



Newsletter of Yarra Valley Orienteering Club

No. 217

October 2014



Russell crossing Plenty River at the MelBushO event on August 24



Officebearers

President:
David Goddard
Tel: 9457 1836

Secretary:
Belinda Dale
Binna_dale@hotmail.com

Treasurer
Sheila Colls
sheila.colls@bigpond.com

**Bank account details
for payments:**
063009 00090157
Yarra Valley
Orienteering Club

Website:
[Http://www.yvoc.com.au](http://www.yvoc.com.au)

Next newsletter:
December 2014
Newsletter Editor:
Ruth Goddard
17 Glenard Drive
Heidelberg 3084
9457 1836

Details of Yarra Valley events

Coming Events

2014 VICTORIAN CLUB RELAYS Sunday 19 October 2014

Map: **Choke 'em Gully 1:10,000** Location: Between Elphinstone and Chewton
 Brought to you by: Nillumbik Emus Organiser: Laurie Niven Ph 0434 291 248 with important assistance from ... Course setter: Blair Trewin and Controller: Russell Bulman

We will be using the northern part of this map, based near the Railway Dam – which most of us haven't visited for some time. Beautiful, clear running, well defined spur gully in the spring time; already its splendid wildflowers are out.

Entries from clubs close on Oct 13. Contact Ted ted.margi@bigpond.com

Sprint into Spring

Saturday 18 October: Newport Lakes Park in conjunction with BK – setter Ted van Geldermalsen (YV setting; BK on day organisation)

Saturday 25 October: Ruffey Lake – setter Ted van Geldermalsen – **on the day helpers required please**

Park Street Summer Series

Wednesday 29 October: Kerrimuir – Lyn Green

Thursday 13 November: Coburg Lake – setters Mel & Tim

Wednesday 10 December: Mont Eagle – Derek Green

Thursday 22 January: Greenhills (St Helena) – setter Russell

Wednesday 4 February: Blackburn Creekland – Paul Monks

Thursday 26 February: **Park Street Champs at Springthorpe**

setter John Meeking – **great to have a few helpers for these champs please**

Thursday 5 March: Ruffey Lake – setter Ruth

YV helpers needed for the sprint event at Ruffey Lake on Sat 25th October

...and then on Thurs 26 Feb at the Park Street Championships at Springthorpe



Christmas picnic

Sunday December 14 at Ruffey Lake

More details by email closer to the date.

David posing at the finish at Connorton, Wagga.



**MelBushO Plenty Gorge Park, Yarrambat
August 24**

Report by Mel Gangemi and Tim Wardrop

With some encouragement, Tim and I took on the challenge of setting our first bush course with event #7 in the 2014 MelBushO series. Our initial plans for the course were quickly dashed upon inspection of the terrain. Of the creek crossings marked on the map, only one was likely to be feasible if there was any/some rain in the week leading up to event. Not wanting to risk setting a course that was then flooded, we planned a loop course using the one constant, but slightly tricky crossing at the south-east end of the map.

The other challenge of the course was planning interest control locations amongst terrain that was mostly flat open fields. We opted to set controls in gullies nestled in pockets of bush, at the end of a steep spur with a great view of the river, and on old farming features. Feedback from some participants suggested that we had got a little carried away in this regard, by putting too many controls in physically challenging locations, whereas other orienteers loved the up and down nature of the course.

We really enjoyed the challenge of setting the course on a new map. We enjoyed exploring the Yarrambat section of Plenty River - as did Emily, who accompanied us on many of our trips to scout out control locations. We'd also like to say a big thank you to Ruth. Ruth was an excellent guide on what we needed to do and her sage advice helped us avoid many rookie course-setting errors.

Mel, Emily and Tim out in the field, Plenty Gorge Park



Comment from Ruth:

The river crossing took a bit of thought. At this north end of the Park the river is coming out of the gorge and there are a number of possible crossing places where there are rapids providing stepping stones (very slippery ones). One crossing was used to take people over and back again at a place where there are very large rocks.

Higher river level a few months before the event prompted Russell to be consulted. His solution for those conditions was an old ladder. On the day it was not needed but Russell and Tim 'manned' the crossing (and took photos)

**Victorian Championships at Kooyoora
August 30—31 organised by Bendigo Orienteers and Eureka clubs**

What a treat, two days of orienteering at Kooyoora, and in the sunshine too. Two good coursesetters—Neil Barr and Jim Russell—gave us the kind of challenge that it is worth travelling for. This challenge is enjoyed more by some people than others. Navigating around rocks can be very satisfying and frustrating at the same time.

Eureka Orienteering Club wanted to stage their second ultra long event for the elites there, so they had already had their long championship event at Kangaroo Crossing in January—the event organised by Yarra Valley.

Amongst Yarra Valley members there are some Victorian Champions:

Victorian Middle Distance

- M10 Ryan Cates
- W40A Hania Lada
- W60A Ted van Gelsermalsen
- W65A Libby Meeking



Hania and father, Peter. Hania ran W40 at the Vic Champs and Peter ran M35!!

**Victorian Long Distance
Champions**

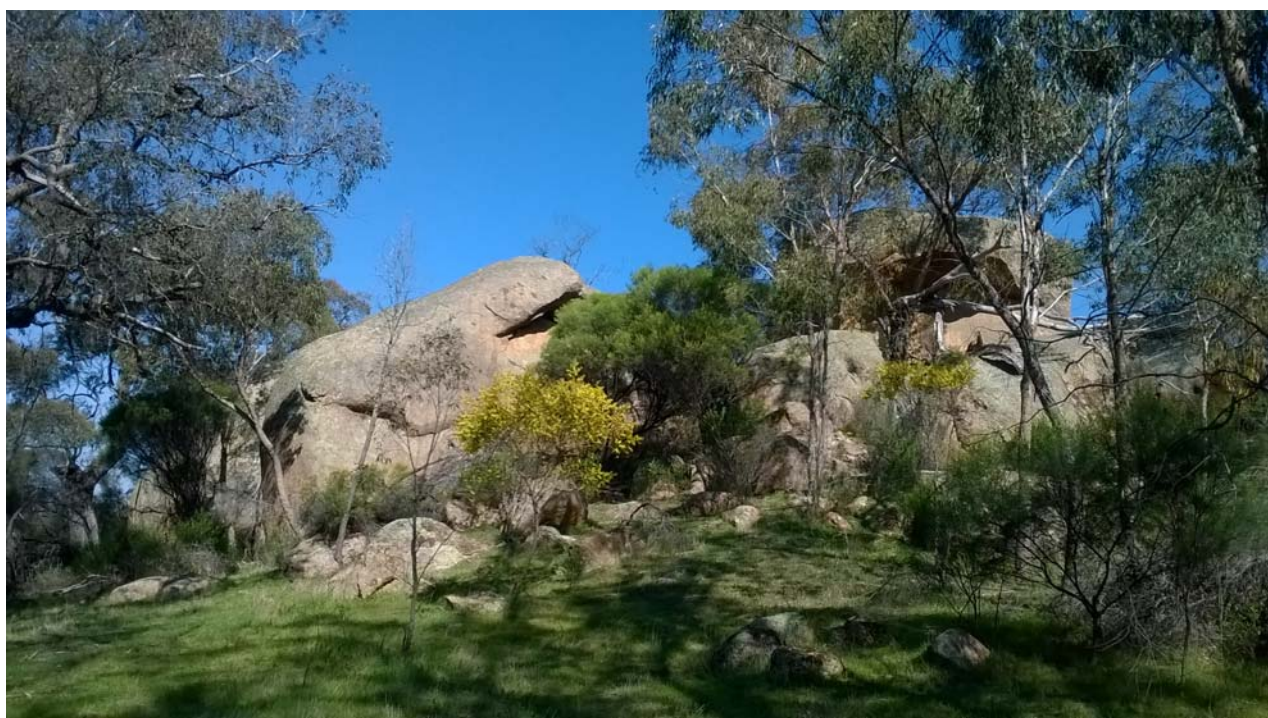
- M10 Ryan Cates
- W10 Emma Cates
- W45AS Kathryn Tarr
- M60A Ted van Geldermalsen
- W65A Kathy Liley



Libby and Kathy with their trophies



Ryan and Emma Cates with their trophies



Blue sky, wattle and green grass for the Victorian Championships at Kooyoora



The paparazzi of Emma and Ryan photographing their mother on the presentation rock at the Victorian Championships

Cycling in the French Alps by Christine and Vincent



We are now in Bourg d'Oisans, heart of the French "Haut Alpes". Very scenic but different from the Italian alps. It's vast with massive valleys and monstrous mountains, 360 degree views just about everywhere, it's HUGE! So, of course, we had to join all the other cyclists up Alpe d'Huez. It was like an Alpine Classic with a very nice atmosphere. Everyone said "bonjour" as they rode past me! Accents from all over the world and mostly young men so I didn't feel too put out. We tried to ignore the rather crass development of the ski resort at the top and rode straight through and over to climb the Col de Sarenne followed by huge payback descent to Bourg D'Oisans. Fantastic.

Over the last 2 days we've ridden over Galibier and Telegraphie, out and back, pretty tough, and yesterday our longest we climbed Col du Glandon and Col de Croix de Fer, a very scenic loop with a delicious 40km

descent of Glandon to St Jean de Maurienne. Rest day today trawling the bike shops, coffee and patisseries and off to visit friends in Grenoble tomorrow so the backside will have plenty of recovery time.

We have been very relieved, pun intended, to find plentiful public toilets here in France. I don't know what Italians do but there are never any loos! One can only drink so much coffee! So, of course we are overjoyed when we find one that it's hard to pass it by. This area is really well set up for cyclists, car parking with loos at base of Alpe d'Huez, regular signage to keep 1.5 m distance from cyclists, good bike lanes on the D roads. All the way up the Col de Croix de Fer they had bins right on the edge of the road for cyclists to use. Mountain biking looks good too.

I slightly stuffed up our accommodation here in B d'O in that I thought I'd booked a hotel 8kms from town centre. Hmmm as it turns out, we are on the side of the same mountain as Alpe d'Huez. They insist it's an 8 km walk straight down the mountain but to drive it's either a 16km drive on a sinuous narrow life threatening mountain road /path or 36kms on sinuous narrow mountain road. they've built the cottage right under the hugest boulder in an otherwise vacant pasture! Hope it doesn't move.

That's it from me, hope everyone is well and happy Christine

The rock and the house



Orienteering interstate: Wagga, NSW. September 13-14.

Ted and Margi drove from Melbourne on the morning of the event. Ruth and David met up with Moira and Alan to have a family weekend of orienteering and togetherness.

The Saturday event was the last state event in the year for NSW. "Pomingalarna, a stone's throw west of town and neighbouring one of Wagga's two golf courses, hosted Saturday's middle distance event. The area was spur gully with a vast array of erosion control banks which led to you doing a lot of counting: 'That is three I have crossed; only two more to go.'

The courses all travelled through an area which contained more than its fair share of pits and depressions making navigation quite tricky. Toss in a complex labyrinth of mountain bike trails and mistakes were easy to make. All courses crossed a central hill that boasted a spectacular wildflower display.



Sunday was the NSW middle distance champs at Connorton - another terrific 'salt and pepper' map much beloved by our bush enthusiasts. It is a complex granite area with a light cover of vegetation.

Sunday was the NSW middle distance champs at Connorton - another terrific 'salt and pepper' map much beloved by our bush enthusiasts.

It is a complex granite area with a light cover of vegetation.



Ted is the NSW M55A champion in middle distance and Ruth in the W65A.

How to strength your quads when you are way too old for squats!

By Paula Shingler, BSc, MCSP

Every time I have to squat down for anything now there is this terrible complaining crackling noise from my knees. Attempting to do squats as an exercise would concern my neighbours and put a strain on my poor old knees. So what can I do to try to maintain rippling quads and keep neighbourly harmony?

Why do we care about quads anyway?

The quadriceps muscle is the big thigh muscle that runs down the front of the thigh. It is in 4 parts hence the *QUAD* riceps and each section plays a role.

1. Rectus femoris- main bulky part running from the pelvis over the hip joint and attaches below the knee in the patellar tendon. Its action is to flex the hip and to extend or straighten the knee
2. Vastus lateralis- towards the outside of the thigh runs from the top of the thigh bone (femur) to the patellar tendon. It helps to stabilise the patella
3. Vastus medialis- on the inside of the thigh and it runs from the top of the femur to the inside of the patellar tendon and helps stabilise the patella too
4. Vastus intermedius- this lies underneath the rectus femoris and its main action is to help to straighten the knee in those last few degrees to ensure it gets fully straight.

Our quads are crucial for walking, running, jumping and squatting. Orienteers particularly need strong quads to help get through thick bush (even if you didn't quite intend that route), and also helps to stabilise hip, knee and ankle when the surface is uneven.

Quad exercises without squats?

Squats are probably the best way to get power into those quads but it does put a lot of strain on the knees and ankles - not ideal. There are plenty of exercises you can do with less impact and here are my favoured few:

- Straight leg raise - sit on floor with back supported, pull toes up, tighten quads and lift leg off ground a few centimetres, hold for a count of 5 and gently

lower your leg to the ground, relax the quads completely. Make it harder by adding an ankle weight

- Inner range quads- same as above but put rolled up towel under your knee, push onto the towel with the back of your knee and lift heel off the ground, hold for 5 and relax. Add weights for more fun! This exercise works the vastus intermedius which can be neglected
- Leg extensions - sit on a dining room chair, knees bent, slowly straighten your knee up, hold for 5 then relax. Try with a weight or a resistance band looped over the chair leg
- Wall slides - a cheating squat that does work your quads but puts much less strain on the other joints. Stand with your back against the wall, gently slide down the wall until your knees are flexed about 45 degrees, hold for 5 and then slide back up. This can be made more challenging by holding a weight but be careful not to go down any lower or this will start to affect the knees
- Step ups- I love step ups as an exercise as they can be varied and done almost anywhere. Variations include changing the height of the step- start low and get higher, step up and over, hop up, jump up, go faster, go slower, hold a weight, fold your arms- all of these will build quads up and will also help calf strength, ankle stability, core stability, buttock strength- do you see why I like it?

Take it easy and avoid tears, and tears!

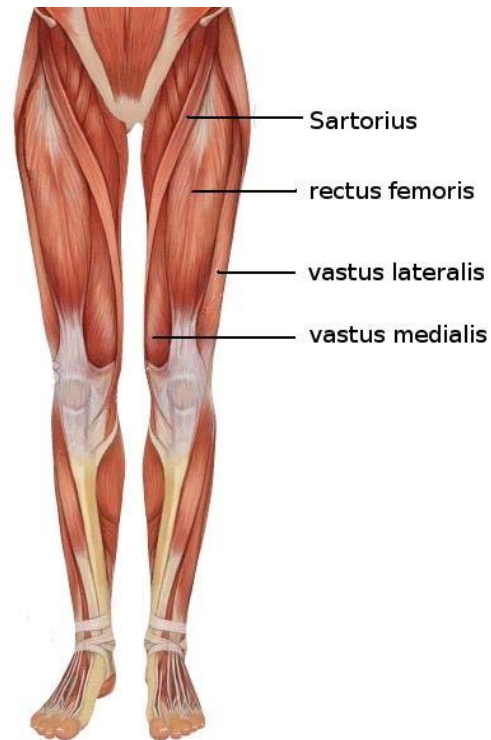
As with any strengthening exercise you need to do lots of repetitions and use a low weight initially. Starting with a heavy weight is going to cause strain and muscle tears which will set you back rather than spring you forward. As always a professional assessment before you launch into an exercise programme is recommended.

If you are just not an exercise person then there are other good ways to ensure you keep your quads in good shape. Cycling, swimming (freestyle and backstroke and with a float to minimise arm assistance),

And sprinting all help with those quads. If you do try some sprinting then please remember to warm up and down and don't just sprint off. Maybe put a few sprint drills in at the end of your run when you are already warm.

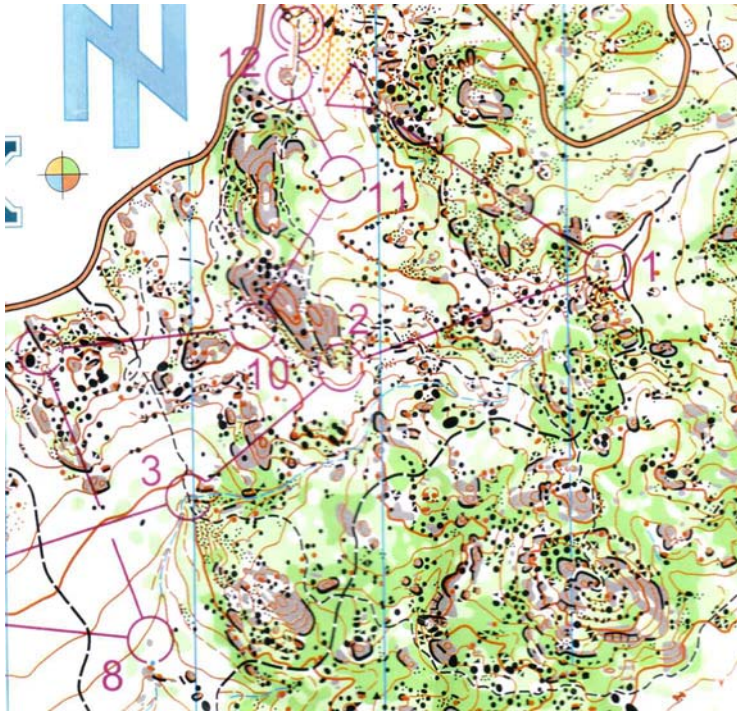
So squats are not essential for those bulging quads. So try out a few alternatives and save those knees. I know my squat days are over but I think I can still keep my thighs in shape as I know I will need them when my map reading lets me down and I wander unintentionally into the thick green!

Paula Shingler is a physiotherapist at The Clinic Physiotherapy at Macquarie University Hospital, Sydney and long time member of Big Foot Orienteers, keen fell runner and mother of two.



Ted crossing Plenty River

Readability of granite maps
Both 1:10,000 scale

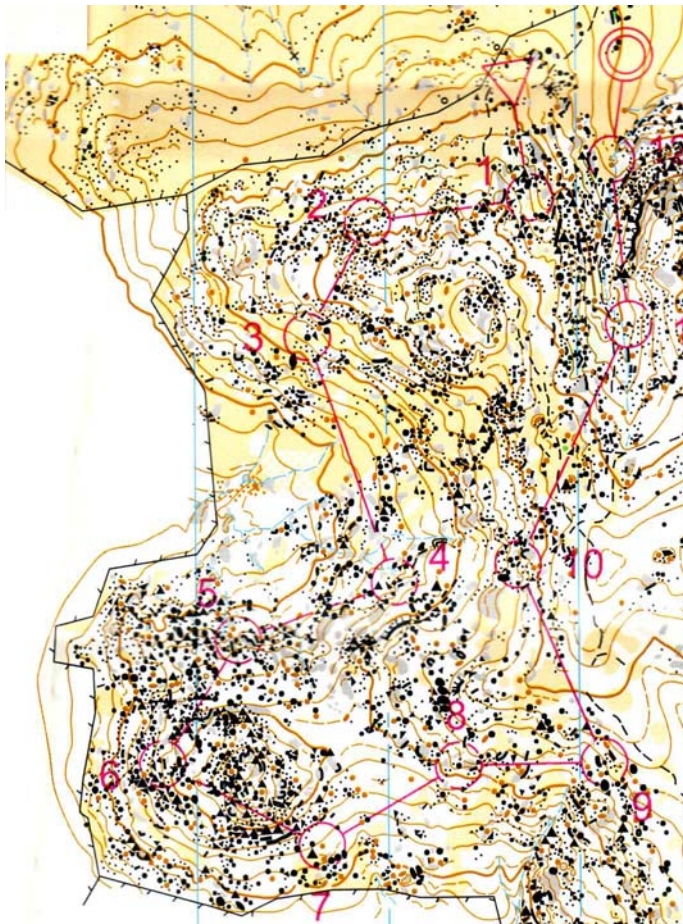


Kooyoora

First mapped by Steve Key for 1985 World Orienteering Championships and since updated by Alex Tarr

Plenty of small rock is not mapped which makes map easier to read
Grey areas well-mapped and useful for navigation

The map is getting greener and greener so you want to avoid particularly green areas.



Connorton, near Wagga

Fieldwork by Alex Davey, a local Waggaroo club member in 2003-5 and then revised in 2014.

Too many black dots to indicate rocky ground making the other rocks harder to read.
Some large dots touching
Not all large features on the ground appear large on the map
Yellow useful for navigation—but there also was green areas which did not print clearly

YARRA VALLEY ORIENTEERING CLUB COMMITTEE MEETING MINUTES– 8 September 2014,
Held at Springthorpe Country Club, Springthorpe Blvd, Macleod.

PRESENT: David & Ruth Goddard, Kathy Liley, Sheila Colls, Belinda Dale

APOLOGIES: Russell Bulman, Ted van Geldermalsen, Margi Freemantle, Blair Trewin, Peter Black.

MINUTES OF LAST CLUB MEETING (3 May 2014) Accepted: Moved: D. Goddard, Seconded: K Liley.

BUSINESS ARISING FROM LAST MEETING: (3 May 2014). Ongoing actions:

Awards: 40 year members. Deferred. **Action: David.**

How to use our revenue to improve participation. **Action: David** to set up a small group to consider.

Membership - Welcome Pack: Sheila tabled her draft brochure which she proposed will be sent to new/aspiring members with the membership application form. Agreed to wait for the outcome of the OV membership restructure proposal as this may result in changes to the application form. **Action Sheila.**
An ongoing issue is how to alert the club when people join via Eventor. **Action: Kathy** to consider.

Website: Need clearer link from New Member Application Form to Rules (eg. After 'See link on YVOC web-site', insert "Find under 'Administration' button"). **Action: Ruth.**

Website: **Action Russell** to ask Peter Cusworth re receipt for domain hosting fee from Crazy Domain.

Sprint / Park/street O maps: Need to clarify the ownership of the these maps. **Action: Margi.**

Coburg Lake map: Need to clarify its status. **Action: Margi / Russell.**

Springthorpe map: Extend map to include the Polaris / Gresswell shopping centre. **Action: Russell / Margi** to check with course setter re use of this part of map at the next Street O event on this map.

CORRESPONDENCE

Out: 5.5.14: All members. Copy of AGM minutes and attachments

Out: 5.5.14: Department of Justice: Lodgment of annual return.

In: 28.5.14: OV: Near map for personal use now available for a few cents a day.

In: 15.6.14: OV: Notice re June OV Council meeting.

Out: 4.7.14: All YV members: Seeking interest in order of YV tops. Club will subsidise at \$40 ea.

In: 5.7.14: OV: Sprint into Spring. Update to Clubs. Draft program for review.

BUSINESS ARISING CORRESPONDENCE: Addressed in other business (see below)

TREASURER'S REPORT

Sheila tabled her report. She noted that the club is managing to break even so far this year.

It was agreed that the club cover secretarial printing expenses by reimbursing the cost of one ink cartridge and one ream of paper each year. **Action: Belinda** to submit expenses claim.

VOA DELEGATE'S REPORT

It was noted that OV now has a Secretary (Carl Dalheim) and that Dennis Mews has resumed the PR job. Some thought is being given to succession planning of OV positions. The planning of the 2015 Australian Champs is progressing well. Clubs will be asked to submit events for next year's calendar soon.

MEMBERSHIP REPORT

No new members since the last meeting.

COMING EVENTS

Sprint O event (Ruffeys Creek). Helpers are required for this event.

Summer Street and Park events. Course setters have been found for all events for this summer.

MAPPING

Ruth advised she is planning to map 'Tikalara', an area in the Mullum Mullum Creek valley near the junction of Candlebark Creek, in readiness for use in 2016.

EQUIPMENT / CLOTHING

The committee endorsed the proposal to subsidise cost of YV uniform tops at \$40 each. An order had been placed for more YV tops. **Action: Ruth** to follow up.

WEBSITE No report

OTHER BUSINESS

OV Membership Restructure Proposal

Kathy explained the background to the proposal and the Options Paper which had been circulated to clubs for feedback to the next OV Council meeting on 17 October. The intention behind the proposal is for a simplified fee structure which still meets the OV budget bottom line.

The Committee agreed to support Option A, with one variation - that the annual fee for a Junior is \$1. In summary Option A provides for:

Adult club members who participate in at least one orienteering event (any type of event) during the year, will also be members of Orienteering Victoria. The cost will be \$25 for the OV component. 'Social' members or others who wish to belong to the club but not actually compete, are not required to join OV.

For Junior 'participating' club members, the OV fee will be \$1 (as per YV proposal).

Clubs may add a 'club membership' component. It is anticipated that YV may need to restructure its membership fees once all this is set in place.

Subscription to The Australian Orienteer will be an optional extra. Current cost \$26.50 pa. (But Victoria will need to maintain the current level of subscriptions, ie at least 320 opting in.)

There will be no separate family membership rate. All will be individual members. But 2 seniors + 2 juniors + 1 magazine will cost \$78.50 compared with the current \$104. One senior + 1 magazine will cost \$51.50 compared with the current \$74.

It is expected that these much lower membership fees will remove fee-based barriers to OV membership. And that Clubs will continue to provide benefits (eg social, identity, friendship) to encourage membership.

The fee paid by the club to OV as a Club Affiliation Fee will reduce from \$880 to \$100. (All clubs will pay the same flat rate, whereas at present there is a sliding scale according to club size: \$880, \$440, \$220).

Action David to take this position to the OV Council meeting on 17 October

Action Kathy to send the Options Paper to all YV members, with an explanation of the Committee's preferred position, and to seek feedback from members via David prior to the Council meeting.

Proposed junior coaching session

Ruth advised that she will organise a coaching session for juniors, at Westerfold Park on 5 October, with assistance from Peta Whitford and others, to help them prepare for the Victorian Schools Championships.

String courses at MelbBush O's.

Sheila suggested we trial string courses at MelbBushO events next year. Belinda agreed to assist.

YV Christmas function.

It was agreed that the club hold its Christmas party in the park at Ruffeys Lake, on a date to be set and advised in the newsletter. **Action Ruth.**

Clubs involvement in organising major events

David expressed concern at the differential capacity of the various clubs in Victoria to attract new members and in their uneven contribution to the organisation of major events and map making and utilisation. **Action David** to write to the Presidents of the Clubs expressing his concerns and seeking feedback.

NEXT MEETING

Agreed to hold a meeting in the near future, to make recommendations for YV events in the 2015 calendar. **Action: David.**