

THE EPIC



Newsletter of the ANU
Mountaineering Club

MARCH 2003



Matt Y and tent in dawn mist at Cascade Hut after 4 inches of hail fell the previous afternoon. Photo: Vaughan Barlow

THE EPIC

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NB:We are still in desperate need of another editor!!!

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The Epic is the monthly newsletter of the ANU Mountaineering Club.

All contributions, including photos and artwork, are eagerly accepted. Photos at 300psi resolution via email are preferred, prints accepted and all care/no responsibility taken with same. Try to limit articles to 600 words. Articles submitted may be edited for length and style.

Put submissions into the ANUMC pigeon hole at the Sport and Recreation Association or e-mail the editors.

Subscription: free for members, \$20 for non-members.

Club Membership:

\$15/year students

\$20/year non-students (plus SRA Membership Fees - Approx. \$100 for non-students)

The EPIC is also available online, with colour photos.

Bec and Penny's Beautiful Prose

As we enter 2003 there have been further changes in the editing team. Matt Yager has finally taken off his typing gloves and handed over the computer, Melissa Cleghorn has moved to Adelaide for family reasons and Bec and Penny are on a steep learning curve. A third Editor is still needed to share the work.

The only advantage we can see of the recent bushfires in Kosciuszko is the increased skiing area available this winter, due to the clearing of trees and scrub. To our knowledge, no club members were rendered homeless by the urban fires but many friends and family were in danger. Other members such as Annabel Battersby and Stu Fitch were actively involved in fighting fires and protecting property.

On a happier note Dan Magee and Linda Beasley (2002 Epic Editor and Environment Officer) were married at the National Carillon on January 18, the day of the fires.

Wednesday night social drinks have been well attended.

The Epic will now only be produced every three months in a 20 page, quality printed form. The Fridge Door will be a separate entity and will continue to appear each month. There are also major changes/improvements to the Website which will streamline operations and communication.

We have also learnt that photos need to be scanned at a resolution of 300 pixels per square inch. If you are unable to do this please contact the Editors to enable quality scanning.

Happy reading and adventuring.

Bec and Penny

Matt's Messy Mechanical Mutterings

Welcome back for another year of exciting ANUMC activities. Despite the bushfires, we are pressing ahead with our usual activities and actually seizing the opportunity to try new things and visit new areas.

In a break with tradition, this year's Huge Days Out (8-9 March) will be held at Jervis Bay and will, for the first time include kayaking alongside the usual array of activities. There will also be some climbing for the more experienced climbers and, of course, bushwalking and all the usual 'alternate activities'.

The Blue Mountains Extravaganza on 15-17 March is going ahead and will provide lots of opportunities for people to try out climbing, canyoning and bushwalking among other things. Everyone's welcome to come along, no matter their level of experience.

Another fine club tradition - Cocktails at the Castle - continues this year in early April. The object of this is to haul all the necessities for a cocktail party, including formal attire, up to the top of one Australia's most spectacular rock outcrops and, obviously, have a party when we get to the top. I'm certainly looking forward to it and I hope to meet a few new people and perhaps see some old faces while I'm up there.

Once again, this year we hope to bring you a whole heap of things to do, from canyoning and lilo-ing to XC-skiing, Mountaineering, Rogaining, Bushwalking, Rockclimbing, Kayaking, Sea Kayaking and Mountain Biking (and maybe even some impromptu dodgy bush-mechanics and makeshift car maintenance thrown in if you're unlucky). If you're interested in any of these activities, feel free to contact me or any of the relevant activity officers, whose faces and contact details grace the next few pages.

Thanks,

Matt.

Advertisements

Token German Required

The ANUMC requires an enthusiastic token German outdoors person, to take on trip leader and general entertainer roles.

Previous employees have included Roland Goecke, who was well known for his culinary skills. His desserts were famous, every trip he led involved pulling a delicious cake from the middle of his pack, often in the middle of some National Park.

Roland returned to Germany mid last year, and his position was dutifully filled by Peter (Ozfahrt) Dietsch, a man with a passion for tights and long hard walks.

Peter has since returned to Germany after his short stay, so the position is open for the next legend.

Do you fit the bill?

But wait, there's more!

Announcing a revolutionary new fabric!

Step aside Mr GoreTex, the next generation of outdoors shellwear is here.

This new product has many amazing features, it's completely wind and waterproof, and yet it breathes and keeps you cool in all sorts of conditions.

It has built in colour indicators to show if you're overheating or burning.

Ever experienced pilling with your favorite fleece? We guarantee that it will never happen with this product.

If that were not enough, this fabric actually repairs itself... what is this product you say?

This marvellous product is **Skin Shirt**, and you'll only ever need to buy one because it lasts a lifetime! Skin Shirt can be used for all activities, climbing, kayaking, walking, skiing, you name it, it does it. It also comes in female specific sizes, and is a hit in Scandinavia. Get yours today!

Author : Guess who?

THE 2003 ANUMC COMMITTEE

Matthew May - President and Gearstore Officer



Matt was exiled from Sydney in 1994 for being too grumpy. Since then he has spent an unhealthy amount of his life living, studying and working at the ANU. Always a keen bushwalker and skier, Matt joined the ANUMC in 2000 to add variety to his hobbies. He is now working on improving his spectacularly awful telemarking

style and is trying hard to avoid swimming in Sullies Creek ever again (and will also presumably take up a course in 4WD maintenance some time this year).

Leo Carroll-Vice President



Leo joined the club in 1998 after having spent several years with the UNSW Bushwalking club up in Sydney. When not tied to a public service job running Australian overseas aid projects, likes to partake in outdoor activities, especially good old-fashioned walking. Believes that the journey itself is just as important as the destination, and that beautiful scenery, companionship, a good campfire, and a good feed are reason enough to get outdoors - hence always brings a camera, some gourmet cheese and a pack of cards on walks. However, is also known to occasionally indulge in a spot of peak-bagging and XC skiing. Aim for 2003 is to explore some new and more varied walking destinations.

Hugh Webb- Secretary and Mountain Biking



When not injuring himself Hugh enjoys a bit of Mountain Biking, Kayaking, and very cruisy walking. He has also been known to strap planks to his feet and wobble down snow covered hills often finished off with a well practised face plant. He hopes to roll up his sleeves and get active with running some trips this year. In his capacity as Secretary he will endeavour to write up Exec

meeting minutes in lucid and graceful prose. No doubt the minutes will continue to provide compelling reading for all club members.

Annabel Battersby- Treasurer



Annabel has been a member of the club since 1999 when she was a student of Asian Studies at the ANU (graduated in 2001). She was Social Officer in 2000, and that year led numerous bushwalks, as well as participating in canyoning, climbing and mountaineering trips. Her interests are bushwalking, rogaining, canyoning, caving, rock climbing, dawn paddling sessions,

mountaineering, snow-shoeing and sometimes mountain biking.

This year Annabel will work part time and study a Bachelor of Science degree full time. She has spent the summer fighting bushfires in Namadgi, running canyoning trips where possible and helping with club administration. In 2003 she plans to run the Tenth annual 'Cocktails at the Castle', enter the 100km Oxfam Trailwalker challenge in an ANUMC team, run many bushwalking, snow shoeing and canyoning trips, and run training courses in rope skills, navigation and trip leading. Seemingly boundless energy and toughness are Annabel's trademark.

John McGrath- Social Officer



Some like to describe John as mad, but in reality it is merely his enthusiastic and inspiring true love of the Australian bush. With an attitude to go do, he will be found on any one weekend of the year procrastinating from his PhD by carving thigh burning telemarks through Kosciuszko snowgums, swimming and abseiling through

the deep recesses of a Blue Mountains canyon, walking long distances for a challenge or because he's in the mood for it, taking pre-dawn photos from some remote campsite, kayaking the winter dawn or the coastal surf, or biking at night the single trails of Canberra's forests, not to mention giving inspiring slide shows. John has contributed enthusiastically to the ANUMC over the last few years, and as 2003 Social Officer wants to inspire people through the monthly slide shows, and the odd social occasion. Got any ideas? Feel free to approach him. Contact John on j_f_mcgrath@yahoo.com.au 62012269w, 0418293502.

Sam Beckman - General position

Sam is a third year Asian Studies/Science student at the ANU and has been a member of the Club since first year. He is interests, include (among other things) kayaking and bushwalking. He was recently lucky to be one of the last people to walk extensively in Namadgi National Park before the fires in January 2003. Sam is originally from Melbourne and keen to get into the Canberra outdoor scene

Sam Keech-Marx - General Position



Sam first joined the club in 1999 when she was a first year Asian Studies/Law student. Since then she has spent a year in China and a few months in Taiwan and she is now back in the country and keen to do her bit for the club Her main interests are bushwalking, canyoning and cross country skiing, although the latter two are currently limited by a dodgy shoulder :(.

During the year she plans to run some 'nice'n'easy' walks involving great views and gourmet cuisine! Sam is also into Latin dance and African drumming, and is the President of the ANU China Club.

Nick Simpson - Trip Convener.



I joined the club in 2001, pretty soon after (anti)gravitating down from Sydney. I liked the idea of living in a city surrounded by big national parks: Kosciuszko, Namadgi, Deua, Wadbilliga, Southern Bluies, etc... Until recently I was a plain old bushwalker, but now I'm trying out a few more of the club's offerings, like dawn paddling, mountain biking, canyoning. Choice of footwear: dunlop volley. Coat-of-arms: crossed spondies. Number of penknives lost in the last twelve months: three. Motto: turn back regardless.

Sam Margerison- Database Dude



You will find him either at a computer or hanging around the climbing wall.

Cheryl Woods- WebSite Mistress



regarding this just me know. Contact: woods_cheryl@hotmail.com 0412 312 991(m)

Nicole Lorimer - Granite Guide



The rock climbing guide to the ACT will need to be completely re written as a result of the recent bushfires. Nicole will organise this and the distribution of same when completed

Bronwen Davies - Bushwalking and Rogaining/Orienteering



Bronwen loves the bush - she grew up in Canberra, spending many holidays camping, bushwalking and fishing in Kosciuszko NP. She joined the ANUMC in mid-2002 to get back into bushwalking and to get fit. Since then she has also had a go at xc skiing, rogaining and has challenged her fear of heights through canyoning and climbing. Working in PR and studying part-time, she hangs out for weekends to get away from it all. In 2003, Bronwen looks forward to walking places she hasn't been to before and doing some longer-distance walks. She is keen to encourage others to get into bushwalking and rogaining and hopes to interest more people in leading trips throughout the year.

Adele Morrison - Canyoning



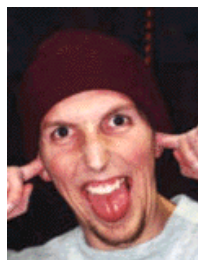
Adele is the Clubs canyoning officer, give her a call if you are interested in sliding down wet and slimy canyons for kicks. Contact: s3367669@student.anu.edu.au, 62485586h.

Prita Jobling - Climbing Wall



Prita is now in her 6th year at ANU and on the home stretch... She found being wall officer last year such a useful procrastination device that she is back for another year. Well, that and because it is tons of fun. She loves climbing but doesn't often have spare weekends to make it to the outdoors (sigh). So she can generally be found at the plastic wall, hauling carcass up the wall with Ben, fellow partner in crime. Please contact us with any questions or ideas about the wall.

Ben Davies - Climbing Wall



Ben joined the ANUMC in 1997 and has managed to do almost everything on offer. Nowadays he prefers to drag his fat ageing carcass up cliffs, wipeout on skis, thrash around the bush with a pack, and occasionally undertake crazy new sports like screeboarding. After previous stints as editor, webmaster and wall officer, he's back to do it all again. During the week he puts on a nerdy disguise and works as a software engineer.

Contact: bendavies@climbingmadness.com

Mark Leonard- Moutaineering Officer

Active, XC skier, Sea Kayaker, Climber, Mountain biker, Canyonier and Scuba diver. Dabbles in bushwalking and sailing. Climbing experience includes innumerable trips to Mt Arapiles, and many trips to most South Australian, ACT and Blue Mountains climbing areas, 2 aid climbing ascents of Ozymandias on Mt Buffalo. Mountaineering includes over a dozen weekends at Blue Lake, New Zealand in 1986 & 1998, Nepal in 1985, where 1 6100m peak climbed and one abandoned at 6000m, and Bolivia in 1997, where 3 6000+m peaks were climbed. Wants to go back to Nepal in the near future to climb a 6000-7000m peak.

Tel: 6249 9357; Fax: 6249 9986 Mobile: 0409 447 277

Email: mark.leonard@ga.gov.au



Matthew Montgomery - Gearstore

Matthew joined the ANUMC back in the dark ages (late 80s !), beginning with bushwalking and moving on to climbing and XC-skiing. Winter and spring weekends he can be found in Kosciuszko NP looking for long backcountry ski-runs, while summers and autumns are spent climbing, paddling (if there's water),

walking and cycling. The rest of the time he sits at his desk at work daydreaming about past trips to NZ and Nepal. Contact: 62475970 (h) 62526487 (w).

Penny Godwin- Epic Editor



One of the very few young'uns in the ANUMC, Penny has just started to tear herself out of dark Ursula College corridors after a year of hiding in them to get involved in club happenings. Being Penny's first intimidating year at uni and in Canberra last year, she used the excuse that she was just

trying a little bit of everything which included dawn paddling, bushwalking, canoe polo, climbing, Environmental Science, Asian studies and on campus social life. However, no more excuses, now that she has discovered that ANUMC are not at all the big scary people they may at first appear she has decided to do what she's always loved and go bush every weekend...almost. A good person to go to to find out what not to do on bushwalking trips.

Bec Butler- Epic Editor



I have to write something about myself. Gee whiz, what to write, what to write I have been a secret, hidden member for two years now but have decided that 2003 is the year to come out from beneath my rock and become more active. My hobbies involve rock climbing sporadically - mostly every six months, bike-riding

very slowly and pretending to be artistically minded - hence being involved with the EPIC. If you have any ideas or

articles for the EPIC then talk to Penny and I.

Andrew Collins - Sea Kayaking (presently filling in as kayaking officer).



I completed an Arts degree and legal workshop at ANU. I've been active in the outdoors forever, with interests ranging through climbing, caving, scuba, skiing and of course kayaking. I started paddling as a teenager but have only really got more serious in the last 6 years or so. I have been sea kayaking for 4 years now, and recently paddled around Wilsons Promontory, which was a fantastic, but challenging trip. I'm hoping to bring a group of club members up to a standard where they can teach sea kayaking skills to others.

CLIMBING WALL

For your midweek climbing fix, there are free climbing sessions for club members every Monday and Wednesday from 5:30 till 8pm. The wall is located in the SRA gym and has routes for beginners and experts. To climb you need a belay pass, cost: a mere \$4 for students. See the good people at the SRA to book a spot on a course. Once you have a pass, all you have to do is show your club card & belay pass to the SRA staff on your way in, sign the climbing wall book (remember to write your membership number in the right margin) and get your arm stamped. Don't worry about gear, ropes and harnesses as a selection of these are supplied free of charge.

Maintaining the wall requires helping hands for wall safety inspections, route setting etc. It's a great way to pick up some rope skills and give something back to the club. If you think the climbs are too hard or too easy, get in touch with us and help set some new routes. This aside, it looks set to be a huge year with a number of exciting plans. This includes beginners sessions, climbing skills workshops, video training (errr, we need a camera!), route setting, and perhaps a climbing competition. So, what are you waiting for?



There's pulling plastic, then there's pulling plastic. Photo: Ben Davies.

ANUMC ACTIVITIES

BUSHWALKING

Bushwalking is exactly what it sounds like - walking in (or through or over or under) the Australian bush. Just as Australia contains an amazingly diverse ecology, bushwalking in the ANUMC is the most diverse of our activities. From afternoon strolls, to easy daywalks, social overnight walks, challenging multiday walks and month long epics, the ANUMC does it all.

In recent years the club has run walks up Mt Ainslie, month long walks in Tasmania, trekking trips to the Himalaya and everything in between. The only limit is what people want to do or can dream up.



Drawing by Emma Lewin.

Many others lead just occasional trips and we're always looking for more leaders so call John if you're interested.

Canberra is the perfect place for bushwalking. There are over thirty national parks and nature reserves within a few hours drive of Canberra, making this a walker's paradise. Often the problem is not which walk to do, but which park to walk in! The club's regular destinations include Namadgi, Kosciusko, Budawangs, Morton, Deua, Blue Mountains and Kanangra-Boyd National Parks. These encompass a range of environments from flat-topped coastal mountains to the snow capped peaks of the Snowy Mountains.

There is no particular level of fitness, experience or age required for bushwalking. The only requirement is to

match the walk to the abilities of the participants. The club specialises in beginner to intermediate walks, but there exists a small network of hardcore walkers for the myriad of challenging trips around. How much equipment you need depends on the difficulty and length of the walk. The trip leader will advise you on what you need to bring. Most of it is available for hire to club members at amazing low rates from the ANUMC gear store.

Whatever your experience and fitness the ANUMC can cater for you. Everybody can walk, you don't need to be a navigational genius or have the latest trendy gear to come. If you are unsure of your suitability for a trip, then contact John or the trip leader to discuss it.



Stu Fitch and Matt May crossing Happy Jacks River on the Kiandra to Kosciusko walk. Photo: John McGrath.

Bushwalking is the most popular, widely patronised and accessible activity organised by the ANUMC. The club runs an extensive bushwalking program catering for every level of experience and walks are run throughout the year. In summer they are often in places where swimming is an option. In winter they can run above the snow-line with the aid of snowshoes. There is usually a bushwalk on every weekend with most being either day walks or weekend trips. Longer expeditions, such as April-May 2000's successful attempt to walk all 700km of the Australian Alps Walking Track, are also initiated.

The bushwalking program is organised by the bushwalking officer Bronwen Davies with assistance from many experienced walkers. This year's regular bushwalking trip leaders include John, Ian, Lex, Hannah and Neill.

If you would like to go on an ANUMC bushwalk, we'd love to have you come along. Simply contact either Bronwen or, if you have a particular trip in mind, the trip

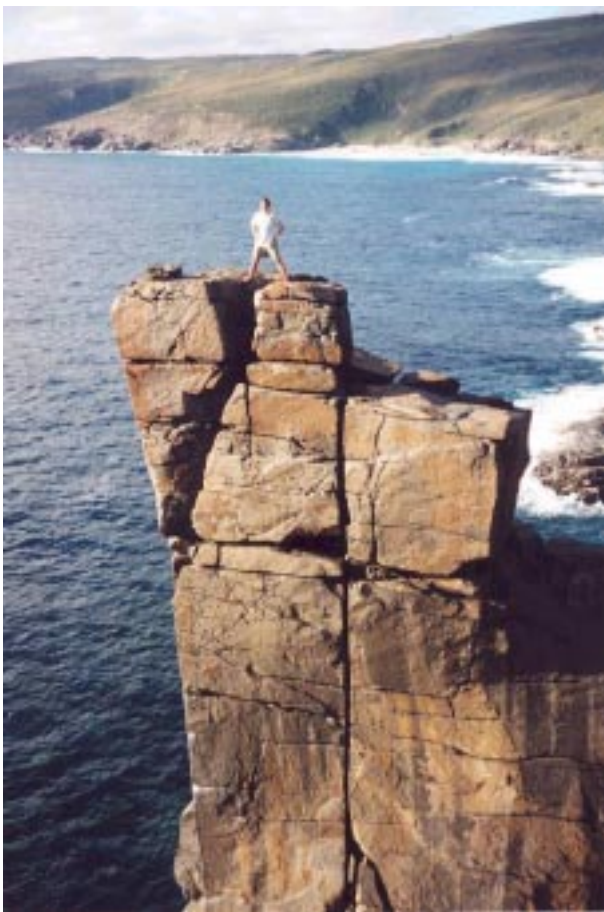


Matt enjoying the view from the Chimneys. Photo by an obliging rock.

leader. Better yet, go ahead and join! So many amazing places can only be reached on foot...

West Cape Howe Climbing

I didn't resolve it would be so, but New Year's Day brought me back to climbing anyway. We'd arrived the evening before, having escaped from the Albany campground with phrases like "spit roast" and "200 people" ringing in our ears. Negotiating the sandy 4WD track, we watched the remnant dusk highlight an abrupt and closing horizon. We parked and shut off the engine. Oceanic sounds washed up and over dark cliffs, a stone's throw away. Our tent was pitched, and I quickly settled into a dreamless sleep. The passing of the year was as remote to me as the hazy lights of Denmark on the western horizon.



The day's first light awoke me early. I left the tent, and a hundred paces brought me to a cleft in the ground ahead. As I approached, an abysmal outlook confronted me. The sea, down there, DOWN THERE! Far below the cliffs at my feet lay a roiling mass of water, dark green and vivid aqua clashing at the littoral. Nowhere had I ever seen Australia and the Southern Ocean engage more bluntly, or with such power. I looked left, taking in the long, tall stretch of dolerite that crowns West Cape Howe, and thought with slight astonishment, "we're climbing HERE?"

Indeed, we were. Two hours later saw us traipsing along the cliff-top, well back from the edge and still immune to its intimidation. Being short on ropes, we'd chose to climb on a section of cliff with a walk-down approach. A cairn marked the entrance gully, and soon the scrubby trail disappeared over an edge. Feeling unsure on my feet in face of the awing surrounds, I gingerly stepped down.

We found ourselves on a mellow set of rocky ramps and ledges, leading down to the surging water below. Not so bad after all; I relaxed. The trail passed under magnificent pillars and angular faces of rock, black and orange and intriguing. Consulting our guide, we found ourselves beneath a recommended climb, and at grade 5, one which could not possibly confound! (The steepness of the pillar did not concur.) Rope was piled, gear distributed, and shortly we were climbing. My partner took the first lead, rapidly attaining the column's top and disappearing from view. On belay, I climbed up from footstep to marvellous footstep, imbibing the sight, smell and sound of the ocean and rock surrounding me. By pitch's end, I was in love with this place.

Other delightful climbs followed. We next took advantage of the low tide to traverse a granite intrusion, low down on the cliff, and reach another starred route. This two-pitch grade 12 went easily, and I felt emboldened further. Back at our packs again, we snacked and debated our next objective. The sun had breached the cliffs, and it was becoming warm. My vested interest (it was my lead) did not prevent us from choosing a cool-looking chimney.

"Plumbline" proved to be another minor classic. Climbing the chimney itself took little skill, but gaining it, stepping out above a steep, ocean-bound slab, was a little bracing! Exiting the narrowing chimney on perfect holds, I pulled up to a perfect belay seat and set anchor. As I belayed my partner up and through the next pitch, I sensed my earlier disquiet dissolving in a sea of serenity and calm, which felt to me as deep as the ocean below, and as endless as the horizon. I felt the accumulated fear of a bad spring's climbing begin to fade.



Madeleine Schuitz atop West Cape Howe.
Photo: Matt Hollingworth.



CANYONING

Canyoning is a great way to spend a hot summer's day, combining the attractions of bushwalking, swimming, abseiling, water jumps, and rock climbing. While mountaineers are sometimes called crazy for climbing a mountain just so that they can come back down again, canyoning usually climb a mountain in the morning, descend via the canyon, then climb back out again at the end of the day. Go figure.

It is well worth the effort though, for the incredible views on the way in and out, the stunning scenery within the canyons (ranging from huge waterfalls and deep pools, to delicate ferns and glow worms), and the bracing 'surprise' as you discover that you can't walk on water while abseiling into a freezing pool.

Most ANUMC canyoning trips are held in and around the Blue Mountains (Mt Wilson, Newnes, Katoomba, Kanangra, etc), an area that is world famous (and rightly so!) for its hundreds of stunning canyons. Bungonia provides a closer and usually warmer venue for shorter trips.

A pre-requisite for canyoning trips involving abseiling is attendance of an Introduction to Canyoning Course or equivalent experience. Several of these courses generally start running about October, a month or so before the canyoning season commences, and continue throughout the summer. Keep an eye on the web page or Fridge Door or contact Adele Morrison, the Canyoning Officer.

A final pitch each wound up our day. We moved easily up a steep wall, through mottled patches of orange and grey. I watched a cargo ship lumber westwards across the horizon. The sun beat down, drenching me in the stark, luminous colours of this precipice.

I marvelled.

Halfway between sea and sky, I shook off my weariness and reclaimed a passion.

Matt Hollingworth



Abseil into Bungleboori Creek North Branch Canyon.

ANUMC ACTIVITIES

ROCK CLIMBING

Artwork by Emma Lewin.



Rockclimbing is often seen as the glamour sport of the ANUMC, but there are many misconceptions about it. This article aims to dispel some of the myths associated with rockclimbing and provide you with some information to help you get involved in the climbing scene at ANU.

Rockclimbing is really dangerous isn't it?

No, very few people ever injure themselves rockclimbing. Sure some climbs have a reputation of being dangerous, and some climbs are very hard, but if you don't feel a particular climb is within your capability—don't do it. There are lots of fun and easy climbs out there. Rockclimbing is all about taking calculated risks and using your gear properly.

I'm not strong enough to climb rocks

One of the greatest myths associated with rockclimbing is that you have to be strong. Wrong. The secret to rockclimbing is using your feet. Your legs are infinitely stronger than your arms. No matter how many sets of 30 chinups you can pump out, if you don't use your legs properly you won't get very far. Other people think they are too tall, too big, too short, too old. There is no right shape, height, age. Rockclimbing is for anyone and everyone.

I'm scared of heights

Fear of heights is natural. Nearly everyone is scared of heights, even if they don't admit it. Over time this fear will diminish, enabling you to do more exposed and more difficult climbs. Just remember, a fear of heights is healthy.

Men are better climbers than women, aren't they?

Sometimes yes, sometimes no. Men and women will often use different techniques to achieve the same goal when climbing. Different muscle groups suit the sexes differently. Women usually have less upper body strength than men, and will compensate for this by focussing more on leg movements. If you're interested in climbing for women, organised by women, keep an eye open for upcoming trips in the Fridge Door.

How do I get involved in rockclimbing with ANUMC?

While not being a prerequisite, the first thing I would suggest you do, is sign up for a belay accreditation course at the sports & rec. association. Following this go along to club night at the ANU climbing wall (in the sports hall). Club nights are on Mon. and Wed. every week from 5:30–8pm. These nights are free for all ANUMC members and we supply ropes and harnesses. However, indoor climbing

is quite different from climbing outdoors, so go on one of our beginner trips at the start of the semester. The next step is to come on a climbing skills trip, followed up with one of the supervised intermediate weekends.

Do I need my own gear?

Not to start with. We now have four full lead climbing racks, a separate top roping rack, harnesses, helmets and ropes. We have some climbing shoes available for hire, but may not have any in your size – come and see if we do first. A lot of people start climbing in their sneakers. If you decide you enjoy climbing enough to keep on with it, you will need to gradually build up some basic personal gear of boots, harness, helmets and belay device. Talk to climbers in the club to get an idea of what's around.

What do the definitions beginner, intermediate and advanced trips mean?

The standards have little to do with what grades you can climb, but serve to indicate what level of rope skills/experience you should have. These categories are a general guide and people will fall between categories. If in doubt contact the trip organiser.

Standards

Beginner—have no or little climbing experience

Intermediate—set up top-rope climbs unsupervised. After a climbing skills day and a follow up weekend you will be well on your way to achieving this standard.

Advanced—able to lead climb unsupervised.

How do I hire gear?

If you are going on any club trip and don't have your own gear, you can go to the gear store to hire a rack for yourself and your partner/s. Before returning a rack, the rack must be sorted and ordered.

Andrew Butterfield is the Climbing Officer for 2003. Contact him for further information about where, how, when and who with to climb. 6262 5208

andrew.butterfield@anu.edu.au



Andrew climbs Nero at Mt. Arapiles while Liz belays and Dave watches. Photo: David Hennessy.

ANUMC ACTIVITIES

RIVER AND SEA KAYAKING

Photos: Mika Kontiainen



Kayaking in the ANUMC has made a real comeback in the last few years and continues to grow. Many members enjoy a sedate paddle and picnic on Lake Burley Griffin. If you enjoy the ocean then the club has four sea kayaks which regularly cruise the beautiful local coastline. For lovers of whitewater the Murrumbidgee River has some exciting stretches when there's been some rain. Further afield but still within easy reach, the Shoalhaven, Deua and Snowy Rivers and Penrith Olympic whitewater course provide ample variety for all levels of paddling. And when the rivers are low it's time to do some kayak surfing. The ANUMC owns a number of kayaks for hire to interested members. All kayaking activities are posted on the kayaking mailing list—don't rely on the Epic or Fridge Door. For more information contact one of the kayaking officer: Andrew Collins. If that just isn't enough paddling for you, why not try canoepolo? Canoepolo is a great way to improve your all round boat skills and practice your techniques in a safe, fun environment. All are welcome! It's very informal and teams are arranged on the night. Please contact Andrew Collins to arrange gear.



ANUMC ACTIVITIES

MOUNTAIN BIKING

Bushwalking on wheels. Go further, go easier, go faster...it's a modern world. Mountain biking is an area of high growth for the club, with about 25 trips last year, many of which were over-subscribed.

The ANUMC mountain biking program for 2002 will include courses on buying a bike, fitting your bike and maintenance, even a course on mountain bike touring. A variety of trips are on offer from short day trips around Canberra, longer bush trips in the hills within a few hours of the city, overnight tours, night rides in the forest, and single track riding. There are usually a couple of fun days like the mid-winter mud and puddle fest and mountain bike roganing. Your chance to try something new!!

Most rides are designed to introduce beginners and the emphasis is not on racing or having flash gear but on having a great experience. The atmosphere is totally non-competitive and all are welcome to come or create your own trips.



Adrenalin pumping 2 Wheeled fun

X-COUNTRY SKIING



Instead of spending those cold, miserable, rainy winter weekends at home, why not try the adventure, atmosphere and thrill of cross country skiing?

See Australia's alpine wilderness under a deep layer of snow. Make tracks through freshly fallen snow, telemark through the trees, learn the hoary old skill of the face plant, or pack in as many adrenaline-pumping XCD runs as you can. At the end of the days, there are long nights spent sharing warmth and companionship in remote mountain huts, cosy snow tents, or even a snow cave if you fancy! See The Fridge Door for dates of beginner trips.

Intermediate and advanced trips will be organised later in the season. Come along and give XC skiing a try and have a fall (ball).

For those without gear, the Club has a good selection of skis, boots, snow tents etc for cheap hire. So you can't use lack of gear as an excuse not to come on at least one weekend. If you want information about what to take on a skiing trip, where to go, what the snow/weather will be like and some links to interesting skiing sites, check out the links page on the ANUMC website. For more details on ANUMC skiing activities, contact Kieran O'Leary.



John McGrath cornice jumping on Mt. Jagungal. Photo: Stu Fitch.

Ling skiing through the trees. Photo: Kieran O'Leary

ANUMC ACTIVITIES

MOUNTAINEERING

Conrad getting high in Colorado.
Photo: Jack Pezzey



These trips will most likely be combined with Cross Country Skiing and snow shoeing so people new to the mountains can have a go at everything. The ANUMC gear store is well stocked with boots, crampons, ice tools and ropes so you don't need to obtain your own expensive specialist equipment.

There will be a series of trips at both beginner and intermediate level. The beginners trips cover basic mountaineering skills, which includes using ice axes and crampons, walking on snow/ice, self arresting a fall, snow shelters,

For good reason Australia is not renowned for big mountains on which to climb. However, during the winter and spring there is plenty of snow to practice many mountaineering skills, and when conditions permit, even get in a bit of ice climbing practice at Blue Lake.

and mountain weather. These trips are preceded by an evening session going over gear to take, fitting crampons to boots, and mountain safety. They are suitable for people who have never used crampons and ice axes before.

This year, when there is enough snow, the club will run a number of expeditions to the Main Range of the Snowy Mountains, somewhere between Mt Kosciuszko and Blue Lake.

Beginners trips are also a pre-requisite for the more advanced trips (if you don't have previous alpine experience).

Following on from the beginner trips (or for those with previous mountain experience), intermediate trips cover intermediate mountaineering skills. This is what you should know if you want to go to NZ (or further afield) for a trip.

John atop Mt. Tate in the Oz Main Range. Photo: Matt Yager



This involves glacier travel and extraction, some basic avalanche awareness and techniques, placement of snow/ice anchors and setting up belays, and some ice climbing if there is any ice. Previous rock climbing experience (knots and belay skills) required, and some X-country skiing ability (with pack) would be preferable.

THE GEAR STORE

The gear store is situated upstairs in the ANU Sports Union Building on the balcony overlooking the large hall. Opening times are:

Tuesdays (for return of gear): 5.45 to 6.15 pm

Thursdays (for hire of gear): 5.45 to 6.15 pm

The gearstore may be opened at other times at the discretion of the gearstore officers and is often opened in winter on Wednesday evenings for skiing pretrip meetings. Trip leaders proposing to conduct a pretrip meeting at any time other than a Thursday evening, and who anticipate a requirement by participants for club gear, should make timely prior contact with the gearstore officers to request their assistance.

Equipment Hire

Most of the basic gear required for club trips is readily available from the gearstore. Only ANUMC members may hire gear; members should bring their membership card when hiring gear. Trip participants should hire their own gear. It is not advisable for the trip leader to hire group gear, other than safety gear.

The fees below are per week for private trips. All hire will incur a deposit (which is given below) regardless of whether or not it is for use on a club or private trip. On Club trips there is a flat \$2 hire fee (no matter how much gear is hired) which helps to cover the costs of maintenance.

Items	fee/deposit	Items	fee/deposit
Rain jacket	\$5 / \$20	Backpack	\$10 / \$20
Snow tent	\$15 / \$30	Stove	\$5 / \$10
Other Tent	\$12 / \$25	Pannier bag	\$10 / \$20
Sleeping bag	\$5 / \$10	Sleeping mat	\$2 / \$5
Car bike rack	\$10 / \$20	Climbing rack	\$25 / \$50
Rock boots	\$5 / \$20	Snowshoes	\$10 / \$20
Ice axe	\$10 / \$20	Ice hammer	\$15 / \$25
Skis, boots and poles			\$20 / \$40
Skis, boots or poles			\$10 / \$20
Mntneering outfit			\$30 / \$50
Mntneering boots & crampons			\$15 / \$25
Mntneering boots or crampons			\$10 / \$15
Snow & ice pro (eg. screws)			\$2 / \$5
Helmets, safety gear**			Free / \$10
EPIRB			\$10 / \$40
Food dehydrator			\$15 / \$15
Books/magazines			Free / \$20
White water kayak*	\$10 student, \$15 employed / \$50		
Sea kayak*	\$15 student, \$25 employed / \$50		

* For kayak hire speak to the kayaking activity officers.

** Available safety gear includes EPIRBs, first aid kits (available for Club trips only) and other group gear which the trip leader feels is required for safety reasons.

ANUMC GEAR RULES

1. Hire rates are set by the committee and will be posted on the wall of the gear store and published in the Newsletter and on the web page.
2. A deposit must be paid when the gear is hired. It will be refunded when the gear is returned on time and in good condition.
3. On club trips a total hire fee of \$2 applies and a deposit must be paid.
4. Gear is normally hired out on Thursdays except when gear is issued at pre-trip meetings. All gear must be returned on Tuesdays.
5. Gear is available on a first-come first-served basis. Only organisers of club trips may pre-book gear.
6. Gear must be returned clean and dry. People who return wet or particularly dirty gear will not have their deposit refunded.
7. People who return wet tents or sleeping bags and do not inform the gear officer of this fact will have their borrowing privileges automatically suspended until the committee reinstates it.
8. People returning gear on Thursday instead of Tuesday will lose their deposit if the gear has been in demand before they return it. They will be able to re-borrow the gear only if nobody else wants it.
9. People who fail to return gear by Thursday will lose their deposit and be charged a double hire fee for each additional week or part thereof.
10. Gear more than three weeks overdue will be considered stolen. The hirer risks losing their Sports Union membership and having police action instigated.
11. Gear can be hired for an extended period during semester breaks, the summer break, and at other times if the gear officer believes the gear will not be in demand for Club trips.
12. The gear hire rate for extended period loans will be 3/4 of the normal rate.
13. At the discretion of the gear officer the hire rate for extended period loans can be reduced if the gear is only to be used for part of the time it needs to be hired for. In this case the deposit will not normally be reduced.
14. No one, including Club officials, is to borrow gear which is in high demand for an extended period, without the approval of the committee.
15. All gear removed from the store must be recorded on a gear hire form, with a Club official signing the form.

Gear Usage

1. Gear must be returned clean and dry.
2. Plastic ground sheets for the tents must always be used.
3. Boots are to be returned clean and dry. There is a tin of Snowseal wax in the gear store and people will be required to snowseal the boots before they receive their deposit.

SO NOW YOU'VE BECOME A MEMBER. WHAT NEXT?

How to go on a trip

Look at the Fridge Door section in the Club's newsletter *The Epic* and work out what appeals to you. This is where you need to make the hard decision between going climbing at Booroomba, kayaking down the south coast or walking in the Budawangs. Take note of the trip description and then assess your skills. Be realistic about your abilities. Going on a trip which is too difficult or challenging will not only result in a tough weekend for yourself as you struggle to keep up, it may also impede the enjoyment of others and endanger the safety of the party. If you are a beginner and have either tried an activity a few times or never before, all the beginner trips will be your standard. If you do not know your suitability for a trip speak to other members or the trip leader. You may be surprised what you can actually do.

The pretrip

Next you need to register your interest in the trip. For reasons of safety, environmental protection and the availability of the specialised gear (especially for kayaking, canyoning and skiing trips) there is a limit to how many people can go on any trip. It's a good idea, therefore, to contact the trip leader early, register your interest and ensure you're on the list. Be aware when sending e-mails that not all trip leaders have easy access to their email accounts. After ringing or emailing the trip leader the most important thing you need to do is attend the pretrip meeting outside the ANUMC gearstore. The trip will be further explained, gear requirements discussed and car, tent and cooking arrangements made. You have to write your name, membership number and contact details down on the trip list at this meeting. If you can't attend the meeting, ring the trip leader prior to the meeting so that you can be figured into the travel logistics!! If you don't call and don't attend the pre-trip then you probably won't be going.

These details will change shortly when the new WebForm system is up and running. Go to the WebSite to find out how to use the new WebForm

At the pretrip make sure you understand what the trip is about, what you should bring (including petrol money for those generous drivers) and where & when to meet. Ask questions if you're unsure about any aspect of the trip.

What to pack

The trip leader will tell you what to bring. If they don't - ask. Just what you need will depend on the nature of the trip. The following essential items should be taken on all trips:

Raincoat

Personal first aid kit

Warm jumper (wool or fleece) Petrol money
Sunglasses, hat & sunburn cream Pack
Matches or a lighter (better)
Water bottle/s for at least 2 litres
A spare set of thermals
Food ie. Scroggin/trail mix, chocolate & fruit
Torch and spare batteries and bulb.

How to hire gear

You can hire gear from the Gear Store between 5.45-6.15pm on Thursdays. Make sure you bring enough money for the deposit and \$2 hire fee for as much gear as you might need on a club trip. (ie a pack, tent and sleeping bag will cost the total sum of \$2) If you need to hire gear for private trips, or are not a member of the club, you will need to pay a higher hire fee and members going on club trips get the first right to hire gear.

Driver Reimbursement

We really couldn't do anything in this club without the generous people who transport us in their cars to the wild places we love to go. The club has a policy of reimbursing its drivers equally and the trip leader will collect petrol money from you at some point in the trip. The club's petrol policy is determined using the basis of fifteen to twenty-five cents (depending on engine size) per kilometre per car. This is recommended but not mandatory; however everyone on the trip should pay the same amount and this reimburses the driver not only for petrol but for wear and tear of taking cars on trips.

Please remember if you are driving on a club trip that you are probably undertaking the most dangerous part of the trip whilst on the road, so consider your passengers and speed and take a break or swap drivers if you are tired.

Insurance

The ANUMC and its activities are covered by the ANU Sports and Recreation Association's insurance. In order for the conditions of the insurance to be met, the trip leader must be an ANUMC member (and hence an SRA member), and all participants must either be ANUMC members or have paid the appropriate non-member fee for the activity being undertaken. SRA insurance covers the loss of ANUMC equipment on club activities, up to \$5,000 towards the cost of any emergency evacuation (including by helicopter) of members on club activities, and provides cover for medical expenses resulting from an injury sustained on a club activity. It will also protect trip leaders and participants against legal action in situations where they acted in a reasonable fashion. SRA insurance will not, however, protect a trip leader if they are found to be civilly or criminally negligent. SRA insurance does not provide coverage for non-members, even if they have paid the non-member fee to participate. Any insurance claims should be submitted in writing to the SRA within 30 days of the incident.

BUNGONIA CANYONING

It was good to get out to Bungonia. I'd driven past the turn-off on the highway lots of times, and lately I'd been itching to check out what the place held in store. There'd been good reports. I'd also been wanting to try out more canyoning. Anyway, the trip came up, and a few other people liked the idea too.

So there we were on Sunday morning, loading up outside the Sports Union: Adele, Annabel (our trip leader), Alex, Bronwen, John, Nick and Shona. Once at Bungonia, we dived down through the bush to the river. A thin trickle. There was dried out mud on rocks everywhere. The creek was in need of water: but we still found a lovely little pool to jump into, early on. After a while, the first of three abseils.

At the far corner of the pool, however many metres below us, floated a dead kangaroo. We all tumbled over the edge safely enough, into the kangaroo water. Bronwen's first canyoning abseil! The pool was lovely to swim in, except right up close to the kangaroo where there was no avoiding the stench (or the conclusion that all water downstream from this first pool was also kangaroo water). Never mind; we barrelled on and before we knew it, abseil two was done. Abseil three was lots of fun, a long drop into a perfect pool.



After we'd all descended, we splashed around for a bit then had lunch. The blueberries tasted good. A few of us saw no good reason not to linger around the lunch pool, diving in to the water from various heights, perfecting various dives and various farm-yard animal howls. A particular favourite of Adele's, John's and Alex's was the chicken cry, brrrrrk, brrrrrk, brrrrrk. Once I tried it, I could see why.

The post-lunch pool experience was just one of those occasions? I wished it wasn't Sunday, and that I could hang around the pool for a little longer (say, a few days). Down the very bottom of the gorge, we tried our luck on some fiendish rock climbing routes. Combined, we made it about ten or twelve metres up off the sandy bottom, not a bad effort, but no one individual made it more than one or one and a half metres up the rock face.

The exit climb was really rather taxing. Was it the 50m rope I wasn't used to, or the exertion of the day? No, it was arch-villain John, holding back my backpack. I accelerated, trying to break free, and we found ourselves running up the track. Admittedly we slowed down a little towards the end, but we still had a nice rest at the top waiting for the others.

We walked back to the lookout and marvelled at the place, at where we'd been, at the dull rumble of big engines from the limestone quarry. What a blight! The canyon done, we headed home via Goulburn and the Paragon. A great trip Thanks everyone.

Nick Simpson

COSYING UP TO THE TASMAN - Murramarang National Park

Especially for a non-Aussie, this kind of walk makes you wonder why the club is called Mountaineering rather than Coastal Club. During the two day hike from Murramarang Resort down to the shores of Bateman's Bay, the East Coast presented itself in its brightest light.

Our group of eleven left Canberra on Saturday morning, the three cars being connected by Stu's invaluable walkie-talkies. Little did we know at this stage: The New Zealand Annual Sheep Conference was also on air that weekend and would regularly interrupt our very sophisticated exchanges with a refreshing "maeh-ae-h-ae-h-ae-h". This not only distracted Rob from driving his van, but it should presumably also be blamed for one of the cars getting lost during our car shuffle operations between Bateman's Bay and the start of the walk. Whilst Stu gave his tightly squeezed passengers an impressive demonstration of his four-wheel drive - making 4-5 feet sand moguls on a steep ascent look like nothing more than a curb in Civic - the other car followed the animal sirens that were blowing across the Tasman Sea and inevitably got led astray.

With the group united shortly after, we put on sun block and headed off along the coastline. The park features no marked path along the water, but the scrub between the sandy bays did not prove a difficult hurdle and we only left the water a few times, mostly to cut off time-consuming headlands. The dominant topic right from the beginning was the timing of the first swimming break. The water rats (who could that be?) scraped together all their patience and waited until we reached our destination for lunch, a beautiful little beach that is hidden in a separate bay next to Dark Beach. Here, some went for a swim, some pursued culinary ends, the other highly rated activity of the weekend.

Since we had covered some good distance before lunch, we were able to look at the remaining bit to our campsite at Oaky Beach as a relaxed afternoon stroll. We took an exploratory route along the water line and below the cliff and had enough time to turn back when we got stuck. Up the few hills we encountered, Doc Nic (Simpson) once more undermined his claim to the Mountain Goat Jersey. Slowly but surely, the conversation turned to the menu for dinner.

Having arrived at the wonderful setting of Oaky Beach well in time, there was plenty of time for a round of frisbee, French Cricket, another swim and stroll along the beach. Exhausted from this sudden burst of activity, everyone got out their delicacies for dinner. Although there were a number of gourmet proposals, Nic's red wine proved most popular. It must have gotten to the heads of some particularly resolute characters, who opted for a card game

with headlamps long after dark had settled in and the beach was noticeably chilly. Finally, a peaceful quiet set in, but not for long. When Yonnie (trip comic) had accepted Rob and Penny's (Mess Beck Peck) invitation to sleep in their tent, they had perfidiously refrained from informing her about their technique of sleeping in stacks. When it was Yonnie's turn to go to the bottom of the pile, she couldn't take it any more and escaped to the freedom of the star-lit sky. At around the same time, regular flea checks in our tent revealed two ticks on Maureen's neck and head. I generously overheard her call for professional medical help (read: Doc Nic) and convinced her of my surgical abilities by removing the two little buggers.

After this eventful night, sunrise at Oaky Beach revealed that it not only offers beautiful surroundings, but also by far the best surf we encountered over the two days. Some of us could only be lured out of the water again by the prospect of breakfast. (That really sums up nicely the priorities of the weekend...) Another quick dip after breakfast, and we headed off towards Bateman's Bay.

As on the previous day, half the group got stuck at the bottom of a cliff. Stu's finding of a five foot snake skin whilst exploring a potential climbing route made us backtrack and rejoin the others at the top of the cliff via a detour. Having the time for these little expeditions was definitely one of the secrets behind the success of the trip. After this morning had mostly led us along high cliffs with waves crashing onto the rocks below, the much quieter bay of North Head beach was an inviting setting for lunch. After polishing off most remaining food reserves, only another couple of headlands separated us from our cars. While Stu lured the drivers into resolving the car shuffle with another four-wheel experience, the other half of the group followed the water line around the last headland to Maloneys beach.

Needless to say, we all got hungry on the drive home. Despite continuing interference from the Sheep Conference, we managed to co-ordinate on a meeting at Braidwood. Having depleted the stocks of the bakery on the way out, our visit to the local Pizzeria gave another boost to the local economy.

Throughout the weekend, rumours persisted that this walk double-functioned as farewell walk for me. This gives me even more reason to thank the club and many of its members. You guys made a major contribution to the great time I had in Oz.

Ozfahrt

(principal interpretation: 'the one who goes to Australia'; however, many other readings are equally common ☺) a.k.a. Peter Dietsch

ROGAINING 101

Since I joined the Club mid last year, I'd heard people going on about rogaining but I couldn't understand what all the fuss was about. Why would anyone want to roam around in the bush for hours on end using a compass to look for funny bits of numbered cardboard stuck on trees? I could believe you might possibly have fun doing this for maybe an hour or two, but for up to 24 hours? No way! They must be mad!



Charging through the trees searching for the next control. Photo: Bronwen Davies.

I had to find out what the attraction was, so I spoke to a few seasoned rogainers. I heard stories of water bottles freezing as people walked through the night looking for controls; of desperate trips to the 'Hash House' for sustenance only to fall asleep while eating due to sheer exhaustion; and of people getting lost looking for controls. At the same time, I also got an idea of the great teamwork involved in competing in a rogaine and the amazing sense of achievement that people felt after finishing an event, whether it was 6 hours or up to 24 hours. It seemed that people had great fun rogaining! Plus it was an excellent way to sharpen your navigation skills at the same time as exploring the bush and getting fit.

My curiosity got the better of me, and I had to give it a go. I found a rogaining partner - someone I had walked with before and who had the same interest in improving her navigation skills - Ulrica Svensson, from Sweden. We entered the 8 Hour Women's Open event of the 2002 ACT Rogaining Championships held at Yanunubeyan National Park, just north-west of Captains Flat. Neither of us had any idea what we were doing, so we got some advice from an expert - Annabel Battersby. (Annabel was lucky enough to have learnt everything from an ANUMC Rogaine information session in 2000 organised by Rochelle

O'Hagan, then Orienteering and Rogaining Officer.)

Annabel explained the basics to us - Rogaining is similar to Orienteering in that you have a course of controls that you have to find and you compete against others. However, in Rogaining people compete in teams of two to five and everyone has the same amount of time - it is up each team to decide which controls they want to find in that time, ie. if you are really enthusiastic you can race and find as many as you can in that time, or you can take your time and simply enjoy exploring the bush at the same time as finding some controls on the way. The emphasis is on enjoying the experience rather than racing to win, but it is really up to you how competitive you want to be.

Annabel also told us all the little tricks that she had picked up along the way, like: getting to the event early and taking advantage of the hours before the start to figure out your route; planning different options for your route in case you run out of time; taking different coloured highlighters to mark the different controls on the map; and taking clear contact to cover your maps. Ulrica and I took all of this advice and, despite a few nerves, by the time the start whistle sounded at 12pm on the 16th of November we felt as ready as we could be to start our first rogaine, and we were off.

I found the start a bit disconcerting. For some reason everyone else had decided to walk in the opposite direction to us. Nevertheless we stuck to our plan and headed for our first control, over a ridge, down into a scrubby creek-bed and then up to another ridge. The nerves were still there. We got to where we thought the first control should be, but couldn't see it. We couldn't be lost already! We looked at the map, discussed the terrain and then decided to go up the ridge a bit further. Next thing I heard Ulrica yell, 'there it is!' We had found our first control (number 51)!

After that we headed off for our second control only to realise half way there that Ulrica had lost her compass somewhere near the first control. I still had my compass though, so we decided to push on without it. We found our second control and started to feel a bit more comfortable that we weren't going to make total fools of ourselves. The day was beautiful, the country was great (not too scrubby) and, surprise surprise, we were having great fun! I had an excellent rogaining partner, who was very good at spying controls and reading the terrain while I navigated with the compass - we were working really well as a team.

It didn't take long for us, however, to figure out that we had been way too ambitious in planning our route. It seemed to be taking us twice as long as we thought it would. We

Ulrica relaxing near the Hash House.
Photo: Bronwen Davies

consulted the map and decided that if we continued to follow our current route we would be way out in the middle of nowhere at 8pm - the time we were supposed to be back at the Hash House to finish the event. For every minute that we were late back, we would lose 10 points and if we were more than an hour late we would be disqualified. Neither of us wanted that, so we changed routes and decided to go for the one 100 point control that we could realistically reach (number 103), picking up a few other high point controls on the way, and then turn around and head back to the Hash House in a loop picking up a couple of controls on the way.



This seemed like a great plan and everything was going along fine. We had almost reached control 103 when I decided to jump down a bank and sprain my ankle. Great! Now the big decision, should we continue onto the 100 pointer and then make a b-line back to the Hash House, or do we accept defeat and start heading back immediately. We were so close. Bugger it, we decided to head on. I gritted my teeth and proceeded to watch every step I made as we headed along the ridge. We got to control 103 and had a quick celebratory photo before plunging down the

ridge to find the next control on the way back. In hindsight, we should have just headed back then, as my ankle was getting worse and the next control was particularly tricky. It was marked in a creek bed, but there were several creek beds and some were not marked on the map. It took us a very valuable 20 minutes or so (seemed like hours) to find the control and then it was going to be a race to get back without being disqualified.

We decided the only way we were going to get back was if we ran the last several kilometres and, with my ankle, the only way we were going to do that was to find the nearest 4wd track and jog along it as much as we could. We had given up looking for controls at this point. We found the track and started jogging, cutting across country only once when the track went into an 'out-of bounds' area. We jogged for about 7km with our backpacks on and very tired and sore feet, overtaking walkers and being passed by cars of people that had already finished and were heading home. To our amazement, we got back to the Hash House at exactly 8pm, sprinting the last few hundred metres! We had done it and we wouldn't lose any points for being late!

Later we found that not only had we made it, but we had won the 8 hour

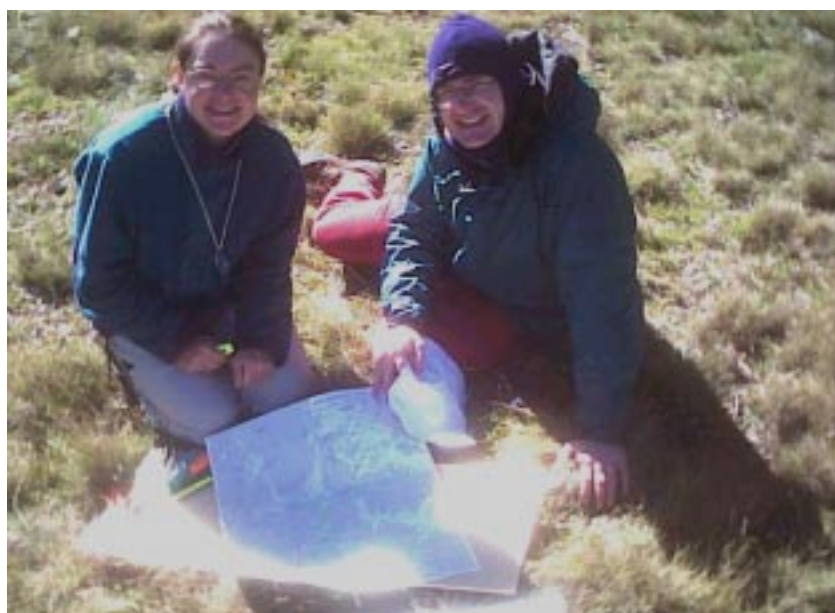
Women's Open event! The team that came second was only 10 points behind us, so if we had been one minute later, we wouldn't have won. I must say though, we wouldn't have made it if it hadn't been for the persistent optimism and encouragement of Ulrica, who kept telling me it was 'only a little bit further' and 'come on, we are almost there!' You would make a great trip leader Ulrica!

We had a great time competing in our first rogaine and the high that we got from finishing in time, and winning our first event, lasted for many days. It wouldn't have mattered if we had come last though, as the whole point was to enjoy the experience and we definitely did that!

For anyone that is even slightly curious about rogaing, I say give it a go! The first rogaing event for the ACT will be held on 30 March - the Paddy Pallin 6 Hour Rogaine. Please see the Fridge Door for details. The club will also run an information session one evening before the event. Contact me if you want more information.

Bronwen Davies

Corinne and Duncan planning their route.



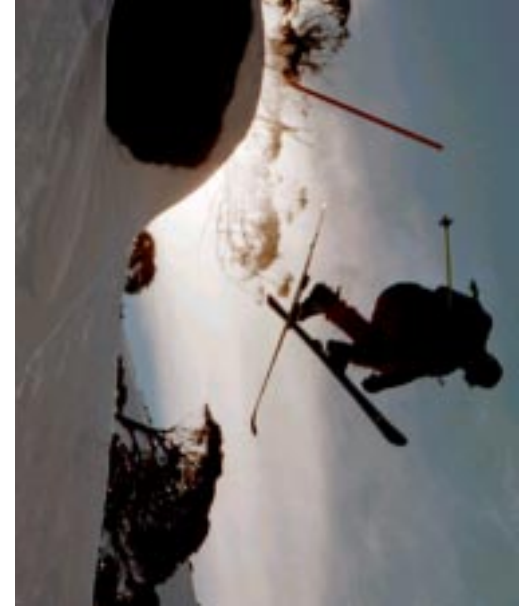
Full moon over Cascade Hut and hail. Photo: Matt Yager



Neill Burton on the Ti Willa Plateau in Kanangra.



Amie, Sandra, Rob, John and Stu enjoying Mt. Jagungal. Photo: John McGrath.



Airtime at the resort. Photo: Matt Yager



Kate and Ben play Romans on Bimberi Peak.



Andrew Butterfield climbs Charity.



Brad Walters takes the fun way down from Kosciuszko. Photo: Matt Yager.



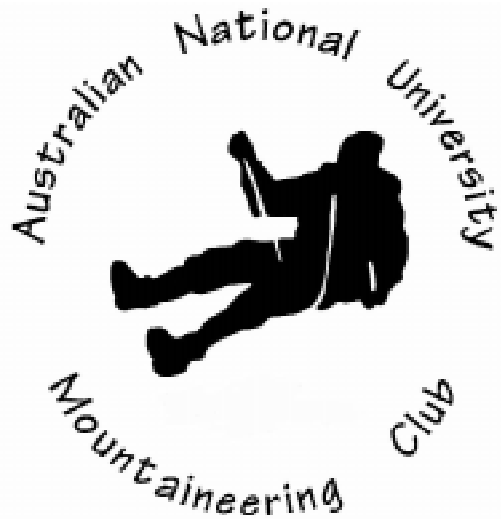
John, Adele, Annabel and Shona sleeping out at Bungonia. Photo: Annabel Battersby.

General enquiries should go to the club mobile: 0418 293 502
 . But anyone listed below is more than happy to talk to anyone
 about the Club and its activities.

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It is better to climb the ridge and stare on chasms of air,
Or stroke from the sea-cliff's edge the sea's dark strangling hair,
Than to run like a rat for cover when truth comes storming by.

Douglas Stewart, *The Fire on the Snow*.



SENDER:
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