

PUNCHLINE

Dandenong Ranges Orienteering Club Inc

www.drocorienteering.com.au

Incorporated Association Registered Number A0003225B

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Issue 194

October 2020

As the previous issue of Punchline went out, we had just been locked down again. Who knew that 3 months later we'd still be in isolation, having learned how to make our own masks, figure out exactly what was 5 km from home, and forming bubbles. Restrictions have eased somewhat and we can now exercise for up to 2 hours, go outside any time, and meet a limited number of people within our radius (I have just added no less than 3 "social engagements" to my calendar!)

We have all become experts in statistics (did anyone know what a rolling 14-day average was before this?), and we can converse with confidence on epidemiological issues - a bit like how we all become armchair experts on hockey and water polo every Olympics. We Zoom and Click&Collect with aplomb. We bake, sew, grow and create things. We know every centimetre of our surrounding streets. We take photos of window bears, footpath rainbows, and spoonvilles. We've watched the seasons pass from autumn to spring. We've watched everything we ever wanted to on Netflix. We wait...

And - we've made maps! In 2021, DROC will have half a dozen brand new street maps. Read on for more about the various mapping projects that are underway.

We're also starting to look ahead as Melbourne readies itself for Step 3. Park Street Summer Series startup plans are well underway, and the orienteering fixture for 2021 is looking fantastic. Much to look forward to!

DANDENONG RANGES ORIENTEERING CLUB ANNUAL GENERAL MEETING

Our 2020 AGM will be held on Thursday October 22nd, at 7.30pm. The meeting will be conducted online, with a link to be emailed to all club members in the week of the meeting. The agenda will include the President's Report, Treasurer's Report, and Election of Office Bearers, and any items of general business. All members are welcome to attend.

If you would like to nominate for an elected position - President, Vice President, Secretary or Treasurer - or for a general Committee position, please advise Sarah Love by email by Wednesday October 21st Sarah@gsjs.org

Babies just don't understand editorial deadlines - our newest member Mabel made her appearance just after I hit the "send" button on the last issue. Since then, she has attended her first Committee meeting along with one very proud Dad (I'm not sure that the secretary was able to minute every "ooh" and "aww") - and as you can see, she is extremely cute. I'm sure we'll all see plenty of Mabel in person soon. Peter and Kristy are doing fine too. Here's some news and photos from the Prez.

Introducing Mabel Ngaire Flay Hobbs

"Thanks everyone for all the well wishes and cards! Baby Mabel is now 3 months young and doing fine. Mum and dad are now getting 5-6 hours of sleep per night; up from 1-2 hours earlier on. Amazing! Mabel has just learnt to roll into her back and is very "talkative", but also quick to let you know if a feed is overdue. A bit like hungry dad after an orienteering event. She likes "walkies" in the pram and she also likes bath time, although sometimes not so keen on the drying bit. Hopefully one day she will be able to make a appearance at an event, if this lockdown ever ends." *Pete, Kristy and Mabel*



SUMMER SERIES STEP 3 STARTUP

Summer Series will start as soon as Melbourne moves to Step 3 of the Victorian Government's Roadmap to Recovery, currently foreshadowed as being October 19. At that point, our Monday, Tuesday and Wednesday Series will commence immediately (subject to removal of the 5 km rule), with the Thursday series holding back until Step 4.

We're pretty sure that participants will be allowed in separate groups of 10, meaning you'll need to pre-enter online via a simple signup process, for one of the multiple timeslots between 5-7pm. We'll aim to accept up to 60 entries per event, spread across this 2 hour start window. In Step 4, with 50-person groups allowed, we'll increase the total number of participants but reduce the number of timeslots. Hopefully this will happen by late November.

At the events, you'll need to arrive, check in using a QR code, and start as quickly as possible, strictly within your timeslot. There will be no physical controls placed, but you can opt to use MapRun F, MapRun G (for Garmin devices), or a card and pen. We expect that all events will be scored as normal.

Season Passes will be sold initially for the first half of the series, with a second round of sales in January. If you bought a Winter pass, you can use the amount paid as credit for your Summer pass.

Guidelines for participants, course setters and organisers have been drafted, and you can [read them here](#); they cover everything in more detail. You can also have a look at a sample sign-up sheet, although entries won't open until we get the official go-ahead to hold sporting events.

We've set up a dedicated web page to keep everyone up to date with announcements, guidelines, and any changes we need to make - www.vicorienteering.asn.au/summer. You can download a fixture from here, to tide you over until we get printed versions later in October.

I'm very pleased to report that all DROC events have a course setter - thanks to everyone who offered. We're also re-using a couple of events that didn't go to plan earlier this year.

We hope to run some free, informal Sunday Training sessions during November, in conjunction with Yarra Valley OC, at various park/bush venues around Melbourne. The tentative schedule is:

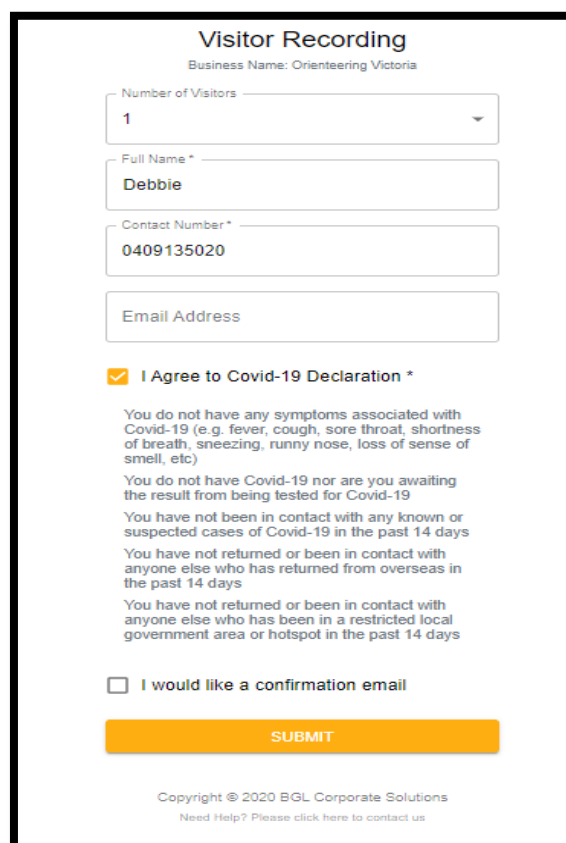
November 8 - Jumping Creek, Warrandyte
November 15 - Police Paddocks, Endeavour Hills
November 22 - Panton Hills
November 29 - Brimbank Park

GUESTTRACK QR CODE CHECKIN

We'll be using a locally developed platform called GuestTrack (www.guesttrack.com.au) to keep records of everyone who attends a Summer Series event during Step 3 and Step 4 restrictions. It's very simple and quick - when you arrive, use your phone's camera to take a photo of the printed QR code at Registration. Tap the QR icon, then the link that appears. The first time you do this, you'll be asked to enter your name and phone number; after that, the system recognizes and remembers your details. Tick the Covid-19 declaration box, tap Submit, and you're done! Checking out is even easier; just photograph the Checkout code when you finish.

Records are stored securely, and deleted after 28 days. Records are not provided to third parties, and are only used for contact tracing in the event of a suspected Covid-19 case; additionally, the event organizer may retrieve your phone number if you don't return before course closure.

You can check in on behalf of other family members. And if you have an older phone, check that the camera recognizes QR codes. If not, download the QR DROID app.



The image shows a screenshot of the 'Visitor Recording' form for 'Orienteering Victoria'. The form includes fields for 'Number of Visitors' (set to 1), 'Full Name' (filled with 'Debbie'), 'Contact Number' (filled with '0409135020'), and 'Email Address'. Below these fields is a section for a Covid-19 declaration, which is pre-checked with a yellow box. The declaration text states: 'You do not have any symptoms associated with Covid-19 (e.g. fever, cough, sore throat, shortness of breath, sneezing, runny nose, loss of sense of smell, etc)', 'You do not have Covid-19 nor are you awaiting the result from being tested for Covid-19', 'You have not been in contact with any known or suspected cases of Covid-19 in the past 14 days', 'You have not returned or been in contact with anyone else who has returned from overseas in the past 14 days', and 'You have not returned or been in contact with anyone else who has been in a restricted local government area or hotspot in the past 14 days'. There is an unchecked checkbox for 'I would like a confirmation email'. At the bottom is a yellow 'SUBMIT' button. The footer contains the copyright notice 'Copyright © 2020 BGL Corporate Solutions' and a link 'Need Help? Please click here to contact us'.

DROC SHOP

The DROC Shop is still open for business remotely, and ready to get you kitted out for 2021 and beyond! We sell Sportident sticks (including SI Air sticks for those who want to speed up their race), Pro-Tech gaiters, fingerbands, and Silva headbands. [Prices can be found here](#). Order by sending an email to droc@iinet.net.au.

We also have a range of running tops and jackets, in various designs and sizes. Contact [Peter Yeates](#) to find out what's in stock.

2021 - WHAT LIES AHEAD

Victoria's orienteering clubs are all working hard on a 2021 fixture, which will see many of 2020's postponed events happening. The strategy behind the fixture is to ensure that nearly every weekend during the autumn-winter-spring period has at least one event in Melbourne on a colour map. If travel between Melbourne and regional Victoria is restricted at any stage, there will still be an event to go to, regardless of where you live. There are some "backup" MelbushO events, which will only go ahead if regional travel is not permitted. We will have plenty of fantastic options, to make up for this year!

Here's a list of DROC events and proposed dates:

Saturday March 20/Sunday March 21 - Melbourne City Race Weekend

A Park Prologue on Saturday (venue tbd) precedes the 2nd Melbourne City Race at Port Melbourne on Sunday morning. Online entries open early in 2021. www.melbournecityrace.com.au

Saturday April 18 - MelbushO, Police Paddocks

Courses previously planned for 2020 will be used to introduce this new map to MelbushO.

Sunday June 13 - Vic Autumn Series, Eppalock (part of Queens Birthday 3-Day weekend)

DROC will combine forces with Bendigo and Melbourne Forest Racers to present a three day feast of bush orienteering.

Sunday July 4 - MelbushO, Wellington Chase

A return to granite in this beautiful outer eastern bushland reserve.

Sunday November 7 - Vic MTBO Series, Mt Robertson?

Get your wheels ready for some mountain bike action as we return to the hills and pine forest of Mt Robertson

Sunday November 21 - RMIT Sprint Double

Twice the action, twice the fun! A fantastic way to get ready for the Victorian Sprint Champs the following weekend.

Other fixture highlights coming up in December to March:

- Dec 13 (tbc) - Victorian Sprint Championships 2020
- Jan 23-24 - HighO Weekend, Dinner Plain
- Sundays during February - MFR Sprints
- Feb 21-22 - Bendigo ToDay
- Mar 6 - Ballarat Sprint Double
- Mar 13-14 - NOL Weekend, Mt Alexander & Creswick

MORNINGTON PENINSULA SUNDAY MORNING SERIES

We're delighted to welcome a new Park Street Summer Series this year - Bayside Kangaroos are organizing the first Mornington Peninsula Summer Series. To be held on the second Sunday of the month between November 2020 and March 2021, this series features maps such as Rye, Blairgowrie and Sorrento. With early morning starts, you can enjoy these great new maps, and be finished in time for lunch, followed by an afternoon of sightseeing, swimming, etc.

The first event in the series is planned for Sunday November 8 at Rye. You'll need to sign up online for pre-entry. Look out for details in the weekly O News bulletin.



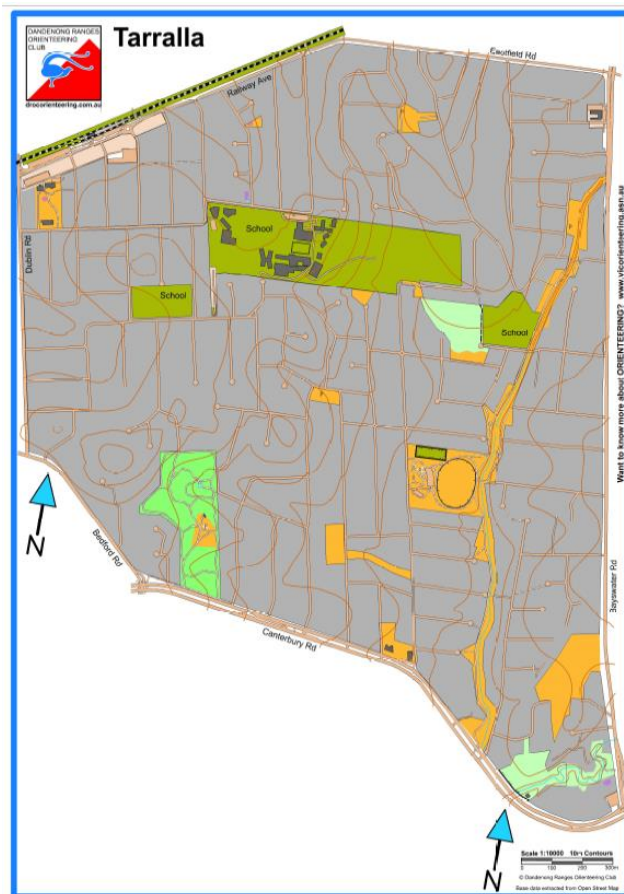
Andrew and Emma can't wait for Summer!

ISO MAPPING

Seems many people's lockdown activity is mapping - and DROC will be reaping the benefits. We'll have these new Park Street maps ready for use next year:



Tarralla - formerly part of the Croydon map, Peter Dalwood has remapped everything west of Bayswater Road, and we've given the map a fresh new name. Peter and Ilze Yeates have been field checking, and you can expect to see it in the Saturday Series next year. It may include a large scale inset map of Wombolano Park. Here's a potential control site.



Oakleigh and Ormond - Ian Davies has been mapping these two areas. Oakleigh is south of our Mitchel Hill map, while Ormond is adjacent to Glenhuntly Gallop. These will both be put to use during winter.

Three Ways - Peter Grover did some scouting and discovered a previously unmapped area north of our Yarraman map. It sits within a rough triangle between Eastlink, the Princes Highway and Monash Freeway, hence the name. It will make an excellent Saturday and Summer Series map.

High Hampton - a huge area with a dense network of streets, High Hampton (so named because Highbett and Hampton are the two suburbs it covers) is large enough to use for an Enduro.

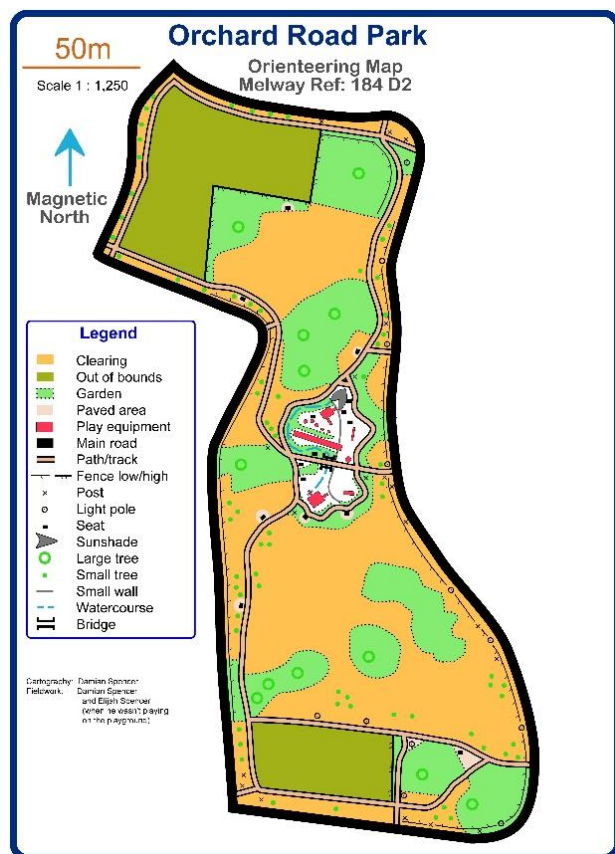


Moorabbin - directly across the Nepean Highway, another great area for Saturdays or Summer. Both these maps are being worked on by Peter Grover.

Mooroolbark - Wayne Love is upgrading our Mooroolbark / Kilsyth maps, which have been out of use for a while; we can look forward to seeing them back on the fixture list after a refresh.

Abbey Walk and Jells Park - colour maps, for use as Saturday Park events, are almost complete.

2020 has no doubt been an unusual year! While fortunate to still be in work, I decided I needed something to do while stuck indoors, so tried my hand at making a map. While Plenty Gorge is nearby, I went for something more manageable and unmapped, and chose the local park! It is a small area not suited to anything but an ultra-sprint, but perfect for some OCAD dabbling.



I discovered that making a map consists of many hours visiting the area combined with many hours sitting on a computer. So what did I gain from the experience? Here are my top five lessons learned.

- Map making is more art than science.

No pun intended, but map-making is not black and white! I certainly found the process more creative than clinical, and realised there are many times that judgment calls are required. It would not be unusual for two people to map the same area and end up with different outcomes.

- ISSOM exists for a reason.

After going rogue and picking whatever symbols I thought would look best, I soon discovered that it is best to stick to the rules! Changing line widths or symbol sizes or colours in one part of a map may look better but it can have an effect on an adjacent symbol. In hindsight, I should have stuck to the tried and trusted symbols.

- Kids prefer a playground to field checking.

Lockdown has been a wonderful time to connect with the little one. However, it was perhaps overambitious expecting a six-year old to hold a clipboard and count the steps between trees while an enticing playground was metres away! Nevertheless, understanding a map and knowing how to make one are great skills for kids.

- Don't go it alone.

I used OCAD 9.4 and while it is fairly intuitive, it always helps to have people provide support and advice. I am thankful to Geoff Hudson for showing me the OCAD basics over Zoom, Pam King for lending some of the map elements such as the legend template, and Helen Walpole for offering symbol advice and picking up some mistakes.

I have newfound respect for cartographers. This was hard work. I solemnly swear to never criticise an orienteering map again!

The next challenge will be to create a little MapRun course on it. If anyone in the distant future finds themselves near Doreen and wants to do some field-checking, I'd be very happy to send you the map!



Elijah being tempted by the flying-fox more than the field-checking!

The Kangaroo Hoppet is part of the Worldloppet series of long-distance ski races and has its origins in the original Norwegian Birkebeiner. The first race in Australia was held at Falls Creek in 1979.



Eighty participants each carried a five kilogram pack (the pack symbolised the weight of Prince Haakon of Norway). The course started and finished at the alpine ski village of Falls Creek and took participants out into the wilderness area of the adjacent Bogong High Plains.

In 1989 the decision was made to become part of the Worldloppet series of marathon ski races. In Australia, three distances were available to the participants: the 42 kilometre Kangaroo Hoppet, the 21 kilometre Birkebeiner and the 7 kilometre Joey race.

The atmosphere at the beginning of the race is electrifying. Cow bells ring and flags representing numerous nations flutter in the breeze. Since the first race was held at Falls Creek, course alignments and lengths have changed several times depending on the nature of the snow. I remember many years ago travelling on the ski lift to start the race at a higher altitude where the snow was more plentiful.

This year the worry of whether we would have a good snow season or not was taken out of our hands by the Coronavirus restrictions, and for

the first time in the Hoppet's 31-year history, a Virtual Hoppet was held. Usually the 42 kilometre Hoppet starts first, immediately followed by the 21 kilometre Birkebeiner and then by the 7 kilometre Joey, making it impossible to compete in more than one race. In 2020, instead of having to nominate a preferred distance and to decide whether to use skating skis or classical cross-country skis, you could choose from a variety of other modes of travel, limited only by your imagination. The list of offerings included:

cross sports;
inline skating;
mountain biking;
paddling;
road cycling;
roller blading;
roller skiing;
running;
skiing;

skikings;
trail running;
walking with poles;
running with poles;
canoeing;
exercise machine;
unicycles;
tri-cycles;
other (includes orienteering run).

Entries from a staggering 1894 competitors were received. These entries included 475 international competitors, representing 37 nations and all continents including Antarctica. The age limit was all-encompassing, from babies in backpacks to young children being towed in snow buggies. At the other end of the scale were competitors well into their ninth decade.

Living in Melbourne posed problems for people participating in the event. The restrictions of a five kilometre radius from home in which to compete and a time factor of one hour to complete the activity, were a challenge. Fortunately we were allowed to complete the 42 kilometre distance over three

sessions and for this option I chose to compete on my mountain bike, riding the trails of the Mullum Mullum and Dandenong Creeks. Peter worked out the limits of where I was permitted to cycle. We also had to take into account the travel time to and from home. For the 21 kilometre Birkebeiner I again competed on my mountain bike, cycling the Dandenong Creek trail. For the 7 kilometre Joey I completed a MapRun orienteering course in Yarran Dheran Reserve, which is conveniently close to home and is challenging orienteering terrain.

It was entertaining to sit at the computer and scroll through all entries, clicking onto the photographs the competitors had provided of their chosen activity. I was very envious of the European competitors who have spectacular playgrounds in which to participate.

Other orienteers participated in the 2020 Virtual Hoppet. Pat Miller cycled the 21 kilometre Birkebeiner on her road bike along the Tarralla Creek trail. Pat has competed in seven Kangaroo Hoppets whilst Allan has competed in ten. They have also competed in nine Worldloppet in nine countries. They accomplished this amazing feat in just ten weeks of racing, all in the one year. One of these events was the 90km Vasaloppet. Pat and Allan are both recipients of the Worldloppet Master Diploma.

Merv Trease and Len Budge [BK] competed in the 42 kilometre Hoppet using skikings (a type of roller ski). Merv 'skied' on Ashburton Drive which leads down into Yarran Dheran Reserve. Merv and Len have competed in many Hoppets.

Mark and Jill Phillips competed in the 7 kilometre Joey, walking on the beautiful Warburton Trail. Their daughter, Belinda Phillips, a former winner of The Kangaroo Hoppet, and her son Mitchell competed in the 7 kilometre Joey on their mountain bikes.

The 2020 Virtual Hoppet has been a wonderful distraction during these testing times.

MAPLINK AND DIY

[MapLink and DIY Orienteering](#)

MapLink and DIY have continued to provide orienteers with a way to exercise with a map, and both have been popular with participants and course setters. MapLink now has over 135 courses, with the majority of these set up for use with MapRun - this is an incredible effort! The DIY Library has over 700 Park Street courses, thanks mainly to a massive scanning effort by Andrew Hunter (BK). Even with the 5 km radius limit, I have a dozen maps within reach that I can use - and by simply choosing a different place to start from, I can create a "new" course on the spot.

MapLink has also allowed some creative course setting, in particular, compressing the areas used, or using parts of maps that are often overlooked because there is no suitable parking. I've been able to run in completely new areas of maps that I've done dozens of times, which is a great mental boost. Some examples are Mullauna, starting at Lemon Grove Reserve, north of Springfield Road, giving easy access to the "pointy bit" north of the freeway; and Cavills Corner, starting in the northeast.

The 5 km limit has led to creation of some Maplink "short" courses, to fit 20 or 25 controls into a small area. Tony Bird has given us Loughnans Hill Short, Yarran Dheran Park, and Park Orchards Hundred Acres; I set Tally Ho Top End.

Ainslie Cummins has been busy setting courses such as Academy Hill, Greenslopes, Heaney Park, Jells West, Yarraman and others. She has also been scouting control sites at Police Paddocks, which we'll use for a November Sunday Training session.

You can find all of these maps in the MapLink Library; you can check the Maplink Index for details of start locations and MapRun status; and the MapLink Map shows you where MapLinks are.

JELLS PARK 2020 Map Run Wheelers Hill Tennis Club off Sunnybrook Drive Melways 71H7

THIS MAP IS PROVIDED STRICTLY FOR SELF EXERCISE
 * AVOID CONTACT WITH OTHERS - STAY 2m AWAY
 * WASH HANDS IMMEDIATELY BEFORE AND AFTERWARDS
 * GO STRAIGHT TO AND FROM START/FINISH BY YOURSELF
 OR WITH SOMEONE WHO LIVES WITH YOU
 * ALL CONTROLS VIRTUALLY LOCATED ON LIGHT POLES
 * DO NOT TOUCH LIGHT POLES OR OTHER SURFACES

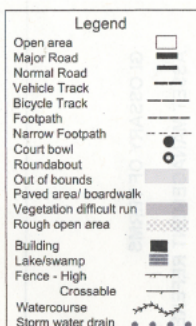
Control No	Points value
1 - 5	2 points
6 - 10	3 points
11 - 15	4 points
16 - 20	5 points
21 - 25	6 points

Late penalty 3 points per minute
or part minute

Scale 1:10,000



Contour Interval 5M



Return Times

Course	Finish Time
PW	65 Mins
Run60	60 Mins
Run45	45 Mins

Set by
Ainslie Cummins

Orienteering Website
www.vicorienteering.asn.au



PARK ORCHARDS

Control descriptions:

- Start/Finish: Car park track junction
 1. Light Pole
 2. Track junction
 3. Red man-made object
 4. Sign "Walk back into History"
 5. Power pole #12-4975
 6. Light pole
 7. Track junction
 8. Sign "Spring Wildflower Stop"
 9. Gate
 10. Sign "Wattle Track"
 11. Gate
 12. Track end
 13. Track (minor) junction
 14. Seat: west end of Dam
 15. Seat
 16. Bridge
 17. Gate
 18. Track bend (fallen tree)
 19. Bridge
 20. Track (minor) junction

Lockdown Series Aug2020

Start location: Start ANY Control
 [Start control becomes 0 points]

Control No	Points Value
1 - 5	2 points
6 - 10	3 points
11 - 15	4 points
16 - 20	5 points

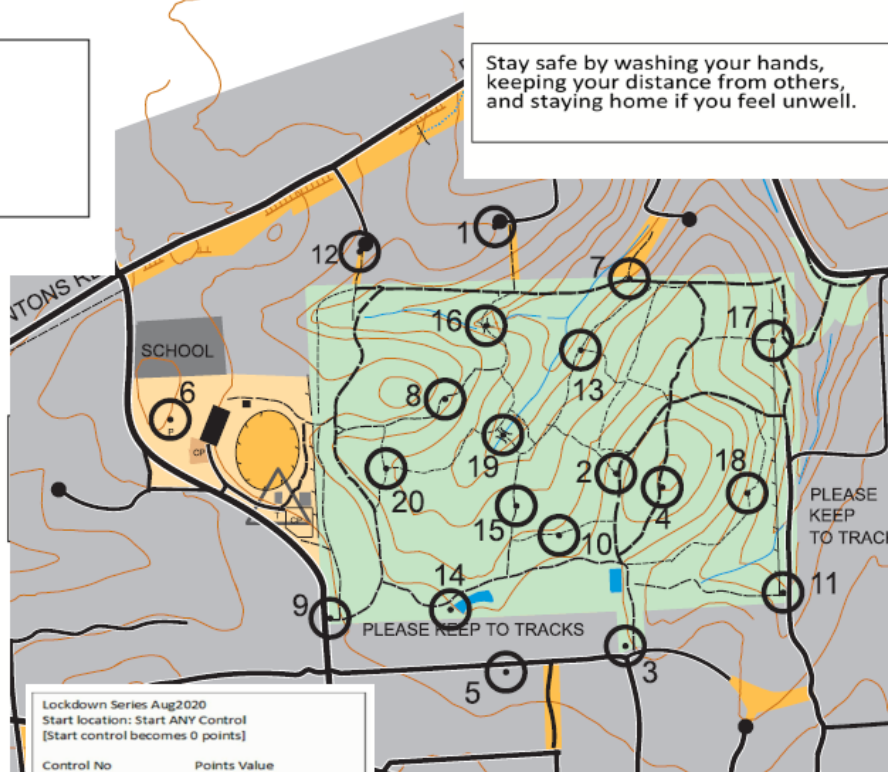
Actual Start Triangle (if not used) = 6 points
 Late Penalty 3 points per minute or
 part minute.

Course setter: Tony Bird
 Emergency phone number: 000

Course	Finish Time
PW45	45 Mins
Run 45	45 Mins

MapRunF enabled

Stay safe by washing your hands,
 keeping your distance from others,
 and staying home if you feel unwell.



MAPRUN G



MapRun has seen an explosion in use for DIY/anytime orienteering, and for events where physical controls can be replaced by virtual controls. This will continue for some time to come. An exciting enhancement is compatibility with Garmin devices, meaning you can wear a watch instead of carry a phone.

The control locations for the event are passed to the MapRunG App on your Garmin Watch. MapRunG detects the Start, each control and Finish, much the same as MapRunF does. It beeps/buzzes and shows the controls punched on the watch face.

At the finish, your watch syncs with Garmin Connect (as per normal) which passes the punches and track firstly to Garmin and then to the MapRun server. Then on your phone, in MapRunF, your results will be available as if you had just run with the Phone. (It may take a few minutes for the data sync to Garmin Connect).

Three Steps to Setup MapRunG:

1. Check that your Garmin Watch is capable of running Apps, that it is paired with your phone and connected to Garmin Connect, and that you are using MapRunF v5 or later on your phone.
2. Install MapRunG from the Garmin Connect IQ store.
3. Use the Settings in MapRunF to turn on Watch Mode and enter the ID of your watch. Then login to your Garmin account to give MapRun permission to access your runs

Two Steps to Run with MapRunG

1. Select the event in the normal way in MapRunF and instead of “Go to Start”, tap “Send Event to my Garmin Watch”. Then start the MapRunG App on the watch and confirm that the event is the correct one.
2. When you are ready, tap the Start/Stop button on your watch and run the event, the same as you would with your phone.

Two Steps to get Results

1. After punching F1, tap Start/Stop on your watch to select “Finish” and then sync your track to Garmin Connect (normally automatic).
2. In MapRunF on your phone, select “Show Results” > “Get track from Garmin”. Select the track, and your results will be presented (and uploaded) as if you had run with your phone.

Check the [MapRun website](#) for more details, including a list of compatible Garmin devices.

DROC recently donated \$500 to MapRun, to help cover running costs.



Feeling like this? Get outdoors with a map!