

Bearing 315

Newsletter of the Cascade Orienteering Club

Winter 2008

National Day of Orienteering

Jim Siscel, COC President

Our National Day of Orienteering Meet was held at Woodland Park on September 15th. There were 116 participants. The Window O' was interesting if you did not pay attention to pace counting. There were 12 first time orienteers who signed up for prizes. McKenzie Ginther and Jodi Hankins won a voucher for a future meet, Melanie Chang won a pedometer with a built-in compass, and Steve Roberts, Corina Peters, and Chad Emerson won compasses. We hope to see all of the first timers back at future meets.



Photo credit: Eileen Breseman

Mike Schuh instructs beginners at Woodland Park during the National Day of Orienteering event.

President's Comments

Jim Siscel, COC President

We are in the middle of an outstanding Winter O/WIOL season. It is hard to believe the number of adults and youth coming to the meets. Those of you who participated at Magnuson Park in the driving rain are to be commended.

Thank you, Don Denbo, for your service this past year as a board member and Bearing 315 editor for part of the year. Welcome Patrick Nuss, who was elected to the board at the annual meeting. Thank you to those of you who participated in the postcard election. We had more returned this year than in the past years.

Thank you, Mike Schuh, for taking on the job of Volunteer Coordinator. I know that this has taken a big burden off of our Meet Directors. Thank you to all of our volunteers. We couldn't run such large meets without you. Through the first four Winter O/WIOL meets we have averaged 260 participants per meet.

The board elected Sally Dow as the club Secretary. Ardis Dull, who has served as Secretary for many, many years, had to step down for family reasons. Kathy Forgrave has taken on the Land Permission/Insurance Coordinator position. I appreciate this as I was doing much of this work. We do need an Equipment Coordinator. The Equipment Coordinator needs to be sure that all of our equipment is in working condition and ready for the Meet Directors to use. Please contact me if you are interested in helping in this capacity.

It is only eight months away, the Northwest Forest Frenzy A Meet at Cle Elum Ridge. This meet is being run by Cascade junior orienteers and other junior orienteers from clubs across the U. S. This is the first A Meet to ever be organized and run primarily by junior orienteers. The date is August 2 and 3. Put it on your calendar. They are doing a great job getting ready for the meet. Their website is at northwestforestfrenzy.googlepages.com.

The Winter O/WIOL Championships will be on a new map; Mike Schuh is working on a map of

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Green River Community College and the adjacent forested area. This meet will be on the 4th Saturday in February. We had to move it because of a conflict with the US Interscholastic Orienteering Championships in Texas the third weekend of February. See the WIOL report for more information about that meet.

WIOL Comments

Jim Siscel, WIOL Director

We are on our way to another great season of the Washington Interscholastic Orienteering League (WIOL). As of the UW meet we have 185 season participants and 40 day of meet participants this year. Each meet so far has brought out more new participants. Garfield High School, one of the original schools in WIOL, now has a small team. We have youth from 32 different schools. Average meet attendance for the first four meets has been 140 participants. For three of the meets one or two teams did not attend because of scheduling conflicts.

This year Cascade junior orienteers will be attending the US Interscholastic Championships on the third weekend in February. They will be traveling to Clements Scout Ranch located two hours south of Dallas/Fort Worth. Sue Kuestner is our lodging coordinator and has filled 18 rooms with youth and adult supporters who will be participating in the A meet running at the same time. Our varsity girls brought home the trophy last year and I expect them to do so again this year. I expect that many of the other boy and girl participants will score high as well in the individual events.

Orienteering in Germany

Claudia Günther

When I first came to the USA this summer, I was really excited about orienteering here. I couldn't choose where I wanted to spend my year and I got picked by a host family near Seattle by fluke.

After the long summer break, I was happy about the start of the WIOL season and my first few competitions further away than anywhere else I

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have ever been. Orienteering in Germany is a little bit different than in the USA. The first thing I was surprised about was the school league. It's really great because it brings more young people to the competitions. In Germany there aren't any school clubs or leagues, mostly because school sports in general aren't as common as they are here. Some schools have one or two club sports like volleyball or basketball, but that's it. Most clubs are private or run by a college, but all are open to the public. That's why orienteering is not famous all over Germany; it depends on the regions and the clubs. There are about 250 competitions that take place in Germany every year. Most of them are in the spring or fall season; in the winter there are very few. Some people also do ski orienteering or mountain bike orienteering, but it's not popular.

The biggest competition is the German Champions Championship (long distance) in October. It's always so much fun, with more than 800 participants, a huge variety of ages (from 6 to 80), 35 competitive categories from ages 10 to 70, and a high level of difficulty.



Orienteers congregate after a competition.

We don't have as many elite runners as the Scandinavian countries do, but we do have some and also a youth team. The main goal is to catch up with other good European nations and to do well at European and World Championships. But of course the competition is hard and we don't have enough runners or the best conditions to do this; there are only a few people that succeed in the end. So it's all about the fun for almost everyone.

Most competitions are in wooded areas, and only the sprint distance meets are in parks. Our competitions vary between ultra long, long, middle and sprint distances as well as night, relay and team competitions. I think this kind of team competition is not common in other countries. You run in teams of three, and everyone on your team starts at the same time. On your map are 50-70 checkpoints, some that every runner has to punch and some that only one has to punch. The key to win is to decide quickly who takes which checkpoints so that everyone needs about the same amount of time; teams finish when their last member crosses the finish line.

Another fun competition is the JLVK, a challenge between the youth and junior runners. Germany is divided into 16 states. Each tries to form a team and to get as many points as possible. But actually it's all about sportsmanship and spirit, because without school sports that's not something we are used to. One of the things I'm going to miss here most is all the sport and spirit everywhere.

One really special meet is the 24-hour orienteering relay, which takes place every two years. It's really amazing. You run in relays of six people who alternate for 24 hours; that means everyone has to run for at least 4 or 5 hours on average.

I orienteer mostly because of all the people, and also just to get outside, run for awhile, and have fun. I think that's what connects people everywhere, in Germany as well as in the USA.

Australia Schools Orienteering 1974-1986

Fred Veler

Schools orienteering grew incredibly fast after I became involved in about 1973 in the state of



Runners race from the start during a relay in Germany.

Victoria in Australia. During that time, most youth orienteers were just the children of adult orienteers who were smitten with the sport. I included the sport at Eltham College (a k-12 private school) as part of my overall physical education program when I realized the value to students especially in an outdoor education sense. Eltham College was ideal for orienteering, as we had many interesting wooded areas adjacent to the school that were mapped; these maps were used by all students from grade 3 and up, who had orienteering included in their PE curriculum.

The Victorian state scene was the initial leader in schools orienteering early on, but the Associations of the states of New South Wales, ACT (the Capital territory), and South Australia quickly followed suit by developing schools orienteering programs and regular competitions. The Victorian schools championships numbers increased rapidly from 1974 until 1982 when Eltham College continued to enter about 200 students each year



Nicola Vallance, of Eltham College, here as the winner of the Australian U12. She also won the Australian Womens' U18.

and outright win easily. My club, Nillumbik, organized the first Australian Schools Championships at Watson's Creek in 1982 where we had 838 participants. At these championships, each state entered teams, including Queensland and Western Australia. We also allowed a 'pairs' division at each age level.

The development of these state teams not only supplemented the development of a National Junior Team, but also began a positive attitude of cooperation amongst all junior competitors mainly spearheaded by Donald Staudte from Eltham College. Donald established the 'Gunar' organization where most of the top juniors got together at the end of each major competition and discussed in many small groups how they ran and why they ran every day. He also published and posted each month to all the major juniors around the country the 'Gunar' newsletter about courses and how they ran. Donald actually was born in Ohio but I don't think he has ever done O here in the U.S. He now lives in Sweden and has a family. Just before Donald, the top junior boy was Michael Magazanik from the Bayside Club, also born in the U.S. Michael was able to beat a number of senior competitors when he was just 16 years old.

I left Australia twenty years ago, but I know that they have continued a very strong junior program. I sat in on the junior meeting last April in South Australia and I know they were keen on preparing properly for JWOC held in New South Wales last summer. At this meeting, they had over 60 junior athletes attend. Their star senior attendee was their new world champion in the short course.

That First Control

From the NEOC Times, Volume 35, No. 3,
April/May, 2005

The most important control on any orienteering course is the first one. Experience has shown that problems on #1 often presage difficulties

throughout the course, or at least until the orienteer has had time to "settle down" sufficiently to see the map and its scale clearly and to relate both to the surrounding terrain. Conversely, a secure approach to the first control is the foundation for a clean run with accuracy throughout.

Every map is different, and even experienced orienteers need to adjust to the reality of what they hold in their hand at the start. Maps vary in scale and amount of detail, and in use of color and contour lines and symbol selection. And of course there are differences in the actual terrain, which each map attempts to represent.

The orienteer must be disciplined not to charge off

down the nearest trail, or, far worse, on a compass bearing, upon hearing the command "Go." Rather, the orienteer should take time, standing still if necessary or walking slowly if possible, to examine the map itself and to look at the entire loop of controls, noting any special terrain or approach problems. (Because the mind works on problems unconsciously, a leg that looks difficult initially is often less so when you get to it. Many minutes late in the course can be saved in this fashion.)

"Contact" is the O-term for the relationship in your mind between what you see on the map and what you experience in the natural world around you. Solid contact is necessary at all stages of an orienteering course. Contact is a function of



Photo credit: Fred Veler

John Agar, of Eltham College, as a 12-year-old whiz: he won many open and schools champs and was known as 'the Ogar'.

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experience but also and mostly of concentration. Poor contact early normally results in a miss on #1. So slow down and nail the first one. You can always speed up later. Remember that for most people, a slower time is due far more often to errors than diminished foot speed. Smart is fast in this sport. And smart means secure. Scale can be a particular problem. The most common error is to underestimate how quickly things go by at 1:10000 compared to 1:15000, and the result is overshooting controls, especially the first control. . . . And the reverse is true. At 1:15000 it seems to take forever to get to a target if your expectation is based on 1:10000 or less. In this case, the tendency is to stop short and look in vain for a control, which lies further along the line of travel.

Another issue with the first control is deciding (assuming you have the choice on Advanced courses) whether to enter the woods directly or to run as much as possible on a trail. If the aim is to post a fast time, the early trail will be faster but, to be realistic, the time gained running for a few hundred meters is not likely to matter much. If, on the other hand, the idea of running local meets is to improve your O-skills, then I definitely recommend entering the woods as early as possible. Trail running is not orienteering; real orienteering takes place only in the woods. However, the basic point is to SLOW DOWN on #1 so as to NAIL IT securely and start your run off well.

Step Out for Diabetes Event

Jim Siscel and Harvey Friedman

Cascade was invited to participate in the Step Out for Diabetes event at Seward Park on October 29th. Jim Siscel designed a 2.4 mile course that followed the main trails in the park. Harvey Friedman and Pat Kelley hung and picked up the markers and then manned the Registration area along with Vivian Bliss. All three reported to Seward for a 7:30 am start of registration. Following are Harvey's edited comments about the event.

"Step Out for Diabetes was a well-organized event with the tents, tables, and chairs all out there from the rental company early. All together there were

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several hundred walkers and/or volunteers. Vivian made a presentation over the PA system about O' that brought several people to our tent.

We hung the markers with no trouble and awaited folks to sign up. We had 17 in about 7 different groups; all seemed to really enjoy themselves. What surprised us was that a couple of people approached after they completed their walk and wanted to try O' also. Naturally we agreed, even though it meant we might have to wait until after 11 am to pick up.

After collecting the markers, we distributed the remaining maps to any organizers who wanted one and encouraged them to attend a meet."



Happy Step Out for Diabetes event participants

Junior Training Weekend at Fort Casey

Holly Kuestner

On a rainy October weekend, long after the COC Founder's Day meet had ended and most people had found their way out of various bunkers and disentangled themselves from vine-strewn beaches, more than twenty junior orienteers were still navigating through Fort Casey State Park. The junior training camp, organized by Rick and Eileen Breseman and Jim Siscel, was a weekend packed full of O' activities, games, and fun.

Together, junior and senior coaches planned activities to target selected orienteering skills, and participants rotated through each station in groups of eight to ten. Coach Rick Breseman recently received an Olympic Level II Coaching certificate

from the United States Orienteering Federation—the first one ever presented!

Also memorable was the Sunday morning Rubber Chicken Relay. A line divided the map in two, and an equal number of control circles were drawn on each half of the map. Runners took turns moving their team's rubber chicken from one control circle to a new one on the other side of the centerline, until all control locations had been visited. While speed was key, misplacing the rubber chicken outside of the control circle was undoubtedly a more pressing issue, as it could cause much consternation on the part of the next runner who would be unable to locate it.

Free time was filled with card games, a dangerously spirited game of spoons, O-Doku puzzling (O-Doku is like Sudoku, but with nine control description symbols in place of the usual nine numbers), and perhaps a little bit of homework.



Rick Breseman (left) receives his coaching certificate with Jim Siscel (right). Pictured in Hamlin Park.

Camp highlights included Ryan Breseman's Ultimate String-O' course on Saturday evening, in which runners took turns sprinting through a streamered course while punching a series of tightly-spaced controls. The String-O' was a fun challenge highlighting e-punch speed and a spirited way to end a long day of orienteering.



Ultimate String-O' Participants race through the course.

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
OPEN	Equipment Coordinator		

Upcoming Orienteering Events

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Contact</i>
Jan-08				
Sat, Jan 19	O' Series #6/WIOL #6 , Priest Point Park, Olympia	C	COC	Jana Dvorak jmadvorak@yahoo.com
Feb-08				
Sat, Feb 2	O' Series #7/WIOL #7 , Fire Mountain, Mt. Vernon	C	COC	Jana Dvorak jmadvorak@yahoo.com
Sat, Feb 9	Relay , Wapato Park, Tacoma	C	SAMM	Fred Veler fdveler@yahoo.com
Feb 15-17	National Interscholastic Championships , Athens, Texas	A	NTOA	Carl Bridges carl.bridges@writeme.com
Sat, Feb 23	O' Series Championships/WIOL Championships , Green River Community College, Auburn	C	COC	Jana Dvorak jmadvorak@yahoo.com
Feb 23-24	Western States & Intercollegiate Championships , Sonoita, Arizona	A	TSN	Jeff Brodsky jabrodsky@cox.net
Mar-08				
Sat, Mar 22	Ultimate Orienteer #1 - Classic-O', Pt. Defiance Park, Tacoma	C	COC	Jim Siscel asjs68@earthlink.net
Apr-08				
Apr 4-6	Flying Pig XII – Middle Distance WRE, US Sprint & Long Championships , Ohio	A	OCIN	Pat Meehan pat@ocin.org
Sat, Apr 12	Ultimate Orienteer #2 - Night-O', Location TBA	C	COC	Jim Siscel asjs68@earthlink.net
Apr 19-20	Relay and Middle Distance Championships, Sprint , New York	A	ROC	Rob Holmes rahklh@frontiernet.net
May-08				
Sat, May 3	Ultimate Orienteer #3 - Score-O', Priest Pt. Park, Olympia	C	COC	Jim Siscel asjs68@earthlink.net
Jun-08				
Sat, Jun 14	Ultimate Orienteer #4 & 5 - Sprint-O' followed by Short-O', Lord Hill Park, Snohomish	C	COC	Jim Siscel asjs68@earthlink.net
Jul-08				
Sat, Jul 26	Six Degrees of Navigation Adventure Race , Teanaway Valley	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 2-3	Northwest Forest Frenzy – 2-day A Meet & Junior Fundraiser	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

COC: Cascade Orienteering Club

SAMM: Sammamish Orienteering Club

A: National Meet

LROC: Laramie Range Orienteering Club

RMOC: Rocky Mtn Orienteering Club

C: Regular Local Meet

NTOA: North Texas Orienteering Association

ROC: Rochester Orienteering Club

X: Special Event

OCIN: Orienteering Cincinnati

TSN: Tucson Orienteering Club