

# Newsletter

**AUTUMN ISSUE – APRIL 2002**

Reports on 2001 Murray River Marathon

World Masters Games

Meet the Fairfield Canoe Club Website

Launch of the Winter Series – April 7

Oscar Winning Film Night – April 12



Margaret Buck at the 2001 Warrnambool Winter Series Race

Join in the fun in 2002! See page 11

## Fairfield Canoe Club Newsletter

The Fairfield Canoe Club newsletter is published five times per year.

### Contribution deadline for next issue

20 May 2002

### How to contribute

All contribution to the club newsletter are welcome – photos, articles, letters to the editor, humour, advertisements. Articles can be supplied on disk (Mac or PC). Disks and photos will be returned.

### Please submit material to

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### Advertising

If you would like to support the club through advertising your company or business in the next newsletter please contact Graham Synan on 9439 0216.

## “A Letter from Wodonga”

A few of you have expressed concern over my absence from the Yarra this summer so I thought I had better fill you in on what I have been up to. Following the Murray Marathon I was whisked away for some intensive care and rest of my aching arms in Wodonga where my girl friend is based. After a month, or so, I had recovered enough to paddle out of the Mitta Mitta Canoe Club. The Murray River in Wodonga is a very different section of the river compared to sections used for the marathon. The water is icy cold, even in the middle of summer, very fast and with eddies ready to tip the unsuspecting kayakers as Kate Lee and Kelly O'Shannasy will attest. Paddling with Mitta Mitta Club through the cleared farmland 3 hours from Melbourne made me realise again how lucky we are to have our section of the Yarra which twists and turns through gum trees only minutes from the CBD.

It is great to be back and to see the activity at the club, particularly the Time Trials, additional mid week training sessions and Cappuccino runs to Southbank. It is good to see members making use of the club facilities particularly the new kitchen and the BBQ. It is shaping up to be a great year for the club as the calendar of events continues to grow. Our attempt to reclaim the Winter Series Trophy is about to begin and this year many members are hoping to compete in the World Masters.

Hope to see you all on the river shortly now that the hand has recovered after a little accident on my bike. Must remember to wear my cycling gloves, gravel rash is most inconvenient.

Got to go now, I am off to Wodonga for Easter. Happy Easter.

Andrew McConnell a.k.a. Mr Mav

## Welcome to New Members!

Anthon FERNANDO

Julie CAMILLERI

Paul KENNEALLY

Jason LINDORES

Jack COUNIHAN

Michael STAINDL

Anita EGLITIS

Liz JENKINS

Thomas HAUGHTON WYATT

Jane HARRIES

Craig PORTBURY

Matthew GIBBENS

Michael COUNIHAN

Ian ASHLEY

Sally MCKERROW

Stephane PHILLIPPARD

Rhea DEMPSEY

## Chairman's Report

Well, welcome everyone to the latest and greatest instalment of the Fairfield Newsletter - there has been a lot going on since the last update - and even more coming in the future - so read on!!!

First of all I would like to send out a huge thank-you to Jenny Hill for organising for the second year running a really successful Clean Up Australia Day event at the club - and to the social committee for putting on an excellent BBQ.

Also thanks to Zoli who recently did a talk on paddling technique which we were able to video - we hope to get a copy done so that we can have a copy available for club members to loan for a bit of sofa based training ☺

I made reference in one of our previous newsletters to the different committees that are being established at the club to enable more people to get involved and have an input as to how the club progresses and grows. If you have a look on the notice boards at the club you should spot a few mug shots and some details about who is in the different committees - and which director is most involved in which committees.

Below is an outline of the structure that has been adopted - there are more details for each sub-committee, which will be made available at the club in the not too distant future.

### SUB COMMITTEES

#### MAINTENANCE AND CAPITAL WORKS COMMITTEE

The responsibilities of the maintenance and capital works committee are,

- Identify ongoing and periodic maintenance issues. (Cleaning, mowing lawns, etc.)
- Establish procedures and ensure maintenance is carried out on an "as required" basis.
- Monitor effectiveness and efficiency of maintenance activities.
- Identify changes to be made to the current list of issues.
- To identify capital works projects and report these to the Board.
- Upon Board approval, proceed to tender.
- Upon Board approval, establish programme for works.
- Monitor progress of works, for quality, time and budget.

#### SOCIAL AND FUNDRAISING COMMITTEE

The main responsibilities of the social and fundraising committee are,

- Organise social activities.
- Organise fundraising activities.

#### RACE ORGANISING AND SKILLS DEVELOPMENT COMMITTEE

The main responsibilities of the race organising and skills development committee are the,

- Promotion of recreational and competitive canoeing/kayaking.
- Enhancement of skill development through the provision of training and special courses.
- Provision of elected delegates to VCA committees.
- Identification and encouragement of potential future training instructors from the members.

#### BOAT MAINTENANCE COMMITTEE

The main responsibilities of the boat maintenance committee are,

- Maintenance of Club boats.
- Storage of Members' boats.
- Issues related to boat racking.
- General boathouse issues.

#### COMMUNICATION COMMITTEE

The main responsibilities of the communication committee are to,

- Communicate to members of the Fairfield Canoe Club.
- Communicate to potential members of the Fairfield Canoe Club.
- Communicate to the Board of the Fairfield Canoe Club.
- Facilitate communication between members.

If anyone has an interest in becoming part of one of these committees, or has some suggestions, then please check out the board at the club to find out who is on the relevant committee. Feel free to contact a board member or someone on the relevant sub-committee and they will be more than happy to get you involved/ take your suggestions to their next meeting. The frequency of these meetings will vary depending upon what the sub-committees are working on, but they will probably be held at least every 2 to 3 months.

I would like to wish all club members going to compete in the Australian Championships the best of luck - and look forward to seeing them and hopefully a large number of other club members on Sunday April 7<sup>th</sup> (after the Zoli session) for the kick off of the WINTER SERIES - there will be presentations for the winners of the summer sprint and time trial events at

the club, another excellent BBQ by the social committee - not to mention all the details and dates you will need to plan out your assault on the winter series races. Fairfield Canoe Club has the enviable record of having claimed the WINTER SERIES trophy 6 times in the last 10 years - but we were pipped to the post last year by Ivanhoe. All the races are graded and the secret to winning overall is numbers - so come along on the 7<sup>th</sup> and find out hope you can be part of the effort to regain the Winter Series Trophy.

CU then,

Annette

## Victorian Sprint Championships

Trifon Skortchev and Nick Richards have dominated the canoe sprints at the Victorian Sprint Championships held 16-17 March, claiming first and second places in the C1 500 and C1 1000 and then teaming up to win the C2 500 and C2 1000.

What a performance!! Congratulations!!

C1 1000 Trifon Skortchev 1<sup>st</sup>, Nick Richards 2nd  
C1 500 Nick Richards 1<sup>st</sup>, Trifon Skortchev 2nd  
C2 500, C2 1000 Nick & Trifon 1st

### Vacancy

#### Newsletter / Communication Team Member

A newly created position close knit friendly supportive team. Task of disseminating information to the members of the FCC.

Salary Package – Exemption from all Working Bees. Expenses reimbursed.

Position Requirements –  
Current membership of FCC

Contact – Andrew McConnell, aka Mr Mav –  
9416 1189

## Tuesday and Thursday Evening Coached Sessions

Daylight Saving. It heralds hot days and balmy evenings (in theory at least!). And, more importantly, Margaret Buck's Tuesday and Thursday evening coached sessions complimenting the famous Zoli Sunday Sessions. Held on Zoli's Straight, these sessions have seen an enthusiastic bunch of paddlers put their work day stresses behind them to enjoy evenings on the water, benefiting from Marg's vast kayaking experience. Providing a series of lessons to better technique, Marg has given us coaching on every section of the paddling stroke from entry to exit and back again. Legs that previously thought paddling didn't involve them now know better! Posture has had its turn in the spotlight and stomach muscles have come to the party. Starting bursts have been perfected, turns practiced, and time trials held. Conditioning has not been forgotten as three, four, five lap runs have also featured.

Marg and Zoli have been working together to ensure all club-training sessions are both enjoyable and beneficial. Not just your personal paddling technique is covered but also specific skills which will be useful in the Winter Series such as clean tight turns, lightning fast starts and efficient wash riding.

In previous years the end of Daylight Saving has sadly meant that these Thursday sessions get ever shorter as the light fades until the session eventually disappears.

**BUT this year could be different!**

**Marg would be interested in setting up a training time post daylight saving, provided we can get enough people interested in a suitable day and time.**

**So, if you are interested in an alternative time please see Marg who will try and sort a time that suits a majority of people.**

Perhaps early Saturday morning so that it can link up with the cappuccino run.

Thanks for the coaching this summer Marg!

## 2001 Murray River Marathon Reports

### TK1 relay - Odds& Sods - registered as "no name given"

By Greg Bauld

After putting notices on the notice board, a flurry of telephone calls and somebody knowing somebody who was interested; the team was formed at the last minute and comprised Werner Bolz (a marathon first timer), Wayne Cook (he can't remember how many), Rohan Schuppan (competing in his second) and Greg Bauld (also a first timer). Unfortunately Gary Flanigan had to withdraw for personal reasons. It was at Benalla on the eve of race day that we met together for the first time.

With results posted for day one we were pleasantly surprised to be fourth and talk turned to trying for a podium finish. Over the next few days reality set in and we realised this was not to be. We did however defend our position and at the end of the relay finished fourth from thirteen, a result we were all happy with. Maybe Greg should have listened to his kids' advice to "paddle harder Dad".

It was great to have the encouragement and support of friends and other club members along the way and we had a lot of fun. So, pending leave passes from those who must be obeyed, we hope to do it all again in 2002.

### Wicked and Wild

Joe Alia, Rose Curtis, Connie and various others associated with dragon boating put in a relay team in the Murray Marathon known as "Wicked and Wild". They must have been very wicked and wild as it seems as though the true story of what happened is unprintable. Perhaps it is best if you have a quiet chat to the guys if you would like the details.

### Hello Boys

By Trish Hyde and Robina Fox

The 'Hello Boys' team was formed following the chance meeting of a bunch of people who didn't know each other from a bar of soap but had a common dream - to complete the Murray Marathon. After organising our team, it was off to do the rounds of Melbourne's canoe shops for equipment.

Suitably kitted out with TK2, paddles, seat padding and "appropriate" fashionable river garb we were all set. The team consisted of seven paddlers - Toni and Christie Oppenlander (the star finishers in Swan Hill), Trish Hyde, Robina and Jennifer Fox (the army boys fan club), Matt Bateman (Fabio and Viking Boy 1), Ian Henderson (the social competitor), and two land crew - Gerard Diprose (social director and Viking Boy 2) and Joel Youl (the motivator). We were clearly identified by our scantily clad land crew and tent rivalling the Taj Mahal. We soon learnt that campstyle cooking wasn't for us and spent each night 'bonding' with the aid of the local liquid produce and culinary delights.

The Murray current carried us in at a credible 17th place in the Men's Open, with a majority female crew. Our dream was realised. From the end of Day 1 we were already planning for the next year.

A big thankyou to Zoli who taught us how to paddle in the first place, and to all the other people who gave us invaluable advice along the way, so here's to the reforming of the 'Hello Boys' team this year.

### **Men's Showers Closed For Repairs – Early Warning**

The men's showers will be closed for a few days in the not too distant future for major repairs to the floor. As soon as we are advised a notice will be placed in the men's showers. The ladies showers will not be affected, nor will the hose downstairs. We will endeavour to keep the inconvenience to a minimum.

## Paddies on the Murray

By Livia Lo Guidice

If you were at the Murray Marathon you may have met Action Man Dan, the Paddy Mascot. (a blow up life size doll. ed.) You probably saw him at the checkpoints soaring above the crowds, bathing with the Porn Stars and partaking in the occasional paddle. He also steered the paddle steamer at the Booze Cruise while his loyal Stars enjoyed an evening that consisted of men in tight t-shirts with eccentric mo's and women with feather boas. Thanks must go to Miss Kate and her fluffy handcuffs for keeping our visiting Vikings (in undersized loin cloths) under control.

Other than boozen and cruisen there was some serious paddling on the river thanks to the All Stars (Paddy 1), Porn Stars (Paddy 2) and Rising Stars (Paddy 3) -

Two of the Rising Stars rose to superstardom on the first day of the race, with a magnificent start in which Michelle and Tony glided past the Porn Stars for a short time. (For those in denial, check out the photograph in the Herald Sun!)

Destructa-Star Emma will be remembered for breaking the tiller single-footed when attempting a change over. Fix-it Geoff came to the rescue as Susan was attempting to use a stick as a substitute tiller. Roger, the Steven Spielberg of the Murray, seized this opportunity to film the Paddy team spirit at its finest.

Recognition must go to Evan and Mary for wandering around and, oopps, missing their changeover. To my team mates, The Rising Stars, for leaving me wet, hungry and stranded at a checkpoint (To Roger's brother, thanks for the lift!).

A round of applause for Chris who kept paddling despite injuries and James who maintained that he was feeling 'magnificent' while a particular part of his body was weeping in pain. And of course, Daddy Paddy who did the whole distance solo and was an inspiration to us all!!

I must finally mention Shawn and Rita's grande finale that demonstrated great skill, determination and nerve..... (Sorry Smegs!)

Thanks to all the sandwich makers, car drivers, body masseurs and of course, Dan the Man, for supporting the Stars.

## Murray Marathon Full Distance Paddlers

By Andrew McConnell

FCC was well represented in the full distance Murray Marathon last year with several first timers. Helen Neil ably supported by Melanie Watson finished first in the ladies TK1 class. Bradley and Timbo got into the spirit of the event; they were not particularly fussed about when they started and were often seen "towing" a fleet of TK1's and were christened BT's Towing. These guys started pretty casually but by day five were basically blister free and flying. Peter Thompson, supported in style by daughter Nicola, also had a successful marathon debut. Although at times his backside was rather sore but I don't think we want to go there.

Dave Richards, with wife as land crew, was returning to the marathon after a prolonged absence and put in some long and focussed training session to be rewarded with a podium finish. Wennie Van Lint finished first in his class but you would never have guessed from looking at him as he drove to dinner with his wife, both looking as fresh as daisies.

Yours truly, on the other hand, made the mistake of going out to hard on the first day and my technique went out the window (sorry coach). This caused tendonitis and I was very much the waking / paddling wounded for the rest of the marathon. This meant that I became very well acquainted with the Red Cross First Aid team who iced my fore arms and padded my backside. My support team and anti inflammatory drug supplier, Jenny Stamp, gave me some different drugs on the last day enabling me to finish first on the last day albeit in 4<sup>th</sup> over the full distance in the TK1 class. A couple of days of intensive care with the Support Crew in Wodonga turned into a couple of months but I am now back on the Yarra.

## Journey to the Murray

*Jo Chapman has just completed her third relay in the Red Cross-Herald Sun Murray Marathon. As part of KC's marathon special Jo describes – as she says – 'an unremarkable but nevertheless amusing account of one girls journey' from rowing to canoeing.*

I can't actually remember why I decided to start kayaking. I have this vague recollection of searching the web while bored in my temp job and I came across the homepage for the Fairfield Canoe Club and thought 'hmmm, now I could do that ...'

Fast forward to 2002, and fresh from my third Murray Marathon adventure, I can rest, somewhat uncomfortably on my laurels, and ponder my career in paddling thus far.

It all started when I lived in Echuca. I had a pedestrian interest in the Murray Marathon in much the same way one would be excited by a circus coming to town. Lots of clowns, tents and bizarre looking creatures! It seemed like everyone was having a great time, and my curiosity was aroused.

I must have shelved that thought when I went to Melbourne for Uni, because I didn't give the humble kayak another thought until after my completely disastrous foray into College rowing. For you see, I'm not a rower's big toe. I have lots of determination and strength, decent cardio-vascular fitness but absolutely NO CLUES when it comes to technique. Plus I'm a shortie. When it came time for the annual College rowing regatta, I thought I was a dead cert for the team. I blitzed the other girls on the ergo, and was quietly confident of a place in the second crew. However my telling lack of skills meant I was cast aside in favour of other less fit, but more coordinated lasses.

Scarred for life, I completely discarded any notion of participating in other water sports until I left uni, looked down at my wimpy arms, and decided I needed some upper body strength to balance out all the running I was doing.

So we return to the Fairfield Canoe Club website discovery. I decide to take the plunge, I pick up the phone, and I dial Michael Loftus-Hills...

Michael was very helpful. I made the classic error of mistaking our rival club, the Ivanhoe Canoe Club, located at Fairfield Park in Fairfield, for the Fairfield Canoe Club (as you do). I waited patiently for Michael to greet me and asked a couple of people if they knew

him, no-one had any idea who he was, and I was beginning to realise I had completely stuffed up when from across the lawn came a knight in shorts and thongs, sprinting forth to rescue me from the evil clutches of Ivanhoe. He had realised I was at the wrong club (apparently this had happened before), and was later heard boasting that he'd succeeded in yet another 'save'.

My paddling career started thus. I began with the obligatory 'Zoli Lessons' a must for any beginner, at the ungodly hour of 8 Sunday morning. This consisted of four lessons, during which you would paddle back and forth in the much-loved (read: crappy old) club boats, without the seat to prevent you toppling in, grasping a much-loved club paddle, while the grandfather of Fairfield canoeing sat perched on the landing yelling in his unmistakable Hungarian accent, 'Good werk dere. Remember to besh it in at the front', 'Good good, bury that peddle hard!' 'Nice long strokes'

Soon I was ready to graduate to the Zoli session proper. [The 10 am training session with the rest of the club members.] It was exciting and nerve-wracking, not to mention utterly exhausting! To this day people ask me what kayaking is like physically, and I can honestly say it is the toughest sport I participate in. And unlike other sports where you rely on your cardio fitness to get you through, nothing can substitute for kayak fitness. You simply have to spend the time in the boat.

Zoli's sessions invariably start with a 'one lap run' along the appropriately titled 'Zoli's straight'. This is a long stretch of the Yarra approximately 750 metres long. Once completed, he mixes it up with a selection of starts (hard), sprints (harder) and the loathsome six lap run (vile). We also work on technique, concentrating on a single stroke, this is when I normally fall in as the effort combined with the pause can lead to tipping in on one side. But this might just mean I'm completely uncoordinated!

I progressed in this manner until Christmas time, with the Murray Marathon buzz well and truly alive in the club-house. Membership swelled, and there were many new faces training hard and in many cases, just in time for the marathon. I had no intention of participating as I felt I was still too inexperienced with only 6 months or so under my belt. I travelled to the country for Christmas, only to receive a phone call from a person at Fairfield asking me if I'd fill in for the 'Woman on Water' (WOW) team. I thought, 'What the hey!' Hadn't done any preparation, but set off to meet the team in time for day two.

My first Murray Marathon experience was a mixed bag. There were highs, like winning our category for example! There were lows, I HATE camping, and I'm deliberately using the word hate here. Also while my team-mates were all very friendly, I didn't really know them very well. Plus I learned an important lesson that year. Choose your land crew carefully. The women on the team used friends and acquaintances from their bush walking club. Now these guys had no idea what they were in for. I don't think they envisaged packing up everyone's tents and gear, driving 100 km and setting them all up again, admittedly a fairly thankless task. While things stayed friendly on the surface, I detected a fair bit of acrimony from the crew, who I suspect would have been far happier camping in the high plains rather than smack bang in the middle of Tocumwal oval.

Fresh from my victory in 1998 I resumed paddling with the club through the summer months, and into the cold miserable dark winter. I was still using club boats, and always going out in the single, as I hadn't really made many friends at the club at that stage. As the months dragged on, and I paddled down to Dights Falls in pitch blackness, with freezing hands eventually turning blissfully numb, I decided that perhaps this sport really wasn't for me. Maybe it was time to quit. My mind was made up when I had an unfortunate run-in with a sleeping duck, and a semi-submerged log that looked too much like a 6-foot crocodile floating menacingly down the Yarra for my liking.

Fortunately another knight in shining armour rescued me from a kayak-less future. Instead of shorts and thongs, this knight was clad head to toe in shamrock-encrusted garb. His name was Geoffrey and he was a Paddy!

I'd seen and heard all about these Paddies, and thought them to be an aloof and exclusive little clique. I never entertained the thought of joining the Paddy ranks, but secretly I quite liked the idea of being part of a close-knit team. Geoff was enthusiastic about my initiation into Paddy-dom. 'You'll be great Jo' – he assured me.

I went along to the first Paddy team meeting at the Homestead Inn in Clifton Hill, a handy five minute drive when you live in Northcote. I met a very sporty looking group, half fresh from training and the other half in suits straight from work. So this is them, I thought to myself. I'm spending the next four months training with a bunch of accountants!

Accountants they were many, but also engineers, students, dads and daughters, secretaries and financiers. Such an eclectic mix that I just had to be

part of it. We quickly formed into three teams, I was in the gung-ho 'Paddy 1' group, led by our determined Captain Simon. That particular year, the Paddies were engaged in a fierce rivalry with the aforementioned 'enemy' Ivanhoe and our battlefield would be the 1999 Murray Marathon.

It was certainly a 'ding dong' battle and probably my favourite year on the Murray ever. We trained hard and felt suitably prepared for the days ahead. Some of the field was absent, as the competition had been shortened to entice entries due to the impending New Years celebrations for 2000 in all of the major cities. I can't understand why people would be put off spending the start of the new millennium in Swan Hill, instead of Sydney or Melbourne. There was fireworks and everything! Sheesh!

To cut a long story short, we won. It was MASSIVE! The great part was that it wasn't by a huge margin, we really had to work for it and victory was so sweet. Everything that could go wrong did. We broke a rudder at Picnic Point and briefly lost our lead, we had blisters, dehydration, hangovers and muscle pain. There was sunburn, one nasty case of tinea and all the associated problems with camping, ants, hard ground, dust, dirt, prickles and a distinct lack of power points enabling me to plug in my hair-straightener. So with some seriously big-hair, I joined my team-mates on the podium to receive our medals, and in the midst of screams, hugs and jubilation, followed by a night of excess at the Swan Hill pub, I thought to myself, this is one of the best nights of my life.

So here I am, typing away on work time and reflecting on my brief but illustrious career in paddling. If you're anything like me, all you need to do is glance down at a pair of callused hands, note absently that you might be overdue for a manicure, but smile broadly at the memories that those scars conjure up.

Will I do the Murray Marathon again for a fourth time? Well every year I say no, but every year I end up doing it again. Yes us kayakers are all barking mad. But I wouldn't have it any other way.

# What's on the FCC website for you

The FCC website has been online for around five years and caters for current members as well as new and prospective members.

## Current FCC members

Areas of interest for current FCC members include a large selection of history articles and photos that appeared in the history display for the FCC 80<sup>th</sup> birthday held in 1999.

Plan your race diary using the 2002 Paddling Race Calendar.

You can also download FCC newsletters and view past newsletter articles online. So if you want to replace a lost newsletter or find who was being bagged out in "Under the Yarra", this is the place to go.

If you've forgotten to renew (tut tut), you can download a Renewal Application Form from the Membership section.



## New and prospective FCC members

Other areas of the site have been included for new or prospective members. The "2 minute tour" of FCC shows what the club looks like and the facilities it offers and "Why is FCC such a great club" explains the benefits you get by being a member of FCC which as we all know are fantastic.

Regular club events such as the Cappuccino Run, Zoli's sessions and the Big Bash are profiled.

Full FCC contact details are available including email which is regularly checked and the Membership section include price breakdown by membership type. If prospective members wish to apply for membership, they can download a New Member Application Form and a copy of the FCC Shareholder Rules.

The history articles and photos give new and prospective members a great overview of what has happened at FCC over the past 83 years.

So the next time you are talking to a friend or relative about how great FCC is, give them the FCC website address so they can see for themselves.



Visit the FCC website at  
<http://www.canoevic.org.au/fcc/>

If you have any suggestions for additions or improvements to the FCC website, email Meron Scott on [meron.scott@iname.com](mailto:meron.scott@iname.com)

## Clean Up Day

By Jenny Hill

Twenty-one volunteers braved the inclement conditions to do a marvellous job of cleaning up the Yarra. The fun started by getting some of the disused Canadian Canoes from the highest racks and removing layers of dust and spider webs. The volunteers then set off complete with gloves, the soon to be patented "Payne rubbish removal stick" and rain gear. It was an interesting spectacle seeing kayakers "steering" canoes. By popular demand, next year we'll have all the large Canadian canoes out on the water.

The volunteers worked on both sides of the river bank from Zoli's Straight to Fairfield boat house. A large area to cover for twenty-one volunteers. Most boats came back with the clean up bags full; sometimes the paddlers were hardly visible over the bags. Plastic bottles and foam were the most collected items. In total FCC collected 22 large bags of rubbish. Great effort folks.

Thanks to all the volunteers and see you all for more fun next year.

And thanks to the Social Committee for another great BBQ!

### Winter Marathon Series Launch

**Sunday 7<sup>th</sup> of April. 12.30. After Zoli's Session.**

Free Sausage Sizzle and Information on the Winter Series.

Marathon Diaries available.

Point System explained by a Professor of Marathon Racing.

Help Fairfield win back the Winter Marathon Series Trophy.

## Coming Up.....River 2 Bay Sunday 21st April (9am start)

Paddle from Melbourne Aquarium along the Yarra River to Westgate Bridge (6km).

Be part of something new and exciting! 2000 people (they say!) paddling down the Yarra with a tall ship and fire tug boat leading the way.

Entry includes a free pass to the Melbourne Aquarium (worth \$20.90, not to be used on day of event), 20% discount on Aquarium entry for family and friends on the day, commemorative baseball cap and entry into the paddlers expo at Westgate Park.

Range of categories. Winners of each category will receive cash prizes. Great spot prizes too, including,

- 6 Days/ 5 nights paddle around the Whitsundays with Aussie Sea Kayak Tours valued at \$1195.00
- One of two packages staying at Boracay Sandcastles Beach Resort, Phillipines for two people, including 5 nights accommodation and free kayak hire. Valued at around \$700 each
- Swim with the sharks prizes at the Melbourne Aquarium for the craft most creatively decorated to resemble an aquatic creature.
- 2x Melbourne Aquarium annual Family Memberships
- Kahuna watches and products
- Euro sunglasses
- Body Torque gear

All craft and abilities will be catered for.

Entry is only \$15 for canoeic members. A bit more for non-members, late entries and on-the-day entries.

For more information and entry forms, go to Canoe Victoria's website at [www.canoevic.org.au](http://www.canoevic.org.au) or give them a call on 9459 4277.



## Race Report

### JLL Challenge – Mt Buller to Melbourne, November 2001

Liz Eedle

The JLL is a two day multisport endurance event that attracts a couple of hundred individual and team competitors each year. It begins at dawn at the summit of Mt Buller, and comprises a 35km mountain and bush run, 20km paddle and a 60km cycle on Day 1, followed by a 20km run, 75km cycle and 28km paddle into the city of Melbourne on Day 2.

Fairfield Canoe Club members have a long and successful association with the JLL both as individual competitors, team competitors and in the vital role of support crews. Julie Perriam probably has the longest association with the event, having participated a record 10 times, with many top team finishes.

This year I participated as an individual competitor and what follows is the view from the non-pointy end of the race (ie down the back of the pack!)

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Pleasure and pain – the JLL encapsulated in three words! A few more words – exhilarating, terrifying, tough, satisfying. Endurance events give plenty of time to go through a range of feelings towards what you're doing. One quarter hour might see you doing it tough, another it seems easy, one section might fly past without any real recollection of the minute-by-minute experience, others seem to crawl past with each step or stroke having time to embed on the memory. The consistent factors from this event, however, have to be the friendliness and encouragement from all those involved, fellow competitors, organisers, volunteers, and support crews.

So what's it like doing the JLL as an individual? Ultimately very rewarding, a real buzz (as long as you don't mind being cold, wet, muddy and tired, acquiring scratches, bruises, and sore muscles and losing the odd toe nail to the cause!!)

I was fortunate to be surrounded by an excellent crew plus a supporting cast of friends, old and new. Standing on the start line there was plenty of dark humour and bright reassurances being bandied about as we shivered in the brisk morning air. Once that gun went, though, it was pure concentration. Get down the hill without rolling an ankle, get down the spur without doing yourself an injury (being

distracted for just an instant led to my knee colliding with a rock. Lesson number one, don't lose concentration even for one second!). Wade through the river without losing your footing. Keep on track (Lesson number two – know where you're going! Waiting for other runners to arrive to confirm directions is a waste of time. Particularly when those runners don't know the way either!) This first day run is known as the signature leg of the JLL Challenge and it was both a highlight and lowlight of the weekend for me. Highlight for the camaraderie of other runners, the scenery, and the moments when your brain suddenly registers "holy hell, I'm really doing this!". Low light because it took far longer than even my worst case planning had imagined.

By the time I finally made it to Lake Eildon the paddling section had been abandoned due to high winds. But I was reassured that I was still part of the event, that the contingency mentioned at the Friday night briefing would be invoked and I would recommence from the finish point of the paddle leg in exactly three hours. I'm still not sure whether this was a blessing or curse. On the bright side I had a rest and treated my swollen knee to some ice. On the down side I was restless and muscle-sore well before my allocated three hours were up, and wondering whether I'd really be a 'real finisher' if I missed one of the sections. But, if there's one thing about endurance events it's accepting what comes along and getting on with it.

By contrast, the cycle leg into Marysville to finish the day turned out to be a highlight, I found myself humming along having a ball. 20kms of down-hill-with-the-wind-behind probably contributed to this, along with some beautiful scenery!

Saturday night saw me in total denial about having to get up the next morning! Me? Do what? Tomorrow? Really? Thankfully my crew had a bit more enthusiasm for the day ahead and unpacked old bags, rinsed gear, and re-organised kit in a well rehearsed display of preparations. This was the pay-off from a fair amount of planning, talking through each transition, and list writing. (Lesson number three – time spent in preparation is well rewarded. Prepare – then trust your crew to do their job.)

The first run leg the next morning was probably the most painful part of the whole weekend. Not near enough to the finish to get even a faint sniff of the end. Too close to yesterday's exertion to have recovered. Legs that complain about running uphill, and complain equally hard about running downhill. And some joker puts the run-to-bike transition at the top of a very long hill! But once again there were other competitors in the vicinity and we puffed and

joked and cajoled our way through in a spirited piece of teamwork.

I had a moment on the ride through Healesville and Yarra Glen to Eltham when I had to decide whether to continue or quit. Three quarters of the way up a long hill, quads cramping, no gears left to alleviate the problem. I'd seen a competitor at the bottom of the hill sitting in the shade, retired from the event, waiting for a ride into town. I could roll back down the hill and join him. Or get off the bike, walk out the cramp to the top of the hill and then hope life would look better on the other side. Time to swallow pride and walk! (Lesson number four – sometimes you just do what you have to do to get to the finish, even if it doesn't feel like what you ought to be doing!) Thankfully there's a lot of downhill on the course into Eltham, and the un-timed section from Eltham to Ivanhoe allows plenty of opportunity to mentally regroup and physically refuel.

Waiting for me at Ivanhoe was a large group of friends, which was a wonderful boost to my morale. They all trooped off to Dights Falls and then to the finish line, and it was inspiring knowing they were waiting for me. Meeting Mav, Peter and Helen on the river and having them keep me company (from a discreet distance to avoid drafting charges which I seemed to be obsessed about!) was great too. Not sure I wish to be held accountable for anything I said though – I *thought* I was talking sense at the time but now I wonder!

And finally, the finish. Elated. Totally exhausted. I wish I'd had the energy to celebrate but instead I was very subdued, shuffling off to stand under a hot shower and then have a massage.

In summary, a tough weekend but worth the effort. For those of us at the back of the pack it might be an individual event but I was rarely alone, and the camaraderie and encouragement of those around was a highlight. For now it's nice to have a break from running up and down hills in training, but it is very tempting to try again – seems a pity to waste all those lessons learnt! Anyone else tempted to try a solo challenge in 2002?!

## FCC & The World Masters

By Kate Lee

In October 2002 Melbourne will host the International World Masters Games. Up to 20,000 competitors from around the world will gather in Melbourne for an international celebration of "Sport for Life".

The World Masters Games are a 'Slice of Life'. They are about people coming together to celebrate their love of the game their passion for life.

There are quite a few people at Fairfield Canoe Club who will be entering the World Masters Games and we welcome you to join with us.

There are three relevant categories for FCC - flatwater, marathon and canoe polo. Minimum age for these classes is 30 years of age.

Flatwater and Canoe Polo events will take place on the Nagambie Lakes on the 8<sup>th</sup> to 12<sup>th</sup> October. Marathon will take place on the Yarra River Melbourne on the 5<sup>th</sup> & 6<sup>th</sup> October.

In April (date to be advised) we'll hold a World Master's Night at the club and welcome you to come along, meet others who'll be entering and talk about how we'd like to approach the Masters. Keep an eye on the club notice boards for details.

In the meantime if you'd like more information please either visit [www.2002worldmasters.org](http://www.2002worldmasters.org) or contact Kate Lee on either 0409 873 686 or [kate@photomation.com.au](mailto:kate@photomation.com.au)

### Club Uniform

To paddle and win club points for Fairfield in the Winter Series, you need to wear a Fairfield uniform.

FCC uniforms are available from Steve Beitz and all items are in stock  
Singlets \$33, Shorts \$30, One Piece \$55

Call Stephen on 9816 4670 or 0412 968 729 or email [reefelec@eisa.net.au](mailto:reefelec@eisa.net.au)

## Southbank Cappuccino Run

Shawn Ramraj

I am organising a monthly Southbank Cappuccino run for anyone who is interested in some distance training over the winter period.

The proposed dates are:

Saturday 6<sup>th</sup> April

Saturday 4<sup>th</sup> May

Saturday 15<sup>th</sup> June

Saturday 13<sup>th</sup> July

If you're free and can paddle the distance (42km return), watch out for posters at the club closer to each paddle or email me to get on a Southbank Cappuccino Run mailing list.

**Shawn Ramraj**

[shawn\\_ramraj@iname.com](mailto:shawn_ramraj@iname.com)

**The local contact for the 6<sup>th</sup> of April run while I am O/S will be Rachel Heath** 0403 177 253 or email [Rachel\\_Heath@tac.vic.gov.au](mailto:Rachel_Heath@tac.vic.gov.au) )

Paddles start at 9am sharp at FCC.

All paddlers must have footwear for the portage at Dights Falls (yucky sharp things on the banks).

Dates are subject to change so watch the information that is posted at the club prior to the paddles.

### Club Notice Boards

The Club Notice Boards have been getting a bit ragged over the Summer so due to popular demand we will soon be cleaning them up and allocating sections for information on the different activities within the club.

Please feel free to make use of the notice boards and refrain from taping sheets on the walls, windows and doors. Please be considerate of other club member notices and have your name on notices you place on the boards.

If you have any questions please call me, Andrew McConnell on 9416 1189 or email at [amconnell@vtown.com.au](mailto:amconnell@vtown.com.au).

## What's on at FCC...

### Saturday 6<sup>th</sup> April

Southbank Cappuccino Run (Confirm with Rachel Heath 0403 177 253 or email [Rachel\\_Heath@tac.vic.gov.au](mailto:Rachel_Heath@tac.vic.gov.au) )

### Sunday 7<sup>th</sup> April 12.30

Winter Series Launch BBQ

### Friday 12<sup>th</sup> April

8.00 pm. Movie Night – "A Beautiful Mind" at the Westgarth cinema.

### Sunday 21<sup>st</sup> April

9.00 am River 2 Bay Paddle. Starting from the Melbourne Aquarium.

### Some Time in April

Masters Series Information Night. Keep an eye on the notice boards.

### Sunday 28<sup>th</sup> April

Winter Series Race 1 – Warrnambool (Singles)

### Saturday 4<sup>th</sup> May

Southbank Cappuccino Run (Confirm with Shawn Ramraj as see notice in this newsletter for details.)

### Sunday 19<sup>th</sup> May

Winter Series Race 2 – Essendon (Doubles)

### Sunday 2<sup>nd</sup> June

Winter Series Race 3 – Nagambie (Singles)

### Saturday 15<sup>th</sup> June

Southbank Cappuccino Run (Confirm with Shawn Ramraj or see notice in this newsletter for details.)

## And of course every week...

### Sunday 8.00am

Zoli's Beginners Sessions to get your friends paddling.

### Sunday 10.00am

Zoli's Legendary Training session. Get in shape to help the club win the winter series.

### Saturday 9.30am

The very informal, very sociable cappuccino run. Coffee around 10.30 am at Studley Park.

### Tuesday 5.30pm

Margaret's Training sessions will be happening until we run out of daylight.

### Thursday 5.30pm

Margaret's Training again.

### Canoe Polo

Contact Brendan Kenna, phone 9568 8876, for details.

## Boat storage and racking

The sub-committee on boat racking recently met and discussed many issues related to boat racking at the club.

One main difficulty faced by the rack coordinator is to identify which boat is occupying each rack. As a result an audit will be undertaken over the next month to identify all boats. If you find a bright pink sticker on your boat it will mean one of the following:

- a. the boat has no name on it - please write your name on the inside of the cockpit so that it can easily be read
- b. the boat owner is unfinancial - please remove the boat as soon as possible
- c. the boat is in a rack nominated for someone else

For all those with a pink sticker please call Tony Payne on 93802863 to discuss the next step.

Other important reminders:

- a. mark all your property that you leave downstairs including paddles and spray decks
- b. if you use a club boat please return it to the correct rack (it is proposed to move all club boats to Row A in the near future so it should be easy to match the boat number to the rack number)
- c. make sure your boat is secure in its rack, use carpet or similar on the rack, tie the boat in (please don't use octopus straps) or suspend with straps

We are still looking for ideas for how to make safe use out of the higher level racks so please contact Tony, Peter Thompson or Michael Loftus-Hills if you have any suggestions.

## Under the Yarra... Under the Yarra... Under the Yarra

### The Longest 5 kilometre Time Trial

Friday Night Time Trials have been well attended by members including some very enthusiastic new members.. By all accounts, one particular paddler had a good competent start at the club and was powering towards Fairfield Boat House when he was last seen. This paddler was feeling strong, and really felt like he was up for a good time, right up to the point that he spotted Kane's Bridge at Studley Park!

Will he be awarded the prize for the "Longest Distance in a 5 kilometre Time Trial"? According to our new map of the Yarra River, drawn up by Julie Perriman, Kane's bridge is about 5 kilometres from the club. Maybe we should explain the rules and the idea of a turning buoy more carefully in the future.

Shawn Ramraj, another guy who doesn't know when to turn around, sent in the above story. A recent Cappuccino Run saw Shawn paddle past our regular haunt the Studley Park boathouse to end up several hours later at Southbank in the name of training. Rumour has it that this may become a semi regular event in Shawn's training regime. Have a chat to him if you would care to join him on his next Southbank sojourn. See page 12 for more details.

### K1 Fever Hits the Veterans

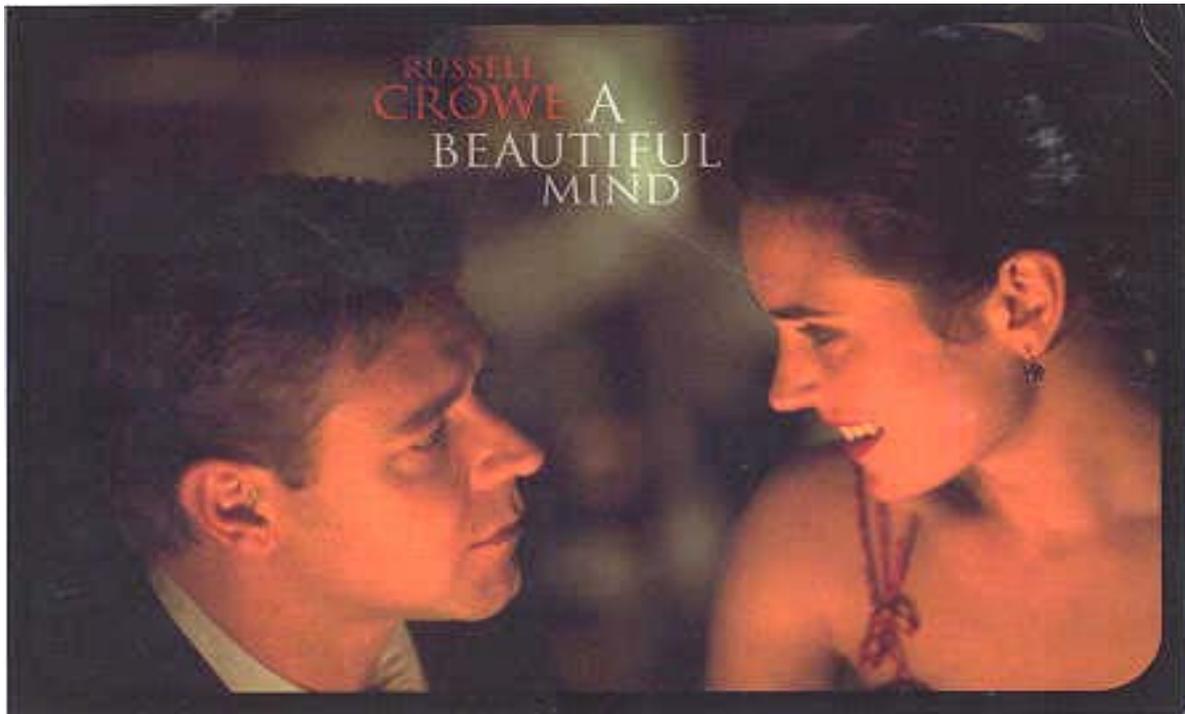
K1 fever is not restricted to "young adults". Peter Thompson is looking very comfortable in his K1 and Gary Flanigan has been sighted casually paddling a K1 down to have a coffee.

### Some Babe Action

Congratulations to Rusty Peace and Melinda on "some babe action", the birth of their beautiful daughter Lucinda Ashleigh Peace on February the 22<sup>nd</sup>. Rusty claimed that no drugs were involved, at least in the delivery of Lucinda, and is wondering whether he will have to trade in his Alfa Romeo for a more practical family car such as Commodore station wagon with wipe clean vinyl seats.

# Fairfield Canoe Club

invites you and family members/friends to the Fairfield Canoe Club's screening of



When	Where	What time	Cost
Friday 12 <sup>th</sup> April 2002	Westgarth Theatre 89 High Street, Northcote	8.00pm Drinks/Nibbles/Raf fle 9.30pm Movie starts	\$16.00

## For Tickets Contact:



<b>Paula</b>	<b>Rachel</b>	<b>Gary</b>	<b>Kelly</b>	<b>Joe</b>
<b>Di Lorenzo</b>	<b>Heath</b>	<b>Flanigan</b>	<b>O'Shanassy</b>	<b>Alia</b>
0407 280	0403 177	0400 316	0413 306	0418-179
223	253	286	181	196

Return Address:  
Fairfield Canoe Club Co-operative Ltd  
PO Box 253  
Fairfield 3078