

Nillumbik Emus Online – Dec 1st, 2010 e-mail Bulletin



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Annual General Meeting for Sunday, December 5th

Venue: Westerfolds Park, ORCA meeting room

Enter the park via the main entrance in Fitzsimons Lane and bear right. After 350m or so park at the far end of the public car park (on the left). The offices are just across the road. There is an electric BBQ and picnic tables set about amongst the buildings, and inside is a kitchenette.

Facilities: BBQ & kitchen facilities, hot water, tables & chairs and toilets

Time: Noon – 3 pm

*BBQ lunch (BYO BBQ) followed by Travelogue/Slide presentation by club President **Ron Frederick on his recent walk across England***

The AGM will follow the travelogue

As usual there will be reports from the Treasurer and the President, announcement of the VIN MALONEY TROPHY winners, and re-election of officers for 2011. No current committee members have announced their retirement, but offers for newsletter editor may be readily negotiable.

Please advise Rex if you want minutes of the last AGM by email.

Enquiries; Rex Niven 9444 1803 or 0417 349427

Report on the 32nd Bright 4-Peaks from Don Fell

Melbourne Cup Weekend, the Bright Festival and the Bright 4 Peaks Alpine Climb, four days of running up and down mountains.

Saturday: Mystic Hill

Monday: Mt Hotham via The Bon Accord Spur

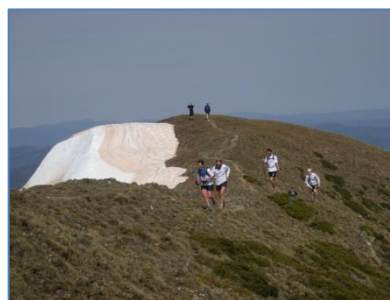
Sunday: Mt Feathertop via The Bungalow Spur

Tuesday: Mt Buffalo via The Big Walk

4 Peaks was cancelled for this year due to serious illness of one of the key organisers. However many of us went up anyway and quite a few did all 4 peaks. Me? Not in the weather conditions - read on! This was our (Fiona and I) fourth 4 Peaks and the first time we've bailed out of the climbs.

Saturday Rained through the Friday night, then started seriously heavy rain about 8am and didn't stop until the wee hours of Sunday morning. I think Bright had >150mm. I didn't move outside the unit except to visit Helen Alexander and Pat and Alan Miller in their unit.

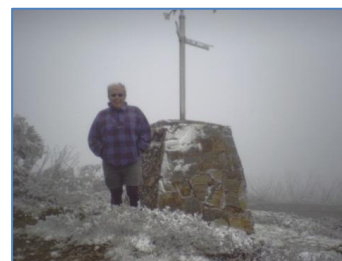
Sunday The weather forecast was bad for the mountains and I've been up Feathertop enough times in winter to know I don't need to go there in bad conditions. Rode the bikes up to Harrietville and out to the bottom of the Bungalow Spur to see who was there. Apparently it wasn't too bad on Feathertop, although no visibility at the summit. Here is what it looked like last year.



Monday Weather forecast wasn't attractive with snow forecast for the Alps so we didn't attempt the Bon Accord Spur run to Hotham. Went out for a walk along Morses Ck instead. Lovely afternoon and we watched the hang gliders flying off Mystic Hill.

Tuesday Fine Weather forecast at last. Ran up Buffalo and then walked back down. 21km total. My slowest time ever for the run up Buffalo even though I was rested. No motivation to push any harder. Met a few of the orienteers coming down - Jim Russell, Hanny Alston, Jo Keely and a couple of others.

Wednesday Fine weather forecast again. I was persuaded to delay our Razorback walk and instead we rode down the valley to Gapstead Winery for lunch, and return.



Thursday -2 on Hotham overnight and 0 when we got to Diamantina Hut. Heavy layer of ice and rime on everything, and the wind was the real hazard. Watched 2 school parties disappear into the cloud towards Federation Hut. Glad I wasn't in charge. Their clothing was generally inadequate. We were not equipped for the conditions - we would have had a minimal margin of safety and with no prospect of visibility on Feathertop we piked out. This is November on Hotham. Compare it with last year's photo above.

Friday Brilliant, sunny day. Hope the school parties enjoyed Feathertop. We drove home.

Night Champs Report by Rex Niven

Balmy dry conditions promised pleasant running at the Night "Champs" held this year on the Mia Mia /Blowmine map. The thirty controls were spread over a wide area needing a nearly 20 km circuit to complete the whole set, but two runners came close with nearly 90% of total points after three hours. The event lost its organiser early on but this was covered by many members taking on a number of small tasks. However, with only 32 competitors and ten years of experience running the event it was a relatively light load. An ARDF event was run simultaneously which aided *bonhomie* until well after midnight.

The score event next morning was better attended, again in warm weather. With the last start at 10:30, organisers were on their way home by 1:30PM.

Thanks to Stanley for the loan of Ernie the Urn, Lauris for providing food, and the spirit of absent Joyce overseeing all and providing a range of prizes.

Well done Rex. Great courses and use of the map. It was perfect night with enough moonlight to make matching the terrain with the map possible. Rob Edmonds and Rex set out most of the controls during the day with assistance from Laurie Niven and Ron Frederick. Geoff and Schon Hudson brought up the trailer with water 'otter' and plenty of water. Other helpers were Robyn Sunderland, Sue Healy, Geoff Armstrong, Phil Giddings, Kevin Maloney, and Lauris and Ian Stirling. The area around the Red, White and Blue Mine was particularly scenic with the dams filled to the brim and abundant wildflowers. The dams were a great place for a cooling dip. Some people found the controls easier to locate at night than in the daytime as the luminescent tapes reflected brightly in the torchlight. Most people camped while a few went home. Robbie Caldwell kept the larger mosquitoes out of his car by just leaving his window open just a couple of centimeters. The one that did get in paid the ultimate sacrifice in the morning. Those with screen door tents slept buzz free.

Rogaining/Cyclogaine (6 Hour)

The last rogaining event of the year was held near Heathcote. Walkers and riders received the same maps, 1:25,000 with 10 metre contours. Helen and I enjoyed the Cyclogaine. It didn't rain and conditions were surprisingly dry. It was sunny and warm by mid-afternoon. We had to do a bit of walking, but not too much. A lot of unmapped tracks left riders and walkers with a lot of guess work. Fortunately, we were able to use a lot of unmarked tracks and the bit of walking we did was easy enough to cope with as well as providing a break from riding. This area would be quite good for mountain biking orienteering, once properly mapped.

Bush Cyclogaine: There were 23 teams in this event. Carolyn Jackson, James Goddard and Peter Cusworth finished first. Helen and Rob Edmonds won the Mixed Supervets and finished 4th overall. Peter Maloney and Len Budge finished 14th overall.

Bush Rogaine: There were 76 teams in this event. Kerry Gigante and Helen Robinson were first in the Women's Category and 8th overall. Ron Wescott and Ron Frederick won the Men's Supervets and were 3rd outright and Phil Giddings and Brett Sparkes finished 8th.

Kerry Gigante and Helen Robinson went on to compete in the World Rogaining Champs in New Zealand the following weekend, finishing 4th in Women's Vet and 106/251 teams overall. Great effort! Read her report below.

Rob Caldwell was originally going to ride with Helen and me, but didn't like the idea of dropping the bike and walking into and out of controls. And it looked like that there was going to be a lot of that. He made the right choice as he was pleased to win the Rogaine with Roy Sproule. Denise Pike and Peter Grover were behind them, only on time.

Addendum

I called Geoff Hudson the night before the Rogaine to check if he was still going. It was pouring rain and the forecast was for more the next day. I was getting cold feet just thinking about the prospect of peddling along muddy tracks and being wet and miserable. Geoff reported that he and Schon weren't taking part because of a leg injury he suffered at Street'O.



As Geoff explained it to me, it resulted from a moment of madness. He found an old skateboard, after he started the run, on a roadside rubbish collection. In a scene reminiscent from Mulga Bill, Geoff took off on the

skateboard on the next downhill section. He knew he was in trouble when he was unable to control this new fangled contraption, resulting in a nasty face plant and sore leg.

Does Medicare and Private medical insurance cover self-inflicted injuries of this nature or does it come under TAC?

World Rogaining Championships Report by Kerry Gigante

I arrived at the HH site at about 9am on the Friday and was given a camp spot. This allowed me to read and take it easy all day. (When does that happen in real life??) At about 6, Rob Gardner saw me and said he had seen my name in the hotel book (immediately over the road.) I had booked it in about Feb but when they wanted my visa over the email I did not follow it through. So I went across the road and slept in a bed for the night. Helen made use of the shower, too; so comfort levels were good.

In the morning we received the map and after 15 minutes we both agreed that there was no obvious route out. After another 15 minutes we independently came up with the same route out! The map was steeper and thicker to the east, but more dense with checkpoints on this side. After devising a route that went east then south then west to the flatter area we were set. However, at this stage I wanted to reverse the loop as I was nervous that we would not get out to the flatter area at all and I thought that this would be costly to leave out. However, Helen could not be swayed, so we stayed on the original plan and went east.

I had found out on the previous 6 hour that Helen was significantly faster than me. This resulted in a 24 hour session that felt like boot camp/biggest loser material to me! The hills were very steep and the long, wet grass made it very slippery. Helen did most of the navigation given that she was out front all of the time. I suffered equipment problems (the water refused to come out of my bladder, we did surgery with a pin which resulted in a loose mouthpiece and then I lost the mouthpiece.) Helen suffered a dislocated finger. (Her pinky was sticking out at right angles to her hand. I told her to think floppy hand, floppy finger and push it back. After some time (half an hour maybe) she was successful and the rogain continued.)

We located all the controls on our route, but some were less efficient than they could have been (no surprises there!) We suffered fog in the middle of the afternoon when we were having difficulty with a control. It rained constantly from about 6pm to 6am. The wind was fiercely cold. At about 4am I told Helen that it felt as though I would never, ever be warm ever again.

Sure enough, with the 1:40,000 scale making everything look easier than it actually was, we only just skimmed the surface of the flatter area to the west. We ignored about three 90 pointers in the area that were relatively flat and easy.

There were heaps and heaps of electric fences. Helen received two zaps but I managed to stay zap free. In the last hour we ran out and back to a 50 pointer and also to a 10 pointer. We arrived in with ten minutes spare. I felt like a total wreck!

I was very pleased that my knee held it together for the event. Even better, it is still 'OK' after the event. We had a respectable score (1925) and we were not too far off the money, (2250 for the first Women's Vet team.) A lot of the scores were truly astounding. However, the most outstanding score of all, first place, scored 800 points more than second place. There was a collective gasp!

There were lots and lots of different countries represented in the winning sections. It was truly international. One peculiarity we spotted was a Swedish couple where the guy (who was carrying the only pack) hooked his partner to him via a waist belt so he could tow her as they jogged up the hill! It was difficult not to laugh!

We saw a good proportion of NZ's strange birds, a cute white little porcupiney thing in the middle of the night and seals squealing on the beach at Shag Rock. One more memory to treasure!

Cheers, Kerry

P.S. Ted van Geldermalsen and Derek Morris finished first in Men's Supervet, 2nd in Men's Vet and 22nd overall. Nice work boys!

Did you hear about the orienteer who got lost at the MCG? He will remain unnamed to protect his reputation. It appears he became disoriented after going in Gate 1 and coming out at Gate 3. It took him a while to realise that he was heading in the opposite direction back to his car. There's a lesson there for which we are all aware.

Recreation Rocks Report by Rob Edmonds

Tough Weekend! I was voting centre manager on Saturday and then running the You Yangs event. I hit the sack at 8:30 that night after dropping off trailer at Niven's at 7:30.

Unfortunately, the numbers weren't great. The weather didn't help, although it was fine for the event. The heavy rain overnight would have put people off. There are probably a lot of other distractions at this time of the year. There were just 30 riders and 29 footers. Only a handful did both events. It brightened up mid arvo'. There was plenty of club support and good spirit. Helen Schofield did a great job putting out controls and Ron Frederick and Helen Edmonds assisted greatly with the MTBO flag placement.

Anthony Jones (BK) won the two night stay at Buchan Retreats.

Feedback from some MTBO competitors:

Angus Robinson, "That downhill from 6 to 18 was awesome. There was plenty of airtime and I hit 48 km."

Robert Caldwell, "I loved the tracks, got a bit lost. I'm coming back just to ride the tracks."

Carolyn Jackson, "That was fantastic; loved the new areas."

Peter Hill, "I loved it, great course and downhill from 6 to 18."

Richard Eisner, "I absolutely loved it."

Peter Cusworth. "The event was terrific. Rob did a great job with the setting and organising and we got to use some great new tracks/roads this time that kept us going inside the park for the full time. It was a bit sloshy. Have never seen it so wet at the You Yangs. I rode into a mud hole on a single track and my wheel disappeared up to the axle in mud (29 inch wheel too!!). Nearly went over the bars. Took quite a bit of effort to pull it out."



Yellow Start. They're off!



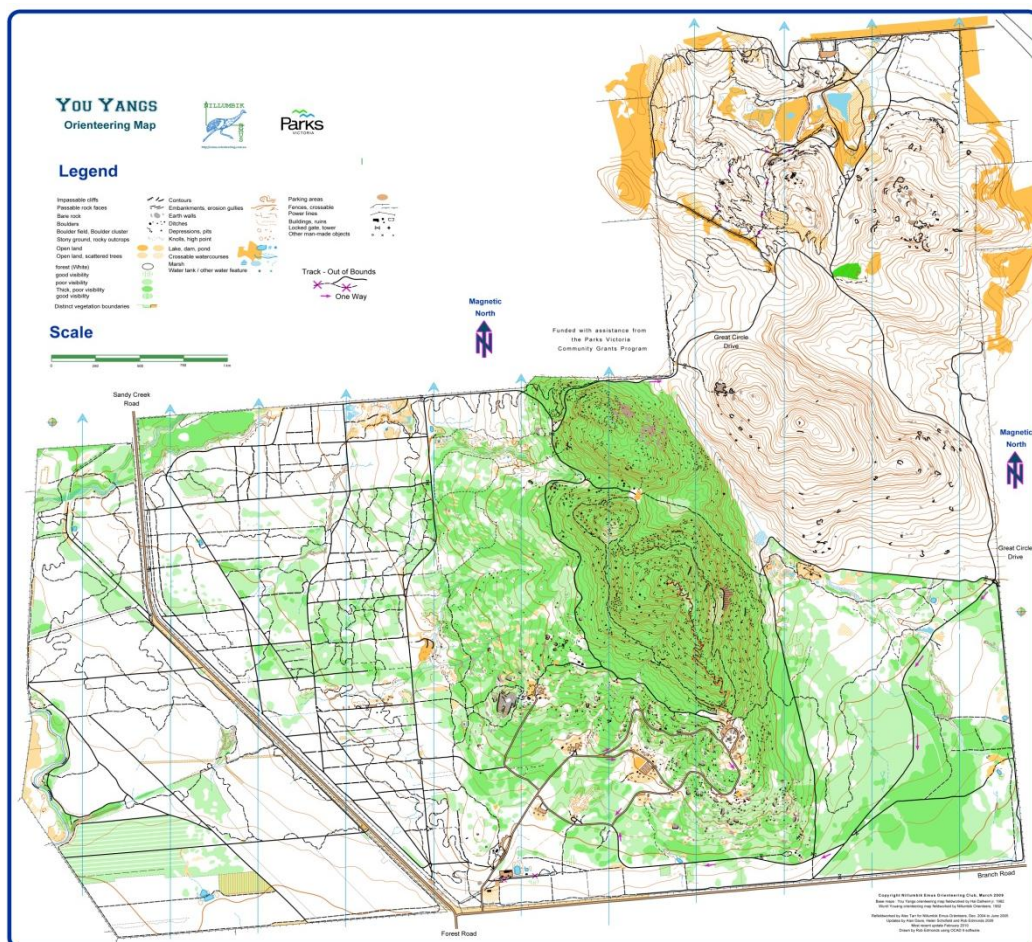
Orange 'Cracks' gather for the fray



They quickly disperse and spread out

Photos by Helen Edmonds

Thanks you also to Sue Healy, Don and Fiona Fell, Peter and Kevin Maloney, Robyn Sunderland, Joyce Rowlands and Laurie Niven for giving up their time and putting in a great effort.



The You Yangs map in its latest Foot'O incarnation.

The club is looking to complete the NE section of map.

The vegetation and rock will present some interesting mapping challenges. The valleys the Great Circle Drive traverses in the eastern section of the map would make interesting orienteering.