



Outdoor Climbing Recreation Courses

Over the past month the UNSW Outdoor Club has run two outdoor climbing recreation courses on behalf of the Sports Association. These courses are a great way for new people to learn about the outdoors club and to meet some crazy UNSWOC climbers. Following these courses two of the participants have joined the club so it is also a good way to attract new members to the club. The courses are run by experienced club climbers and course participants learn the basics of outdoors climbing at some of Sydney's most spectacular crags.

The first of the courses was held at Mount York in the Blue Mountains. Matt Malone and Rajan Chhetri led the course of 5 Perilous Pakistanis at this great spot for beginners. Having never climbed before, the participants ventured beyond their comfort zone and enjoyed rising to the occasion. I wasn't there so I'm not *exactly* sure what happened but apparently the rock survived!

The second course was postponed due to rain, however, it went ahead successfully three weeks ago at Barrenjoey. Anthony Knittel and Rajan instructed the 1 day course. Top ropes were thrown down a range of grade 11 to 14 climbs and enjoyment and safety were the priorities for the day. The determined participants thoroughly enjoyed the challenge of outdoor climbing and were amazed at how quickly their arms tired and fingers became sore. The view of Palm Beach from the top of the rock walls was well worth the effort involved in the climb. The day was well captured by Junaid through his numerous self takes... :-)

Thank you to the all the UNSWOC course instructors for sharing your expertise and conducting the courses in a professional manner. To the enthusiastic participants, we hope you come back to join us for more climbing and come along to practice your skills at The Legde on Friday nights during the Uni semester.

By Shelley Bambook



Rec course participants at Mt York (above) and Barrenjoey (right)



Turon Rogaine

The Autumn Rogaine for 2007 was held in the surroundings of the Turon River in the NSW central tablelands and consisted of an 8 and a 24 hour event. The 8 hour event is a variation of the traditional 6 hour event featuring 2 hours of night navigation before the finish. It was great to see a number of UNSWOC members participating in the 8 and 24hr events.

The course was very hilly and was bisected by the Turon River. Light rain provided a wet start to this rogaine, one of the many challenges for competitors. Not only was the hilly ground wet, rocky and slippery, but there were additional bonus hazards including old gold mining shafts along the river



Checkpoint 93

and barbed wire fences criss-crossing the course. The open vegetation was a pleasure to navigate through with a mixture of eucalypt forests and grazed farmland. The distinct features such as gullies and spurs also assisted with night navigation. Travel between checkpoints was relatively fast compared with other recent NSW rogaines, however there were some steep areas with loose rock that slowed entrants down.

Apart from the rain, the only complaints I heard about this rogaine were about the short supply of food at the All Night Café. Rogainers look forward to their visit/s to the All Night Café with great enthusiasm as it's always nice to have somewhere warm to rest and refuel when you've been out all night crashing through the bush.

A couple of teams in the 8 hour event became geographically challenged for quite some time. The search crews were sent out and intention boards were checked. Eventually the two teams were found at around 6am atop a hill in an out-of-bounds area, sitting around a campfire having a lovely chat and a picnic! One of these poor lost souls may or may not have been a past UNSWOC exec member... sorry Ali, couldn't resist :-)

Rogaining is one of those random things that you wonder what on earth possessed you to enter. Particularly when you are roaming around the bush in the early hours of the morning, fatigued, wet, cold, dirty, with cuts, bruises and scratches, you think about what all the normal people are doing back in Sydney on a Saturday night but there's something about it that keeps you coming back for more. Perhaps it's just that NSW Rogaining has scheduled the rogaines far enough apart that you forget the pain and sleep deprivation of the last event and all you can remember is the satisfaction of finding checkpoints and the sense of achievement from completing such a challenging event. Good luck to all those UNSWOCers who have entered the Paddy Pallin rogaine on the 17th June.

By Shelley Bambook



New UNSWOC Executive

On May 15th UNSWOC held the AGM at the Sam Cracknell Pavillion. A new Executive was elected to serve the period July 2007 – June 2008. Congratulations to the new Executive members:

President	Rajan Chhetri
Vice President	Stewart Johnston
Secretary	Shelley Bambrook
Treasurer	John Rasmussen
Activities Officer	Ian Donaldson
Safety Officer	Matthew Perrett
Gear Guys	David Cock Matthew Perrett

A big thank you to the outgoing Executive members for your commitment and enthusiasm invested in the club over the past year. Your efforts are greatly appreciated and we hope to continue the good work and, as a club, facilitate the running of many more exciting trips in the months ahead.



MTB Narrowneck with Disco Stu

Disco the Daring recently led and intrepid team of mountain bikers on a trip along the Narrowneck fire trail near Katoomba. Being a ridge, riders were expecting the Narrowneck expedition to be a fairly cruisy roll along an undulating dirt track. The route was surprisingly hilly and featured some spectacular downhill sections with fantastic views across the Blue Mountains and down into the Warragamba Puddle (Dam). The 30km return ride is a good one for mountain bikers of all abilities, there are no really technical sections so it's very suitable for beginners, however, more experienced riders also enjoy this ride and take the downhill sections at high speed. The trail is easily accessible by public transport, with the start just a short ride from Katoomba station.

By Shelley Bambrook

The Sharp End of the Paddle

The Straight and Narrow



It's a beautiful sunny day. You're paddling with a mate and they are paddling straight and easy. You, on the other hand, are paddling S-bends, circles and Figure 8's, all while abusing the sun, wind, water and power boats and describing how the boat and paddle obviously have something wrong with them. So let's look at how you can paddle straight and in control.

Position: When you sit in the boat you want to sit up in the cockpit with a straight back. Adjust the foot posts so the balls of your feet are lightly pressed against them with your knees slightly bent. In white water you want a little more pressure on your feet, compared to flat water, due to the bracing you need to do.

Holding the paddle: Hold the paddle above you with both hands. For most people if you are holding it correctly then you should have approximately 90 degree angles at your shoulders, elbows and hands. If there is indexing on the paddle make sure that it is in your dominant hand.

So before we actually paddle think about this. If you are turning a lot, then put less power into your strokes, until you get your technique right. If the stroke is smaller then the mistake will be smaller. Make sure you look up and forward so you can see where you are going. While looking up, pick an object ahead of you and paddle towards it. If you start to drift off course then do strokes to correct it straight away, before the drift becomes a large turn.

By Dave Lowson



Beginners kayaking trip at Woranora March 2007



Upcoming Events

<i>Date</i>	<i>Activity</i>	<i>Location</i>
9-11 th June	Bushwalking	Yodeller Range
9-11 th June	Start of Ski Season	Snowy Mountains
17 th June	Paddy Pallin 6hr Rogaine	near Lithgow
24 th June	Kathmandu Adventure Race	Royal National Park
7-8 th July	Wilderness Rescue Navigation Shield	North-West of Sydney
Fridays during Uni semester	Indoor Climbing	The Ledge, Sydney Uni
28-29 th July	Australian 24hr Rogaine	Alice Springs
August	Boree Log Weekend	Blue Mountains
12 th August	City to Surf 14km	Sydney
18 th August	Lake Macquarie 6/12hr Rogaine	Lake Macquarie
18 th August	Go Natural Multisport	North of Sydney
24-26 th August	Oxfam Trailwalker	Sydney
25 th August	Mt Wilson to Bilpin 35km Bush Run	Blue Mountains

What else is on?

If you know of any events coming up in the near future send an email to: secretary@unswoc.org and we will add it to this list for the next newsletter.



Kanangra
Canyoning



Sam Buchanan in NZ



Mountaineering course in NZ



Beginners climbing at Mt York