

Bearing 315

Newsletter of the Cascade Orienteering Club

Fall 2009

President's Comments

Jim Siscel

I believe we have had a successful orienteering season since our last issue. We completed another Ultimate O season, a great PNWOF 2009 A-Meet on a brand new map at Salmon la Sac, Debbie Newell continued the Six Degrees of Navigation Adventure Race, three of our young women participated as US Team members in the JWOC (Junior World Orienteering Cup)—see their articles, Eric Bone was a member of the US Team at the WOC, and we presented an Urban O week.

Now it is time for the fall and winter seasons of orienteering in Puget Sound. First off will be National Orienteering Day at Woodland Park. We will provide instruction and courses for newcomers to the sport and a special contours only map for the experienced orienteer. Next will be our annual Founder's Day Meet located on Whidbey Island. This meet will be on a new map prepared by Bill Cusworth. We will be going back to Woodland Park for our Halloween time Vampire O. Then it is time for the Winter O/WIOL season. Thanks to Sammamish O Club loaning two of their maps we will have courses at Marymoor Park and Sammamish State Park, venues that the winter season has not seen for some time.

USOF (United States Orienteering Federation) recently hired an Executive Director to advance the sport of orienteering in the US. He hit the ground running and has really been working to fulfill this goal since he was hired in the late spring. To help pay for this position USOF has raised the fees each club must pay to USOF for each start recorded at a meet from \$.25 last year to \$.60 this year, and to \$1.00 next year. The board voted to raise our registration fees \$1.00 for all participants starting September 1, 2009.

We need course setters for the Winter O season. If you are interested please contact Debbie Newell. If you want to learn about setting courses we can set you up with a mentor or an experienced course setter. Setting courses can definitely improve your orienteering skills.

We have two new permanent orienteering courses in our area. Both courses were done by Boys Scouts completing their service project for their Eagle Award. The map and instructions for the three courses at Fort Steilacoom Park, Lakewood are located on the Cascade OC website. The map and instructions for the two courses at Forest Park, Everett are located on the Sammamish OC website.

ZIP to Start

Are long lines at Registration reducing your opportunity to run multiple courses or finish earlier? Would you like to speed things up? Borrowing an idea from the Bay Area Orienteering Club, we are instituting ZIP-to-Start. ZIP-to-Start is for all E-Punch meets and should help out both participants and the Registration crew. But you **MUST** be a member and have your own personal E-Punch stick to participate in this program. Here's how it works:

1. Grab a ZIP-to-Start envelope, which you can fill out at home (for maximum speed) or at the meet.
2. Put your fee or Appreciation Coupon in the envelope, seal and deposit it in a special ZIP-to-Start box located at Registration.

3. Take the tear-off section and deposit it at the EPunch rental table.

The tear off section will be given to the Computer crew, who will insure you are in the computer and which course you are running that particular day. If you don't have exact change any additional money in the envelope will be considered a donation to the club. We ask that you do not ask our Registration Volunteers for change. If you need change, you will have to go through the regular Registration line and fill out the usual form.

Here is an example of the envelope information:

Cascade Orienteering Club ZIP to Start

Name(s)*: _____

* If leading a Group, list all participants by name.

Course: _____ E-Punch #: _____

Detach this Stub and leave at E-Punch Rental Station before going to Start

Members Only. Must have own e-punch.

**Fees: Adult Member--\$6,
Youth Member--\$4**

Detach Below

Cascade Orienteering Club ZIP Start

1. One envelope per course. Members Only. Must have own e-punch.
2. Place exact change in envelope. Excess is considered a COC donation.
3. Deposit envelope in box at Registration, go to E-Punch Station, and then Start.

Name(s)*: _____

* If leading a Group, list all participants by name. Use reverse if necessary.

Course: _____ E-Punch #: _____

Car License/Make/Color: _____

Emergency Phone #: _____

Amount Enclosed: \$ _____ (Check payable to COC)

Waiver of Liability: In consideration of acceptance of this entry, intending to be legally bound, I do hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the United

States Orienteering Federation, the Cascade Orienteering Club and its members, the U.S. Government, the State of Washington, various Washington Cities and Counties, and public and private land owners and lessees, their representatives, successors, and assigns for any injuries resulting from this event.

Signature(s) _____

Date _____

(Must be signed by Individual and all Participants if running as a Group. Minors require Parent/Guardian Signature. Write Additional Signatures on reverse.)

The JWOC Experience

By Holly Kuestner

The JWOC host town, Fiera di Primiero in northeastern Italy, was a sleepy little place on first sight—little shops selling gelato, pedestrian bridges over a narrow river, old stone-and-wood houses and inns.... It was the kind of town that people could walk through from end to end and keep walking if the inspiration hit them. Out of town, the road wound through fields of wildflowers, the lazy clatter of cowbells in the air. It twisted up into the beginnings of the Southern Alps, the occasional bus taking impossibly tight hairpin bends.

Eight kilometers up into the mountains from town is Passo Cereda, a settlement of a couple of houses and an inn. It was in Passo Cereda that the US and Canadian Junior teams spent the week before JWOC, training in the terrain and getting used to the altitude before the competition week. We



A View of Passo Cereda

learned how to navigate the always steep and rocky hillsides, to watch for nettle, and to be careful in the boulder fields. We stayed in a cabin in the middle of a wide meadow, the Americans on one floor and the Canadians on another. The

photo shows the view down the valley toward Fiera di Primiero. It was taken from one of the windows in the training cabin.

The following week we moved down the valley into Fiera di Primiero. Flags and controls peeked out from flower boxes and store windows. At JWOC there's generally a sense that everyone is only together for a short while, and so everything is intense—the competition, the terrain, the sense of being somewhere far and apart from home, and the magic of meeting the other young people from across the world who share a common passion for orienteering.

Teams were scattered throughout the town, but telltale flags hung from apartment windows, from hotel fire escapes and the balconies of inns. A couple of us took to knocking on doors and meeting the members of other teams at random. The Israeli team—one junior and his coach—gave us maps from their country and spent two or three hours talking to us about their history and where the maps and forests and deserts and safe areas are in Israel. They told us about an annual orienteering meet that takes place in a six-level mall, where controls cross levels and an elevator is a possible route choice. They offered to teach us the Hebrew alphabet in an hour. The South African team told us about orienteering in game reserves (it still seems dangerous to me!), and we learned a little about Afrikaans, and they laughed when we talked about high school because apparently they'd always thought that yellow school buses only existed in movies. We played table tennis with the Spanish team and tried talking to them in our varying levels of Spanish. We took up a spirited game of soccer with a group of Swedes from Boris's home club. The perils of



the field we'd chosen became apparent when Tori had to dribble through a patch of nettles.

JWOC has five major competition days—Sprint, Middle Qualifier, Middle Final, Long, and Relay. All team members run all races, and it's a wonderful opportunity to run against such a competitive bunch of people. Runners and spectators gather in the finish area for hours during an event, cheer on teammates and bite their nails over changes in the giant results board.

To all the WIOL runners—JWOC is a wonderful opportunity, and it's a completely attainable goal if you decide to work towards it. COC's focus on juniors is really rare, and we have all benefited so much from the hard work of volunteers in our club. Feel free to email me with any questions about JWOC, at holly.kuestner@gmail.com

My Experiences at JWOC 2009

Kelsey Breseman

Coach Alexei bet me a gelato that I wouldn't finish the long course. It had been a long training week, and, though it was enjoyable, I found myself exhausted at the end of every day, and not a little nervous for the races. The rest of the team was fast, physically very fast, and that's never been my forte, so though I know I'm a good orienteer, I have to admit my intimidation in the face of my teammates' speed. It took me a long time to realize that my focus was off; I know I'm not going to win in a running race, so why was I letting my pace distract me from the map? The benefit of orienteering at JWOC, or anywhere in Europe, is the complexity of terrain. In a normal A-meet, I depend on my clean navigation to place me ahead of competitors who overrun themselves. However, by thinking about my speed while in the woods, I was leaving behind my navigation, and making mistakes. This was unacceptable. That's what I realized part of the way through the long course: my best asset is precise and accurate navigation. Through the remainder of the courses, by keeping this in mind, I was able to run much cleaner races, and my results improved proportionally.

Alexei did buy me a gelato, by the way. It was a poor bet on his part, though, no matter how hard the course, I would never have given up.

Focusing out from my own races, the orienteering was terrific. I loved the sprint maps especially: little Italian villas with cobbled streets and tunnels and little squares with fountains. The streets were very narrow and lined with benches and balconies. During the training week, we were great amusement for the locals, who could watch us running around and laugh and point towards the controls when we ran past them. The natural complexity of the sprint map is not replicable anywhere I know of in the States, just because our streets line up on a grid, and theirs seemed to have grown of their own accord, twisting freely in all directions. On the maps for the other courses, the dominant feature was rocks; there were enough passable cliffs and boulders that their use as navigation features was diminished. The other major map feature that any orienteer would notice is the contours: everything was steep. Long before we flipped over our maps on the first training day, we were made well aware of the mountain's grade. We took the bus up hairpin mountain roads to reach our venue- a group experience as we all tried to document, through the bus window, the bare inch between us and the oncoming traffic- or, alternately, of the cliff on the other side of the bus. It was a good distraction from any byproduct terror that would otherwise accompany mortal peril.

The bus ride was only the first of many bonding experiences. The team fit together quite well, and we girls were an especially tight group. The Americans banded together to ensure that we had more flags on display than the Canadians in the little house we shared for the training week. The American girls made a Canada-shaped cake in secret for Canada Day, and the boys followed it up with a list of demands for the Fourth of July. We all enjoyed each other's company, and in the evenings the two teams

played 1000 Blank White Cards, Charades, and countless hands of President. The training week ensured that we, who had been rivals for places on the team, were transformed into a cohesive whole.

When the training week gave way to races, we maintained the cheerful rivalry we'd had with the Canadians, and expanded it to the other countries' teams, on the course and off. We were rather competitive with the Spanish team at Ping Pong, who were delighted to learn that so many of our team spoke Spanish. We played soccer against Boris' Swedish club. We spent time with the Irish team, taking in the accents they didn't think they had and comparing the growth of the sport in our two countries. There was a strong spirit of international goodwill around the town- the Norwegians, with whom we shared a hotel, gave Goodwin and I a ride to the buses on the first day, and I think we made a real connection with them over dinner, harmonizing our crystal glasses with theirs between tables. I felt that I could talk to anyone and have conversation flow naturally. I even spoke a little with the Turkish team, passing a Turkish-English dictionary back and forth on the bus from the meet site.

JWOC was so much more than the orienteering. It gave me an opportunity to establish connections all over the world, as far away as South Africa and Hong Kong. However, it was the orienteering that brought us together. I felt very privileged to run with the best, to experience the beautifully complex terrain, to compare afterwards and argue route choice. I got a glimpse of what it means to be elite- and the elites are inspiring, not just in that they are fast and capable, but people who are human

as well, likeable and not wholly consumed by competition. I appreciated the experience not just because it was fun, and not just because the courses were good and well set, but because it was both humbling and inspiring. I was able to look at



The Girls JWOC Team
From Left: Kelsey Breseman, Tori Borish, Anna
Shafer-Skelton, Holly Kuestner, Alison Campbell

how good the best runners are, and where I, too, could learn to be.

World Orienteering Championship **Eric Bone**

The World Orienteering Championships (WOC) were held in Miskolc, Hungary, 200 Km NE of Budapest and 70 Km south of Slovensko. I really enjoyed being a member of the US Team at WOC again this year. The organizers do a nice job with the maps, the courses, and the many peripheral details. It was a chance to spend some time with my great teammates and see some of the friends I've met on other teams.

It is a great privilege and very exhilarating to compete with the best in the world and to represent all the folks back home that helped me develop as an orienteer and have supported the team.

A couple great experiences were seeing Sandra and Sam represent us in all three individual finals and watching Ross run up the finish chute to tag off to me at the end of his outstanding, breakthrough run on the first leg of the relay.

My training was better this year than last year in most respects, but my performances were no better and by some measures not quite as good. This was a reminder that good preparation is an important ingredient for success, but it doesn't guarantee it.

Bad luck can intervene, and one has to be prepared to fail--perhaps many times--on the road to success.

Another thing that struck me is that the percentage behind the winner necessary to make the top 15 qualifying spots to the final in some of the qualifying races was unprecedentedly narrow. For me to get into that top 15, it is not enough to get better; I need to get better faster than everyone else.

WOC 2010 in Trondheim, Norway will be very navigationally demanding, so it will be important to work on my capacity to interpret the map quickly and in difficult running conditions. The

footing will be soft and uneven, and I'll need to incorporate strength training and lots of terrain running to prepare well for this.

Based on my experience at WOC this year--I think I need to shift my hardest training earlier in the year, so that my racing at WOC is preceded by a period of more rest, interspersed with high-quality training sessions. I know from experience that my body takes a longer time than most athletes' bodies to bounce back from periods of hard training. Most of my best races have come on the heels of doing fairly little in the weeks before.

Here is some advice for orienteers who might want to make the US WOC Team in the future. Be persistent. Plateaus and setbacks happen, but those who persist ultimately have the best chance to succeed. Also, in priority and athlete-development order:

1. Train consistently, without long breaks from physical and orienteering training. It's better to do a little than to have a long break with no training. Make regular training part of your life. It helps to make it fun.
2. Train specifically, incorporating physical and navigation trainings that prepare you to race. That means intervals or other kinds of speed training; running on trails, terrain, and hills to prepare to run well in terrain; and doing focused navigation training at high speeds, to simulate the demands of racing.
3. Train a lot, gradually increasing the time you spend on both physical and technical training sessions. It takes time for your brain and the rest of your body to adapt to the specific demands of orienteering, and the best orienteers in the world have all put in those hours. Unless you have unusually few things to do in your life, this will not be easy. You'll have to make your training a high priority and forgo other things. This can be very fun and very rewarding, but it's not for everyone. I suggest making a clear choice about whether it's for you and then acting on that choice.

**For the Health of It:
An Alternative to Running**
Philip Kollas, EMT-B

“Our joints destroy themselves!”

This recent statement by my doctor was hardly encouraging, but in the context of our discussion on aerobic-exercise options, it didn't rattle me. My post-operative left knee had already let me know that distance running was no longer on my agenda. But what about orienteers in general—they need to run to maintain fitness and to perform well in orienteering meets, right? And surely *walking* has no place in an O meet itself; that's for runners, of course?

What I'm about to say will probably strike some readers as heresy. Blasphemy! But the evidence is growing in favor of [fast] walking in lieu of running as a good form of aerobic exercise. And—gasp!—I will argue that walking has its place in orienteering, too.

Aerobic Exercise: Running vs. Walking

What if I told you that brisk walking provides most of the benefits of running, without the destructive pounding on the feet/knees/hips? Okay, you might ignore me. But what if experts like the Mayo Clinic and the National Institutes of Health said that it's true?

In fact, that's the case. The *Mayo Clinic Family Health Book* relates a study in which researchers divided 235 sedentary men and women into two groups. One group then did traditional, structured exercise for 20 to 60 minutes per day, 3 to 5 days per week. The other group simply incorporated “moderate-intensity” activities such as brisk walking and stair climbing into their days. Guess what? After two years, *both groups had similar improvements* in blood cholesterol, blood pressure, percentage of body fat, and cardiovascular fitness.¹

¹ Litin, Scott C, MD, Editor in Chief, Mayo Foundation for Medical Education and Research, *Mayo Clinic Family Health Book*, 3rd ed., HarperCollins Publishers, New York, 2003; p 54. The book notes that the “structured” exercisers gained the most cardiovascular fitness but that the “moderate-intensity” group benefitted significantly.

Running, even though it provides a much greater caloric burn than walking for the same amount of time, can be hard on your joints. The impact from repetitious pounding can lead to foot, ankle, knee, and hip injuries.² Further, activities that place added pressure on the feet, such as running, increase the risk of plantar fasciitis.³ That's a nagging pain in the bottom of the feet (trust me; I have it in one foot).

The Mayo Clinic recommends burning 1,000–2,000 calories per week from exercise, noting that “walking 10 to 20 miles a week accomplishes that goal for the average person.”⁴ The Clinic doesn't even mention running in this context.

And the Centers for Disease Control and Prevention, along with the National Institutes for Health, agree that *moderate* physical activity on a regular basis gives you most of the health benefits of *rigorous* exercise.⁵

One of the most interesting studies I've come across recently has to do with the health practices (activities, nutrition, attitudes, and more) of those who live the longest—and who maintain good health as well. A 2008 book put out by the National Geographic Society explains the work of this multi-year study in four areas of the world. Summarizing what the study gleaned, author Dan Buettner lists nine strategies for all of us, and in Strategy 1, he notes that walking “is the one activity that all successful centenarians [those who live to be 100 or more] did—and do—almost daily.”⁶ Observing that walking is easier on the joints than running, Buettner points out that *brisk* walking may have the same cardiovascular benefits as running.⁷

In a related National Geographic article, Buettner opined that walking provides 90% to 95% of the benefits of running, without tearing up

² *Ibid.*, 62.

³ *Ibid.*, 967.

⁴ *Ibid.*, 733.

⁵ *Ibid.*, 52.

⁶ Buettner, Dan, *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*, National Geographic Books, Washington, 2008; p. 233.

⁷ *Idem.* Buettner knows a thing or two about cardiovascular exercise: he holds various world records for long-distance cycling.

a person's knees. He gave an example of the runner who starts out at age 20 running eight miles per day, only to need knee replacement by age 40 or 45.⁸

Supporting this overall view is Dr. Robert Kane of the University of Minnesota's National Institute on Aging, who says, rather bluntly, that "marathoners have good cardiovascular systems, but they will probably have to have their joints replaced."⁹ In lieu of such pounding activities, he suggests a minimum of 30–60 minutes of exercise five times per week, and it doesn't even have to all be contiguous time on a given day (though that "seems to be better").¹⁰

My personal experience with brisk walking does so far support the notion of almost-as-good aerobic benefit, compared with running. On longish walks of 1.5 to 3.0 miles at a good clip (3 ¾ mph), I wind up with a heart rate that's well within my 60%–80% target zone. Yes, I used to get closer to the 80% end of the zone by running, but that was before the knee surgery. Now my left knee reminds me to knock it off, if I jog very far.

Orienteering: Running vs. Walking

"Run fast, run stupid!"

This bit of advice may sound harsh, but it has a good point. I first heard it from one of the other assistant instructors of land navigation (orienteering, military style) at the US Joint Forces Advanced Military Skills Training Center in Texas, in 2004. He was saying it for the benefit of the students, but I took it to heart, as well.

What he meant by "run fast, run stupid" was that an orienteer—especially one new to the

⁸ Sorry; I don't have a citation for this—I discovered the article in a medical office and had to put it down when my turn was called.

⁹ Buettner, 18.

¹⁰ Idem. Other articles I've come across in recent years echo this ability to get good aerobic benefit from time segments of as little as 10 minutes each, provided the total per day is 30 minutes or more. See, e.g., Freytag, Chris, "Walk Yourself Fit—Fast!" in *Prevention Guide's Walking Fit* magazine, Rodale Press, Emmaus PA, May 2008, pp 40–49. So, if you can't work out for 30 nonstop minutes, do brisk walking for 10-15 minutes two or three times per day. That's great news for our busy lifestyles!

sport—would lose more time than he/she would gain, by going fast. It's better to nail the control point than to run past it or away from it. Orienteering is, after all, called "the thinking sport" for a reason.

Does this mean you can never run in an O meet? No. If you know you have half a mile of open terrain to cover and a very clear attack point at the end of it, feel free to run. But running fast probably won't make up for a mistake of navigation, and it may well *cause* mistakes. I don't know about you, but I make enough of them as it is, without running.

So, the next time you see me out on a course walking when others are running, just smile and remember that I'm holding down my number of dumb mistakes while saving my knees. Besides, I like the slower pace in the woods. You might, too. Try it.

Everybody happy? No? Well, take a hike . . . or, brisk walk.

We are running two articles by Philip because this following one is appropriate for participants of the upcoming Big Tahoma Rogaine.

For the Health of It: Sleep Cycles, Fatigue Management, and You Philip Kollas, EMT-B

This may not sound like a subject that applies to you—but read on; it just might.

Earlier this year, I was asked to prepare a presentation for my Air Force Reserve base regarding fatigue management, and what I learned while preparing that presentation turned out to be very useful. It could even save a life (maybe yours?) or at least improve your orienteering performance.

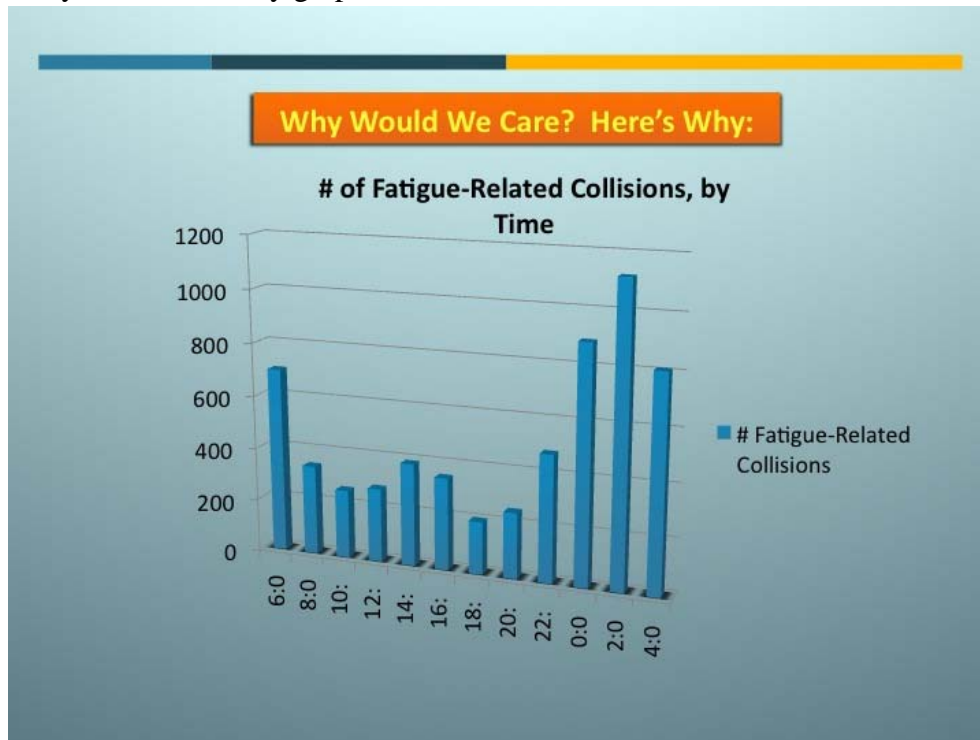
Fatigue

Who cares about sleep cycles or fatigue management? Here's a quick reason you might: (Graph on Next Page)

The horizontal axis shows time of day (18: is 6 p.m.; 2:0 is 2 a.m.). The vertical axis shows the

number of vehicle collisions for those times, in a study. What does my graph tell us?

Go back to the chart: you are most fatigued in the small hours of the morning. If you are bound and determined to stay “out there” the whole 24 hours, at least plan your easiest legs for those miserable wee hours. Not only is it dark then; you’re muddle-headed then. Better yet (in my view): schedule your team for some down time during those wee hours. This brings up the subject of sleep cycles . . . and you thought I’d forgotten!



Sleep Cycles

What’s a sleep cycle? It’s the time during which your brain goes down into deepest sleep, often called REM sleep (short for “rapid eye movement”—not the rock band), and returns to lightest

- There are *two* “peaking” times for fatigue risk: 2 a.m. (worst) and 2 p.m. daily.
- You have *four times as much risk* at 2 a.m. as at 8 a.m.

The same fatigue problem exists at work or play—not just for driving. So, how might this play out for an orienteer? Let’s say you’re planning on going to, say, an endurance event (a Rogaine?) at some distance from where you live (Central Oregon?). Let’s further say you decide to drive over to the event site from home the morning of the meet—early in the morning! If you take off from home at 3:00 or 4:00 a.m. in order to be sure to arrive in plenty of time, you’re driving during some of the riskiest hours possible. Instead, consider driving over the afternoon or evening before the event: the risk of a fatigue-based collision is considerably less then, even if your trip isn’t over until 10:00 p.m.

Okay, so you’ve arrived safely at the event. Let’s say it’s a 24-hour Rogaining outing and your team plans to do the full 24. Do you want to stay awake and moving that whole time, or do you plan in some down time? If you navigate during the hours of darkness, will you be alert enough to make good decisions at midnight? How about at 2:00 a.m.? 4:00 a.m.?

sleep. This cycle lasts approximately 90 minutes, or 1.5 hours, and occurs several times per night if you sleep a nominal 7 or 8 hours. Finishing each sleep cycle is important to your ability to function well when you wake up—you will be groggy if you wake up in the middle of a sleep cycle. Hence, *you want to sleep for some multiple of 90 minutes:*

- 3 hours (2 X 1.5 hours), or
- 4.5 hours (3 X 1.5 hours), or
- 6 hours (4 X 1.5 hours), or
- 7.5 hours (5 X 1.5 hours).

So, to get the best bang for your sleeping buck when you know you’re going to have a short night, pick one of the above multiples of 90 minutes. Your brain will do best after, say, 3 hours of sleep, not 3 ½ hours. That’s what Jerry Rhodes and I targeted for our sleep time in the 2004 World Rogaining Champs, and it almost worked (we got more like 2 ½ hours of sleep in reality, rather than the 3 we had planned). We may not have been quite as sharp at our get-up time as we had been at the start of the event, but we didn’t make any really bonehead mistakes due to fatigue. I’ve talked with a few orienteers who

tried to push on all night, and they regretted some fatigue-induced navigational errors during the wee hours.

Tips for Fatigue Management

Now that you know the basics, let's finish up with a few other tips for staying clear of fatigue:

- If you're eating shortly before bedtime (such as on a Rogaining event), eat only small amounts—you'll sleep better. Eat those larger meals during the waking hours.
- Do your main exercising during the daytime hours, preferably 2–4 hours after waking. Do no more than *light* exercising during the final 3 hours before bedtime.
- If you must “push” your day, try taking a nap of 20–45 minutes during the waking hours. Note that this is about half of a REM cycle; don't nap beyond 45 minutes or you could mess up your next night's sleep. This 45-minute nap will extend your alertness by about two to three hours.
- If you work odd shift hours and have to jump from one shift to another or from your shift work to “normal” weekend hours, ask me for specifics. I have a page of additional tips just for those of us who work odd shifts or who must cross multiple time zones fairly often.

Everybody happy? No? Well, go get some sleep. Best wishes to all on the upcoming Big Tahoma Rogaine near Mt Rainier.

New Maps for the US Orienteering Championships Next Summer

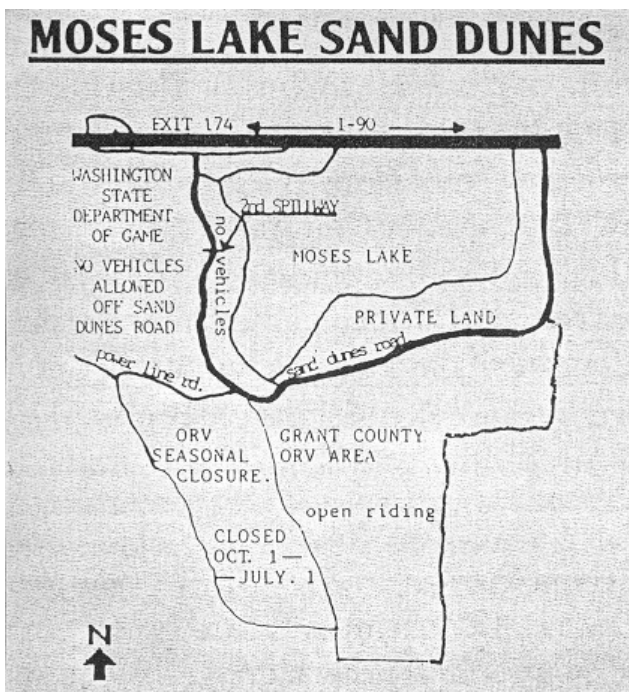
Don Atkinson

COC is developing a new map for our part of the 2010 North American Orienteering Festival and US Orienteering Championships in late June 2010. In a parallel development, the Spokane based club, EWOC is remapping and expanding the Fishtrap Lake map, located near Sprague, WA.

Patrick Nuss, Mike Schuh and I made a field trip in May to look at several potential locations. We looked at several areas, but the board ultimately selected an area in the Moses Lake Dunes area, mainly because it was close to the facilities such as motels, camping areas, and parking areas that are also needed to stage an event.

It's right next to the Moses Lake Off Road Vehicle area, which is the modern equivalent of the wild wild west, with a bunch of ORV enthusiasts camping out there with a minimum of rules and regulations and doing their thing with their rigs.

The area being mapped is Washington State Dept. of Game land south of I-90 and just west of the part of Moses Lake that extends south of I-90. There's a spillway that extends from Moses Lake to Potholes Reservoir. Potholes Reservoir partially flooded an area of sand dunes, and raised the water table so that there is now vegetation growing on the former dunes, except where the off road folk are churning the sand faster than the grass can grow. We will not be using any of the off road vehicle area.



We had some aerial photos made of the area, and Pat Kelly used photogrammetric equipment to produce a good set of contours for the area. When we saw the first draft of the contours, I was surprised to see that the dunes were the crescent shaped ones called 'barchans' that move with the prevailing winds. These ones are now frozen in place by the vegetation that has developed since the irrigation schemes started in the 1950's.

I'm looking forward to some really good orienteering in a quite unique terrain next summer.

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	Anna Urbanova	Newsletter
Patrick Nuss	Executive Board	Kathy Forgrave	Land Permissions & Insurance
Gina Pricco	Equipment Coordinator		
