http://northwestforestfrenzy.googlepages.com>.

This is a chance for you to participate in an A-Meet without having to travel long distances. Here is a chance to visit with orienteers from other parts of our country. Look at the



Under the current volunteer incentive system, COC volunteers receive Appreciation Coupons like this one.

website to see what they have planned for the meet and come on over to Cle Elum in August.

The Board would like to thank Holly Kuestner for being the "Bearing 315" editor for the past year. Holly has finished her senior year at Lakeside and is now off to North Carolina for her university education. She will be orienteering on the east coast for the next four years, except when she is home for vacations. Anna Urbanova has agreed to be our newsletter editor for the next year.

I would like to congratulate our other youth orienteers who are completing their high school education this year. Now they will be competing with the adults on the advanced courses. Some of us are going to have to run a little faster or we will be dropping down in the rankings.

Earn Free Cascade OC Gear!

Patrick Nuss

You've probably seen them, or at least heard about them. You may even have a few of them at home. Maybe in your pocket. Or, if you're like me, you have a stack of them to give away to friends and family. What are they?

Appreciation Coupons!

And these items are a necessary ingredient to maintaining a healthy, functioning club. Volunteers get 'em for helping out at a meet. These coupons are good for one free entry to one of our events. Regular volunteers are swimming in these things!

Guess what? The volunteer incentive system is going to get even better!

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Better than free event coupons? What can be better than that?

How about free Cascade Orienteering Club gear? Do you want to show your pride in your local orienteering club? Heck yes you do!

Starting in September,

volunteers at Cascade will earn points redeemable for about a dozen items, ranging from bumper stickers to hooded sweatshirts, styled with your choice of the traditional Cascade OC logo or a pattern similar to that of our orienteering jerseys. Just save up your points from multiple events!

Still want the appreciation coupons? That's an option, too. You can redeem your points for coupons, and the typical shift at a regular meet will earn enough points for a free coupon.

With the new incentive program, volunteers of all volunteer positions will receive points, from vetting and marker pickup (2 points each), to registration, start, and finish (3 points each) to meet directing, course setting, and e-punch coordinating (10 points each). Prizes can be redeemed for as little as 3 points (coupons and stickers) to 25 points (hooded sweatshirts).

Enjoy the free coupons for the remainder of the summer. Once fall comes around, look to score some spiff-o Cascade swag. In the meantime, if you have any questions or comments about the incentive program, contact Patrick Nuss.

Six Degrees of Navigation – Try It, You’ll Like It!

Debbie Newell

Mountain biking! Orienteering! River Trekking! And best of all: navigating!



Mountain biking is a fun component of the Six Degrees of Navigation Adventure Race.

Cascade’s sixth Six Degrees of Navigation Adventure Race is coming up at the end of July in the spectacular Teanaway Valley of eastern Washington. Choose your route as you navigate over hills, past giant rock features, and through beautiful valleys. We’ll also have an unannounced special

challenge or two along the course so you don’t get bored.

Pick your distance: the short course (approx. 18k) or the long course (35k). For more information and to sign up, visit our web page and click on the Six Degrees link on the home page.

Early-bird entry deadline: July 1.



The Six Degrees of Navigation Adventure Race takes place in the beautiful terrain of the Teanaway Valley.

Northwest Forest Frenzy Update
Holly Kuestner

Northwest Forest Frenzy is coming up one week after the Six Degrees of Navigation Adventure Race! The juniors and their adult advisors are working hard to put the finishing details on the event, which includes three days of orienteering in the Cle Elum area. A sprint and a street scramble

will be held on Friday August 1, and Saturday and Sunday will be classic distance A-meets.

Lodging and meals can be booked for the weekend at nearby Camp Koinonia. Koinonia offers cabins and tenting in a 120-acre woodland setting that's interspersed with meadows where orienteers can play a post-race game of soccer or capture the flag, or just lounge around and enjoy the sunshine. Swimming will be possible in the pond, and orienteers can fish for a small fee.

Lodging and meal arrangements must be made in advance, and all competitive entrants must also register for their courses online. These arrangements can be made through the NWFF registration website: <http://northwestforestfrenzy.googlepages.com/registration>. Register by July 12th to avoid late fees!

See you in Cle Elum.

Group of 9 Enthralled by Talented Course Setter Patrick Nuss

There's a good chance that you liked the challenges of running the courses at the recent doubleheader at Lord Hill Park. You may be surprised to learn that the course setter, Alex Frank, is a course-setting rookie and a recent graduate of the inaugural Course Design Seminar organized by the club in April. You, too, can become a proficient course-setter! Just enroll in the club's next seminar, tentatively scheduled for October.

Dave Tallent, course instructor and veteran setter, presented his designing philosophies to nine eager

students in a classroom at Magnuson Park. The seminar focused on how to build a set of courses, from beginner to advanced, from the ground up, using an array of techniques. The class learned how to keep the orienteer on his or her toes by varying three things: the terrain, the tempo, and the orienteering techniques required for a successful leg. Dave emphasized that experienced orienteers love having (and discussing!) multiple route choice options, and he taught the students about how to create challenging legs that are fast, fun, and fair.

But as we all know, not everyone who attends our events are seasoned veterans, especially during the WIOL

season. The class realized that just as much thought goes into setting beginner-friendly courses! On beginner courses,

we want to help the runners with linear handrails and visible controls placed such that they "lead" into the direction of the next leg. We discussed the delicate balance of designing intermediate courses: making them challenging, but not demoralizing. We want our intermediate orienteers to be able to use and practice some of the techniques they've learned. And, of course, anything goes for the advanced orienteers. "Reward the navigators, not the faster runners", as Dave would say. A good course setter will test all of an orienteer's techniques, even in a short race!

Throughout the instruction, the class worked with a lot of maps. We examined well-designed courses from previous events, sketched some legs on a Cle Elum map, and broke into groups for some full-fledged course-setting on the Magnuson Park map. Each group tackled a different skill level (beginner, intermediate, advanced) and went outside and set the markers. Members from the other groups tested the courses and provided



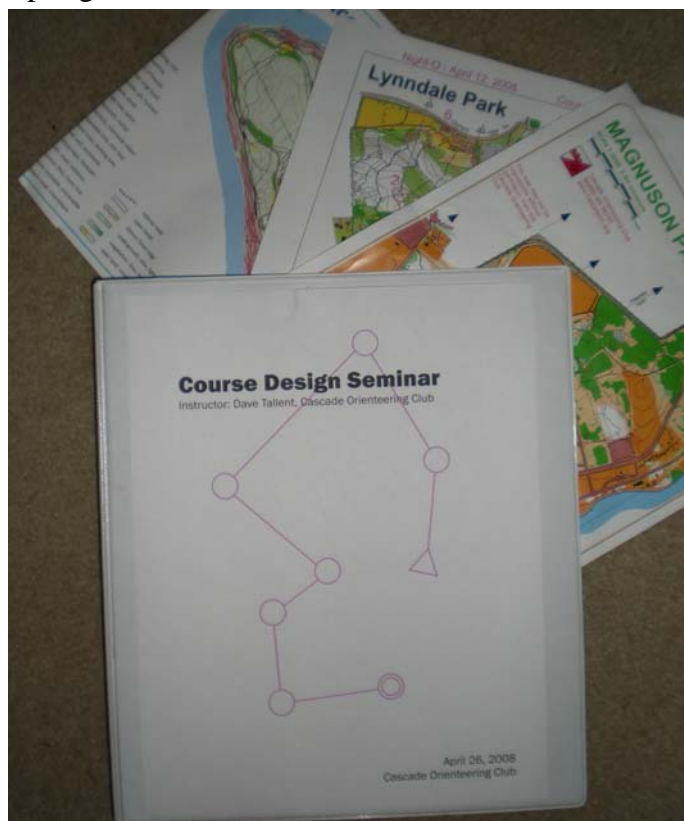
Camp Koinonia offers cabins and camping. This picture shows a view of the interior of one of the cabins.

instant feedback to the designers; what a great learning environment!

Another bonus to learning how to design courses is that you'll actually become a better orienteer. Once you know some of the tips and tricks that course setters use, you'll realize how you're being challenged and how to react with the proper techniques. We learned that course setters like Dave enjoy meddling with the psychology of an orienteer!

The April class graduated nine students: Tori Borish, Jonathan Church, Alex Frank, Holly Kuestner, Sue Kuestner, Oyvind Naess, Patrick Nuss, Brian Piquette, and Richard Staudt. Over the next few seasons, you'll see these rookie course setters volunteering their time by designing a challenging set of courses for you. If Alex's courses are any indication, it looks like we've got a lot of fun courses in the future!

If you are interested in participating in the next Course Design Seminar, contact the club!



Dave Tallent put together a comprehensive course-setting binder for every participant at his course-design seminar.

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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		

Upcoming Orienteering Events

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Contact</i>
Jun-08				
Sat, Jun 28	Port Orchard Street Scramble , 619 Bay St, in front of the Kitsap Bank, Port Orchard. 9:30 AM.	S	MerGeo	Eric Bone info@StreetScramble.com
Jun 28 & 29	Greenway Days Orienteering Event , Lewis Creek Park, Bellevue. Beginner course only; instruction available; courses not timed; maps are free courtesy of the city of Bellevue. 10 AM – 2 PM.	X	COC	Jim Siscel asjs68@earthlink.net
Jul-08				
Fri, Jul 4	Family 4th Street Scramble , 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 12	Redmond Watershed Park , Redmond. New map. Off-trail use may be limited.	C	SAMM	Bruce McAlister brucemcal@msn.com
Jul 19-20	Seattle Night & Day Challenge , Seattle. 16-hour, 7-hour, 3-hour options. 3:30 PM. www.streetscramble.com	S	MerGeo	Eric Bone info@StreetScramble.com
Wed, Jul 23	Kelsey Creek Park , Bellevue. Advanced courses include Wilburton Hill Park. 5:30-7:00 PM.	C	SAMM	Bruce McAlister brucemcal@msn.com
Sat, Jul 26	Six Degrees of Navigation Adventure Race , Teanaway Valley. Pending land use permission.	X	COC	Debbie Newell dnewel@verizon.net
Sun, Jul 27	Ultimate Orienteer #6 - Goat-O' , Teanaway Valley	C	COC	Jim Siscel asjs68@earthlink.net
Aug-08				
Aug 1-3	Northwest Forest Frenzy – 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	Laramie Daze – events close with Classic Distance Championships August 9-10, Laramie, Wyoming	A	LROC/ RMOC	Mikell Platt Mikell@wyoming.com
Sun, Aug 17	Canoe-O (including kyaks and rowboats!), Union Bay, Seattle. Pending land use permission.	X	COC	Jim Siscel asjs68@earthlink.net
Sept-08				
Sat, Sept 13	National Orienteering Day , Woodland Park, Seattle. Beginner-friendly event. Will include an advanced course.	C	COC	Jim Siscel asjs68@earthlink.net
Sept 20-21	2-Day event , Cle Elum.	X	COC	Jim Siscel asjs68@earthlink.net

COC: Cascade Orienteering Club
 LROC: Laramie Range Orienteering Club
 MerGeo: Meridian Geographics
 RMOC: Rocky Mtn Orienteering Club
 SAMM: Sammamish Orienteering Club

A: National Meet
 C: Regular Local Meet
 S: Street Scramble
 X: Special Event