

Bearing 315

Newsletter of the Cascade Orienteering Club

Winter 2009

President's Comments

Jim Siscel, COC President

The fall season has been busy. National Orienteering Day at Woodland Park was very successful. A new map was used at Putney Woods on Whidbey Island. Bill Cusworth did the OCAD work on this map. It will be used again during the Ultimate O season for a Day/Night O. We used a new location for our traditional Vampire O at North SeaTac Park. Lots of new comers and members enjoyed the course set by Patrick Nuss. Then we moved into the Winter O/WIOL Season. The meet at Seward Park with great weather had 347 starts. This placed this meet in the top three for number of starts that Cascade has ever had for a meet. The other two meets were the World Orienteering Cup and an A Meet in the past. Good Ol' Man winter caught us with the meet at Ft. Steilacoom which had to be cancelled because of very inclement weather. We will use it again next season. But a brave pair of co-meet directors and volunteer crew didn't let him get us for the Bog Slog. The weather finally started to warm up a little so the meet was able to continue. My compliments to everyone who made this meet a success.

Thank you to those who returned their ballots for the annual board election in November. Each year more ballots are returned. This is encouraging even when the positions are not contested.

The New Year is upon us and we will finish the four meets of the Winter O/WIOL season and then on to the Ultimate O season.

Thank you as always to the 20+ volunteers that make all of our meets successful. Thank you to the course setters who have stepped forward. See a following article telling about an incentive the board has approved to encourage individuals to course set during the Winter O/WIOL and Ultimate O seasons.

Out of Bounds Rules

Jim Siscel, COC President

This is a reminder to all orienteering participants. Areas on some maps are marked Out of Bounds or Settlement. There may be a variety of reasons why this is done, it may be for safety reasons, it may be because there is private property, it may be because the park department is trying to restore an area and they don't want

people in or crossing that area. We as orienteers are required to stay out of those areas. The rule is if you enter or cross an Out of Bounds area you will be disqualified.

At Shoreview Park there were 4 Out of Bounds areas on the map. Two of them were not near the routes of the courses today. Two of them were in an area that courses were designed around in order to have any courses. These two areas were east of the upper parking lot and the tennis courts. There was one approved trail through the two areas on the north end of the tennis courts. Otherwise participants had to use the trail running north and south on the east side of the Out of Bounds areas. There were some openings in the fence on both the east and west sides of the Out of Bounds areas and trails through them. But you were not allowed to use those openings or trails because they took you into the Out of Bounds area. Because some orienteers used these openings and trails they were disqualified (DQ).

Running Two Courses at Same Meet

If you wish to run two courses at the same meet you will need to fill out second Registration form, pay for your second map, and pick-up a second free e-punch stick. Even if you have your own personal e-punch stick you need to get a second free one. If you try to use the same e-punch stick it really confuses the computer and

causes our e-punch coordinators unnecessary headaches.

WIOL Report

Jim Siscel, WIOL Director

We are having another great season, the 27th. We have teams from 18 different schools, two more than last year, and the largest group of individuals ever. We have 234 registered participants, down slightly from last years 241 participants. We are averaging 152 participants for the first three meets. The 27th year Championships will be at Dash Point State Park, a new venue, on February 21st. Come out, run your adult course and cheer these young orienteers as they cross the finish line.

New Rewards for Winter O/Ultimate O Course Setters

Patrick Nuss

We have increased the perks for the course designers during the Winter O'/WIOL season. These events require 7 courses and you will receive 20 appreciation points instead of the usual 10. These points can be used to get coupons for free events, Cascade t-shirts, and other special items.

In addition you can match your best Winter O Series result! Previously in the Winter O Series, you couldn't earn any ranking points for the event that you designed/set. But now you can! For any Winter O/WIOL event that you design, you will receive ranking points equal to your best result of the Winter

O Series. For example, if your best result of the season was 92 points, you will also receive 92 points for the event that you designed/set.)

We have increased the perks for the course designers during the Ultimate O Season. For any Ultimate O event that you design, you will receive ranking points equal to your best result of the Ultimate O Series. You will receive 10 appreciation points as well.

The club takes pride in the quality of our courses, and we're adding the extra incentives to reward the valuable folks who make that happen!

**United States Orienteering
Federation – Coaching
Certification Clinic
Level 1**
Rick Breseman

Level 1 involves basic knowledge of coaching and physical conditioning and the ability to communicate the principles of orienteering to new comers. Coaching instruction will follow USOF Guidelines and will feature interactive indoor and outdoor exercises spread over 20 hours.

For Who: Orienteers – Adults and Juniors (15-20 years) who will enjoy spending the weekend together developing and enhancing their coaching skills and earning national certification.

When: April 24 – 26, Friday 6pm to Sunday noon.

Where: Wildwood Campus (Breseman Home & Surrounding Area) Excursions to nearby parks/maps

Organizing / Instruction Team:
Marianne Spencer – Administrator Extraordinaire.

Cheryl Marek – Physical Training & Conditioning, Injury Prevention.

Bio: Bachelor of Science in Health & Fitness. Personal Trainer and Coach since 1990. Veteran of 30 Half Marathons & 6 Marathons. Orienteer since 1991. Certified: StarTrac, Spinning, Road Runners of America, Heart Zones Coach, USA Triathlon

Rick Breseman – Orienteering Skills, Techniques & Processes. Lead Instructor.

Bio: Orienteer since 1985. Current M50 North American Classic and Western States Orienteering Champion. Coach for Woodinville Montessori School 3 Time National Interscholastic Champions. Coach of numerous National Champion Juniors & Contenders. Certified: USOF Level 1 and USOF Level 2 Coach.

More Info?

breseman@msn.com or
spencerosu@comcast.net

**Putney Woods Founder's Day
Forest Scramble
Event Report Oct. 18, 2008**
Bill and Heidi Cusworth

On a beautiful sunny October day, about 100 people participated in the first orienteering event held on the south end of Whidbey Island at Putney Woods. Cascade OC has been hosting

the annual Founder's Day event at Ft. Casey SP near Coupeville on central Whidbey Island every October. For this year's event, we suggested a switch in venue to Putney Woods, a fairly new park near the town of Langley on south Whidbey. We were quite familiar with area since it is located only 5 miles away from where we live and we had done many trail runs there.

First a little background on the park. Putney Woods is a 600 acre forest park formerly managed by the State of Washington Department of Natural Resources as a logging area. Different sections were logged at different times leading to a patchwork of distinct forest areas of different ages, most of which are pretty thick. Local residents of the area and most notably members of the Island county chapter of the Backcountry Horsemen built a complex network of trails in the forest for recreation purposes and the area was called Goss Lake Woods. The trails interconnect with other trails on adjacent private lands and the Saratoga Woods Preserve (~120 acres) is also connected through a private property trail easement. In 2003, DNR was planning on clear-cutting the forest for residential development but local citizens fought for the area to be protected as a park and fortunately DNR agreed to turn the area over to Island County. Gary Putney was a member of the Backcountry Horsemen who lived next door to the park and was instrumental in creating the trail network. He died in 2006 and the

park was officially named Putney Woods in his honor in 2007.

We became excited about putting on an event at Putney Woods after seeing the map that Eric Bone made of the park. Eric's map contained contours and shaded relief features that were generated from the new LIDAR data that has recently become available in our area. LIDAR is a new technique that uses lasers to produce accurate elevation data even in areas with thick forest cover. We had been wanting to hold a Street Scramble event on South Whidbey but decided that there wasn't enough of a street network to set an interesting course. However, we thought we could put on a similar Score-O type at Putney Woods using regular orienteering markers and e-punch equipment.

After getting the go-ahead from Cascade OC, we set out developing a proper orienteering map. Since the map is large (~3 sq km) and the woods very thick, we were not able to make an extremely detailed map. There were 2 reasons why this was not a concern. First, we wanted to promote the event to local residents who had never done orienteering, so the course needed to be pretty easy. Second, we wanted to promote the concept of a less technical event that beginners could excel at while still providing an interesting course for experienced orienteers. We feel that this type of event has the potential to appeal to adult competitive beginners (runners, adventure racers, etc.) who may be turned off by standard orienteering

events where they have to choose to run a very short beginner course or a longer more competitive course that is probably too difficult for them technically.

At the same time we were making the map, we started advertising the event. Our first decision was to call the event something other than Score-O since we didn't think this term would be very descriptive to new participants that we hoped to attract to the event. Since we were modeling the event format after the Street Scrambles but using a forest area, we decided to call the event a forest scramble. We submitted an event ad to the Whidbey Marketplace, a free newspaper sent to every address on Whidbey Island (over 20,000 copies) and they included a small mention of our event on the front page. We created a flier for the event and posted it in several locations in South Whidbey and the park itself. We also sent the information in the flier to various e-mail lists of south Whidbey groups.

We spent several weekends updating the map and designing the course. We had decided to make the event time limit 90 minutes and as with all Street Scramble events, we had 30 check points with values of 10, 20, 30, 40, or 50 points worth a maximum of 1000 points. Since the map was pretty large, we were able to set a course that would require about 18 km to get all the checkpoints and so we felt confident no one, not even Eric, would get them all. Marianne Spencer and Terry Farrah agreed to be co-event

directors with Marianne leading the event set-up and Terry the clean-up.

On the day of the event, pre-start instructions were given by Bill from on top of Marianne's van. Maps were handed 30 min. before the mass start which went off promptly at 11am and participants scattered evenly in the 3 possible directions from the corner of the parking lot. As finishers came in 85-95 minutes later, they were directed into a chute leading to the e-punch download run by Don Atkinson. Eric Bone was the overall winner with 880 points and won the Bo Powell award for the top male finisher. Jillian Santi (570 points) won the Len England award for the top female finisher. Bo Powell and Len Englund are two of the founding members of Cascade OC for whom the Founder's Day event is meant to honor.

A number of local runners participated who had no orienteering experience but were very familiar with the park, which they use for weekly training runs. Three of these local teams finished in 4th, 7th, and 8th places overall (out of 70) and the top 3 positions in the mixed category.

Please join us for the next event at Putney Woods, a Night-O on March 7, 2009, the first event of the 2009 Ultimate Orienteer Series. Because of the remoteness of the area (no street lights) and the expected local newcomers taking part, the night courses will also be offered in the late afternoon. Please make note that the day event will not count for Ultimate-

O Series. Check the Cascade OC website (www.cascadeoc.org) for details. Hope to see you there!

UAE Race/Trip

Glenn Rodgers

I enjoy orienteering but my passion is adventure racing which combines orienteering with cross-country biking, running and paddling. Coed teams of four travel together usually nonstop in races lasting from 4 hours to multiple days. I am part of a local adventure racing team called DART-nuun. This year we won a race in Georgia that had as its prize a full ride to the Abu Dhabi Adventure Challenge <http://www.abudhabiadventure.com/>. This included airfare and entry to the race. Myself, Ryan VanGorder, Matt Hayes, and Mari Chandler flew to the United Arab Emirates (UAE) on the Arabian Peninsula in early December for this race.

This race had a different format than we usually race. It was a six-day stage race. Every day we would race hard and then we were greeted with a Bedouin camp that was complete with gourmet catered food, Bedouin tents, hookahs, and man servants carrying area Arabian coffee. In addition, the race organizers allowed the use of GPS for navigating.

The most memorable sections were the paddle out to a desert island where we camped over night followed by the next day paddling 50 miles in the Persian Gulf. And the 24 hour desert trek where we traveled 110k through

sand dunes over 1,000 feet tall. I have seen enough sand to last my lifetime. The beauty of the desert was striking. We saw herds of black camels, towering sand mountains starkly standing against the deep blue sky.

Culturally the UAE was in a different world. The men to women ratio is 2.7 to 1. This is the highest in the world. This is due to the high importation of labor. 80% of people in the UAE are from a different country. Usually they are poor men who have come to work from countries such as India, Pakistan, and Bangladesh. The effect is that one sees very few women in the country. At the end of the race, we were disassembling our bikes and as we worked a crowd of men encircled us, enthralled by what we were doing or maybe because my wife and female teammate was there helping us.

A Course Setter's Perspective

Chris Whitmyre

COC is blessed with many individuals that have talents in orienteering, course-setting, as well as map-making. These are three distinct subjects, each a compliment to the other. Having had the pleasure of being a course-setter on four occasions now (Yes, still a rookie), I thought I would encourage others to give it a try. The process is one that leads to a much better understanding of orienteering itself, the thrill of seeing your courses in 'print', and the personal test of receiving feedback from your fellow orienteer's.

Course-setting consists of receiving a base map, utilizing a set of guidelines to satisfy up to seven unique course requirements, envisioning the courses, field-checking routes and points, adjusting your courses, documenting the courses via 'Purple Pen' on the computer, double-checking descriptions, having the maps printed, and last but not least the actual 'setting/putting out the controls' of the courses. The challenge is to put yourself in the runner's shoes, and mind, and create a fun and challenging experience for all. Is there a variety of route choice and fun 'legs'? Are there hand-rails, catching features, and navigable control points? Is there challenge, without danger? Answering these questions will help

your overall understanding of the sport, and put those skills to the test.

Imagine the thrill of arriving three hours prior to when the vetters need to head out, and putting out controls each in their 'exact' location. Once you get over the panic of the situation you will realize that you have 'received' a great training experience.

Know that you won't be left alone; help is available. After all, if 300 people are showing up to run your courses, the club elders want to know that things will fall into place, so they will get you the help you need. I encourage everyone to try your hand at course setting.

Watch the Event Calendar for a Course Setting class this spring.

COC Officers and Coordinators:

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

Upcoming Orienteering Events

<i>Date/Time</i>	<i>Location and Comments</i>	<i>Type</i>	<i>Club</i>	<i>Contact</i>
Jan-09				
Sat, Jan 24	O' Series #6/WIOL #6 , Pt. Defiance Park, Tacoma	C	COC	Jana Dvorak jmadvorak@yahoo.com
Feb-09				
Sat, Feb 7	O' Series #7/WIOL #7 , Island Crest/Pioneer Parks, Mercer Island	C	COC	Jana Dvorak jmadvorak@yahoo.com
Sat, Feb 21	O' Series Champs/WIOL Champs , Dash Point State Park, Federal Way	C	COC	Jana Dvorak jmadvorak@yahoo.com
Mar-09				
Sat, Mar 17	Ultimate Orienteer #1 - Night-O' , Putney Woods, Whidbey Island	C	COC	Patrick Nuss
Sat, Mar 21	Cell Phone O' - location TBD	C	COC	Jim Siscel asjs68@earthlink.net
Mar 27-29	Ran-It Granit A Meet- Patapsco State Park (Mckeldin area) in Maryland including Intercollegiate Championships	A	QOC	
Apr-09				
Apr 3-5	Flying Pig XIII , Cincinnati, OH including Relay Championships	A	OCIN	Info coming soon
Sat, Apr 11	Ultimate Orienteer #2 - Score-O' , St. Edward State Park, Kenmore	C	COC	Jim Siscel asjs68@earthlink.net
Apr 18-19	West Point A-meet- including Interscholastics Championships	A		
Apr 25-26	Pine Hill A-meet -Medford, MA 2 day classic	A	CSU	Info Coming Soon
The Website has COC Meets scheduled through June				

BAOC: Bay Area Orienteering Club
 COC: Cascade Orienteering Club
 CSU: Cambridge Sports Union
 GAOC: Georgia Oreinteering Club
 MerGeo: Meridian Geographics

OCIN: Orienteering Cincinnati
 SAMM: Sammamish Orienteering Club
 SDO: San Diego Orienteering
 QOC: Quantico Orienteering Club

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