

The Sped Arrow

"Four things come not back - the spoken word, the sped arrow, times past, the neglected opportunity."
Omar Ibn Al Halif



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Editorial

Sorry to take so long to get this out this time. I couldn't get the urge to write, but it's OK now (I think).

I thought a precautionary word concerning personal health during summer shooting might be appropriate. I suffer badly on hot humid days for various reasons and can quickly end up in a distressed state, which can lead to more serious complications. I am sure I am not the only member who is so affected by the heat/humidity and it behoves all of us to be careful in this climate and to stop shooting if you can feel yourself slipping into heat exhaustion. There is no stigma attached to this and in fact you should take the matter seriously and try to get urgent help as it is a serious condition.

It would be good if we had a covered shooting line and it still surprises me that FITA has not woken up to the fact that there are places in the world which have quite cruel summers and exposure to excessive sunlight is a known factor in the increasing rate of skin cancer worldwide.

In the interim, I understand that Archery Australia (God bless them) has recognised that shooting in the sun is not terribly healthy and has approved shooting on covered shooting lines.

I throw this thought up for consideration by all members and in particular by the club executive. I feel that we probably need to buy more of the shelters that we currently have and erect these on the actual shooting line and thereby provide shade for members to shoot under. I know that this will cost a bit but I feel it is money well spent and would be in accord with the OH&S principals which the club is required to abide by. Members having a similar view on these matters should discuss it with their fellow members.

More on Bow Stabilisation

Just to continue on the subject of bow stabilisation, I thought it might be useful to speak of further directions in stabilisation which may prove helpful to all members.

As I said in the last newsletter, the aim of fitting stabilisers to a bow is to stabilise it, which seems an obvious thing to say except that most of today's stabilisers talk more about controlling vibrations rather than actual stabilisation. Control of the bow with stabilisers means that when on aim, the bow should sit comfortably still with the sight quite steady on the target, without causing undue distress to the shooter. It also means that the bow sits well balanced in the hand and does not roll forward severely on firing. It should also mean that the bow will remain under control when exposed to wind gusts.

Although it may not seem so at first sight, to meet the above requirements is no easy thing. The current trend is to very stiff, thin walled long rod carbon fibre stabilisers, with no dampeners on the weight end, the aim being to reduce to the bare minimum the weight of the rod itself and thus allowing the weight to be concentrated where it is most needed and that is on the far end.

Similarly if you are using side rods, they are being made of the same type of carbon fibre. On the subject of side rods, there is a move overseas to dispense with side rod and simply use a back weight which is screwed into a rear stabiliser fitting on the bow. As regarding wind resistance, that still remains a vexed issue. An ideal stabiliser would simply consist of a weight at a fixed distance in front of the riser with nothing to support it and therefore, no likelihood of suffering from buffeting by the wind. Of course such a thing can't happen but it does lead one to think that a good long rod should provide minimum resistance to the wind. The way to cut this resistance down is to use single small diameter long rods or to use rods that are "ventilated" ie have a lot of holes in them, or to use shorter rods with heavier weights.

I have come up with a system of stabilisation designed to meet all of the above requirements and in particular, minimising wind effects. You may have heard of a thing called a "Steadicam" which is a stabilising devise fitted usually to a video camera. Basically, it is a long rod that hangs straight down from the bottom of the camera and has a heavy weight on the end, to provide stability. They work well and I decided to try something like this on my

bow. This is the final result of weeks of trialling and shooting::



Yes, I know it looks a bit strange and what is a bit weird about it is that the stabilisation comes from the down rod, and the front rod, which is around 12 inches long is there to stop a natural muscle tremor that we all have when we bring a bow to full draw, without any front stabilisation. The trick with this set up is to try to find the right angle for the bottom stabiliser and the correct weight combination. The bottom weight has to be quite heavy for obvious reasons. Initially I thought I should go for the lightest weights possible which would still provide stabilisation but thus far I have found that the best results come with the heaviest weights I can manage. The rods are fitted to a Doinker adjustable V bar assembly which can be set at an angle and will hold there because of the serrations on the matching faces.

The bow holds very easily on aim even though it is considerably heavier than my normal arrangement with standard long rod and side bars. I suspect that this is due to the leverage effect of the bottom weight on the holding hand which tends to lift the nose of the bow. So far, the arrangements shoots very well indeed, so much so that I am being careful now to make sure I am not being affected by a “new equipment” effect although as I said earlier I have been testing and trialling this for many weeks now.

Anyone who wants to try the bow only has to see me and I'll quite happily let you try it out.

I can see no reason why such a system would not work on a recurve, so it may be of interest to recurvers as well.

New Gear

Carbon Riser Compound Bow

You will know by now that Hoyt has manufactured a new compound bow using a carbon riser – the Carbon Matrix. Rather a weird looking thing but from reports it shoots well. It also weighs in at 4.5 lbs. Carbon Tech, the firm that makes the McKinney II carbon tournament arrows has now made its own carbon riser compound called the Phantom. It comes out in April and looks like this:



The Riser is made by Win & Win and at this stage it only comes in black. It weighs 3lb 4 ozs which is a good 1 lb lighter than just about any bow on the market. It even looks attractive!

Neat bow!

Quivers

I have been searching for a particular quiver for many years and finally found out who makes it. It is made by Paultet of France, who makes high end archery gear. I've just ordered the Tricolore or Tricolore (red, white and blue). It is made of leather and I reckon it looks great:



They also have a new one this year made especially for the Yanks:



A bit gaudy, but the Yanks will love it, I'm sure.

Arrows

Easton has produced some new arrows this year and dropped others. The Navigator FMJ has been discontinued and has been replaced by the new ACG (which I believe stands for Aluminium Carbon Gold). It is almost identical to the Navigator and operates off the same spine chart, I believe. By the way Alternative Sporting Services in UK are selling the discontinued FMJ Navigators for a very low price. Might be worth having a look at if you are in the market for new arrows.

Easton has also brought out a couple of other new lines eg:

Easton exclusive N-FUSED™ CARBON utilizes Hybtonite® carbon nanotube infusion to create a stronger, hard-hitting AXIS® & Epic® Arrows.

I wonder who makes up the names for these so-called new technologies? Anyway, both of these are acceptable target arrows although the Epic is probably the better as it is of smaller diameter.

It's worth perusing the Easton Website to see their full range of stuff now: <http://www.eastonarchery.com/>

Shooting Machine

There's a new shooting machine on the market called the Kwik – Shooter at \$549 USD. See the details on the website: <http://www.kwik-shooter.com/>

I mention this in case the Club decides it wants to get a shooting machine.

Scott Release Aid

Scott Archery have just brought out their new release aid, the IbeX, which is said to be microscopically adjustable and has a very crisp trigger. Dunno the price, but it looks neat:





The Parting Shot

Not a lot to say in ending this time. Summer wrings me out and seems to crush my motivation. Nevertheless, it is important to have something sage to say on completion so I will talk very briefly about coaching notes and tips.

Producing a Newsletter can be a frustrating exercise at times because it is difficult to know how it is being received and whether it is meeting people's needs or not. Feedback is essential for this but people don't seem keen to provide any.

So my question to all and sundry is – do you still want coaching notes/tips etc in future issues or would you rather not. I don't wish to step on Graeme's toes as he is the official club coach. My only desire is to pass on stuff that I have learnt over the years and which some people may find useful.

If you have a strong opinion about this let me know, if you would be so kind. In fact if you have an opinion about anything relating to the newsletter then please let me know.

If we are going to have a Newsletter I'd like to make it as good and as useful as possible. Thanks in advance.

Oh and one last thing – if you get this and you are no longer a member please let me know and I won't send one anymore. Also, if you change your e mail address please let me know as well and if you'd rather not receive a copy for whatever reason, then please let me know this too.

Hope to see you all at the range soon. Deep tens all!!

