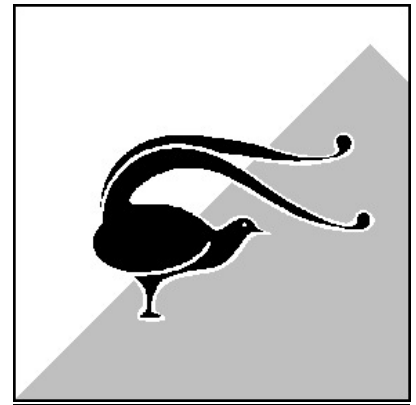


PUNCHLINE

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Issue 153

June 2010

After four years as Orienteering Victoria President, Ian Dodd has stepped down. His replacement is Bruce Arthur. Ian joined the Orienteering Victoria Board as Vice President 5 years ago, and took on the President's job after only 12 months.

Ian sees the three orienteering disciplines – bush, park&street and mountain bike – as equally important and valuable, and focused on bringing that perception to Orienteering Victoria members. He used O-News, OVic magazine and the revamped OV website to communicate regularly, and made sure he was always accessible by attending all types of events, talking to members and familiarising himself with all aspects of the sport. Ian has been very hands-on, assisting clubs with SportIdent, running workshops, setting courses and organising events. He played a major role at the Bushrangers Carnival in 2009 not just as President representing the host state (a huge job in itself), but as carnival SI coordinator, DROC SI problem solver, co-results board designer/builder, and builder of Ted the Bushranger! This was in addition to the myriad complex tasks required to ensure OV ran smoothly at all times. I can vouch for the many late nights spent going through emails on every subject under the sun related to orienteering!

Bruce Arthur wrote: "I'd like to thank Ian for his fantastic work during his period as President. Ian and wife Debbie have spent a large percentage of their last few years dedicating themselves to orienteering administration, attending events and helping our members enjoy their orienteering. Ian will remain on the Board this year as Immediate Past President, and I look forward to his ongoing assistance. Please take some time out when you next see Ian to thank him for his efforts".

Ian will spend another 12 months on the Board as Immediate Past President, and will continue chairing the SportIdent subcommittee. Debbie will carry on as DROC's club representative to the OV Council.

CONGRATULATIONS TO OUR WINNERS - EASTER 3-DAY CARNIVAL AND SNOWY TREBLE (ACT CHAMPIONSHIPS)

Australian 3-Day W12 – Asha Steer 1st
ACT Sprint Champs W40 – Louise Hall 3rd
ACT Middle Champs W70 – Pat Miller 3rd
ACT Long Champs W70 – Pat Miller 1st

Australian 3-Day W14 – Lanita Steer 2nd
ACT Sprint Champs W70 – Pat Miller 3rd
ACT Long Champs W40 – Louise Hall 3rd
ACT Long Champs M55AS – Peter Yeates 2nd

COURSE SETTING VACANCY – JUST ONE LEFT!

We're looking for a course setter for Bellbird Dell on Saturday September 25. This is a fantastic map to set with the parkland in the middle of the map. Unfortunately it clashes with a couple of other things which have precluded some of our members from setting this one, so if you are available please let me know.

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 Schools 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.

DIARY DATES

Friday June 25 – Rebel Sport Discount Day

See enclosed flyer for details – 25% discount at Rebel Sport Ringwood.

Wednesday July 14 – Club Meeting

The next meeting will be at the Yeates residence after the Maroondah Triangle event. All members are welcome to share dinner, drinks, and discussion.

Saturday and Sunday August 7-8

Kooyoora Field Check and Coaching Weekend

In preparation for the WOC25 event, we'll be spending the weekend at Kooyoora tagging the 25 or so control sites and putting the finishing touches on course planning. We'll also run a granite coaching session. Camping and toilets are available (for those with really warm sleeping bags!) The more the merrier – field checking will be done in pairs, so we'd like a big team to get the job done as efficiently as we can. If you would like to come, please let me know.

Sunday August 29 – Club Relays at Woodlands Historic Park

Woodlands is a fantastic area of open parkland, some forest, and some granite, very close to Melbourne (near Tullamarine Airport). It has been remapped for this event. DROC has been highly successful at the relays in the past few years – let's keep it up and enter as many teams as possible. There is a course to suit everyone from the beginner to the expert, and we always have a great day socialising and barracking for each other! If you are available please let me know.

Sunday September 5 – WOC25!

Our feature event for 2010. Relive the 1985 World Championships at Kooyoora. Bring along your memorabilia. There will be four courses (3 hard, 1 moderate) based on the Mens and Womens courses at WOC. We'll need helpers on the day (registration, start, finish etc), and also on the previous day to put controls out. Please let me know if you can lend a hand (petrol costs reimbursed by the club).

Sunday October 17 – Lilydale EndurO and Family Day

Tina and Vic are devising the course, which will cover the Lillydale Lake map and the new Lilydale map north of Maroondah Highway. Choose from 2 hour or 1 hour score courses for Runners or Walkers. Invite the family to stay on for our Family Day – bbq and kids activities at Melba Park.

EVENT WRAP – Yarran Dheran Enduro

Phil and Mark put together a highly challenging course on the new Yarran Dheran map (thanks Peter G!) A record turnout of over 100 competitors kept the registration team on its toes, and Phil's usually reliable scooter chose that morning to go on strike, causing some panic. Nevertheless, the day was glorious. I was reluctant to return even after 2 hours, I was having such a great time! Running the tracks along the creek was a delight (although Ilze didn't quite make it across one of the creek crossings, slipping off a rock and ending up waist deep in water! In true orienteering spirit she continued undeterred till the end). We got the results announced within 20 minutes of the finish – thanks to the hardworking team of volunteers.

MEMBER NEWS – WHO'S DOING WHAT

A big welcome to new members Gary and Rebecca, and their girls Lara and Bonnie, who are managing to fit some orienteering in around their many other activities!

DROC members are great travellers, and destinations this year include Egypt and Dubai, Europe, the US, around Australia, and New Zealand. Look forward to travel tales and photos!

Here is some news from the Millers, currently travelling in the US:

"We are spending a few days in Portland, Oregon, with some friends whom we met in Europe over 20 years ago. Since then they have had two children, one of whom has just graduated from High School! They have been very hospitable and we have been able to pick up where we left off many years ago.

Since arriving in the States, we have spent four days in Seattle which is a very interesting city - some fascinating new architecture - especially their new Public Library and the Space Needle. We travelled by ferry to an island in Puget Sound which was much quieter than the city with lots of fishing. We did an amazing underground tour through streets which were buried after a big fire followed by floods and land slides. This part of the city is now built over what was there before. We had a great young girl as guide who gave us a history lesson of the early days of the city. We also visited the famous Pike Street market where the fish vendors put on a daily show for the tourists. They didn't seem to sell much fish while we were there, though.

We left Seattle in a hire car and travelled to the Mt Rainier National Park but we were too early as the mountain was snow covered and hidden by a blanket of cloud. Most of the access roads were closed as they hadn't yet been cleared for the summer. Still we managed to get to Paradise! (surprising for us sinners) where we saw

an excellent film about the park. Then on to Mt St Helens which erupted violently in 1980. Again the same problem with roads closed and limited access. To make matters worse, it poured! However, we did get to a visitors centre where we saw another excellent film about the eruption and its aftermath. It was reminiscent of the Pompeii exhibition in Melbourne. From there we drove to the Columbia River and spent two days exploring the gorge and surrounding areas. What a river - capable of carrying large barges a long way upstream. We also stopped at a fish hatchery where we saw enormous sturgeon in a viewing centre and ponds full of trout and salmon.

The drive into Portland was past lots of dramatic waterfalls - one as high as 200 metres. Unfortunately the weather hasn't been kind - lots of rain and drizzle - so we have missed some magnificent views. Tomorrow we set off for San Francisco, following the coast. From there we pick up the tour to the National Parks and finish in Las Vegas. We may be unable to keep in contact much after this as there seem to be few internet cafes as everyone has WiFi and iPhones.

Love and best wishes to all, Pat and Allan"

May 29

COMMITTEE CORNER

Our Wellington Chase remapping project is going ahead after Parks Vic gave us the green light. We now have to organise the mapper and work out a schedule. The bushfire has revealed some aboriginal sites, but Parks Vic has assured us they won't affect our mapping. Meanwhile, Monash Uni has a new area of buildings which will need to be mapped before its next use.

We have applied again for a federal government petrol grant which will allow us to reimburse all our course setters, and any volunteers who travel to Kooyoora to assist with the WOC25 event.

The club plans to purchase some two way radios for use in field checking, course setting and event safety.

Finances are looking healthy with good income from the Silvan MTB and Yarran Dheran enduro events.

WHAT'S NEWS IN PARK AND STREET?

Monday 37s has really taken off, with an average 60 competitors per event. DROC winners so far include Jay, Wally and Tina in the "first across the line" handicap competition. People love the completely new format which makes them think very differently, and the unpredictability of the results.

For time-poor course setters, Monday 37s is perfect because there are no controls to put out or collect on the night. There are plenty of course setting opportunities – see me at any Monday event or sign up on the notice board.

Saturday attendances are on the increase. So far we have been lucky with the weather, and the more regular programming of events has attracted more people.

The Millennium Club dinner was held in April at the Doncaster Hotel. It was a great night featuring induction of the first four Legends (1000 events since Jan 2000) and presentations to new Associates and Companions. Ray also put together a tricky map quiz (won by Geoff Hudson). OV President Ian Dodd talked about the successes and future directions of park and street orienteering, and presented the inaugural Park and Street awards:

Course setter of the year – Katherine Dent (Camelot Rise) – already announced
Promotion of park and street orienteering – Phil Giddings
Services to park and street orienteering – Ray Howe

Of the highly deserved award to Ray, Ian had this to say:

"If this award had been made in past years, names such as Wally Cavill, John Sheahan and Geoff Hudson would no doubt appear on the list of past recipients. But this year the award goes to someone who has made a major contribution to-

- increasing participation
- increasing enthusiasm
- increasing the enjoyment of participants
- strengthening the StreetO community spirit (in what is often a sport of individuals)
- and, finally, improving the overall branding of the StreetO discipline with new ideas that I have already seen other disciplines thinking about copying".

WOC 25 – Sunday August 5, Kooyoora

Planning is well under way for our big event of 2010. A 5 page colour spread in "Australian Orienteer" and promotion at Easter and upcoming State Series events should see a healthy turnout of those who fondly remember the event, and those who want to challenge themselves against the World Champions of 25 years ago. DROC was heavily involved in the organization, constructing and operating a massive and complex Results Board. Without the benefit of computer technology, the board had to show split times as well as final results. DROC was also fully occupied with Wocarn, the accompanying 2 week long public carnival which is still the most ambitious undertaking by Victorian orienteering.

Our job is MUCH easier! The WOC courses are already "set" (though we do have to make some adjustments to bring the Start and Finish much closer together). We're planning 4 courses – 3 Hard and 1 Moderate. Course 1 will probably be on a 1:15000 version of the map (just like WOC was), with the other courses at 1:10000.

We'll need to spend some time at Kooyoora locating and tagging 25 control sites, and we

See you there!

have set aside the first weekend in August to do so. This will be a wonderful opportunity to spend time in the complex granite terrain without the pressure of competition, and we'll take the chance to provide some coaching as well. Members of Bendigo Orienteers have offered to check our tagging. Please contact me if you can help on this weekend – the more volunteers we have, the faster the job will get done.

On the WOC25 weekend itself, we'll need your assistance again. On the Saturday we'll be putting out control stands and setting up infrastructure, and you will also be able to have a run in the Bendigo event that afternoon. On Sunday we'll need a team of people for registration, parking, finish, results etc. You can camp overnight on site at Melville Caves. If you haven't been to Kooyoora before, come along – it's spectacular country with towering rocks and expansive views, well worth the trip. And of course its status in Australian orienteering is legendary. Note that petrol costs for volunteers will be reimbursed by the club.

We've also been collecting some great memorabilia, so if you have any WOC souvenirs, bring them along for display.

WOC25 – World Orienteering Championships 25th Anniversary

Sunday September 5 2010

Kooyoora, Victoria

Take the WOC25 Challenge! Choose one of four courses of varying lengths, based closely on the Mens and Womens Championship courses from 1985**

Make it a Kooyoora weekend – add on the "Bendigo Rocks" event at Melville Caves, Sat September 4

Details will be available at www.vicorienteering.asn.au
Enquiries: debiandodd@inet.net.au

** the Start and Finish in 1985 were a considerable distance apart. In 2010, courses will start and finish in the same location, so courses will be adjusted accordingly.



JUNIOR DEVELOPMENT

Congratulations to Asha and Lanita, both Winners at the recent Victorian Secondary Schools Championships, and to Justin who came 5th. All our Juniors (aged between 12 and 18) are invited to join the Orienteering Victoria Junior Development Squad. You will benefit from coaching and training activities, including a camp during the July school holidays – a fantastic way to improve your orienteering. A team of 8 boys and 8 girls will be selected from the squad to compete in South Australia at the Australian Schools Orienteering championships. How to join? Send an email to Julie Sunley: juliesunley@bigpond.com

There is a series of events you can participate in, where you can meet other squad members and get some coaching and practice. If you need assistance getting to these events, contact Debbie Dodd (debiandodd@inet.net.au or tel 9878 9168).

DROC is supporting the Squad by donating some fantastic raffle prizes including a Garmin Forerunner 305 GPS.

COACHING DAY

A very successful coaching day was organised and run by Ian Dodd at Panton Hills – a small but interesting map with some gold mining detail. We held an introductory session for new orienteers, and a “brush-up” on attack points for those heading to the Easter Carnival.

PHIL'S RAMBLINGS

Normally I try to keep up with all of you in street O, but the 2 hour event last month caught me out. I broke down on the course while setting up the event. With plenty of time to spare, Mark and I were placing controls but were caught by a few runners as we put out the last few controls. One runner even commented that this was the first time a control had run to him.

I ride a motor scooter to most events on Monday & Saturday and usually pick up controls afterwards. The scooter is great to access the hard to get or long way in controls, as I can ride past locked gates or through small opening into parks and reserves, or take short cuts to where cars can't go. As my scooter is almost silent, no one appears to mind its presence in their space, particularly as I try to ride with respect to other park users, even stopping to talk to them if they give me a funny look. One control at the 2 hour event was about 1 km into the park from the road. I left the ignition on for 8 minutes while I ran up a bush track. Unfortunately the battery was flat when I returned, so the scooter had to be left in the park for a few hours while Mark and I placed the rest of the controls.

I don't think anyone was too worried about the mishap except me. Wally drove all over the eastern suburbs to find a battery, then 3 hours later we found the scooter still parked in the bush and it started instantly without help. Oh well... At least most of you enjoyed the run and I was pleased as no one collected every control and the park ranger didn't find my scooter in the park.

On 10th April I turned 60 years old. A party was held at the Ros/Phil home that same night. Those who came were distracted by a live band playing a sort of country rock music from pre 1950 mainly, with a Hawaiian influence. I invited about sixty people from all over to help celebrate, old friends, family and relatives, car club, music/pub scene where Ros and I go to listen and dance and some DROC members. I would have loved to invite more but had to draw a line somewhere? Particularly when the band I hired, 'The Luau Cowboys' took over the lounge room leaving almost no room for anyone else. Some friends knew other invited guests from different places other than orienteering. I don't think I invited anyone from my scooter club/chat line, probably just as well after the scooter broke down while orienteering.

A couple of friends from my music scene, Jill & Nigel, even produced a CD to celebrate my 60th. I just wish I could run as fast as some of the tracks on this hillbilly CD. Nigel even found period busses for the cover. He knows I drive a bus around the Melbourne suburbs. Let me know if you love the music or the band and if anyone would like a copy of the music let me know. It's very hillbilly early American music

from mainly the southern USA states around the pre 1950s. Peter and Denise must have enjoyed the music as they danced great steps to almost every song.

WHY I LOVE MY GPS – by Debbie

Apart from my DROC fleece jacket, my favourite orienteering accessory is my “Garmin Forerunner 305” GPS. About the size of a chunky watch, it tells me all sorts of information about my running, walking and navigating. I can quickly download the data and get a map of my exact route, which is usually an interesting shape, if not a model of clever route choice and superior navigational ability. On Saturday at Cake-O, I read the “calories used” with great excitement, as I can then work out how many scones I can wolf down before I feel guilty (usually about half a scone per B course – the other half is just indulgence!)

I can ascertain my speed, pace, distance, time, altitude gain, heart rate, calories, and more. I can have different displays for different types of events – in the streets I like the clock to feature, but I also like to see my pace and distance. In the bush, I just display elapsed time, as I don’t want the distraction of other information.

Until I got the Garmin, I was often guessing where I’d been in the bush – it is possible to spend chunks of time not knowing precisely where you are. I like to draw my route up afterward on my map - I find this very useful for working out where and why I made mistakes – but sometimes I could only draw a kind of squiggly circle which indicated “not a clue” or “aimless wandering”. The Garmin has changed all that. I have dubbed it the Instrument of Truth. If you zoom in enough, you can see every misguided step!

Your Garmin route can be downloaded onto “Route Gadget”, a tool used by orienteers to compare their route choices after an event. Someone posts the map onto a website, and you upload your data and run it against others who did your course. So far I’ve been too embarrassed to be “seen” in public, but one day I might feel brave enough. In the meantime, the hardest thing about using it is remembering to press “Start” and “Stop”.

Be wary if you have the heart rate monitor. It has to be synched to its owner’s watch, otherwise it will just find the nearest Garmin and indiscriminately synch itself to that. Some said it was romantic that my Garmin showed my husband’s heart beat; I thought it was a bit freaky!

“The danger is, people rely on technology over planning and preparation. The GPS should be used only in conjunction with the ancient navigational art of map and compass” - mountaineer Peter Hillary (quoted in the May 2010 issue of Royal Auto), referring to bushwalking safety.

A Polish taxi driver has turned off his in-car GPS after discovering his dog Bobo is better at getting him from point A to B. He yaps and raises his right paw to turn right, his left paw for a left turn, and wags his tail for straight on – recognising the turns before the GPS does.

CLUB CONTACTS

For information about, or assistance with EVENTS (transport, equipment loan, newcomer information, informal coaching etc) contact:

Debbie Dodd tel: 9878 9168 email: debiandodd@inet.net.au, or
Peter Yeates tel: 9725 4612 email: piyeates@bigpond.com

For CLUB CLOTHING (running and bike tops, and fleece jackets and vests) contact:

Peter Yeates tel: 9725 4612 email: piyeates@bigpond.com

For MAPS AND COURSE SETTING enquiries, contact:

Pam King tel: 5968 3076 email: pamela.king@haileybury.vic.edu.au

For MEMBERSHIP and NEWSLETTER enquiries, contact:

Debbie Dodd tel: 9878 9168 email: debiandodd@inet.net.au

PREZ SEZ

Whilst explaining some of the finer points of orienteering to a friend who was interested enough (or is that stupid enough?) to enquire, it dawned upon me that, to the lay person, orienteering is indeed a bizarre sport; attractive to some, but foreign and bristly to many. Street-O is rather like the vanilla version of orienteering. However it is bush-O – the chocolate version – that I would like to focus on here.

Over the years I estimate that I have competed in about 30 bush-O events – still a novice really. I remember, with clarity, my one and only event at Creswick Diggings. It was a cool, wet, winter's day in 1997 and to tell the truth, I still don't think that the mental scars "the map" handed out that day have healed. Ok, maybe a slight exaggeration, but you get my drift. "The map" features extensive areas of diggings; the complete opposite to a nice spur/gully layout. Imagine a huge field of crumbling craters and you get an image of "the map's" terrain. I recall that a bushfire had been through sections of the map, making what had previously been a typical soil/clay/vegetation arrangement into nothing other than a scene of slippery, crumbling charcoal. After three utterly frustrating hours of trudging through this, only to find that the second last control had been misplaced, costing another 30 minutes, I finally crossed the finish line. I don't think I participated in another bush event for two years.

Conveying this story to my friend, it must have sounded like some momentous mythical event, similar to those passed down orally through the sands of time by past generations. His laughter at my duelling against "the map" and being lost in the bush summed up his thoughts that this type of orienteering features far too many "chocolate" and bristly elements. Many people would share his view, I suspect.

My experience at Creswick Diggings is not representative of my bush-O experiences, however it is a fair question to look back on that fateful day and ask "why did I put myself through that?" And also, "why is it that I keep coming back for more?" Similar questions could be asked of my recent experiences at the 2009 Australian Champs, but that's another story. I bet that every one of us who has participated in bush-O could share similar tales of calamity.

So, what exactly is it that keeps drawing us to bush-O events? For me, it's a combination of things. Of course there is the social side of things, but I want to dig a little deeper into the nuts and bolts of why I like bush-O.

Now that I have a few events' experience under my belt, an increased confidence to cover the terrain without drifting too far off-track is a huge encouraging factor for me. Similar to hitting a good golf stroke, being able to navigate down the correct gully to hit a control results in tremendous satisfaction and a sense of familiarity with "the map". Indeed, a string of such instances within the one event could well lead to the highly sought after and satisfying outcome of actually "defeating" "the map". Bush-O requires self confidence and independence and it provides a good opportunity to exercise this in a semi-competitive environment against like minded people. The sense of getting out of the city and exploring the detail of a new bush area is also an attraction. I have always liked exploring new places, and I think orienteering is a sporting extension of this trait.

If I came out of a day's work at the office with wet feet, a blister, sweaty and dirty clothes; also feeling hungry and thirsty – not to mention having driven for two hours and paid for the experience – I would most probably quit on the spot. Why is it then, that I experience this at just about every bush-O event, yet keep coming back for more? I guess we orienteers like it bristly – and we like our chocolate too.