



September- Programme

MEET	Outside the Irish Press Offices, Burgh Quay.
TIME	Sundays, 10.00am.
BRING	Rainwear, flask, sandwiches, torch, reflective armbands and a change of clothes.
WEAR	Hiking boots. RUNNERS NOT ALLOWED.
TRANSPORT	Private bus – Price £5 (unless otherwise stated)
NOTE	The leader has the right to refuse anyone who is not adequately equipped. On the day of the hike, the leader may extend, curtail or alter the route in any way from that described in the programme. The leader sets the pace of the hike and walkers are expected to obey his/her instructions at all times.

Sunday 4th Sept:	LEADER OR ROUTE NOT CONFIRMED BUT HIKE WILL GO AHEAD
	<i>Meet: Burgh Quay 10.00am.</i>
Sunday 11th Sept.	WEST LEINSTER <i>Route: Church Mountain, Corriebracks, Lobawn, Ballinlea.</i> <i>Leader: Dave Rooney.</i> <i>Meet: Burgh Quay 10.00am</i>
Sunday 18th Sept.	INTODUCTORY HARD HIKE <i>Route: Stranahealy, Table Track, Camenabologue, Lugnaquilla, Fentons.</i> <i>Leader: Frankie Comerford.</i> <i>Meet: Burgh Quay 10.00am</i>
Sunday 25th Sept.	<i>Route: Ballinagea Bridge, Arts Cross, Three Lakes, Conavalla, Lugduff, Mullacor, Derrybawn, Laragh.</i> <i>Leader: Jim Barry</i> <i>Meet: Burgh Quay 10.00am.</i>
Sunday 2nd Oct.	<i>Route: Sphinx, Lugduff, Lough Firrib, Camaderry, Turlough Hill, Wicklow Gap.</i> <i>Leader: Tony Crean</i> <i>Meet: Burgh Quay 10.00am.</i>

MEETING PLACE AT END OF HIKE: THE PALACE BAR, FLEET ST.

MOUNTAIN SAFETY NOTE

As hill walking can sometimes be a hazardous activity, it is requested that any walkers on medication or with a medical condition, inform the leader of their condition before the hike.

TRAINING

INTRODUCTION

During 1994, the Hillwalkers will run a programme aimed at people who have already completed a basic navigation course and who would like to gain additional navigational experience.

FORMAT

Monthly Saturday training hikes with experienced leaders.

Organised reconnaissance hikes with existing leaders.

Co-leading of Sunday hikes with existing leaders.

The Saturday training sessions will be based on small groups of about six people and will be organised by one of the leaders listed below. The hikes will give members the opportunity to increase their navigational and observational skills and eventually will become competent enough to lead their own hikes

People interested in participating in this programme should contact directly the leader cited in the programme for that month to make arrangements.

LEADER TRAINING ORGANISERS

Donal Finn Ita O'Hanlon

Martin Fagan Deirdre Ni Choileain

SEPTEMBER / RECONNAISSANCE HIKE

Leader: Ita O'Hanlon. Tel: 8310571 or Donal Finn 4530617

Arrangements: Contact leaders directly.

WEEKENDS AWAY

October Bank Holiday 1994.

28th August - 31 August

KILLARNEY, CO. KERRY

Staying in Aghadoe Youth Hostel, Killarney. Bring 3 breakfasts, 3 lunches and two dinners hostelling card, sleeping bag/sheet bag, etc.

Meet: Liberty Hall on Friday 28th August at 5.50pm. Bus will be leaving at 6.00pm SHARP!

Cost: £45.00 to include transport for weekend and three overnights.

Deposit: Deposit of £20 payable to An Oige Head Office.

Organiser: Jim Barry.

Programme of walks: Moderate and Hard hikes will be arranged on each day and these will include Cahercunreagh, Black Valley/Carrantouhill and Mangerton.

LEADERS URGENTLY WANTED

CONTACT MARTIN FAGAN AT 8743082 (H) AFTER 7PM.

HILLWALKERS SATURDAY CLUB

SEPTEMBER

This club is for young people aged 13 to 16 years and hikes take place on one Saturday of every month. Transport is by local bus / DART - depending on the area in Wicklow the hike is being organised in.

ROUTE: Massey's Estate - Cruagh
DISTANCE: 7 miles approx.
MEET: Irish Press Office, Burgh Quay.
TIME AND DATE: 8.45am. Saturday 10th September.

What to bring: map and compass (if you have them) as mountain navigation will be given. Waterproof jacket and pull-ups, cap and gloves, packed lunch, torch, change of clothes, rucksack, flask. **WEAR HIKING BOOTS.**
DO NOT WEAR JEANS - A TRACK SUIT WILL BE OK.

SEPTEMBER PROGRAMME: Articles or notices for inclusion in the October *Hillwalker* should be sent to Maggie Greaney, 14 York Road, Rathmines, Dublin 6, by 15 September 1994.

LONG WALKS UPDATE:

Joey Glover (Donegal)

10th September 1994

Anyone interested in taking part in these long distance walks should contact Dave Rooney for further information tel: 8311844 (h).

CAMPING WEEKEND

4th Annual Camping Weekend in Kerry

31st September - 2nd October

Organiser: Deirdre Ni Choileain. Tel: 679 2777 extn. 4630 (W) or 8423656 (H).

Deposit: £10. Total cost of weekend £30 approx., to be sent to *Deirdre Ni Choileain, 1 Charterschool Hill, Cloghran, Co. Dublin.* Group equipment will be organised before hand. If you do not have tent, don't worry. Tents and cooking stoves will be arranged before weekend. You will need: A sleeping bag, torch, bivvy bag, large rucksack (internal frame not external frame), carry mat. Anyone interested in coming along will be forwarded a full check-list in advance of the weekend.

Area: Circuit of Inchiquin Lake - Kerry Beara Border.

These weekends are jointly organised with the South Eastern Mountaineering Clubs and need no advertising. Word of mouth, or previous years camping has snowballed, and I get phone calls asking "Where are we going?" and not "Are we going camping?" So why advertise in the *Hillwalker*? A pang of guilt swept over me, that possibly some Hillwalkers were neglected and missing these weekends. I warn you, when booking, my phone may be engaged so don't despair, I'll be there. When you get through, you will have passed the first test in patience and confidence. Good Luck.

Deirdre Ni Choileain.

Ceili and set dancing classes will be held in September on Wednesday nights between 7.30pm. and 8.30pm in Na Fianna, Mobhi Road. Anyone interested should leave their names in An Oige head office.

For further information on An Oige social events, contact An Oige head office.

SWIMMING: Every Tuesday evening in the ESB Sports-Co., South Lots Road, Ringsend
Between 9.00pm. and 10.00pm. Price: £1.50

Roll on the Roll Up!

"Is it eight o'clock yet" Mick asked Margaret as she sat sorting out entry forms at her table. "No, you have ten seconds left to go". Mick paced up and down the hall. "Right, I'm off. I'll see you later". Mick Rice was going to run the 25 miles around the Ring as usual. The rest of us were going to walk it. . . or at least try.

Soon afterwards Jim Barry and I, armed with map, compass and time sheets, set out from Donard parish hall, which is the starting check-point on the Ring of Imaal Marathon Walk.

Our next destination was Brusselstown Ring. Here, as at each of the check-points on the walk, we were to cross-check the 133 names on our list with those of the people on check-point duty to ensure that we could account for the whereabouts of all of the entrants. At Brusselstown Ring I emptied my pockets of the little yellow markers which indicated the route on the earlier road section of the walk. Everyone was accounted for here and we got clearance from the radio operators to go to the next check-point at the bottom of Keadeen. Before moving off I changed from shorts to leggings – it was bloody freezing and raining heavily. I was being too optimistic with my choice of clothes for the day. It was only the 25th June. Why would I think of wearing shorts in the middle of summer?

At Keadeen it took a while to process the information, so I decided to have something to eat. Half way up Keadeen I was wondering what the hell I was doing there and does everyone else hate this mountain as much as I do. As we were descending from Keadeen to the check-point at Ballinabarney Gap my muscles were loosening up and I was beginning to feel better.

The people on duty here were a bit bewildered by the time we got there. They had two phantoms doing the walk – 135 people had checked through instead of 133 we knew to be doing the walk. Maybe they were the ghosts of past Ring of Imaal hikers who failed to finish the walk, but no, it was just two people who went through the check-point twice!

On we went over Ballinaddan, Slieve Maan to Lug where we spoke to some very wet and cold people who were on duty there. By this time four people were un-accounted for and some people had pulled out. Eventually Jim and I were given clearance to move on to Table Track. On the way over, we saw a shape lumbering out of the mist. Was it the Yeti? No, it was one of the Mountain Rescue looking for three missing women.

At Table Track check-point we not only had the problem of people who "misplaced" themselves between Lug and here, but also some people overshot this check-point and went on to the next one on Lobawn and in fact were not missing at all. The Table Track check-point was to close at 5.30pm. At 6.15pm we heard voices coming towards the tent. These people handed in their cards and as I looked out through the flap of the tent, I thought I recognised a skinny pair of knees in front of the tent. "Is that Tommy Taylor out there?" "Who's that?" he says bending down to look in. "Ah Maggie, how's it going? I'm a bit late, I got lost three times today" he said with a bit grin. By now the mist had lifted and it was a beautiful evening.

By the time we reached Lobawn, the people on check-point duty had tidied away and all the walkers were accounted for much to our relief. Back in Donard, eleven hours, 25 miles and 5,700 ft. later we were told that there were still two people missing, but they were found on the road near Donard.

All told, it was a very interesting day!

Maggie Greaney

HILLWALKING AND MUSCLE SORENESS

Delayed muscle soreness can be experienced at anytime up to 48 hours after completion of Hillwalking. Generally this is due to the tightening up of muscles which in turn can result in poor performance and injury, therefore it is important after hillwalking to stretch and lengthen the appropriate muscles. Experience has shown that the muscles affected in this way are:

Thigh – Quadriceps

Calf – Gastrocnemius

Back of upper leg – Hamstring

Groin – Psoas.

To avoid muscle soreness it is advisable to lengthen and stretch these muscles while the body is still warm. This precaution will improve flexibility, relieve muscle tension which in turn will enhance blood flow and hence greatly assist performance.

Static Stretching

This method requires that you hold the stretch while still as opposed to the Ballistic method which means that you "bounce" the stretch which can lead to stiffness, soreness or injury.

After a minimum of 5 minutes brisk walking, it is a good idea to stretch the muscles, this will improve performance. It is important to remember only to stretch muscles when they are warm this will prevent muscle inflammation and it will facilitate recovery from soft tissue injuries.

These simple guidelines hopefully will enable you to fully enjoy the pleasures of safe Hillwalking. If you want any further information please do not hesitate to ask me.

Rosaleen Copus

Fitness Instructor R.S.A.

Fig 1.

THIGH STRETCH

The leg you are standing on should be soft. Keep knees in line.



Fig. 2

CALF STRETCH

Press heel of straight leg into floor. Make sure back foot is in a straight line.

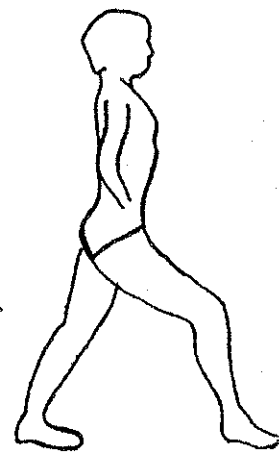


Fig 3.

HAMSTRING STRETCH

Stand with one knee slightly bent, the other extended in front, with one toe flexed. Hands on thighs to support body weight.

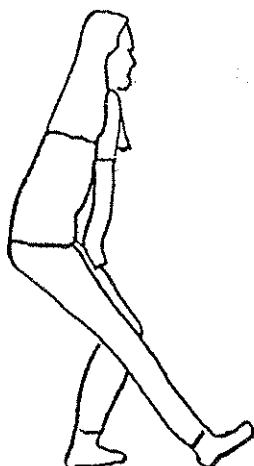
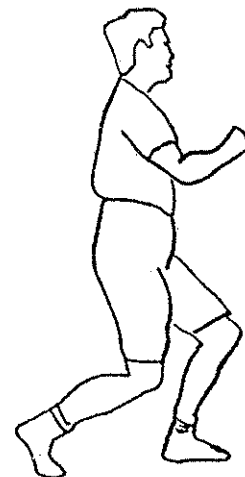


Fig. 4.

GROIN STRETCH

Starting position as in fig. 2. Lift foot and tuck hips well under.



HOLIDAYS AWAY

The Pembrokeshire Coastal Path Walking Holiday advertised for September has, unfortunately had to be cancelled. Anyone with queries regarding this cancellation should contact Garry Byrne at 838 8812 (H).

WORK PARTIES

Work on Arthurstown Youth Hostel is entering its final phase and the continued support of members on work parties is very much needed. All help is welcome – there is no need for expertise. However we especially need help from carpenters, electricians, plumbers, plasterers, painters, tilers, floor layers and transport. Our work party calendar is October 8th and 29th, November 19th, December 10th. If you would like to help out on any of these dates please leave your name and phone number in office or phone Walter Meade 2983340.

Walter Meade