

IOC Newsletter

September 2005

Contents

Greeting

Event Reviews

Relay Race (Ekiden)

First Aid

\$10m view party

The Ultimate Frisbee

Greeting

The club keeps growing and growing! According to our books we now have official members. A warm welcome to all the newcomers! My air-conditioning has been turned off for a few weeks so I guess that autumn is well and truly with us! Before you know it we'll be singing Christmas songs in the snow...

...or visiting the first shrine of the year! Either way, life is short and for the gaijin among us "the Japan experience" is even more fleeting. Make sure to get your money's worth from our great club and get active.



To find out what happened to Ronan and the chickens read on...

Relay Race (Ekiden) by Ronan

18th Sept

We had 2 four-person teams representing the IOC at Osaka's annual Ekiden. One team, captained by myself had Sooch, Yuka and Fiona. The other team, lead by Minhao, had Junko, and two new members Matt and Matteo.

The race was held in Banpakukoen on the monorail. Each team had to run 10km, 5km, 3km and 5km in that order totaling 23km. We had decided to dress-up thinking we would have a better chance of winning the costume prize than breaking any running records. As soon as I saw who we were up against I knew it was an astute move. First prize for the fancy dress was surely within our grasp...



"ioc rule" before the main event

...That was until we saw the chickens. We were disgusted. The competition was on.

Nevertheless, being made of stronger stuff we didn't give up and in the heat of the morning Minhao and I, with a red sash around of necks, set off on the first leg of the race. It didn't take long to see we were not going to be the first to cross the finish line...but we weren't going to let those chickens beat us without a fight.

After 10km our team had a lead on Minhao's. The question was could we hold that lead. Matt and Fiona were next with the latter managing to hold on to our lead. They were followed by Junko and Yuka. By the time Yuka passed the sash to Sooch he was about 5mins ahead of Matteo. I joked to Matteo before he left that he had a lot of catching up to do. I never *actually* thought he would do it!

Amazingly, Matteo did beat Sooch in the final 5km stretch. As we came over to congratulate him on the achievement he suddenly got sick and spent the next two hours in a stretcher! Glory comes at a price.



None the worse for wear

Our real glory, however, had not yet been finalised. We relaxed in the festivities and waited for the all-important prize giving. The tension was palpable. Evil glances towards our arch enemies the chickens were everywhere. Silence covered the crowd the winners of the best costume team were announced. And the winner goes to...

THE CHICKENS! Who would have known that we could be beaten by bunch of chickens! We were all gutted. At least none of us went away empty-handed. We claimed runners up. It was a great day and I'm going to run next year too.

Those chickens had better watch out.



Kariage anyone?

First Aid Course by Ronan

25th Sept

Yuri had organised for the Kobe Fire Department to give us a full day course on First Aid. And what's more it was free! 10 members showed up and after some introductory information we got to practice on some female dummies called Anne! A few of us had done these courses before but it was good to brush up. We did some resuscitation drills (CPR), followed by the use of an AED (a portable electric shock device) and finished with the treatment of injuries. We had fun making each other look like Halloween mummies! After lunch we had an exam. It was an educational and fun outing.



"I think she's dead guys"

\$10m view party by Yoshimi

23rd Sept

More than 20 people gathered at Hankyu Oji-koen station at 4pm. You may think it was too late for hiking. Don't worry. This time we planned to enjoy both hiking and the night view from top of the mountain. It took about 2 hours from the station to the top. We started to walk in a hurry to arrive at the top on time. We had taken this route many times for other IOC events. But this time was a bit different. We enjoyed a beautiful sunset while we were walking. It was a pretty hot day but after the sunset, crisp autumn wind started to blow so we could easily reach the summit, right members?

On the top we had a pot luck party with the great night view. It's called the 10 million dollars night view. Originally it was called 1 million dollars around 50 years ago because the energy consumption for the lights was around 1 million at that time. Now it's inflated 10 times! We had to catch the last cable car leaving at 7.50. Until the end of August it was at 8.50. We should have had this hike in August so that we could have had a longer wonderful time.

The Ultimate Frisbee by Thomas **11th & 24th Sept**

Ultimate frisbee is a fun sport becoming quite popular in the US these days. Two teams of seven (ideally) play against each other by throwing the frisbee from one person to the other until reaching the end zone to score, while the defending team tries to prevent the passes to be completed. It is really a team effort because a single player can't score by himself and everybody needs to participate, especially in defence. Twelve of us, mostly beginners, got together on Sunday Sept 11 in Osaka Castle park for an initiation. All frisbees were welcome for the throwing practice, from the small size Mickey Mouse frisbee to the Ultimate 175g disc. We practiced backhand throws, which most people got pretty good at and forehand throws, which are trickier. We also practiced reading the disc trajectory and catching the frisbee with the basic catch. With everybody reaching minimum skills, we started a game despite the lack of space due to a festival held in the park. Everybody got out of breath after five minutes because the game was intense as people were throwing the disc right after catching it as if it were a bomb ready to explode. As we learned how to take our time, we could make better passes and not exhaust ourselves. Yoshimi had the great idea to bring frozen pineapple which delighted us during the break. After playing some more, we enjoyed the dancing festival for a while in one of the last warm summer evenings.



*We put the **Ultimate** in Frisbee*

We played again on Sept 24, on a grass field located along the Yodogawa river. It's a very scenic spot with a nice view of the skyline of Umeda. The wind made our throws difficult but the group of 15 could not stop playing for close to three hours! I felt that people who were playing for the second time were getting a good idea about where to position themselves on the field and it resulted in some good plays. I'm looking forward to playing some more with IOC folks who want to have fun discovering a new sport and getting a great workout. Everybody is welcome!

Final Thought

Well, it's that time of the year again, the one that everyone's been talking about, the Annual Momoi Camp. If you haven't got your name down already well than don't delay. This is one event you won't want to miss. For other upcoming events please check our website. Finally, here's a photo from the Tennis event earlier this month. That's all for now, see you in October. Same time, same place.



If only we had some ball boys...