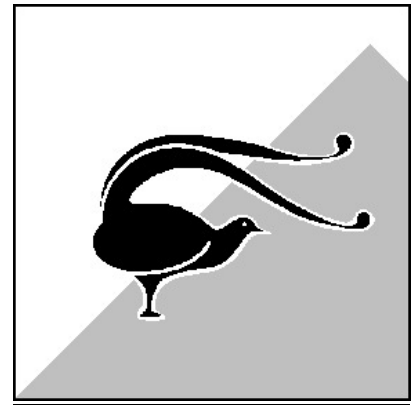


PUNCHLINE

Dandenong Ranges Orienteering Club Inc
www.droc.orienteering.com.au
Incorporated Association Registered Number A0003225B
ABN 76 002 329 218

Editor	Debbie Dodd	Tel 9878 9168
President	Peter Hobbs	Tel 9564 7601
Vice President	Peter Yeates	Tel 9725 4612
Secretary	Peter Grover	Tel 9876 9365
Treasurer	<i>vacant</i>	
Committee Members	Ian Dodd, Debbie Dodd, Allan Miller, Pat Miller, Denise Pike, Ilze Yeates, Chris Riddiford	
Public Officer	Peter Dalwood	
Membership Secretary	Debbie Dodd	

Email: debiandodd@iinet.net.au



Issue 152

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BELINDA WINS SKI MARATHON IN JAPAN

Mark and Jill's daughter Belinda became the first Australian to win a Loppet (long distance cross country ski race) outside Australia when she took out the 50 km Sapporo International Ski Marathon last month. Congratulations Belinda!

Meanwhile, Peter Dalwood's niece Liz Gardiner made the Finals of the Women's Ski Aerials competition at the Winter Olympics in Vancouver – an outstanding achievement.

DIARY DATES

SUNDAY MARCH 28 – COACHING DAY

Perfect for orienteers looking for some refresher training before the Easter Carnival, and for new bush orienteers wanting to learn the basics. We'll use a map close to Melbourne – Boomers Reserve, Bluehouse Road, Panton Hills. Places are limited so please register asap with Ian Dodd. Compasses will be provided for those without one.

SATURDAY APRIL 17 – COXY'S BIG BREAK GOES ORIENTEERING

Watch Ian race Coxy on national TV! Ian Dodd and Peter Yeates took part in filming a segment featuring Orienteering in the You Yangs, to be screened on Channel 7 at 5.30pm. Great publicity to a wide audience will hopefully lead to some newcomers giving our sport a go. Check the website www.vicorienteering.asn.au/coxy, and tell all your friends to watch!

MONDAY APRIL 26 (Anzac Day Holiday) – YARRAN DHERAN ENDURO

Choose from a 2 hour or 1 hour Score event in and around Yarran Dheran and surrounds, in our first EndurO challenge for 2010. Start from Schwerkolt Cottage, Deep Creek Road, Mitcham. Mass starts 10am for 2 hour competitors, 11am for 1 hour competitors. Note the change of day – Monday is a Victorian public holiday.

MEMBER NEWS – WHO'S DOING WHAT

Not paid up for 2010 yet? If you received a gentle reminder with this newsletter, please send the form and fee asap to Debbie at PO Box 5020, Laburnum 3130, or see me at an event.

A big welcome to new members Gemma Duffield, Haley Towers, the Norney family, Nicole Whitehouse, and Stephen Brown, all regulars at streetO this summer and doing very well in their respective divisions.

Steve Reidy-Crofts has re-joined DROC this year. These days Steve gets around on a very funky recumbent trike!

EVENT WRAP

We've been blessed with perfect weather for our recent spate of events.

Silvan Rode MTBO – we FINALLY got to run this long-awaited event! Eighty eager riders came along and thoroughly enjoyed Mark Korvin's excellent course. Unfortunately one rider suffered a fall, badly gashing his knee and fracturing his hand. Our emergency response was spot-on, the only problem being access for the ambulance through a locked Parks Vic gate (something for future organisers to be mindful of). Thanks to Carolyn Jackson and the other riders who rendered assistance, to organisers Graham Wallis and Phil Torode, and the DROC team of helpers who ensured another successful event.

Twin Petes Bike Ride – a gorgeous day, and a bunch of riders had a wonderful time along the local bike paths. Ilze baked up a storm for afternoon tea, and the swim in Peter D's (heated) pool was a fantastic way to refresh ourselves before the yummy bbq. Then we were transported to Europe thanks to two beautiful slide shows courtesy of Peter D and Peter H.

BeachO – Saturday's coastal walk offered spectacular clifftop views and a chance to beachcomb. In the words of Billy Connolly, we all felt rather "windswept and interesting" by the finish. Fish and chips were devoured with relish. The following morning was a picture-perfect day, and all enjoyed the multiple-choice questions at the control sites (although our President needs some lessons in animal recognition – the animal atop the butcher shop is definitely a cow!) Afterwards the lure of a sparkling sea was strong enough for a group to venture in. See Picture Gallery for photos.

NEWBURY NEWS

Chris Riddiford from Newbury Navigators walked for 5 days as part of the Great Vic Trek for Yooralla. Chris's story has appeared in a number of local newspapers and Win TV in Bendigo.

Trek earns respect 19 January 2010 - Knox Leader

A WANTIRNA South man has walked the hard yards to raise money and awareness for people with intellectual disabilities. Chris Riddiford ticked off another incredible achievement as he walked into the MCG in front of almost 40,000 people on December 27 alongside well-known celebrities and sporting identities. The 28-year-old, who has an intellectual disability and is unable to speak, walked more than 1000km across the state during December as part of The Great Vic Trek for Yooralla event. The monster walk culminated in his triumphant march onto the MCG during the second day of the Boxing Day test.

Mr Riddiford, who lives at Yooralla's Newbury Court house in Wantirna South, made a long list of friends during the three-week event, including former Australian cricketer Dean Jones and star ex-footballer Matthew Richardson.

Yooralla team leader Sally Brownridge said he had previously a host of other community and disability-focused initiatives such as the Cancer Council's Relay for Life, Carols by Candlelight and the Knox Festival. She said Yooralla staff often struggled to keep up with the fanatical Hawthorn Football Club supporter, who also enjoys cycling, sailing and participates in weekly orienteering events in the Dandenong Ranges.

"Chris is very community involved and minded," Ms Brownridge said. "He had such a great time and I don't think anything will slow him down."

Chris also took part in the Cancer Council Relay for Life, has tried mountain bike orienteering at Silvan, and took part in the Twin Petes bike ride and BeachO weekend. He is an active member of the Committee who attends all meetings. Chris has earned a club Achievement Award and has received a gift card from Rebel Sport, which he put to good use to buy running shoes.

WORKING WITH CHILDREN CHECKS

From July 1, it will be compulsory for anyone volunteering to work with children that they are not related to, to have a Working With Children Check. For orienteers, anyone who is coaching, or volunteering at a School competition, should apply. The checks are free, valid for 5 years, and application forms are available at any Post Office. If you already have a WWC check, or if you do apply for one, please let me know so I can notify Orienteering Victoria.

WHAT'S NEWS IN PARK AND STREET?

The 2010 winter season sees some changes in Park and Street orienteering. After successfully trialling Monday night informal training runs, the Park and Street Subcommittee decided to turn this into a full Series, retaining the features enjoyed by participants such as 25 controls, no control plates, and some format variation (within guidelines – eg maps must be a complete representation of the terrain, no deliberate errors or omissions). A handicap system is being devised which will allow any runner or walker to be first across the line, entitling them to wear the coveted "yellow jersey" for the subsequent week. The first 10 events will appear in the printed Melbourne events fixture, with details for remaining events to appear on websites www.vicorienteering.asn.au and street.orienteering.com.au

This move is a win for participants and for Orienteering Victoria. Benefits include:

- Opportunities for new course setters and for those who do not have time to put out control plates
- Millennium Club points scored (become a Legend faster!)
- Discounted entry for Orienteering Victoria members who purchase season tickets
- Increased participation numbers – critical for obtaining ongoing government funding, which allows our sport to continue and develop
- Increased income for Park and Street, to be used to for equipment, promotional material etc
- And of course, an extra run will keep you even fitter, healthier and happier!

In addition, the Saturday Series has been expanded to 20 events. For the first time, a Saturday season ticket will be available, in addition to Monday, Tuesday and Wednesday tickets. Discounts will apply for multi-series purchases, and tickets will be on sale at the first few events. Note that season tickets will only be available to Orienteering Victoria members.

The 2010 Melbourne StreetO Millennium Club Presentations Dinner will be held on Wednesday April 14, at Westfield Doncaster Shoppingtown Hotel Bistro, after the orienteering event nearby. Our first Legends will be formally inducted, and our new Companion and Associate members will be recognised. There will also be some streetO trivia, so start brushing up! See Ray and Dale Howe for further details.

Position Vacant - Park and Street Subcommittee Chairman

Ian Stirling has stepped down from this role after a number of years. He did a superb job but it is now time to hand the reins on to someone else. The role entails chairing Subcommittee meetings (2 or 3 per annum), reporting to the Orienteering Victoria Board, and overall coordination of park and street activities (eg ensure series coordinators are in place and fixtures are published on time). If you are interested in nominating for this position, please see Ian Dodd or Ian Stirling.

DROC EVENTS FOR WINTER – COURSE SETTERS NEEDED

Saturday afternoons –

Nortons Park, May 8	Abbey Walk, June 5	Cathies Creek, July 10 (allocated)
Gardiners Bend, August 7	Croydon Hills, August 28 (allocated)	Bellbird Dell, September 25

Wednesday evenings –

April 21 – Bayswater	April 28 – Blackburn Lake	May 12 – Blind Creek
May 26 – Ringwood Wilds	June 23 – Mitchelhill/Monash	July 21 – Waverley Woods
July 28 – Camelot Rise	August 4 – Harvey Heights	October 13 – Mullum Mullum
October 20 – Valley Reserve		

Winter courses are ideal for new course setters, and we'll provide all the assistance you need. If time is a problem for you, there will be plenty of opportunities to set courses in the new Monday series, without the need to put out control plates. Please let me know if you can set one (or more) of these events.

NEW CLUB CLOTHING COMING SOON

We're restocking, with a range of Giramondo running tops and singlets, and a new Bush orienteering top. The bush tops must be pre-ordered, so please see Peter Yeates asap for details.

TRAINING/COACHING AVAILABLE

Are you interested in improving your StreetO performance?

Want to know the secrets of the top StreetO competitors?

Want to improve your general fitness?

Ian Dodd (current OV President), is happy to help orienteers of all ages develop their skills on a formal or informal basis.

Currently completing my Level 1 coaching qualifications, I have been competing in StreetO for over 10 years and was consistently ranked in the top 20 male runners in StreetO. I have won at least one event in every StreetO division including numerous series wins on B and C courses. In sprint distance orienteering (arguably the highest form of Street Orienteering) I have a 3rd placing in the State Champs (open division) and was 18th (5th Australian) in the recent World Masters Champs (M50) in Sydney.

Have a chat to me at StreetO or email me (idodd@iinet.net.au) to discuss your orienteering and options for improvement in street and/or bush orienteering.

BEHIND THE IRON CURTAIN - Peter Kovássy in Budapest, Hungary

Soon after I reached Budapest last year, Peter Hobbs arrived for his "behind the iron curtain" tour. It was the tail end of summer which allowed me to do some running while exploring my neighbourhood. The last time I was in Hungary, it was still a communist state. It was uplifting to see that all the red stars had disappeared from all the public buildings. Lenin statues were also missing, and Hungarians were allowed to sing their national anthem. Before Hungary was liberated from Russia's influence, the anthem could be played but not sung. The reference to God in the words was very offensive to the commies.

Autumn heralded my going back to school to do a one month intensive English teacher training course here in Budapest. The students, as well as the lecturers, were from the four corners of the earth. The Poms were in the majority, whilst the Aussies in the minority, namely me. The course included teaching practice whereby every second day I would teach English to a real class of Hungarians. It was very nerve wracking but also satisfying. For foreigners I reckon English must be a tough language to learn with the myriad of pronunciations of our letters, all those irregular verbs, gerunds, collocations and idiomatic expressions ("what's he talking about?" I hear you say).

As autumn moved into winter, running was replaced with cycling, so I was able to further the bounds of my explorations. Christmas, unfortunately, was not white. However, I celebrated the season with my son, Emeric, who is studying here for a year, and with my sister who lives here permanently.

Once Christmas was out of the way the snow season kicked in. As soon as it starts snowing, I go for a walk because I just love it. As I write this article, 20 cm (8") fell overnight. Daytime temperatures are a balmy -5° to 0° C, sometimes getting down to -10° C. I say balmy because they say it's -25° C in Stockholm! My running track has now turned into a cross-country ski track.

I have built up a private tutoring business which is growing every week thanks to a great website that I subscribe to. Native English speakers are in demand here, and there are always students requiring that extra authenticity when preparing for exams.

My students can't differentiate between the British accent and the Aussie accent.

One of the photos shows the trolley bus that runs on my street. A trolley bus is like a normal bus with rubber tyres, but is powered by overhead electric cables.

COMMITTEE CORNER

DROC received a grant of \$1,200.00 from the Australian Government's Department of Families, Housing, Community Services and Indigenous Affairs Volunteer Grants Program for 2009. This grant money was provided in order to allow us to reimburse course setters and volunteers for petrol expenses incurred between April 2009 and March 2010. The funds have been divided amongst club members and paid as follows:

Course setter (Melbourne suburbs): \$20 per course set

Organiser/volunteer for Bendigo event (Australian Schools Relay Championships): \$40 per trip

It was great to be able to recognise our volunteers in this small way and contribute towards their not inconsiderable petrol costs.

WINNERS CIRCLE - Summer Series Results

Southern Series 1

Course A1 – Ian Davies 3rd

Course B3 – Dale Howe 2nd

Course C1 – Phil Torode 1st, Jay Kerley 3rd

Course PW2 – Ilze Yeates 1st

Course PW4 – Newbury Navigators 2nd, Wally Cavill 3rd

Course A2 – Marta Salek 3rd

Course D1 – Peter Yeates 2nd

Course PW3 – Helen Kerley 1st

Eastern Series 1

Course A3 – Vic Sedunary 3rd

Course B1 – Peter Hobbs 1st, Andrew Hester 2nd

Course C1 – Phil Torode 2nd, Jay Kerley 3rd

Course C3 – Vaughan Edmondson 3rd

Course D1 – Asha Steer 2nd

Course E – Di Shalders 1st

Course PW3 – Pat Miller 1st

Course A4 – Mark Besley =1st

Course B3 – Dale Howe 3rd

Course C2 – Ben Beveridge 2nd, Sam Beveridge 3rd

Cse C Schools – James Norney 1st, Lanita Steer 2nd

Course D2 – Allan Miller 1st

Course PW2 – Helen Kerley 2nd

Course PW4 – Sue Gurman 2nd

Northern Series 1

Course A – Vic Sedunary 1st

Course D – Allan Miller 3rd

Course B – Ray Howe 1st

ORIENTEERING AUSTRALIA MERIT BADGES 2009

The following club members earned OA Badges for their performances at major events in 2009:

Gold – Asha Steer, Lanita Steer, Martin Steer

Silver – Debbie Dodd, Ian Dodd, Louise Hall, Pam King, Pat Miller, Denise Pike, Janine Steer

Bronze – Wally Cavill, Peter Grover, Allan Miller, Ilze Yeates, Peter Yeates

BUSH ORIENTEERING – ASSISTANCE

Like to have a go at orienteering in the forest, but not sure how to get started? We can provide car pooling to events, loan of compasses and SportIdent sticks, instruction/advice, and any other assistance you need. There is a regular contingent of DROC members who head into the bush most weekends – look out for our club flag and “palace de canvas”. Contact the Dodds or the Yeates.

Introductory events – check the Sunday Specials in the fixture. All these events are within a reasonable drive from Melbourne. Woodlands on March 14 is a great place to start, with a mixture of family-friendly park and bushland terrain, some rocks, and lots of kangaroos. Plenty Gorge on May 30 has more forest with more opportunities to get off-track. Before you know it, you’ll be signing up for the Club Relays in August.

State Series – although this is our top level competition, newcomers are most welcome. There are always Easy and Moderate courses, where you can stick to tracks or not wander too far from them, until you gain some skills and confidence with navigating cross country. You can go out as a group, and have an experienced orienteer accompany you.

Adventure Series – longer distance events with easier navigation, these will suit those looking for some fitness and endurance with the fun of finding your way in the bush thrown in.

For details of all these events, go to www.vicorienteeing.asn.au and check the Events page. Give it a go this winter!

PREZ SEZ – Peter Hobbs

Happy new year to everyone and I trust that your Summer Series has been enjoyable. After a series of extremely hot Wednesday evenings in December, conditions have since been near perfect (at least on Wednesdays). My Summer Series has been highly enjoyable as usual, however a couple of my recent performances have been quite disastrous. I recall the March 2008 edition of *Punchline*, which talked about how:

... we all have 'off' nights from time to time, but Ian James's effort at Park Orchards surely takes the cake... tricky five way intersection... wrong turn... heading towards Croydon Hills... total darkness... crossed finish line at 8:37pm... 99-point late penalty.

I also told of my own disaster at the Valley Reserve event of 6 February 2008 characterised by:

... a series of 'brain-melts'... omitting crucial controls within a stone's throw of the start/finish... visiting controls that should have been 'definite drops', wasting time at every control pondering where to head next... running 12km when only 10km was required...

Over the past year or so, my work colleagues have become quite interested in my orienteering exploits and on most Thursday mornings I am quizzed as to how I went on Wednesday night. I have become somewhat of a laughing stock in recent times, particularly after my performance at the Blind Creek event (or was it Lilydale Lake?) on 27 January. My summary of the event, to them, went something like this:

... rushed home from work... very long drive to Lilydale Lake... good effort to arrive at 6:55pm... drove into car park... could not see any orienteers... got out of car... could not see any orienteers... get back into car and look at fixture in glove box... penny drops... discover event is actually at Blind Creek... realise I had driven right past Blind Creek at 6:30pm in order to get to Lilydale Lake... retrace steps... drive back to Blind Creek... arrive 7:30pm... orienteers are finishing their courses... I begin mine... have a great run... cross finish line just before 8:15pm cut-off... come last... most orienteers already gone home.

Amidst the laughter at my expense, someone recalled a 1996 song by *Cake* called *Going The Distance*, and said I should look up the lyrics; so I did. Although the song is actually about relationship woes, it is as if the songwriter was, in a subliminal way, describing my run at Blind Creek (and Ian James's walk at Park Orchards). The applicable lines go like this:

*Reluctantly crouched at the starting line, Engines pumping and thumping in time.
The green light flashes, the flags goes up, Churning and burning, they yearn for the cup.*

*They deftly manoeuvre and muscle for rank, Fuel burning fast on an empty tank,
Reckless and wild they pour thru the turns, Their prowess is potent and secretly stern.*

*As they speed thru the finish the flags go down. The fans get up, and get out of town.
The arena is empty except for one man, Still driving and striving as fast as he can.*

*The sun has gone down and the moon has come up, And long ago somebody left with the cup,
But he's driving and striving and hugging the turns, He's going the distance. He's going for speed.*

*Because he's racing and pacing and plotting the course, He's fighting and biting and riding his
horse. In his mind he's still driving, still making the grade.*

Only five lines have been omitted; the words then repeat themselves. It is a fairly accurate, albeit slightly exaggerated, description of an A-grade event in which one of the competitors (me!) is, for some inexplicable reason, still out on the course when everyone else has already gone home. At least my navigation was good that night; it was my reading of the fixture where it all went wrong.

Happy running (and walking) - Pete