

The Cub Run Archers Newsletter

August 2020



The Cub Run Archers club is a member of the Arlington-Fairfax Chapter of the Izaak Walton League of America.

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<https://cubrunarchers.org/index.html>

<https://www.facebook.com/cubrunarchers.org>

Next Monthly Meeting:
Sunday, September 13, 2020, 11:00am

Chapter News

IMPORTANT: Please make sure you read the current operating procedures(links below) for the facility/range you plan to visit as things have changed because of COVID-19. Also for up-to-date range times/dates of operation.

Due to Coronavirus (COVID-19) Pandemic ALL Executive Order (EO) Personal Protection Equipment (PPE) requirements are in effect at the chapter. Masks are required to enter any of the buildings. Please maintain Social Distancing.

Facilities/Events/Meetings: Open as of August 2020

Chapter Meetings: Chapter meetings are going back to the regular meeting schedules (starting at 7:30 p.m. in the main Field house).

1st Tuesday of each month - Board of Directors

3rd Tuesday of each month - General Membership

Cub Run Archers meetings

Chapter Office - See membership page for days/hours of operation

Field House(s) - Limited use. See current operating procedures for ranges.

Grounds and fishing pond - Opened May 16, 2020

SignUpGenius - Chapter INDOOR/OUTDOOR work parties (See Chapter SignUp-Genius)

Chapter News (Continued)

Range field house # 703-631-4496 Ranges: Open as of August 2020

Please be advised. The designated range director will make changes to operating procedures. *IF* you do not see a change, then there has been no change.

Field Archery: ([Click here for current operating procedures](#))

Range field house # 703-631-4498

OUTDOOR ranges

OPEN: 24/7

INDOOR range

OPEN: When a Range Officer is present.

Target Archery range: ([Click here for current operating procedures](#))

Range field house # 703-631-4498

Sunrise to Sunset

Rifle/Pistol range ([Click here for current operating procedures](#))

Range field house # 703-631-4496

Friday through Saturday 8 a.m. - 5 p.m.

Sunday through Thursday 12 p.m. - 5 p.m.

Skeet & Trap Range ([Click here for current operating procedures](#))

Range field house # 703-631-4497

Wednesday 8 a.m. - 2 p.m.

Friday 8 a.m. - 2 p.m.

Saturday 8 a.m. - 5 p.m.

Sunday 12 p.m. - 5 p.m.

Sills Air Range ([Click here for current operating procedures](#))

Range field house # 703-631-4818

Online Membership Renewal for 2021 will start in October 1, 2020. Check back for renewal information.

Club News



Volunteers Needed

We're looking for 2 volunteers to supervise new IWLA members completing their 6 hours by cleaning the indoor range. This would be one Saturday a month from 8:45-noon. 8 sessions gives you your volunteer hours for \$50 off annual dues.

If interested, please contact Dick Riemer at rriemer@cox.net.

Thanks,
Brad Edgington
Secretary, Cub Run Archers

-Next Monthly Meeting:
Sunday, September 13, 2020, 11:00am



VIRGINIA BOWHUNTERS ASSOCIATION



25th ANNUAL AWARDS BANQUET

In conjunction with the VBA State Closed Tournament

Saturday, September 5, 2020

Two Rivers Archery Club

**83 Dismal Hollow Rd
Front Royal, Virginia**



**Social Hour: 4:30 PM
Dinner: 5:30 PM
Awards: 6:30 PM**



Menu: BBQ and more!

Tickets: \$25.00 per Adult

Kids 12 and under are free

**RSVP to Marie Bell at vbabowhunters@cox.net or
(540) 330-6701 by August 22, 2020
(Cash, check or credit card!)**

**Big Game Awards! Nice Raffle! Silent Auction!
Bring your Big Game Trophies to be Displayed and Scored**

STATE CLOSED 2020 @ TRAC

LaborDay Weekend

Buffet Breakfast on Saturday
& Sunday morning. Food will be served
during the competition.

LOTS OF EVENTS ON SATURDAY

- A Special Dinner will be served on
Saturday late afternoon.
- Novelty and/or Coon Shoot
Saturday after Tournament.

CONTACT FOR MORE INFO:

Rob Pecora 540.364.3936
Maxie & Joyce Cameron 540.635.8128
or email
rmpedora@gmail.com

Raffle prizes will be drawn on Sunday
following awards ceremony.

MOTELS

Hampton Inn 540.635.1882
Cool Harbor 540.635.2191
Shenandoah Motel 540.635.3181
Quality Inn 540.635.3161

Primitive Camping at Range



REGISTRATION FORM

VEA Membership required to receive awards. Must shoot both days.
Fees: \$20 per person/\$10 rent per family
Fill out this form completely. Please print clearly. Only one person per form.

Name: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

VEA#: _____ Home Club: _____ Average: _____

Division: Club * Youth * Young * Adult * Adult * Senior * Silver Senior * Master Senior * Guest Gender: M F

Style: FS FS/F SHFS SH SH SHB TRAD Class AA A B C

Must have 2 previous scores otherwise, shoot AA: 2-4 scores = best score B or 6 scores = avg of best 2
F or more = avg of 2 Highest of last 7

For Pre-registration: Joyce Cameron, 3313 Harmony Hollow Rd., Front Royal, VA 22630



Annual Cub Run Archers Crab Feast

Bob Walla has once again volunteered to head up the annual Crab Feast. It will be held on Sunday, October 4 starting at 3 PM under the IWLA pavilion.

Cost is \$30 per person which includes crabs, shrimp, and corn on the cob (if available). Appetizers, side dishes and desserts are welcome.

Payment must be made in advance to confirm your platter of crabs and shrimp. **Contact Bob Walla at jrjwalla@gmail.com if you wish to participate.**

Tree Stand Safety Tips

To ensure the safety of hunt club members, tree stand safety guidelines should be followed. Tree stand safety has evolved over the years. What were once acceptable guidelines ten years ago are not considered safe today. Tree stands can be dangerous if they are used incorrectly or carelessly.

To help prevent tree stand accidents, follow these safety precautions:



The majority of accidents occur when hunters are climbing up or down the tree. Always use a safety harness; never use a rope to replace a harness. Newer full body fall arrest safety harnesses offer more protection than older models.

- Read instruction manual thoroughly on the proper use and adjustment of the harness system.
 - Check for an expiration date on your harness and look for signs of wear prior to each use.
 - Don't leave the ground unless you are wearing a harness system.
 - Attached safety strap to position on the tree to prevent you from falling more than 12 inches.
-
- Read instruction manual thoroughly when installing a commercial stand.
 - Practice with the tree stand and harness at ground level prior to using at elevated positions. Keep manufacturer instructions on usage and provide to anyone borrowing your stand. Use all safety devices provided with your tree stand. Never exceed the weight limit specified by the manufacturer.
 - Never carry equipment while you are climbing. Use a haul line to raise or lower your gear. Make sure guns are not loaded and broadheads are covered. The muzzle should be pointing downward at all times. Never climb with anything in your hands or on your back.

Tree Stand Safety Tips (continued)

- Check your tree stand every year prior to hunting from it; replace worn parts. Inspect for loose nuts and bolts
- Do not attempt to modify your tree stand in any way.
- Select a healthy, living tree within the size limits recommended in your tree stand's instructions. Rough barked trees, such as oak, work best.
- Wear boots with non-skid soles. Be wary of inclement weather and slippery steps & platforms.
- On ladder-type stands, follow the 3 point rule of tree stand safety. Always have 3 points of contact to the steps or ladder before moving. This could be two arms and one leg holding and stepping on the ladder or one arm and two legs in contact with the ladder before moving.
- Climb higher than the tree stand and then step down onto it. Climbing up onto it can dislodge it.
- Never hurry! Make slow, even movements of no more than ten to twelve inches at a time while climbing.
- Don't fall asleep; falling asleep is a common cause of accidents.
- Tell someone where you'll be hunting and when you plan on returning. Carry a whistle, first aid kit, flashlight and cellular phone.
- Take a free on-line tree stand safety course: <http://www2.huntercourse.com/treestandsafety/course?page=1>
- Review video produced by the TreeStand Manufacturers Association: <http://www.huntercourse.com/treestandsafety/>

10 Do's and Don'ts for Better Bow Practice

Practice doesn't make perfect; perfect practice makes perfect. The first time I heard that was during a self-defense handgun class at [SIG Sauer Academy](#). While the instructor used the phrase to hammer home the importance of serious and deliberate pistol practice—not just emptying a magazine at the target—it applies to [bow practice](#), too. Don't just fling arrows to fling arrows; make the most of your range time by practicing perfectly. Follow this approach:

1. Do start early.

That means now, if you haven't started already. If the last time you drew your bow was back in November, the muscles you use to pull the string and keep it anchored need strengthening. It takes more than a few weeks for that to happen. Start working them early—by July, if not before, for an October opener—so you can ease into your practice routine. You may only be able to shoot a dozen or so arrows per session before your muscles get tired during the first couple weeks, but so what? Because you started early, you have months to get in shape.

2. Do focus on every shot.

Practice deliberately, paying close attention to every stage of the shot sequence. Smooth draw, solid anchor, precise pin placement, clean release, complete follow-through. Don't get sloppy and punch the release, or drop your arm just because you're not shooting at an animal. Draw like you would on wary game—without excess movement, while looking at the target. Perfect practice forms perfect habits. If an arrow hits high or left or anywhere other than you intended, stop to figure out why. Don't just shrug it off. Something went wrong. Did you pick an exact spot on the target to hit? Was your form to blame? Did some part of your equipment malfunction? Find the answer and correct the problem now so it doesn't happen again.

3. Do shoot from a stand.

Most of us in whitetail country hunt from a treestand, so it only makes sense that we should practice from one. Shooting with your feet on solid ground is fine for working out offseason kinks and warming up, but then it's time to go aloft. Shot angle, the position of your body and how it interfaces with your bow, and even point of aim change when you're in a stand. It's a different world up there, and you should be prepared for it.

Hang a stand in your backyard and keep it there until the season is over so you won't have an excuse to not shoot from it. Wear a harness, of course, for both safety and realism. To simulate a hunting scenario even more, practice in your hunting clothes, including gloves. If you normally hunt with a bino strapped to your chest, practice the same way. Ditto for a grunt tube. Now's the time to see if any of your gear is going to interfere with your shooting. Yes, it will be hotter than if you were practicing in shorts and a t-shirt. Suck it up. Train like you hunt.

If you're a stalk-'em-in-your-socks Western bowhunter, you can ignore the above—kinda. Shooting at a steep downhill angle is similar to shooting from a treestand. On the other hand, you may have to shoot at an elk or a mulie feeding uphill from you this season. Find a place to practice these types of shots. Make shooting from a kneeling position part of your regimen, too. If you hunt from a blind, practice from one.

10 Do's and Don'ts (Continued)

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4. Do shoot 3D targets.

Shooting at paper or cube-style targets is great for tuning up your form and bow, but game doesn't exist in only two dimensions with convenient "aim here" spots painted on it. For realistic practice, spend the cash and get a 3D target. Whitetail versions [are available from online retailers](#) for less than \$80. A 3D target presents a lifelike, life-size vital area no matter its angle to you, which is just the ticket for practicing quartering and elevated shots. Even better, you can see how various angles dictate shot placement by examining the arrow's path and comparing its entry to its exit.

5. Do practice holding at full draw before taking a shot.

What bowhunter hasn't drawn on an animal and been forced to hold... hold... HOOOLD... with shaking arms and ragged breaths, while the dang thing takes its sweet time stepping into a shooting lane? After what seems like an eternity, you finally have a shot, immediately dump the string to relieve your screaming muscles—and miss. Don't let that happen this season. After a few weeks of dedicated practice, work "hold drills" into your sessions. Ask a buddy to keep time after you draw and give the "shoot" command when 15, 30 or 60 seconds (or more) have elapsed. Then, make that shot count. If repeated regularly, this exercise will help build strength, but more importantly it will demonstrate the need to maintain form and follow-through under stress.

Of course, you could be faced with the exact opposite scenario this season: You have 3 seconds to draw and shoot before the animal is gone into the brush forever. If it takes you 5 seconds to anchor and align your pin, you don't have a chance. Practice shooting quickly so you can get an arrow on its way in a hurry if the situation dictates. Here's the important part: That arrow must go where it needs to. Think about speed, but focus on accuracy. The goal is to shoot quickly without rushing the shot.

6. Don't shoot until you've checked your equipment.

Before you loose (or lose) an arrow, make sure everything is tight. Check the screws and bolts on your bow's sight, rest and even limbs. Look over the string and string loop to be sure they aren't frayed. Examine the limbs under a strong light for cracks. Be sure cams and wheels aren't bent or nicked. Strange things [happen to bows](#) in the offseason. Check your arrows for cracks and splinters (carbon or wood shafts) or straightness (aluminum). Give your target a good once-over to confirm it still has enough material left in the sweet spot to stop arrows.

10 Do's and Don'ts (Continued)

7. Don't overlook close-range shots.

While many bowhunters focus on extending their maximum range, shots at top-pin distances need attention, too. Practice at 10 and even 5 yards—especially if you hunt out of a stand. Shots at spitting distance can be tricky from an elevated position because they require a sharp bend at the waist. Shooting a 3D target at close range will reveal how much higher your arrow must enter in order to hit both lungs, and you will learn how to adjust your point of aim. These aren't gimme shots by any stretch; the steep angle between a treestand and a deer separated by a short distance necessitates precise arrow placement for a vital hit.

8. Don't shoot only in full daylight.

Again, the more realism you can add to your practice, the better. The first and last 20 minutes of legal shooting light is primetime for encounters with game, so prepare for these scenarios by practicing in similar lighting conditions. Now is the time to determine whether your peep sight allows enough light to pass through for shots at dawn and dusk. Deep shadows can also make aligning a pin on an animal tricky, so try to replicate this situation during practice. In addition, if you hunt in rain, snow or sleet, embrace nasty weather by practicing in it.

9. Don't forget to shoot hunting arrows and broadheads.

Leave nothing to chance. Confirm the exact, individual arrows you'll be carrying afield this fall fly correctly with the same brand and model of broadhead you'll be using. Many of today's broadheads impact very close to field points when shot from modern bows, but to assume that's the case with your setup is simply irresponsible. So you'll sacrifice a pack of [broadheads](#) and wear out your target faster—you owe it to the game and to yourself to make sure your equipment is dialed in. I switch to broadheads at least a month before the season simply because I want to practice with the gear I'm going to use during the hunt. Of course I put new broadheads on my hunting arrows before heading out for game, but since I've already practiced with the same model for weeks, I'm confident they will fly true.

10. Don't practice too much.

Bad habits form when you start to get tired. Quit for the day, or at least for several hours, before that happens. Focus on the quality of your shots, not the quantity. Shooting a dozen perfectly placed arrows is a much better practice session than scattering four dozen all over the target. Short sessions put less strain on your body and your mind.

Bonus: Don't stop practicing.

This doesn't mean practice all day; it means practice all year. When the season opens, practice isn't over. Work regular practice sessions around your hunts to maintain the skills you've honed over the past months. In fact, it's better to skip a hunt to practice than to make a poor shot on an animal because weeks have passed since you last fired an arrow. In-season practice may well be the most important practice of all. And after you've filled your tags, keep shooting to get ready for next season!

Upcoming Shoots and Related

Saturday, September 05,	VBA State Closed Tournament & 25th Annual Banquet	Two Rivers Archers
Saturday, September 05,	VBA 25TH ANNUAL AWARDS BANQUET!	Two Rivers Archers
Friday, September 11,	Sherwood Archers "Jamboree": Coon Shoot	Sherwood Archers
Saturday, September 12,	Virginia State FITA Field Championship hosted	Manahoac Bowmen
Saturday, September 12,	Bowhunters of Rockingham Annual	Bowhunters of Rocking-
Saturday, September 12,	Coon Shoot and Possum Pie!	Prince William Archers
Saturday, September 19,	Manahoac Bowmen "Bowhunter Tune-Up"	Manahoac Bowmen
Saturday, September 19,	Walton Park Bowhunters "Webb Babcock Me-	Walton Park Bowhunters
Saturday, September 19,	Dixie Bowmen "TRAD ONLY" (Sat) and	Dixie Bowmen
Saturday, September 19,	VBA Scheduling Session & Quarterly Meeting	Bowhunters of Rocking-
Saturday, September 26,	Staunton River Archery Club "6th Annual Joe	Staunton River Archery
Saturday, September 26,	Buggs Island Archers "Deer Season Warm-up"	Buggs Island Fish & Wild-
Sunday, September 27, 2020 08:00am	Kingsboro "Showdown Annual" 3-D Shoot *CANCELLED*	Kingsboro Bowmen
Sunday, September 27,	Prince William Archers "Robert Day" Annual 3-	Prince William Archers



CRA Newsletter

c/oRed Bourdage
4217 Jackson Mill rd
Haymarket, VA
20169

Send submissions to:
rjbourdage@
comcast.net

**Cub Run Archers
Club Officers:**

President:

Robert D'Imperio

Vice President:

Dave Burke

Secretary:

Brad Edgington

Treasurer:

Jim Kerrigan

Field Archery:

Dick Reimer

Range Captain:

Fred Ansick

Indoor Archery:

Byron Kissane

3-D Director:

Ryan Johnson

Youth Public

Relations:

Stephen Johnson

Social Director:

Terri Perry

VBA

Representative:

Red Bourdage



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<https://www.cubrunarchers.org>

Or our Facebook Page

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Won't you join us?