



Big Foot Prints

Issue #79

April 2006

Inside this issue

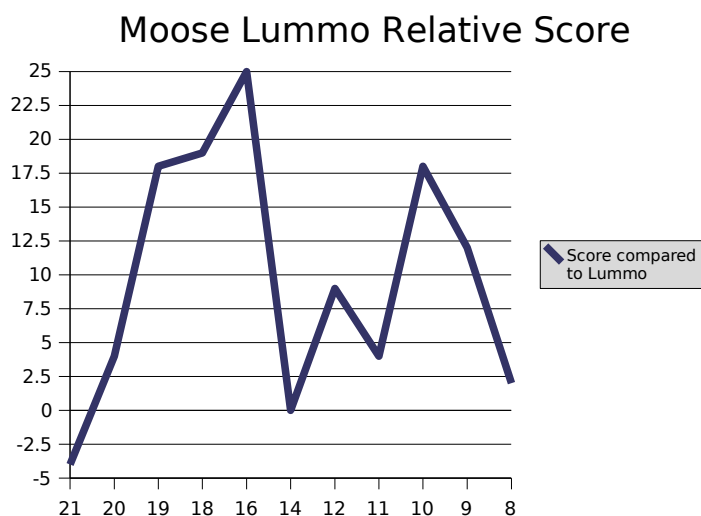
The return of Dear Nicky

Dr Seuss on the World Mountain Bike Orienteering

Matthew Osborne spills the beans on Surf Life Saving

Moose to Wed – Lummo profits

BFP can non-exclusively reveal that the cause of Moose's form slump in Summer Series is his forthcoming wedding. As Moose and Isabel start to enter the “pink zone” of wedding preparations, Moose's summer series score relative to Andrew Lumsden have plummeted.



By examining the Lumsden-Relative* score, we can see that Moose picked up through the early season, but after a sustained month of thrashing Andrew, he is in deep trouble. Our feet on the beat Connie reports that the watchless wonder is now more likely to ask whether pink meringues are a good starter than to ask what the time is when out on the course.

*The Lummo-relative score is a new measure for calculating an orienteer's performance. The only known side-effect is that Andrew Lumsden himself never improves or gets worse.



Moose, despondent after a poor run

Lapsed member ?

You may be shocked to receive this, either because you had forgotten that Big Foot has a newsletter or because you thought that you have covered your tracks and escaped with a suitcase full of chocolate to a small village in Bolivia.

Don't worry – some lapsed members may receive the newsletter – it makes up for the sparse publication rate over the last decade. If you are still a member, make sure that you are paid up for 2006.

Serious Bits

(a.k.a. Tinea)

email bits

[CENSORED]



*Take only photographs, leave
only footprints*

big foot events

We've got some ripper events coming up – any offers to help out would almost certainly be gratefully accepted.

12th April (Weds Evening), Kingsford Smith Oval, William Edward St, Longueville. Organiser Richard Mountstephens – phone 9453 9491

13th May (Sat), Lapstone. Big Foot Sprints. Organiser Richard Lauder – phone 9591 3095

30th July Metro League 4. venue to be confirmed. Organiser Simon George – phone 9487 4287



president's piece

El Presidente didn't have much to say when we managed to grab a phone interview with him. We could hear women screaming in the background, as he talked about the way that Jock had been following him around, then talked about life-insurance and succession planning.



Andrew Lumsden was rightfully recognised for his contribution to the Sydney Summer Series through mapping at the presentations. This season's new map joins the map that he and Wiz produced last year. Top work.

Big Foot are currently mapping a new area to be used for metro league this year later this year... or maybe next year.

Plan (b) for Metro League is to extend the St Ives Showground map.



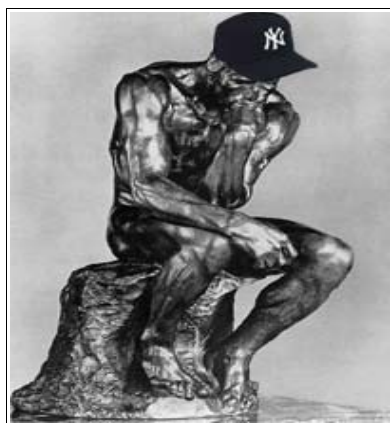
effective immediately
bob dylan covers are
extremely illegal

when i am president

big foot prints

Contributions to Big Foot Prints are welcome – if you aren't badgered by the editor about writing something, then use the unbadgered time to write something and email it to [censored]

Matthew wins an ice-cream of his choice for his first effort (is that OK Carol ?)



What I think about ...

Each edition Big Foot Sprints invites a club member about another sport/hobby/pastime that they take part in and asks them to reflect on how it relates to orienteering. **Matthew Osborne** kicks off the series by blowing away a few myths about surf-life saving. Carol Osborne is the objective interviewer.

C: What do you do to keep fit during the summer?

M: I do Nippers in the summer .I am a member of Dee Why SLC.

C: When do you do that?

M: On Sunday mornings from the beginning of October until the end of February.

C: What do you do at Nippers?

M: We do flags (where you lie on your chest, then when the whistle blows you get up and sprint up the beach to grab a flag - which is a short length of hose pipe. There is one less flag than there are people, a bit like musical chairs!). We also do a wade (where you run down the beach into the water, go around two parents who are standing in the water, then run back up the beach.) The other thing we do is a sprint in the sand.

C: What do you like most about Nippers?

M: My favourite thing is the wade because I like going in the water to cool off. I also like it because I usually win it because my height and strength are an advantage. The smaller guys are better at the flags because they are quicker at turning around, can get going more quickly and are lower when they dive for the flag.

C: If you had to choose between Nippers and orienteering.?

M: Nippers on a hot day, orienteering on a cold day!



New small people

There has been a positive infestation of new small people in the last year. In case you aren't up to date, the new babies on the block are:

Nea Shingler - 8th April

Oliver Freeman - 10th April

Jett McComb - 1st September

Michaela Wilkinson - 12th September

William Burnett - 6th December

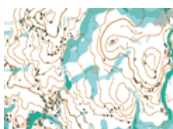
Cameron Burnett - 6th December

Same People, Other Sports

Matthew and Christopher Hinds, along with Ashleigh Wisniewski (and probably some others) swam at some representative level this summer, and Annika Mountstephens did Nippers at Freshwater.

Carol has stuck the leg back on the trophy Matthew won at nippers.

Alison and Jo have taken up over-35 soccer (surely they can't be old enough ?).



Event Reports



Summer Series - World Foot Orienteering – World Mountain Bike Orienteering – Oz Champs – Cradle Mountain Race

World Mountain Bike Orienteering Championships – Slovakia

Dari (Anthony Darr) and Mary Fien travelled to Slovakia, along with coach/mechanic/weblogger/guru-about-town pd (Paul Darvodelsky) for the World Champs. Dari dutifully blogged the trip, with some help from the team medical staff, Dr Seuss..

Finally we are all back home and MTBWOC 2005 is just another fading memory. Fortunately I have over 360 digital photos and about 4 hours of video to remind me that we had a great trip, with perfect weather - apart from the first day.

The sun did not shine.
It was too wet to stay.
We took leave of the house
On that cold, cold, wet day

I sat there with Mary.
We sat there, we two.
And she said "How I wish
I had gone to the loo!"



Cause of Mary's problem

Too wet to go out
And too cold to play ball.
So we sat on our bikes.
And rode until four.

So all we could do was to
Ride!
Ride!
Ride!
Ride!
And we did not like it.
Not one little bit.

BUMP

And then
Something went bump!
How that bump made us jump!

We looked!
Then we saw him lying quite flat!
We looked!
And we saw him!
The Cat in the Hat!
And he said to us,
"How do you take jumps like that?"



The Cat ?

In other news...

A team of Big Foot sledgers including Mark Shingler, Jonathan McComb, Dari and Neil comfortably beat the Victorian Sledgers team at the Mont 24 hour bike race in November.

Their glory was rightfully eclipsed by Katrin Van der Speigal who rode the whole thing solo and won the women's solo category. Katrin rode an amazing 16 laps of the 20km course which a complete gluepot for the rain-filled night hours.

Australian Orienteering Championships – Tasmania

Quick report from Andy

Following the Swans Grand Final win, I scrounged a lift from the MCG to the Tasmanian Championships (via the boat) with the Marsh family. A good run through the sand-dunes wasn't enough to overcome the 50-minutes I was late for the start, although the delay meant that I raced Tracy for part of the course. She ended up with a 3rd place, as did Kerrin Davis in W10. Stix grabbed a 5th spot, but our best performer was Julie Gooding who grabbed 2nd in W21B on her first outing at championship level

Big Feet spent the week between the Tasmanian champs and the Australian champs bushwalking, orienteering or just enjoying the weather, which was a worthy companion of Tasmania's fantastic scenery.

Meanwhile Claire Darvodelsky was competing at the schools champs, picking up a 3rd place in the individual and 2nd in the relay.

The Australian championships were North of St Helens, on areas I'd first run on in 1988 at APOC. Fairly open forest, nice rock detail, enough contours to make the map easy to read, but not so steep that you huff and puff around the course.

I had a ding-dong battle most of the way round with Tony Woolford

and kiwi Jeff Greenwood, eventually beating Jeff by seconds but finishing minutes behind Tony, who won.

Jockus Dockus had a comfortable win in M35 and must be looking forward to the challenges that M40 will bring.

Kerrin and Claire both came 5th, whilst Debbie, Andrew, Julie, Nicky, Tracy and Alexa got better value for money than Stix who didn't run being injured by now.

The relays offered up a chance for more medals, which was good news, as Callum had already broken one of the Davis collection.

The **elite** relays provided the bulk of the days drama, as the last leg runner for the top Victorian team Rune Olsen ran to pick up his map to find it already taken. Time and hope dribbled away for the Vics. Speculation about the identity of the map-snatcher abounded.

It turned out to be a runner from the top Victorian women's team. Disaster for the state, both orienteering teams off the rails, just when it looked like they had got over Jeff Kennett.

The most BF medalled team of the morning was the 2nd NSW W35 team, where Nicky Nygh and Alexa (assisted by Newcastle's Karen Blatchford) held off a strong Tasmanian team to grasp Bronze, Bronze, Bronze.

The Davis/Blatchford connection also worked well in M/W12 where Kerrin collected another medal for her brother to break.



"At last - a new copy of BFP!"
says Mike Burton, Summer
Series Superstar

Summer Series: What the bloody hell happened?

Right, so it's been a while since I won a summer series – my memory is hazy but I think it might have been back in 1999, or maybe the year 2000, certainly before I was pregnant (or switched jobs to a company I wasn't able to leave work early from on a Wednesday). Things were very different then.. I don't think Tracy was a consistent entrant in those days (maybe she was working in Canberra?) so it was really a tussle between Sheralee Bailey and me for the top spot in the women's division for a couple of seasons. I'm sure there weren't more than thirty or forty women all up.. This season (counting everyone who has done three events or more), there are 350 competitors, 102 of them are women. If you count everyone who has turned up at just once as well, it's a lot more.

Anyway – suffice to say I got a bit of a shock when I rocked up to my first event in ages at Balmoral (about halfway through the season). And it wasn't just because of the steep hills or the size of the queue outside the fish and chip shop afterwards. There were zillions of people! Having not run since having Jett it was a tough event for me – I did manage to just knock off Paula though who competed with Ewan walking and Nea in the backpack. I have come to savour that victory over Paula - (more on that later).



Jett - the road-bump in Cathy's Summer Series career ?

Anyway – this article isn't all about me. Some bits are about the rest of Bigfoot so let's have a look at how everybody has gone this year (one week out from the final race so there may be some slight place changes).

In the open women's class **Alexa** looks like she'll hold onto 2nd after a consistent performance with 2 individual wins this year. I think I'll stay in the top 20 with 2 individual wins and **Tracy** has suffered from expanding form in the last few months but still has two wins from 3 events – she'll stay in the top 50. New member **Julie Gooding** started well with two wins from two, but hasn't competed since. **Mike Burton** did well in veteran mens – more on this below, while **Andy Simpson** had a solid start to the season with 3 wins (only scraping a tied 100 points with Mike when Mike organised) but he's dropped off to 5th due to a bout of pneumonia*. **Moose** looks like he's been to almost all the events which is a pretty good effort given he lives so far west the elephants wake him up every morning. He'll be top 15. **Lummo** and **Wiz** will be close behind – Lummo has had to put his skates on over the last few weeks to stay in touch with his work-colleague David Noble. [ed: Lummo pulled out a big run on the last day of the season to sneak past David] Next season should be a great battle between these 4, with Andrew maybe hoping to come into the season a bit sharper. **Mark** has been chief babysitter this year, so he's managed just 3 races, slightly ahead of **Simon George's** one event. **Sue Clarke** is 2nd in Veteran womens, having been just pipped by the series leader almost every week although astute observers will notice that if she was in the open womens class, she'd probably have a few more wins to her name. **Debbie** is a few places back in 9th, and **Connie** should also get points for attendance as well as finishing well in the top half of the field.

Which brings me to our two outstanding Bigfoot performers – firstly **Mike Burton** who has won 18 times from 18 events, and secondly, **Paula Shingler** who luckily for everyone in the open women class, has her result counted towards veteran women and has won 8 of her last 8 events. Paula's point score

is regularly a good 50 points ahead of the open women winner.

Ok – back to me. So anyway – like I said, I'm savouring that victory over Paula from then on she was rushing past me like I was standing still. I felt pretty bad about this until I saw what she did to a heart-rate-monitor-wearing guy who was tailing her at Mosman. They both came past me like steam trains but as I watched them disappear into the distance I saw that Paula had dropped him like a brick. I bet his heart rate monitor was bleating like a lamb. Ha.

Apart from my inability to get into the top ten, the other things which have changed since 2000 seem to be that everyone checks out their course beforehand a lot less furtively than they used to! It sort of wasn't the done thing (at least not to the extent it is practised now) back in my time. Dunno why really. Anyway – we won't make the final event so I won't get to see if the prizes have increased in quality like the competition obviously has. I hope for Mike & Alexa's sake that they have. Oh and for the record, past multiple series winner Sheralee Bailey turned up twice this year, once to be beaten by Tracy in the first part of the season, and once to be beaten by me in the latter. Old rivalry dies hard.

*In an earlier (by about five minutes) version of this article, I was looking for something to rhyme with pneumonia, so I looked on the web and found these hip-hop song lyrics... "I dress warm so that I won't catch **pneumonia** My **rhymes** are stronger than ammonia I'm a diamond, you're a cubic zirconia. " Cool stuff huh - See if you can work that into a conversation today.

Cathy



Cathy, Jonno, Zali and Jett are moving to Hobart after Easter. Cathy has been over to do a test Summer Series and discovered (to her delight) that Paula wasn't there.

World Orienteering Championships 2005 – Japan

The world championships were held in Japan for the first time ever in 2005. Tracy Bluett was back in the team after being controversially omitted the last time around the block.

Controversy continued to dog the team, with the usual tales of bent selection processes, inept officials and the men's team not doing quite as well as expected, despite taking more runners than the women.

We can report that she came 13th in the Middle Distance race, her best result at WOC. Unfortunately our ace WOC reporter Tiia Marsh hasn't learnt to type or write yet, so details are somewhat sketchy.



Tracy at WOC - this photo isn't bad, you have something in your eye

The world orienteering championships has grown from a once-every two years event with an individual race and a relay into a swimming type carnival held every year. With long, middle and short courses, there has been a four-fold increase in the number of races and a subsequent loss of stature for the event. For countries outside northern Europe the cost of competing at each event is prohibitive and they are campaigning to bring the event back under control. At the other end of the sanity scale are those campaigning for even more (and shorter) formats to be included in the World Champs, including the ludicrous Micro Orienteering.

Micro Orienteering is a new

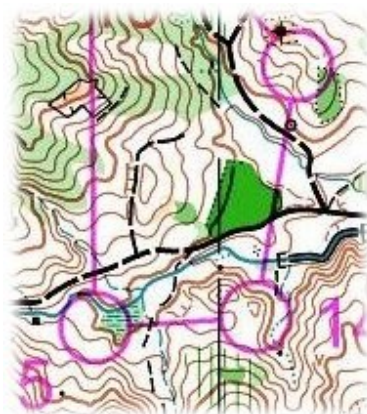
variation of the sport being developed in Scandinavia in an attempt to make orienteering more attractive for television. The variation involves placing several controls at one site, only one of which is placed exactly as described in the control descriptions.

There is now a derivative discipline called Macro Micro Orienteering – as we said, its getting to be as ridiculous as a swimming carnival.

The main impact that these new, shorter disciplines have on Big Foot members is that you don't actually have to be that fit to get around the course any more. Couple this fact with the appointment of Paul Liggins as new head of the selection panel and you can see why so many Big Feet have put their names in the selection "hat" this year. Current nominations are believed to be:

- Zali McComb – Paul's neice
- Jonno McComb – Paul's brother-in-law
- Cathy McComb – Paul's sister
- Andy Simpson - former flatmate of Paul
- Paul Marsh – has same first name as Paul

As well as being untainted by the scandals of previous years, these talented Big Feet present the selectors with some new opportunities, such as being able to offload the XL sized Australian O suits they have had lying about for a few years.



WOC relays map

Cradle Mountain Run - Feb 2006

Mounty's epic jog

It sounded like a travel brochure - "Do the overland track without luggage...Knock it off in a day and get back to work and the kids before they notice you were gone...No need to fork out the usual 100 buck track access fee...C'mon you know you want to do it, besides its still 5 months away". That's why the entries for the run close so early I realise in hindsight - it all seemed so far away back in September.

Come January it didn't seem so far away any more. I'd found the running legs again over summer, but hadn't told them where they were going in a few weeks. Time for a couple of stupid training runs to break the news. i) Run the first half (almost) of the trailwalker 100km course from Lane Cove to Berowra. Long and slow - too easy. Confidence rises. ii) Take the train back to Berowra the next weekend and run the 2nd half a bit more aggressively on a rather hot and humid day. Dang that was hard. A timely reminder - to paraphrase spinal tap, when it comes to pacing long runs its a fine line between brilliant and stupid.

Race day. I wake up in a cute little cottage at the start. Still dark on a misty morning and a chill in the air - all very Lord of the Rings. Most cool.

Off we go. A slight delay at the start as no-one wants to go first on the narrow duckboard that is our path for the first km or so. Then its up the big hill to Dove Lake and the Cradle Mountain lookout right on dawn. Absolutely magnificent I think and keep an eye open for hobbits. The only

catch in all of this is that (i) Cradle Mountain is shrouded in mist so we don't get to see it and (ii) we've still got 80km to go.

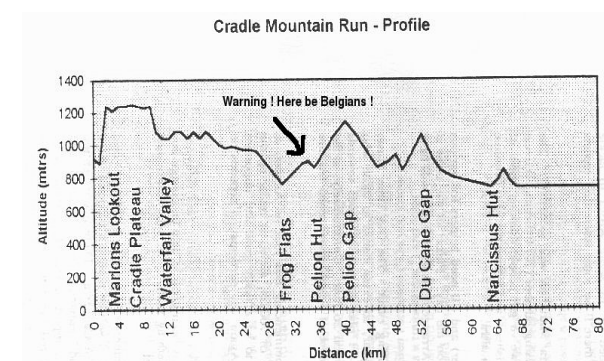
Into the undulating alpine section and its tactics time. Matt Dalziel makes a move and Rob Preston goes with him, drifting ahead of my little group with Andy Hill and Peter Preston. We have a little conference and consensus is that best thing to do is let 'em go (I learned my lesson at Berowra). Turns out to be a good call. It's hard to pace yourself over a distance that you've never run before. Bit concerned that heart rate has settled 10% higher than for the silly training runs. Curious to see how it will pan out.

Hmm. An hour in and I notice that all the creeks we are crossing are dry. Turns out that course is 'driest they've ever seen it' say the locals. So good news on the no mud front, but finding water is going to be harder than i was promised.

The scenery thru' here really is superb, so much so as I take

a big spill while perving on Barn Bluff and smack my knee on a rather hard rock from a respectable height on some downhill. MTB'ing has got me used to that sort of thing, so no dramas but a tad more careful from here on. Revelation 1 for the day - whoever says that the Overland track is mostly duckboards hasn't run the whole track. My memory is running along a track similar in roughness to the first section of the NOSH track for much of the day (which is a good thing as its fun and certainly not boring).

First point of reference for the course is Pelion Hut - about 35km in. Reach the hut roughly when I was expecting to but start to worry about oxygen levels to the brain when I could swear I hear someone talking to me in Flemish. Relax when I realise that the checkpoint official is Paul Pacque and he is jabbering along in Flemish.



The sun starts to get higher and bushwalkers begin to appear on the track. Friendly bunch, with plenty of offers of jelly beans and encouragement as we pass. I look at their enormous packs and feel lucky that I get to do the track without one (even at the expense of having to run). The best part about the run is that you get a week's bushwalking scenery packed in to one day, so never a chance to get bored.

Continue running along to the usual ups and downs that one goes thru' in events like this. Secret to getting thru' the downs is to just be patient. For unknown reasons I feel really good between 4.5 and 5.5 hours and cruise along happily bopping to some tunes on the iPod. Doesn't last of course and the next hour is real hard work and I long for the good times of the previous hour. I reach the head of Lake St Clair to be met by the race organiser bearing gifts of Coke and oranges. By this time I had been eating Gu's & bars for 6 hours & drinking powerade type drink - I can still vividly recall how unbelievably yummy the coke and oranges are. Will always have a soft spot for oranges from now on.

'Only' the bit around the lake to go now. The overland track is a bit nasty that way. At about 50km you look at the map and think 'cool - there is only 10km down hill from here and then around the lake and we're done'. Its very easy to focus on the head of the lake as your goal and forget that the last 17km are perhaps the hardest of all - narrow windy track with big wet roots all over it. Brain is on auto-pilot now and the time just seems to wander by. After a while the track starts to smooth and widen signalling the end is nigh.

I beg for some water from a German backpacker and then shortly after hit the finish 3rd home in 8:50 or about 3 in the afternoon just in time for a dip in the lake.

I ring home from a phone-box to proudly whine about how tired and sore I am, only to hear that Katrin spent the morning getting knocked off her bike by a car. Decide that complaining about soreness to someone just out of hospital is not a good idea so head off and spend the rest of the day eating instead.

Phew. What a memorable day and an excellent adventure to add to the 'tell the grandkids' list. I now know that I can run 82km, but think I'll stick to finding excuses for not doing so again for a while.

Two Top Tips

Episode 26 – Summer Series

Tip 1 – Control Descriptions

When you get your control descriptions, you'll notice that they are usually listed in blocks of 10. Draw a line under numbers 5, 15 and 25 to break up the text and make it easier to read the right description when you are running.

In episode 98 we will discuss where to stick your control descriptions.

Tip 2 – Thumb the Map

Summer Series orienteering usually involves even more turns and twists than bush orienteering. Its important that you keep track of where you are on the map.

Fold the map so that it is easier to hold and read – there is probably an area with no gettable controls on that can be folded out of sight.

Thumb the map – that is, keep your thumb on the map in the spot where you think you are.

When you are running keep the oriented so that what is on your left in the real world is on your left of your thumb (similarly for the right).

If you do this then when you glance at the map, you can quickly see where you are and where you are going.

This technique is also great for bush orienteering.

March marks the end of summer series – use your favourite summer series pencil and write down all those tricks you developed over the season on October's calendar. Then write a letter to the Summer Series organisers apologising for stealing the pencil and send it back.

Map Review - The Lonely Planet Guide To Experimental Travel

This time its a book, rather than a map.

Anyone in Big Foot who doesn't know Debbie Byers and Andrew Lumsden has probably been orienteering in one of the six months a year allotted by them to travel to exotic and distant places. Soon they will have covered the lot, from Aberdeen to Zimbabwe with most point between. Nowhere to go, nothing to see.

For such jaded or over-experienced travellers, Lonely Planet have produced this hardback gem, which contains 40 experimental travel techniques, complete with illustration and test reports on each technique. To give a flavour of the book, here are short descriptions of a couple:

Ero Tourism

Obviously I picked this one to boost the chances of Mary printing it, before the whole News Limited/Fox bidding war thing, but its pretty good, so I'll stick with it.

Hypothesis: Discover a city while looking for love

Apparatus: A partner (lover or friend) and a destination



Method: Arrange to take a holiday with your partner. Travel there separately by different means and don't arrange a meeting time or place. Now look for each other...

Taking a Line For a Walk

Hypothesis: Create an itinerary by drawing on a map.

Apparatus: A map and a pencil. You may also need transport.

Method: Using a pencil or GPS device, superimpose a drawing on a map which will then form your itinerary. You can draw anything you like, eg your name, a shape, etc. Your line can be as long or short as you like.

Book Rating: 3 Davids

Back in the dim distant early 90s this publication ran a popular column in which Nicky dispensed advice about where best to buy reams of silk, satin and beaded lace and in what proportions and quantities they could be used without exceeding the bounds of good taste as well as other matters of pressing importance (at least to her and a few others at that time). Well, the glamour bride has become the harried Super-O-Mum of the mid Noughties but by popular demand (or at least at the request of an editor desperate for copy) the column returns.

In this issue, at the behest of those writing to her, Nicky focuses on some of the extra-O activities of our members...

Dear Nicky

I recently read a suggestion in a cycling magazine that dirty greasy cogs from a bicycle could be cleaned in the dishwasher. The editor of the magazine thought this was one for the single fellows to try. What do you think?

Thinking

Or for those about to become single again. Thinking, I know who you are. Don't even think about it.

Nicky

Dear Nicky

Our whole family has taken up soccer. We have one kid in the under 8s, another in under 7s, Dad plays over 35s and I've started playing with the Women's over 30s. We don't have time to go orienteering any more!

Super Soccer Mum

Don't fret Super

With the whole family playing soccer the opportunities for route choice are endless. Just think about it...Johnny plays at 8.30 am at field A, Billie's match starts at 9.30 am at field B on the other side of town but first you need to pick up Billie's friend Jack. After dropping Jack home, you can grab something to eat before Dad's match starts at 1 pm at field C and then its time for Mum's game at 3 pm back at field B. Don't cheat and get a 2nd car.

What Mum plays on Sunday? That makes it too easy. I'd go orienteering instead.

Nicky

Dear Nicky

We've been house hunting for ages. And finally we have found the perfect house and the perfect location. The problem is they are not in the same place. Any suggestions?

Yours truly
Desperate House Hunter

Dear Desperate

Can we fix it? Yes we can. This will keep the little feet out of mischief. The demolition will be easy. We may need to draw names out of a hat for that one. Matthew can supervise the trucks and big machines to move the perfect house to the perfect location. Callum can draw up the plans for the reconstruction and, if the sections of roof don't join up perfectly Kerrin will supply Grecian urns to collect the rain drops.

Good Luck
Nicky



*A nasty case of World Cup
Fever*

[censored]