

# Bearing 315

Newsletter of the Cascade Orienteering Club

Spring 2009

---

## President's Comments

Jim Siscel

We concluded a great Winter O/WIOL Season with a delayed Championships meet at Fort Steilacoom on March 14<sup>th</sup>. The weather was cool, windy, and rainy, but the rain stopped for the awards ceremony. A Big Thank You to all the volunteers who made the season a success.

The Ultimate O season is partially completed. The Night O at Putney Woods attracted 17 participants. The Score O at St. Edward had 89 starts with many groups participating. The Sprint O at Titlow Park had 30 participants and the Relay had 10 teams. The final Ultimate O will be a Classic O meet at Lord Hill Park on Sunday, July 26<sup>th</sup>.

We will be having an Urban O 4-day August 3-6<sup>th</sup>. The first meet will be a Sprint at Farrel-Whirter Park, Redmond on August 3<sup>rd</sup>. On August 4<sup>th</sup> we will move to Lynndale Park, Lynnwood for a classic type meet with a map exchange. This meet will be on an updated map. Wednesday, 5<sup>th</sup> we will join Sammamish OC at Luther Burbank Park, Mercer Island for a classic type meet. On Thursday, 6<sup>th</sup> join us at Madrona Park, Seattle for a part controls/part trivia meet. These will all be evening meets with Registration and Starts between 5 pm and 7pm, except for the Thursday meet which will have two or three mass starts.

If you haven't before, try out the Sammamish Wednesday evening meets. They are low key and a great way to spend a Wednesday evening after a hard day at work.

Orienteering continues to be an inexpensive outdoor activity. With that said we are going to have to increase our meet fees \$1 beginning September 1, 2009. USOF has increased the fees that we pay them each year for each start. We need to meet that increase. See the Meet Fee Increase article.

## WIOL Report

Jim Siscel, WIOL Director

We completed our 27<sup>th</sup> WIOL Season with a successful championship meet at Fort Steilacoom Park. There were 258 participants from elementary school to high school. They completed 960 starts with one meet being canceled. The Seward Park and Shoreview Park meets each having 164 starts. We added one new school team—Bethel HS, and Everett HS returned after not participating for two years. Twenty-six WIOL participants went to the US Interscholastics Championships at West Point, April 17-19. See US Interscholastics Championships articles.

## COC Members on US Teams

COC members assigned to US teams. For the WOC-2009 meet in Hungary Eric Bone is #1 on the men's team and Nikolay Nachev is alternate #8. Holly Kuestner is alternate #7 on the women's team. For the Junior WOC meet in Italy Tori Borish is #1, Holly Kuestner is #2, and Kelsey Breseman is #3.

## US Interscholastics Championships Report

The US Interscholastics Championships were held at West Point, NY on March 17-19. We had 24 youth participate in the Interscholastics and 15 adults participate in the associated A-Meet. Huw Stradling took first place in Varsity Boys and Alison Knowles took first place in Elementary Girls. Eight of the Varsity Girls placed between third place and fourteenth place. For the team competition at the Middle School level Environmental & Adventure School took first place. At the Varsity level Inglemoor HS took third and Redmond HS took fourth. The Cascade OC Club Varsity team took first place and the Club Junior Varsity team took second place. Additional information about the Meet is included.



Huw Stradling

## EAS team wins national orienteering championship

LAKE WASHINGTON SCHOOL DISTRICT

Members of the orienteering team from the Environmental & Adventure School (EAS) on the Finn Hill Junior High campus are all smiles this week after winning the first-place team trophy for middle schools at the national orienteering championship meet at West Point, NY the weekend of April 18-19. Orienteering is the sport of competitive navigation, in which participants use a detailed topographical map and a compass to navigate through a course of checkpoints hidden in a park or wilderness area. The annual meet hosts schools and orienteering clubs from across the United States, including perennially strong teams from Texas, California, New York, Delaware, and Washington State.

This year's national competition sponsored by the United States Orienteering Federation (USOF) and hosted by the U.S. Military Academy, featured 41 school teams in three categories--Middle School, Junior Varsity, and Varsity--and 21 other teams from multi-school clubs or ROTC programs, all running three courses of increasing length and technical complexity. Participants represented the strongest competitors from their local states or regions, as determined by their local leagues.

For Lake Washington School District students, that local league is the Washington Interscholastic Orienteering League (WIOL), with a season from November to February, including more than 300 students from dozens of

schools, from elementary through high school. WIOL is open to all students, new or experienced, whether or not they have a team. Because of the emphasis on both running and quick thinking, orienteering meets often have a diverse mix of competitors, including off-season runners from cross-country and soccer, students in AP and IB programs, and people who just love being outdoors. Every meet also has a recreational category, allowing families to actively enjoy the navigational challenge at their own pace during the meet.

Pictured are Danielle Spencer, Andrew Spencer, and Anne Wilkinson, all EAS ninth graders who have been orienteering in WIOL since sixth grade, who this year placed individually second, second, and first in the nation, respectively. This is one short of a perfect team score in orienteering at the national level, in which boys and girls run separate courses, and then combine their scores for a team total. The team was started in 2005 with just four girls by prior EAS parent Bob Forgrave and is now led by current EAS parent Janet Roberts, who teaches an orienteering class every fall at school, then coaches the EAS school team during the orienteering season.

Eight LWSD youth were among the 24 national competitors representing the Pacific Northwest at this meet, including the Redmond High School team of Huw Stradling, Joseph Spencer, and Luke Wylie, and individual competitor Becky

Forgrave from Lake Washington High School. (Bonnie Gilbery of Juanita High also attended, but was unable to participate this year due to injury). The Redmond High Mustangs team finished fourth overall, just behind Inglemoor High, while Stradling placed first individually in the nation at the boys' varsity level.

Although orienteering is not yet as well known in the U.S. as in other countries, particularly in the Nordic areas, EAS team founder "Coach Bob" sees the program as a natural fit for schools, particularly for middle school students who are just developing their own sense of identity. "This is a sport that gives you the confidence to rely on yourself, and the bounce back from adversity that is critical to success in anything. It teaches you that you don't have to follow others, but it sure helps to learn from them, and to share best practices as a constantly learning team. It gets you out enjoying the outdoors every other weekend. And with parent involvement, the cost to a school is practically zero. I don't know why every school doesn't have an orienteering team yet."

Not surprisingly, EAS students tend to stick with orienteering when they graduate to their separate high schools around the area. For now, the competition season is over until the beginning of the next school year, when the rush to recruit teams will start all over again.



## **My Experiences at West Point**

Hilary Ratliff

Eleven. That was the answer; however I got it wrong. Our trip to West Point started out with a fun game of computerized trivial pursuit on the plane. The question was, "how many time zones does Russia have?" On the plane anyone who wanted was able to play and at one point we had about 50 passengers and with almost all of the orienteers on the party plane (that's what we called it since almost 40 cascade orienteers were on this flight together) playing at one time. This fun game was the start of a competition packed weekend.

We started on Friday where we met many of the other orienteers for a training led by Rick and Eileen Breseman. The training gave us an insight to what the terrain was exactly like and practice in it before our actual competition. The terrain included boulders, cliffs, stonewalls, and lots of dead leaves.

On Saturday our first event was the Sprint. It was located on the main campus at West Point along the Hudson River. The course ran through trails and the West Point campus buildings. Following the Sprint we drove to the West Point ski area, had lunch in the ski lodge served by the cadets.

The first competition was the Middle Course taking place on West Point's ski hill (that surprisingly still had patches of snow). The start for all of the courses started on the top of the hill so before one started, they had to take a 20 minute hike all up-hill to the start. Luckily it was a beautiful and warm day with just enough wind to stay cool while running the course.

The terrain in West Point had some very different features than what I was used to in the Northwest. For one thing, everywhere you went there were boulders of all different kinds; small boulders, huge boulders, boulder clusters, and boulder walls. Because of all of these features, I had to pay close attention to both the description sheet and the map to find out exactly what kind of boulder I was looking for. On the west coast, we are used to a green environment all year long, while at West Point, all their trees would shed their leaves and would appear, like Dana would call them, dead.

Unlike most local events, at the finish of all of the courses there were some spectator points. Now I usually don't get too confused on the course but when it comes to spectator points I always find myself rechecking the control on my map before I come out in the open to make sure that I don't get lost on my way to the last point with everyone watching. One thing that always helps with this is if you are able to view the finish before you go out to locate that spectator point beforehand, so you are able to master the art of 'cunning running.'

### **PNWOF - The Pacific Northwest Orienteering Festival 2009**

[www.pnwof.org](http://www.pnwof.org)

Sally Dow, Meet Director-COC Meets

This summer once again brings the semi-annual Pacific Northwest Orienteering Festival. PNWOF brings together the Orienteering clubs of the Pacific Northwest (Idaho, Washington and Oregon) to offer a week-long opportunity to run exciting Orienteering



courses in this beautiful corner of the country.

PNWOF 2009 is 10 races in 9 days, from Boise to Spokane and Cle Elum, including sprints, a relay, a “Goat”, two championships, and a World Ranking Event.

The Festival will start in the Boise, Idaho area with a sprint on Friday June 19<sup>th</sup>. We will then move to Idaho City for the Western States champs for the rest of the weekend. This portion of PNWOF is sponsored by the City of Trees Orienteering Club located in Boise.

Monday we will travel to Spokane for two Jackrabbits and a Goat hosted by EWOC (Eastern Washington Orienteering Club) and the US Team. The Jackrabbits are two sprints at Riverside State Park, one on Tuesday morning and one Tuesday afternoon. The next day will bring a Goat/Kid race at Fishtrap Lake. In past years I have seen an ice rainbow and a hawk’s nest while at Fishtrap. This year I decided to run the Goat because I just want the opportunity to travel further on the map. It has such interesting topography.

Thursday we again shift clubs to a fun relay on the Lick Creek map on the east side of Cle Elum, WA, hosted by Cascade OC. Peter Golde, Meet Director and Course Setter, loves the Lick Creek area so much he is always thinking about what he would like to set for next year’s course. We were discussing this last year as we picked up markers.

Friday we shift to the other side of Cle Elum to the Salmon la Sac area. There is a nice campground here, which is good as it is about a half hour drive to the town of Cle Elum. Salmon la Sac is a new map this year. The mappers watched the autumn come to the area last fall, and this spring they are chasing the snow away. The events at Salmon la Sac will start with a model event, accessible all day Friday as the map will be in your packet. There will be a sprint Friday evening. We are taking advantage of the long summer evenings in the Northwest and will have starts from 6:00 to 7:30, allowing many people to come out after work on Friday. For those of you who will be enjoying PNWOF all week, you can do some exploring in Cle Elum during the day (Cle Elum was a division point on the Milwaukee Road rail system, <http://www.milwelectric.org/> The South Cle Elum depot is now a museum. There is also a Telephone museum in town <http://www.ohwy.com/wa/c/ceelhtm.htm> . And it is a pleasant town to walk around, as many discovered last summer during the Street Scramble preceding Northwest Forest Frenzy.) Roslyn, the



site of filming for “Northern Exposure”, is also an enjoyable town to visit.

Saturday we will start the morning with the US Middle Distance Champs at Salmon la Sac; this is also going to be a World Ranking Event. For those of you who may not know (that would have included me until a month ago), there are only 6 Orienteering WRE in North America per year. Three are organized by Canadian clubs and three by USA clubs. Of those, at least this year, two were Team trials. Guess what, that leaves this event as the 6<sup>th</sup>. We will have some special athletes running at this event. Most likely they will be with us all week, providing you an opportunity to visit with some of the better Orienteers, at least in this country, and probably some international visitors as well. Saturday from 3 to 5 there will be the USOF Annual General Meeting at the Cle Elum Senior Center. That will be followed by an Ice Cream Social hosted by the juniors as a fund-raiser for junior travel to other Orienteering events. This will also provide an opportunity to chat with other Orienteers about how the week’s courses went. Bring your maps and compare routes.

Sunday is the long distance course of the weekend at Salmon la Sac. This will be a chance to run from one end of the map to the other.

I hope that many of you will consider making the entire PNWOF week part of your vacation this summer. My personal sales pitch is that I consider the Fishtrap Lake Orienteering map to be a reason to travel across our state. Doing a head count from some of the other Fishtrap lake events I’ve gone to in the last few years, I think that there are many folks from Seattle who would agree. The logic follows that if you are going to take the middle of the week off, you might as

well join us for the entire week and really experience the interesting scenery stretching from Boise to Seattle. There are a lot of climatic zones in this area. Both the Idaho City map and the Salmon la Sac maps are new maps and the Spokane events and Lick Creek relay, while maps we have been on before, are great locations and the people setting the courses are excited to be sharing these parks with you. Come join us! Register on-line at <http://www.pnwof.org/>

### **USOF Level I Coaches Clinic a Success**

Eileen Breseman

18 new coaches were USOF certified here in the Northwest this past weekend (April 24-25-26). Cascade Orienteering Club attendees participated in 20 hours of classroom time, physical training and outdoor practical implementation of orienteering skills under the guidance of Rick Breseman, Head Coach.

Instructors Eileen Breseman and Kelsey Breseman, both Level I Coaches, also acted as instructors. Kelsey headed the technological aspects of the program and added perspective from her experience as a coach and athlete. Eileen, a former U.S. Team member and current orienteering teacher for junior high schoolers, also added valuable wisdom to the lessons. Cheryl Marek, personal trainer and coach of her own business, HELP Training, Inc. of Seattle, covered aspects of physical training needed to coach athletes of all levels and fitness. She led the group in stretching, core principles of exercise as needed for orienteering, demonstrated workout techniques and heart rate monitoring, as well as how to build a successful year round training program tailored to an athlete’s goals. The group benefited as

well from their collective knowledge and experience shared among participants.

Students were also introduced to valuable resources for teaching and coaching orienteering, including Catching Features used as an instruction tool, Armchair Orienteering workbook, play dough mountain contours, course setting guidelines, how to use a training log and to create a binder, which is a critical communication link between the athlete and the coach. Classroom instruction preceded practical outdoor sessions at the Breseman property, St. Edward State Park and Marymoor Park.

Rick kept an overall perspective of orienteering as viewed by a coach, tailoring the USOF Power Point presentation and testing requirements, supplementing with other resources and experiences in teaching gleaned from 24 years in the sport as competitor and instructor.

Our meals were delectable, plentiful and healthy, served up with care by Marianne Spencer and her husband Dobby. Meals were a great time for social connection between juniors and adults alike. Additionally, Marianne took on the role of registrar and USOF Grant writer; key components to holding the clinic.

The final wrap up of activities on Sunday took place at Marymoor Park. Each new coach designed a lesson plan and course designed to emphasize a specific skill for their group. After designing and setting courses, they sent their fellow coaches-to-be on the courses for feedback on their work.

Attendees received their Coaches Level I certification at the end of the weekend.

Thank you to one and all for making the Coaching Clinic an outstanding success.

### **USOF Coach Certification Clinic A Participant Report**

Janet Roberts

The weekend of April 24-26<sup>th</sup> was an intense orienteering immersion for the 18 students in the USOF Coach Certification Clinic. We spent the whole weekend at the Breseman's beautiful home, learning the ins and outs of being an effective orienteering coach. Rick, Eileen and Kelsey Breseman instructed us in orienteering, Cheryl Marek educated us in physical training, and Marianne and Dobby Spencer kept us fed! It was a great experience!

I learned many things that I know will improve my coaching of the EAS orienteering team. Our situation may be somewhat unique in that our orienteers are young – between 6<sup>th</sup> and 9<sup>th</sup> grade, and have very diverse goals in orienteering. Some of our athletes love the competition and want to win, while others enjoy orienteering because it provides an opportunity to explore our beautiful local parks. We also have a great diversity of skill, from beginners to very experienced orienteers and athletes. The Coaching clinic provided tools to handle the challenge of teaching and coaching such a diverse group. Here are some ideas I plan to implement:

- Have the orienteers decide on a goal. Something like, “rank in the WIOL top 3 over the season”, “perform well at an A meets”, or “have a more enjoyable orienteering experience”. Then discuss how to reach that goal and evaluate how they are progressing during the season.

- Encourage them to keep a notebook with their goals, plans, and old orienteering maps.
- Encourage orienteers that are interested in improving their speed to do interval, endurance, and strength training outside of their normal orienteering activities. I'll work with them to develop a training and monitoring plan. This should also be recorded in their notebooks.
  - Have the team members draw their route on their maps right after their runs, then compare route choices and spit times with their teammates. This gives great immediate feedback on route choices and often provides some encouragement for everyone (usually everyone has a least one race leg where they excelled).
  - Encourage orienteers to try the video game [catchingfeatures.com](http://catchingfeatures.com) – a great interactive orienteering video game where the player navigates through an orienteering course. A decent simulation of the real thing! Great arm chair practice
  - Use Memory-O to meet the needs of both experienced and novice orienteers. The beginners run a moderate course as usual with the map. The advanced youth are paired up. One memorizes and then navigates the route to the next control without the map while their partner follows along with the map. They switch roles for the next control. This is a great exercise for really studying the important details to watch for

along the way (collecting features), the correct information needed to identify the attack point, and remembering some catching feature in case things don't go as planned.

- Use Line-O to make a moderate course more challenging. Again, the beginners run the course with a standard map with controls showing. The advanced orienteers run off of a different map, marked with only a line (no controls). Through careful navigation and some precise compass and pace work, these orienteers travel the line through the park. As they discover controls, they record them on their map.

As a new coach in this field, I was very grateful for the opportunity to learn so much in such a short intensive program. Kudos goes to the Bresemans and Cheryl for taking the time out of their lives to help us learn. I hope that I'm able to bring their passion of this sport to the youth that I'll be working with at EAS

### **Bio on Philip Kollas**

Jim Siscel

I would like to introduce Philip Kollas, who currently writes articles for the Columbia River Orienteering Club newsletter "River Currents." I have read his articles the past couple of years and have always enjoyed and learned from them. I asked Philip if he would be willing to share his articles with "Bearing 315" readers and he was happy to do that. Philip, Welcome to COC's newsletter "Bearing 315".

Philip Kollas read his first book on



orienteering—a British volume—in the 1970s and was hooked. He’s been orienteering and rogaining around the U.S. and even attempted to set up a course in Kuwait in 2002, while deployed with the Air Force Reserve (local “authorities” nixed that idea on security grounds).

Philip has taught beginners’ clinics at local meets and twice served as an assistant instructor of Land Navigation for the US Military Pentathlon team, which competes against NATO teams in Europe.

In 2007, Philip began writing quarterly articles at the request of his local club, CROC, on the medical and first-aid aspects of orienteering sports. An Emergency Medical Technician and a medical tech for a VA hospital, he brings both cutting-edge information and personal anecdotes to his writing.

Philip’s background includes teaching college math, practicing law, and serving as a crewman on aerial search & rescue missions with the Air Force.

### **For the Health of It: Food Poisoning in the Boonies**

Philip Kollas, EMT-B

Ever gotten really sick while on an outing? Neither have I—but would you know what to do, just in case? Most of what follows is pretty good news.

First, a news flash: an update to my article of last summer regarding first-aid kits. In the July/August issue, I noted several recommendations for what to carry in your kit, one of which was a good anti-infective for topical (skin) use. In October, I was fortunate to stumble across a new product, out only about a year and FDA approved for wound care,

at a national conference for EMTs. This one has so many positive features that I have to bring it up here. [Price and availability are the only two downsides I’ve found at the moment, both of which are likely to improve].

Imagine a small spray tube that you can aim anywhere, including in your eyes and mouth—which I’ve done as a test—that delivers a fine mist of liquid no more obnoxious than plain water. Further imagine that this mist kills over 99% of many harmful *bacteria and viruses* within 30 seconds. That’s amazing, but such a product exists, and I now carry a tube of it with me. It’s called MyClyns, pronounced “My Cleanse” as far as I can figure out. The manufacturer is Union Springs Pharmaceuticals in Kentucky, but they have a local distributor. Contact Alison Henderson at 503-887-3528, in West Linn, Oregon for further information (she’s a nice lady).

Now on to today’s feature film, Food Poisoning (unrated).

You’ve probably already had a case of food poisoning at some time. You may well also have had a case of flu, probably the short (3-day) kind. Do you know how to tell the difference? I recently had food poisoning from a military chow hall, but at the time, I was not sure whether I was getting the flu instead. If you were on an outing and started feeling sick, would you know what to do? Here’s a quick run-down:

Food poisoning vs. flu: If the symptoms, usually nausea, vomiting, diarrhea, and stomach pain, come on fast—say in 1 to 6 hours after you ate something suspect—you likely have food poisoning. Flu takes longer to develop, in the neighborhood of a day or more. And food poisoning departs almost as fast as it came, generally in about 12-14 hours, whereas the flu will kick your butt for a few days.

Also, with food poisoning, you may not develop the fever that you get with the flu. You don't need a fancy medical thermometer to figure out whether you have a fever; just have someone place the back of his/her hand on your forehead—it's my quick and easy way to get a pretty good idea.

Treatment: Here's the good news I promised. Even if you do nothing special, you'll probably recover from food poisoning within about 12 hours. But to feel better while you're getting better, drink lots of liquids, preferably the kind that contain good electrolytes (sports drinks, but I'd avoid Gatorade if I were the patient). Why the electrolytes? Well, if your case of food poisoning includes vomiting or diarrhea, you'll be losing electrolytes, so you need to replace them.

Stay on the clear liquids for the first 12 hours of your sickness, then move up to bland food if possible for the next 24 hours. If the symptoms become serious or you don't get better within about 12-14 hours, get professional medical help as soon as possible.

I haven't yet mentioned how food poisoning occurs in the first place. In a nutshell, contaminated food or water contains far more of the routine bacteria or viruses than ordinarily reside there, and the high population can overwhelm your immune system for a while. The usual suspect is a bacterium called *staphylococcus aureus*. Yep, that sounds like a staph infection.

Typically, this excess of bacteria will come from protein-based foods: meats, eggs, mayonnaise. Keep a wary eye on anything that's been open and at room temperature (or higher) for five hours or more; if it's protein, avoid it. One exception I've noticed is summer sausage—fortunately for me, as it provides a fair amount of the yule-log protein on my longer, multi-day outings.

I'm assuming the manufacturers put some sort of preservative in the stuff, but check the label on any pre-fab food you plan to carry. If a protein food has no preservatives, follow the five-hour rule.

The other easy component of avoiding food poisoning in the boonies is to cleanse your hands before handling food. It's also a good idea to keep your eating utensils as clean as possible. For hand cleansing in the field, I suggest carrying a small bottle of alcohol-treated gel, such as Purell (there are many brands, some with hand lotion). Wash the dirt off your hands first, then apply a generous amount of the gel and rub it into your skin on all surfaces of your hands. Let the gel air-dry before you eat or get anywhere near flame—remember, alcohol burns quickly.

### **Featured Orienteer Harvey Friedman**

1) How long have you been orienteering?

The 1st meet I went to was in 1980. Since then I have served as training coordinator 1982, COC president 1983 (1982-1983 was initial year of WIOL, started by the Herculean efforts of Dan Waugh), newsletter editor 1984, 1985, membership coordinator 1986-1996, and in-box coordinator since. During 1983-84, with the pro bono help of Bruce McAlister, I established Cascade O. C. as a 501(c)(3) corporation. I've struggled thru maps in several countries, including Canada, Norway, Sweden, Ireland, England, Wales, Scotland, Australia, Spain, Russia, Switzerland

2) How did you discover/get into orienteering?

My next-door neighbor (who is now legally blind) worked on me for nine (9) months before I gave it a try. I was usually doing softball, fun runs, or hiking on weekends, and Anne did all that plus soccer (she was designated corner kicker and scored more than one goal over less-than-alert keeper using banana kick off corner kick). I still remember on a sunny, beautiful day, the neighbor asked us to come on to a fun event with him; he would drive. The meet was at St. Edward State Park on the 1st color map of the park. By 1981, we were members and tried not to miss any meets.

3) Did you have a mentor?

No, but still active orienteers Dave Enger, Mike Schuh, and Debbie Newell all were encouraging. After attending the 1983 Swedish 5-day put on by O-ringen, we made enough friends that we usually found a bed for any visiting O-ers needing a place to stay in Seattle. The resulting conversations gave us a better idea of world-wide orienteering than merely what we had seen locally.

4) Is there anything in particular that attracted you?

I liked the combination of mental and physical aspects having to work together. Staggered starts meant that I could go at my own pace, not being discouraged by seeing heels and backsides ahead of me as is usually the case at road runs.

5) What do you like about orienteering?

Besides the above, I like that I can go to a meet in almost any country and meet people who are generally intelligent, generally healthy, generally do not smoke. Because courses are designed

regarding age/sex/experience, I can do this sport until I go blind, or become demented, or become too arthritic or otherwise physically impaired. I no longer attempt the hardest local courses but had to drop down to usually the next hardest, earlier than most. We'll see how long before I have to drop another level.

Regarding WIOL, I like the way doing orienteering teaches a kid responsibility. Unlike most other cases where an older relative or a teacher points out mistakes, finishing an O' course makes a kid both plan a reasonable series of choices and recognize kid's own mistakes made (if any), and come up with kid's own corrections, if needed. Comparing route choices and more recently split times after the event gives the kid the opportunity to learn how to improve kid's orienteering for the future.

6) What was a meet that you remember that was unique?

All meets are unique. There is not one that stands out so I'll mention a few memorable happenings.

i) At the 1983 Swedish 5-day, in Smaland, there was 25000 entrants. Starts were from 7:30AM to 1:30PM at FIVE (5) different remote starts covering the 80 or so different courses. Each course was limited to 300. In the woods, unless one went off the map (as I did once), there were always people around. People passing, people coming towards, people crossing from right and from left, and from any which way one could think of. Concentrating on map was no easy task.

ii) On one of the early days of the 1985 Scottish 6-day, on the longish hike to the start, the organizers posted placards with witticisms, mostly only totally

understood by local U.K. orienteers. But one, during a fairly steep stretch, said, "If you think this is steep, wait till day 6 when you will need ladders." Sure enough on the walk to the start, there were pallets standing on their sides with ropes to hold onto for balance so that we could scale the steep rock faces to get to the start. Luckily, the courses themselves provided enough route choice to avoid anything that steep.

iii) I stepped in to be meet director for the 1990 PNWOF and World Cup #5 at Cle Elum. Thanks to being part of APOC1990, this became the event with the most individual participants ever held in the US with over 800 each day. We held the record for 2 years until the 1992 World Cup finals in NH.

iv) The summer of 2003 in Europe was extraordinarily hot, so hot that many elderly in France died from dehydration. We were there for the Swiss 5-day, overall a wonderful experience since we had Swiss CascadeOC member Eugen Groff as a guide. Even the well-organized Swiss miscalculated at that meet. When temperature was over 100F, there were not enough water stops to keep all participants hydrated. We didn't realize this until the next day when we learned that one of the elite women on the Finnish team had collapsed. Swiss organizers efficiently multiplied the water stops so that there was plenty of water for all for the rest of the days of the meet. O yeah, the terrain was generally pretty steep there.

### **Meet Fee Increase, New ZIP Start, & E-Punches**

MEET FEE INCREASE: After holding steady for several years, meet fees will

increase slightly on September 1, 2009 to \$4 for youth, \$6 for members, and \$10 for non-members. The WIOL season fee also increases, from \$35 to \$40 (\$35 with own e-punch). This is to provide funding for a national orienteering director, which will help the visibility of the sport.

**MEMBERSHIP FEE STAYING THE SAME, BUT WITH A NEW BENEFIT:** Memberships will still cost \$6 for youth, \$14 for an adult, and \$20 for a family. Membership entitles you to a discount on each start, plus a new benefit, ZIP Start. Members with their own e-punch will no longer need to stand in line at registration. Just put your start fee in a specially-marked envelope with course and contact info, put it in the drop-off box at Registration, and ZIP right to the start area. You must have both a membership and a personal e-punch to qualify for ZIP Start.

**E-PUNCHES COST THE SAME, BUT EASIER TO GET:** For tax reasons, our non-profit organization cannot sell e-punches, even at cost of \$40. But if you are getting a membership and want to purchase an e-punch at the same time, we can provide your e-punch as a benefit of membership, for \$40 more, for example, Adult membership + e-punch would be \$58. E-punches purchased as part of a first year membership carry a one-year, money back guarantee; if you find you are not orienteering as much as expected, return the e-punch for a \$40 refund, no questions asked.

If you already have a membership and want an e-punch, please contact Don Atkinson or Doug Sprugel, club members, who have them currently available at \$34.