

FOREST



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understories

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Podium finish for MFR Adventure Racers!

Melbourne Forest Racers Dion Keech and Simon Goddard have stunned the Adventure Racing world by taking out second place in their debut together at the Kathmandu Sprint held at Yarra Bend park on 5th February.

In somewhat of an upset team 'Adarchs' (adventure architects!) edged out the other MFR team of Paul Liggins and Rune Olsen (Team MFR) who came third after being overtaken by the Adarchs at the last control, just metres from the finish.

The Adarchs got off to a flying start after entering the water with their inflatable Kayak (provided for everyone by race organisers) in third place, ahead of a crush of teams trying

to launch from a 3m wide landing. The Adarchs held onto third position for the next three legs - run, bike, run - until Paul and Rune clawed their way back from a slow start in the kayak to ride past the Adarchs on the Yarra Boulevard.

Team MFR squandered their 2 minute lead over the Adarchs at the final control which was a question on the clue sheet to which the answer was written on the Eastern Freeway bridge; Paul & Rune had lost their clue sheet and had to be content with seeing the Adarchs fly past into second spot ahead of them in 2 hours and 17 minutes.

A thrilling finish and an excellent result for MFR with race organisers and seasoned competitors alike impressed with the tenacity, speed and skill of orienteers.

WILDSIDE 2006

by Adrian Jackson

Wildside is one of the premier MTB races in Australia. Seven competitive stages over 4 days, from the mountains to the coast, make for one tough race. Throwing in the fact that it happens to be in the rather wet West Coast of Tasmania means you end up testing equipment, washing machines and your ability to clean mud from various orifices. Horror stories of people being devoured whole by puddles and bikes being binned after the event means I ended up packing more gear and spares than a 2 month overseas campaign.

Our party consisted of Alex Randall, Blair, Carolyn and myself. Originally Alex, Carolyn and myself were going to be racing, with Blair our support crew and driver (the stages are point to point), but after Carolyn cleverly put a stick into her knee on New Years day our rider-support ratio became 1:1.

Day -2: The Mountain

Due to 'shipping movements', TT line robbed us of an hours sleep dumping our party in Devonport at 6am. No worries, that'll give us more time to walk up Cradle Mountain. Walk we did, only until the base of the mountain however. Lifting, climbing, pushing and slow all adequately described our mode of travel for the next 2 hours. The rock scrambling involved to get to the summit makes even an experienced hiker feel like an extreme athlete. Needless to say Carolyn with a bung knee was rather challenged. It must have been a mildly amusing sight to see Adrian above a lock ledge, pulling Carolyn

up, with Blair providing lift support to, ahem, the rear region. Many hours later we arrived back at our Cosy cabin (that's the name of the place, not an adjective of my choosing) weary but satisfied.

Day -1: Umm, nothing!

The excitement, population and average value of bicycle steadily continued to rise in Cradle Valley throughout the day and the few hundred riders filed in. Riders prepped bikes and bodies, and support crew, well, supported.

Day 1: Who took all the mud?

This definitely wasn't the Wildside I'd heard about. While I was struggling along choking on dust, it occurred to me that the mud tyres I had on were possibly not the best choice at this precise moment. Needless to say after a fast and though stage through rough and often very grassy alpine tracks I was found swapping back to some faster tyres at the lunch stop.

Stage 2 suited me much better, more hilly and less soft stuff let me open it up. Puncture misfortune for race leader Sid Taberlay and another young gun saw me reach the finish line in 2nd place. A very good result that gave me confidence for the rest of the week.

Day 2: Fast starts, missed starts.

Rain overnight meant the race would be back to its muddy best, bring it on! A chilly morn greeted us for stage 3, which basically had 2 sections: up big hill, down big hill. Fair enough too, it's not called mountain biking for nothing. The majority of the course however was an old horse track, and well lets just say that if I was a horse back in the day I'd have been asking for hazardous duty allowance. The climb was all just rideable for us at the front of the race, but the descent was crazy, everybody had to run some sections. I got a good start, and finished 5th, putting time into and jumping ahead of my main U23 rival Al Farley.

The lunch stop was in Roseberry, a sleepy mining town and also where we had based ourselves for 2 nights. Needless to say Alex and I grabbed some food and headed back for a shower and bike clean before the afternoon stage. The race notes said briefing at 1:15pm, so at 1:15 w rocked up to the lunch spot to find it almost deserted. With logic unheard of outside Tasmania, the race director had decided to shift the starts forward because of, wait for it, the risk of a shower. Imagine that, rain in Tasmania!? Alex and I got to the start line in time to start with the third wave of riders, so we'd missed the fast bunch. After I gave the official a few choice words, we set off, swapping turns for the 35km stage. Amazingly our time put us 4th and 5th for the stage, but we'd spent a lot of energy riding on our own the whole way. After the mud settled I was sitting on 2nd outright in the GC and 1st in U23. With some bloody fast guys behind it was going to be a tough next 2 days!

Day 3: Good clean fun ... apart from the mud
Stage 5 was what mountain biking is all about ...

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bombing down rock shelves and loose descents at crazy speeds and some good hills to clean out the lungs. I spent most of the stage keeping a pack of four riders on the Cannondale-Maxxis team in check, making sure they didn't put get too much time on me.

Part of the Wildside experience is the 'cruising' stages before, between and after most competitive stages, and while most are a doddle, the 20km, muddy, uphill 'cruise' back to Zeehan was a notable exception. The afternoon saw the only individual time trial of the race, but as it was only 6km no big time gaps were going to develop. So far I was still managing to hold the U23 race lead, but I was worried about the next day...

Day 4: Hit the beach

For a lighter rider with not as much power as some of the other guys I am good in the hills, but in the flat my weight advantage counts for squat all. Unfortunately the last stage was basically dead flat, with lots of soft riding along sand dunes and hardpacked beach. More resembling a road race, packs quickly formed and I wasn't able to hold the wheel of Al, my U23 rival. Although I lost one spot on the final day, I finished 4th overall, and 2nd in U23, by far my best result at this level. Alex also had a good result, taking 7th overall, and 3rd in Open Men.

Thanks as always to Warren and the guys at MBC, and also to Scott bicycles for my superb new race bike.



President's Report 2006

Once again the new orienteering season is upon us. It promises to be an exciting year for the club, but first let me reflect on 2005.

Melbourne Forest Racers continue to shine at the high performance level. This certainly is the strength of our club. There were so many great performances, that I apologise in advance if I have missed anyone. Adrian and Carolyn achieved some exceptional results at the MTBO world championships, and Adrian is now showing that he can mix it with the best of the MTB racers in Australia. Tash ran for Australia at WOC in Japan, and described it as her toughest World Championship. I'm not surprised she described it this way, given that she was a few weeks pregnant at the time. Jasmine competed at JWOC and has been selected in the National Senior Squad (along with Clare and Bruce) while still a junior. There is also great potential for her to be involved in a very competitive relay team at JWOC this year. Clare, Bruce and Simon also represented the Bushrangers this year and regained the Aspin-Key trophy from New Zealand. Rune took out the Australian Sprint Distance Champs in St Helens, with Bruce, Blair, Adrian, Paul, Warren, Clare, Tash, Jasmine, Kirsten and Ilka all contributing strongly to Victoria's seconds position in the National League.

Our talent is not confined to the forest. We now have several top administrators at state and national level. Blair continues to do a great job as Orienteering Victoria President, Paul is chair of the National Selection Panel, and Sue is the Women's National Coach. Congratulations to all on your positions.

We continued to attract new and not so new orienteers to our club. It's great to see some new talent, and others who are returning after varying degrees of absences. One thing I think we do well is to recruit orienteers who have moved to Melbourne from other states (and probably over 50% of us have fit into that category at some stage).

Dion continues to publish a fantastic newsletter, which is enjoyed by all members. I look forward to his plans for a club website this year. Look out for his regular bulletins with information on training runs and club activities.

Monday night runs continue to be popular, and in some cases are almost too big to cater for. Everyone is welcome, but if you are planning on bringing guests, please notify the host in advance and consider contributing some food or drink for the night. With the numbers coming along, it should only be necessary to host a run every 2 to 3 months. If you can't host for some reason, please volunteer to help someone else, or perhaps offer to cater in someone else's kitchen.

I must thank Tash and Warren for storing our equipment. Their family seems to be constantly expanding, so I am grateful that they can find some room to keep our gear. If you do organise an event, please try to return the gear immediately after the event, and help to put it away. Please don't expect Tash to do this for you, as she has enough to take care of as it is.

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Nicola, David and Peter have done a great job behind the scenes on the committee again. Thankyou for your contribution again. We have some good ideas to enhance the running of the club this year, and we look forward to involving more people in some of these. I am particularly interested in facilitating social club gatherings at all events for both the grown ups and the kids.

This year promises to be quite busy, and hopefully rewarding for all club members. We start the year with a major event - the NOL & Vic Relays, and will then start our planning for the 2008 Vic Champs. I encourage you to all get involved as much as possible and enjoy.

I look forward to passing many of you in the forest!

Cheers
Bruce
President

2006 AGM agenda

Date: Sunday 19th February 2006
at: Porcupine Ridge 1:30pm

1. Welcome / Accept 2005 AGM minutes
2. Apologies
3. President's Report
4. Treasurer's Report
5. Election of Officers
6. NOL/Vic Relays update (Sue)
6. 2006 Event Roster
7. Monday night runs/Wooden Spoon award
8. Vic Champs 2008 update (Peter)
9. Membership subscriptions are now due

[Please see attached minutes from 2005 AGM]

Victorian Nuggets update

The first NOL races are only 4 weeks away. This year's NOL programme is available at:
<http://www.orienteing.asn.au/nationalleague/nol2006>
NOTE: Entries for series 1 close on Feb 17. Entry forms can be found from the above link.

In preparation for this, the Nuggets will be conducting training sessions throughout February and March. We will conduct a formal team kickoff and training race at the season opener on Sunday 19th Feb.

We are looking to make course A Victoria Nuggets training exercise with a Special Magical Mystery Race starting at 11am. This will be specifically tailored to male and female, junior and senior Nuggets but is open to all who want to join. It will be between 7 and 8km in length (same for men and women) and will be similar to the mass start done two years ago at the same event - though the format is yet to be finalised. Pre-marked maps will be supplied and so Dave Colls and Simon Goddard need to know numbers. If you will be attending this event and would like to compete in this race please send Simon an email at skgoddard@gmail.com Normal entry fees will apply on the day and course A will be run as normal otherwise.

The team kickoff meeting will be at 12:30pm. The kickoff meeting will include race updates, travel info, details on training sessions, details on 2006 funding and associated selection procedures, plus an opportunity to purchase new/additional Nuggets uniforms (yes we have some new smaller sizes!).

Meanwhile, please feel free to join in with other training opportunities over the next few weeks. For details on Bendigo sessions, contact Jim Russell. For details on MFR sessions, please contact Dion Keech [dkeech@williamsboag.com.au] or me.

Training outline - lead up to Easter

Feb 19

Season Opener - kick off meeting (+ MFR AGM) - Porcupine Ridge

Feb 24

SA Sprint Champs (Friday twilight)

Feb 25-26

MTBO Selection Trails - Maryborough

Mar 4-5

Training Weekend (tbd)

Mar 11-12

NOL Event (NSW)

Mar 18-19

Sun Club Event, Chinaman's Flat, Training on Saturday?

Mar 25-26

Sun Club Event, Mt Hickey, Training on Saturday?

Apr 1-2

Sun Club Event, Creswick, Training on Saturday?

Apr 8-9

MTBO, ACT Sprint and Middle Champs, Training Weekend

Apr 14-15-16-17 Easter

Stay tuned to Dion's email bulletins for final details.

How to eat thirty mars bars and not get fat...

Nutritional advice from SIMON GODDARD

It seems these days that each week we see a new dieting fad. Why should this week be any different?

Allow me to present to you the Bogan to Hotham Weight Loss Strategy. This is at the cutting edge of sculpting the skinny, sinewy figures that are all the rage in Paris this season. It is also sometimes called the 'Bulman Method' after Russell Bulman of Yarra Valley OC who founded the 'technique' in 1984. Since then a small group of eccentric individuals have been continuing the tradition. In this radical 'treatment' participants can lose around 9000 calories in 10 hours. That equates to 30 Mars Bars, 1kg of pure fat or a hilly stage of the Tour De France. Many subjects also reported several kilos of weight loss through dehydration – perfect for last minute toning before that fashion show.

So how does it work? Unlike the Atkins diet the 'Bulman Method' uses exercise as its principal tool in gaining the amazing results it does. But wait, before you say 'Well I exercise too but when I ate 1kg of pure lard I put on weight' read on. The exercise takes the form of a running contest – a challenge to see who can lose the weight in the fastest time. This aids with subject motivation. A distance of 63km is covered or one and a half marathons. It involves 3000m of altitude gain and 2000m of altitude loss. A lot of the running is done above the tree line on small trails – this maximises sun exposure for sweat water loss and increases the opportunity for that attractive fast tan through sunburn. The 'Bulman Method' is administered at a very exclusive 'health spa' in the Victorian Alps. Subjects start their day at the foot of Mt Bogan, find themselves at its summit a little while later and by the end of the day some 7 to 12 hours later they might arrive at the summit of Mt Hotham. Places are limited, only 50 participants are allowed in the annual intake. The 'treatment' is so tough only 50% will finish. This year's was on the 8th of January and I was lucky enough to get a place.

I had to camp at the start area at the foot of Mt Bogan the night before to make the session beginning time of 6:15 am. I had my Camelbak with me full of Evian and special weight loss bars known as 'Powerbars'. I was dressed by Nike and NoName in this season's latest trends. I took along a Swede for encouragement and planted her at half way. If you have trouble with motivation this can be a great tactic. You can pick these up at your local IKEA and I recommend ones from the Stockholm region.

We began in near dark, the organiser in his pyjamas. Soon we were sweating the 1300m climb in altitude up Weight Loss Staircase (not actually a staircase) to the summit of Mt Bogan. This is the highest mountain in Victoria – hence the name. I got there after an hour and a half. It was free of trees but the 7:30am sun wasn't strong enough yet for a sun tan and the views were taking what little breath I had away – so I kept going.

'Clinical Tests' have shown that orienteers are more confident, and therefore more successful when it comes to running

down rough hills than non-orienteering plebs. So I ran hard down Mt Bogan and passed around 20 of my fellow weight-loss-ees. At the bottom of this 1000m descent we were given a mountain river bath. This is very good for the pores and helps increase blood flow due to the Bloody Cold™ nature of the water. This was followed by a cleansing 800m climb up Lose More Weight Spur to the top of Another Hill (1884m). I kept running along feeling the weight just slip off and before long (4 hours) noticed Creeky Falls Alpine Village across a lake to my right. By then I was tanning quite nicely along a 4WD track.

After 4 and a half hours and 34kms I came to the half way checkpoint. There I had left a drop bag containing food, drink and the aforementioned Swede. After some nourishment (half a lettuce leaf and a cherry) and encouragement (you're looking like a rake, Simon) I was on my way into the High Bogan Plains. I was feeling fairly delirious by that stage – the intense weight loss was taking effect and all I could think about was food, water, rest and the new Armani suit I would finally be able to fit into. Unfortunately I was hobbling like an old man, barely able to run. This is not good practice for the cutthroat posture world of the catwalk. Next time I'll take some books to put on my head to keep good posture throughout.

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I continued with my hobbling, running sometimes, walking others along ski poles for the next 17km. The organisers came up with a clever tactic: by making the track next to the poles too narrow to run in they effectively forced us to change our stride length and rhythm all the time. By making it harder to run, sorry hobble, we lose more of those precious kilos. Its just good Science™.

After seven and a half hours, 51 kms and 7500 kilocalories I was at the foot of Mt Hotham – my goal. I started up Figure Swindlers Spur – a final 500m ascent over 12km to the summit of Mt Hotham where scales awaited, as well as a light salad with a low-fat vinaigrette. By now it was like a sauna outside – a clever move by the organisers. As any savvy jockey knows, the sauna is a great place to lose weight. By exercising in sauna-like conditions we double the weight-loss benefit. Just remember not to drink water so as the weight doesn't go back on. The final climb was fuelled on pure willpower. 2 hours of it. This is equivalent to the willpower it takes a 72kg man to wax one of his own hairy legs. By now I had to walk and could think of very little except stopping. But I could see the end and new that I would be there soon. I stopped the clock at 9 hours 43 minutes, in 8th place. The fastest did it in 7 hours – but he could do a 2:14 marathon so he didn't have as much weight to lose. I couldn't walk very well for 2 hours after and didn't run for two weeks after that. But the Big Fashion Show went well and my skinny, sinewy figure was all the rage amongst high society and the B-grade celebrities that attended.

So did it work? Willpower, or lack thereof seems to be the bane of many a diet and the Bulman Method is no different. However due to the Quick Fix™ nature of the diet, participants need not sustain that willpower for longer than 12 hours. What is required is an intense burst of explosive_willpower.com.au. The 50% completion rate is actually quite high compared to most other diets so if you've had trouble with Atkins, Weight Watchers, Sauna or Jenny Craig maybe this is for you. So for those of you out there who want a diet with a difference try the Bogan to Hotham, you'll definitely see results.

Next issue: *Carbo-loading through beer: The socialite's solution to that big race.*



Chicago in January Bruce Arthur

In the last week of January, I escaped the 42 degree heat of Melbourne and attended an Accenture Management Conference in Chicago. It actually turned out to be much warmer than I expected, with temperatures above freezing all week. I took a full suitcase with a couple of warm overcoats, but ended up wearing just a shirt and trousers for most of the time as everything was setup indoors with heating, and there was no need to go outside. Of course, given that there was some forest adjacent to the conference, I couldn't help myself and had to go outside for some runs. The conference schedule meant that these were at 6:30am, just as first light appeared, but to finish in time for breakfast. It was a challenge, but I did even manage to find some remnants of snow. I was a big week for American culture. First I got to watch the State of the Union address by George W. Bush. This is a 30 minute speech, interrupted by a standing ovation after each sentence. Talk about fanfare and ego boosting! Only in America!

Next, I got to watch Groundhog Day live on TV. Punxsutawney Phil is a groundhog who is pulled out of his hibernation log in Pennsylvania at 7:30am on Feb 2nd each year by a bunch of elite gentlemen in top-hats. If he sees his own shadow (as he did this year), it indicates 6 more weeks of winter, and he returns to his log. Bill Murray (from the movie) was nowhere to be seen.

Back on American TV is 24 Season 5. Despite Jack disguising his own death and disappearing at the end of Season 4, he somehow makes it back into the show again. Without giving away any spoilers, 2 regular cast members are killed off in the first 15 minutes of this series. And of course there was the SuperBowl XXXX. More of the pre-match attention seemed to be on the ads rather than the players. Still it is an event that stops the nation, probably like the Melbourne Cup plus the AFL grand final ten times over. (see attached picture of the conference centre at St Charles, IL)



Xmas 5 day wrap up

Stuart Fell

As Boxing Day dawned it was time to say goodbye to the leftover Christmas ham, cram the gear into the back of the car and buckle up for a few exciting hours of barrelling down the Highway. This year nine forest racers made the annual pilgrimage up the Hume, this time towards Jindabyne, for the Christmas Five Days.

The competition was as hot as the weather, and the fair shores of Lake Eucumbene quickly became popular with the tired orienteers. Todd Neve seemed to improve over the five days, overcoming a mispunch on the first day to take a win on the final day in Men E. Sue dominated the Women C class, winning the last three days to take an impressive overall win. On the same course, Max faced some strong competition from the field of 53 in Men D. He pulled out a promising fourth place on the third day. Aaron was there for the holiday and cruised around the Men C course. He was content knowing that he would be able to impress all the girls after the events, with his extensive knowledge of the Australian flora, as all sat around the campsite picking grass seeds from their socks and shoes.

In the Women A class, competition was tough at the top. The heat and rocky ground caused a large proportion of the field to fail to record the requisite four results, with several international competitors dropping out of contention on the first day. Grace Elson managed to set herself clear of the rest with three first places. She was followed in the overall results by Sofie Olsson and Anna Sheldon. Jasmine demonstrated why she was included in the national senior squad with a fourth place overall. Regular Monday night runner Ilka Barr posted some good results on the first two days before the shock hospitalisation of her younger brother Evan. The news soon came back that Evan was suffering the effects of severe dehydration. This shocked everyone at the campsite, particularly Torgeir, who immediately began an intense rehydration program to ensure he performed well on the remaining stages. While fellow forest racers were initially sceptical about this strategy, Torgeir put to rest all doubts with a flying run in heat the next morning, and many others took up his program that afternoon and evening.

Morten Flew the MFR flag in Men B, and put in a couple of good runs to finish 11th overall.

In the tradition of the five days, Eric Morris dominated the Men A field, beating off World Championship and World Cup placegetters for the overall title. The Swiss David Schneider was second and Robbie Preston was third. Simon was the best performed of the MFR trio on that course, finishing off with a 7th place on the final day, to finish 9th overall. Torgeir raced consistently to finish 16th overall and Stuart was happy to beat his younger brother with a 24th overall.

After the fifth day, many competitors headed home, but a small cohort of forest racers headed north to Canberra for the sixth stage. It suffices to write that several club members showed good form.



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