













With the crash of my computer a few weeks ago, I lost my publishing software which is no longer available so I have to take a step backwards with the software I use. It will take some time climbing the learning curve so please bear with me. The editor

Contributing Photographers: **To**m **G**aylor,













South West Regionals January 13-15 2024 Eloy, Arizona 2024 PMAC / TFFC Outdoor Contest Schedule Eloy AZ Nat'l Cup Nat'l Cup America & National Cup Nat'l Cup Nat'l Cup Nat'l Cup Nat'l Cup Nat'l Cup Start Tim e Round Valley Indoor President's St Patty's F10 Ghost Arizona Free Flight Armed Fall Armed Force May, Sept: 7:30 am All others: 8:00 am Cup Bash Challenge Forces Day Kick-off Riders Memorial Champions hips Contest Sun Sat Sun Sat Sun Sat Sun Sat Sun Fri Sal Sun Oct 12 Feb 18 Mar 16 Apr 7 May 18 Sep 8 Nov 10 Dec 7 Dec 8 Apr 19 Apr 20 Apr 21 GAS/ELECTRIC EVENTS (Jr) (SA) Events Either Dav AMA ½ A GAS (Jr) (SA) (Jr) (SA) (Jr) (SA) (Jr) (SA) (Jr) (SA) (Jr) (SA) (Jr) (SA)* F1D, F1L, F1M, F1R AMA A/B GAS Х Х Х Х Х Х Х A В Open Penny Plane D AMA C/D GAS Х х х Х х Х Х C Un Penny Plane, AMA Classic 1/2A Gas (Jr) (SA) (Jr) (SA)* EZB. AB AMA Classic AB Combo х х Х х Х Х Х A6, Ministick, HLG, AMA Classic CD Combo Х X х Х x Х Х CD Cat Glider, Un Cat, NOS ½ A Х Х Х Х Х Х Х Х P-18, Dime Scale, NOS ½ A GAS Х Х Х Х Х Х Х Х FAC Nocal Mass Х Х Х Х Х Х Х Х NOS A GAS Launch Х Х Х Х Х Х Х С В NOS B/C GAS Combo NOS Early 1/2 A Gas Х Х Х Х Х Х Х Х OT .020 REPLICA Х Х Х Х Х Х Х Х Ρ MONDAY 4/11/2022 Х OT GAS COMBO Х Х Х Х Х Х Х Student Build and Fly ELECTRIC COMBO E-36 Elect A & B r Х Х Х Х Х Х Х Mountain Lions Rubber Events а (Jr) (SA) P-30 Х С NOS RUB, Lg & Sm Combo Nos Rub Sm Nos Rub Lg Х Х Х Х Х Х Х Х Х Х Х Х OT Fus Combo Rubber Х Х Х t Х Х OT Stick Combo Rubber Х Х Х Х Х Х i MULV HILL Х Х Х Х Х Х Х Х MOFFETT Х Х Х Х Х Х Х Х C FAI Events e F1A/F1B/F1C/F1P/F1Q Combo Х х Х Х х 1A.B.C.P.Q х Х F1G/F1H/F1J/F1S Combo Х х х Х Х Х Х F1G,H,J,S Vintage FAIPow e Х Х Х Х Х Х Х GLIDER EVENTS (Jr) (SA) H. L. GLIDER CAT GLIDER (Jr) (SA) (Jr) (SA) (JR)(SA) (Jr) (SA) (Jr) (SA) (Jr) (SA) (Jr) (SA) (Jr) (SA) CLASSIC GLIDER (Jr) (SA) FAC Events х Embryo х х х Х Х Х х х х х Jimmy Allen/2 Bit + 1 combo Х Х Х Х Х х Х Х Х Х Х Х FAC OT rubber stick х FAC OT rubber fuselage Х Х Х Х Х Х Contest Directors Mecham Morris Adams Brocks & Gaylor Gaylor Contest Classification A А А А A А А AA AA A

Note: All one day contests will be flown in combined categories. Anything you bring to the field can be flown in one of 7 categories *For national cup points, junior AMA & Classic 1/2A Gas are combined Contest End times May & Sept = 2:00 pm





Again we had wonderful weather at the I-10 Challenge! It reminded me of an old USAF acronym – CAVU – "ceiling and visibility unlimited".

Another plus was some old friends showed up, Randy Burros and his wife. Shig Saimo and Elmer Nelson also showed up; remember not to trust the weather forecasters, they are graded on how well they worry people. Show up anyway!

Ken Kear flew his beautiful Satellite and George Morris flew a Lucky Lindy. I was given this plane by a former member years ago but I have

not flown it lately. I gave it to George and he re-engined it so now it qualifies for FAI Vintage. You can see pictures of these planes in the newsletter.

The contest at the Round Valley Dome was also a great success. Be sure to read the CD report; pictures are also in the newsletter. The middle school science students had a great time with their Mountain Lion rubber models, and they learned a lot about building and flying model airplanes. It will help our hobby if more activities like this are sponsored. One of the contestants was a junior practicing for the Science Olympiad Nationals.

Our next contest is the Armed Forces Day contest on Saturday, May 18th. See you there!

Tom

NEXT CONTEST Armed Forces Day May 18^h, 2024 7:30 am Webster-West Field AMA membership required for Flyers Visitors Welcome

no contests in June, July, & August

PAST PMAC





South West Regionals 2012



Al Lidberg 2012



Jean Andrews 2012



Steve Hesla 2012



Tom Miller 2012



Concerns about Heat-Related Illnesses

Dr. Bob Perkins, Columbus OH, Chair NFFS Competitions Committee

[The summer flying season is fast approaching, with its attendant dangers of problems resulting from excessive exposure to sun, humidity, and heat We will be fortunate if we don't hear of a fellow modeler-who collapsed while retrieving a model. The following article was written by Dr. Bob Perkins. He is well qualified to inform us on this subject Bob retired (is head of the Dept of Infectious Diseases at Ohio State School of Medicine. The article appeared in Digest Oct couple of years ago. But it does no harm to remind its all of the potential dangers we face to environmental exposure while following our sport of free flight Please read and heed. ed.]

Too much exposure to a hot sun and high humidity, combined with excessive physical exertion, can give modelers big trouble. But heat-related illnesses, ranging from muscle cramps to fatal heat stroke, can be guarded against with a little awareness of the causes and use of preventative measures. There are four distinct heat-related illnesses that will seem to overlap as you read the descriptions below.

Heat Cramps. These painful contractions of muscles follow exercise, such as after repeated long retrieval chases on foot. Most sufferers of cramps are in good physical condition but have noted excessive sweating and usually have normal body temperatures. Excessive sun exposure may not be involved and the environmental temperature may even be cold and lower than body temperature. Loss of body water and sodium in the sweat leads to dehydration and lowered sodium chloride in the blood with similar abnormalities probably

occurring within muscle cells. Orally replacing water and sodium chloride usually results in cessation of the cramps.

HeatExhaustion. Also known as heat collapse, this is all too common especially in older persons who are not acclimatized and who take diuretics. It is important to note that heat exhaustion may occur in inactive persons exposed to adverse environmental conditions as well as those who are physically active. The illness represents a failure of the cardiovascular system to adequately respond to high external temperatures. It is most often-but not invariably precipitated by a lack of fluid intake and depletion of the body's water and salt in sweat. The onset is often sudden and unexpected but may be preceded by weakness, nausea and faintness, followed by a worrisome but usually temporary collapse. Blood pressure may be low and pulse increased, but sweating may be absent and the skin cool. Body temperature may be normal or subnormal, since exposure to heat has usually not been severe or prolonged. Most instances of mild heat exhaustion resolve with rest in a recumbent position and oral fluid replacement in a cool environment. Usually only severe prostration requires intravenous fluid replacement

Exertional Heat Injury. This occurs most commonly with runners and involves injury to muscles and other organ systems. Excessive exercise in high temperatures and humidity with inadequate conditioning and acclimatization may lead to exertional heat injury. Profuse sweating and high but not extreme body temperatures lead to a host of gastrointestinal, cardiovascular or neurological signs and symptoms, including a low blood pressure and loss of conscious-ness. Severe elevation of muscle and liver enzymes may be observed in laboratory tests. Evidence of organ failure may occur in severe

humidity, and by drinking large volumes of water before, during, and after exertion.

Heat Stroke. Also called sunstroke, this is most common among elderly persons with underlying chronic diseases, many who take diuretics and other vasoactive drugs. The cause of heatstroke is unknown, but direct exposure to the sun, although commonly involved, is not required. Sweating is often absent because constriction of vessels in the skin and extremities have shunted blood internally, thus preventing dissipation of heat from the body core. Rectal temperatures higher than 106 F and body core temperatures of 112 F are often observed. Onset of heat stroke may be preceded with nausea, headache, or faintness, but the individual may suddenly become stuporous or comatose. Shock usually intervenes. Severe laboratory abnormalities are noted. Death may occur within hours, associated with cardiac and multi-organ failure. Heat stroke is an extreme emergency. Mechanisms that regulate body heat have failed, and the body has no means to dissipate core heat. You should immediately remove the patient's clothing and immerse the body in an ice-water bath or pack it in ice. Massage the body to increase skin circulation and heat dissipation. Vigorous re-hydration and other life-support measures may be required.

Acclimatization. This process allows our bodies to adapt to adverse climatic conditions. Integral to our body's capability of tolerating high temperatures is our ability to transfer body heat to the environment through heat evaporation. But to maintain the process we must regularly replace the water and salt lost in sweat. Otherwise, body temperature may rise precipitously. Kidneys and the pituitary gland are stimulated to produce hormones that help to retain body somewhat increased. This process takes four to seven days. Does this remind you of how you seemed to feel stronger toward the final days of AMA Nats week?

Caution Flags.

These should be obvious. Be alert to these warning signals:

 \cdot Environmental temperature s greater that 90 F (inhibit normal transfer of excess body heat).

• Humidity greater than 60% (impedes evaporation of sweat and its related cooling effect).

- · Poor conditioning and acclimatization.
- \cdot Occlusive clothing that insulates the body and impedes sweat evaporation.
- Pre-existing dehydration due to low fluid intake or medication.

• Diuretics leading to depleted body water (this doesn't imply discontinuing diuretics.)

 \cdot Overly strenuous physical activity (most are aware of this but tend to push on).

Summary. Common sense and good judgment are key words to prevention of heat illness. Observe the following rules, on and off the flying field:

• Heat-related illnesses usually occur on the first day or two of a heat wave or extended outing before acclimatization has occurred.

- · Know your physical limits-function with them.
- · Drink more than adequate fluids, regularly and throughout the day.

• Model retrieval chases should be motorized, not on foot or alone, if at all possible.

- · Ingest fluids freely while on chases.
- \cdot Use cell phones or 2-way radios to maintain communications with someone at the launch site; make certain others are aware of your location.
- \cdot Stay out of the sun when possible.

[Warning Signal: When you are in the summer heat, keep a check on how often you are feeling the call of nature. If you go more than a couple of hours, you are likely behind on your water intake. -Ed.]

Contest Results April 2024 I-10 Challenge

max

*TopGun score may show zero if the event was not among the first four events flown of the applicable discipline. Club FAI scores are at 60% for first five flights.

8 Contestants 61 Flights													
April 2024 contest results			Flight Time (seconds)									Club	Club
Contestant Name	Event	Fit 1	Fit 2	Fit 3	Fit 4	Fit 5	FO 1	FO 2	FO 3	FO 4	Total	Score	Score
2 minute combo													
Alan Petersen	F1G	120	120	91	120	103					554	2.77	2.77
AMA/classic Gas													
George Morris	AMA C Pwr	180	180	180	180	168					888	4.93	4.93
Ken Kear	AMA C Pwr	180	180	180	180	134					854	4.74	4.74
George Morris	A/B Classic	180	180	142							502	2.79	2.79
Catapult/ HL Glider Co	mbo												
George Morris	HLG	120	120	120	90						450	3.75	3.75
Ray Kostuk	FAC Jet CLG	42	22	21							85	0.94	0.94
3 min Rubber/Glider Combo													
Rich Adams	Moffett	113	94	300							507	2.15	2.15
Shig Saimo	Small Stick	180	180	125							485	2.69	2.69
Bruce Grawburg	Small Cabin	174	65								239	1.33	1.33
Rich Adams	Large Stick	129	65								194	1.08	1.08
Shig Saimo	Andrade Rubber	121									121	0.67	0.67
Shig Saimo	Small Cabin	120									120	0.67	0.67
Ray Kostuk	Classic Towline	21	20	18							59	0.36	0.36
Electric													
Robert Donnelly	Electric B	120	120	120	120	100					580	4.83	4.83
Robert Donnelly	Electric A	120	120	120	81						441	3.68	3.68
Rich Adams	E-36	70	120	120							310	2.58	2.58
Rich Adams	Electric A	120	120	48							288	2.40	2.40
Rich Adams	Electric B	52	90	120							262	2.18	2.18
Robert Donnelly	E-36	120	104								224	1.87	1.87
Nostalga Gas / OT Gas	s Combo												
George Morris	A Nos	180									180	1.00	1.00



George Morris



Alan Petersen

Season Standings April 2024 I-10 Challenge

		2024 F	РМАС	Catego	ory Ch	ampio	n Star	ndings	
no dropped contest	Feb	Mar	Apr	Мау	Sep	Oct	Nov	Dec	Total
2 minute Combo									
Kevin Mccue	4.95	6.65							11.60
Rich Adams	5.70	2.79							8.49
Tom Gaylor	2.97	1.15							4.12
Jim Kruse	1.83	2.13							3.96
Mike Bower		2.83							2.83
Alan Petersen			2.77						2.77
Ray Kostuk		1.56							1.56
AMA/classic Gas									
George Morris		6.74	7.72						14.46
Ken Kear			4.74						4.74
Robert Donnelly		2.39							2.39
Catapult/ HL Glider Con	Catapult/ HL Glider Combo								
George Morris	7.32		3.75						11.07
Robert Donnelly	1.57	2.38							3.95
Ray Kostuk	1.09	1.79	0.94						3.82
3 min FAI Combo									
George Morris		3.18							3.18
Peter Brocks		0.60							0.60
Jennifer Donnelly		0.60							0.60
3 min Rubber/Glider Co	mbo								
Shig Saimo			4.03						4.03
Kevin Mccue		4.00							4.00
Rich Adams			3.23						3.23
Ray Kostuk	1.44	0.42	0.36						2.22
Jim Kruse		1.35							1.35
Bruce Grawburg			1.33						1.33
Tom Gaylor	0.49	0.59							1.08
Electric	Electric								
Robert Donnelly		10.68	10.38						21.06
Rich Adams		2.74	7.17						9.91
George Morris		2.92							2.92
Nostalga Gas / OT Gas (Combo								
Robert Donnelly		2.95							2.95
George Morris			1.00						1.00





2024 PMAC Topgun Champion Standings

no dropped contest	Feb	Mar	Apr	Мау	Total
George Morris	7.32	12.84	12.47		32.63
Robert Donnelly	1.57	18.39	10.38		30.34
Rich Adams	5.70	5.53	10.39		21.62
Kevin Mccue	4.95	10.65			15.60
Ray Kostuk	2.53	3.77	1.30		7.60
Jim Kruse	1.83	3.48			5.31
Tom Gaylor	3.45	1.74			5.19
Ken Kear			4.74		4.74
Shig Saimo			4.03		4.03
Mike Bower		2.83			2.83
Alan Petersen			2.77		2.77
Bruce Grawburg			1.33		1.33
Peter Brocks		0.60			0.60
Jennifer Donnelly		0.60			0.60

Contest Photos



B-52 flyover

April 2024 I-10 Challenge



The pit area



Alan Peterson



caption





Alan Peterson

Scott Nelson

Contest Photos





Mike Bower & Alan Peterson



Tom Gaylor & Rich Adams



Ray Kostuk



Mike Bower





Rich Adams







Round Valley Dome contest report

The weather in Eagar was partly cloudy and mild. This allowed the morning air in the Dome to be very stable and excellent for the lightweight indoor models. After 1030 AM the heavier models were flown and then the gliders after noon. Lighter models were again flown later in the afternoon.



We had fourteen contestants from AZ, NM, CA, Co, and TX who flew in twenty events. AMA had nine events, FAI had three; the remainder of the events were FAC and NFFS. Sixty official flights were logged and there were many test flights.

After the Friday practice session the contestants and family members met in the Trailriders private dining room for dinner, conversations about indoor techniques and tall tales.

After the Saturday and Sunday contest days, the Phoenix and Colorado members hosted a building and flying event in the Dome on Monday for twenty middle school science students. Model building and techniques and basic aerodynamics were discussed. After the students completed their "Mountain Lion" rubber models they were taught how to wind and trim them. When the planes were ready, a contest was held. After the end of the activities, each student was given a "Blue Nose" P-18 kit and a winder. Not only did the students learn a lot but they had a great time doing the activities!

We were very impressed with the new middle school science teacher. He is a hands-on-guy. After listening to our instructions he built his own plane and then helped his students with theirs. The students like him, listened to him respectfully and followed his instructions to the letter. He is a great teacher!

We also would like to thank the Dome manager and his crew who had everything set up for us and were very helpful.

Tom Gaylor CD

Seriior

PMAC RVD contest Contest Results

Junic	, <u> </u>						
	1st	2nd	3rd	4th	5th	6th	7th
FAC Peanut	Wagner, David 3:24 Goon	Fedor, Mike 2:58 Volkplane	Pangell, Rick 1:25 Nesmith Cougar				
FAC No-Cal	Fedor, Mike 7:41 Chambermaid	Murphy, Jerry 2:54 Chambermaid	Adams, Rich 2:43 Hellcat	Abramowitz, Ed 2:42 Folkerts SK2	Pangell, Rick 2:41 Luscome Phantom		
FAC Embryo	Avery, Paul 6:32	Wagner, David 3:00	Abramowitz, Ed 2:11				
FAC Dime Scale	Fedor, Mike 1:41 Monomail						
FAC Jet Catapult Scale	Pangell, Rick 2:02 P-59	Fedor, Mike 1:09 A- 70					
ML FAC WW II Combat No-Cal	Fedor, Mike	Adams, Rich	Pangell, Rick				
P-18	Christie, Hamish 4:06	Bellenger, David 3:15	Fedor, Mike 3:03	Wagner, Tiger 2:49	Lueken, Jim 2:24	Pangell, Rick 2:19	
Open Pennyplane	Fedor, Mike 10:54	Pangell, Rick 5:05					
NFFS Towline	Fedor, Mike 2:46	Pangell, Rick 1:35.5					
MiniStick	Bellenger, David 6:19	Fedor, Mike 6:04	Murphy, Jerry 3:11				
Limited Pennyplane	Romash, Rob 10:50	Avery, Paul 8:12	Bellenger, David 5:34	Pangell, Rick 5:08			
FAC Phantom Flash	Christie, Hamish 8:46						
F1R	Bellenger, David 12:03						
F1L	Sanborn, Brett 32:32	Bellenger, David 22:26	Fedor, Mike 21:12	Lueken, Jim 19:44			
F1D	Sanborn, Brett 30:09	Fedor, Mike 10:45					
Easy B	Fedor, Mike 13:38	Avery, Paul 5:57					
A-ROG	Avery, Paul 9:02	Fedor, Mike 7:27	Murphy, Jerry 4:33				
A-6	Christie, Hamish 8:26	Bellenger, David 6:45	Avery, Paul 6:40	Fedor, Mike 4:34			
Unlimited Catapult Glider	Adams, Rich 1:34.2	Pangell, Rick 1:28.2	Murphy, Jerry 1:20.1	Fedor, Mike 1:10.5			
Standard Catapult Glider	Pangell, Rick 1:35.5	Murphy, Jerry 1:27.7	Adams, Rich 1:18.4	Romash, Rob 1:14.5	Fedor, Mike 1:0.2		

Round Valley Dome contest photos













Round Valley Dome contest photos













Round Valley Dome contest photos









Round Valley Dome contest photos Tom Gaylor photographs













45THMMM July 13-14, 2024

Come fly with us at the largest and most beautiful flying site in North America. Within the 14-R are the Centennial and Columbine Cups, separate 7-round FAI competitions. Traditional MMM perpetual silver trophies for F1A-B-C/P-Q and perpetual silver cups for F1G-H-J-S will be awarded based on combined performance over the regular rounds in both competitions. (Ties will be broken with flyoffs.) Only eight MMM Master Sportsmen have earned **Englished Science**, since 1980. Earn one by flying a perfect fourteen 180-second maxes over the two days in F1A-B-C/P-Q, or Legacy F1ABC Combo.

July 13 (Sat.) - 7 rounds of Centennial Cup: F1A, B, C/P, Q & Legacy ABC Combo; 5 rounds of F1G, H, J, S & Legacy GHJ Combo

<u>July 14 (Sun.)</u> - 7 rounds of Columbine Cup: F1A, B, C/P, Q & Legacy ABC Combo; 5 rounds of F1G, H, J, S & Legacy GHJ Combo

AMA/NFFS/OT events: 8 a.m. to 5:30 p.m.

No rounds. In combined events, fly any/all events you wish; we will use your best single event score for awards purposes. HLG/CLG will use launch pen.

<u>Saturday, July 13:</u> Catapult Glider, P-30, Fast Gas Combo*, Andrade Rubber, OT Rubber Combo, E-36, E-Nos. Combo

Sunday, July 14: HLG, Classic Towline, Slow Gas Combo**, Sm./Lg. Nos. Rub. Combo, Mulvi-

hill/Moffet, A/B Electric Combo.

* AMA Gas: 1/2A, 1/2A Classic, A, B, AB Classic, C, D and/or CD Classic.

** Nostalgia: 1/4A, Early 1/2A, 1/2A, A, B, C and/or MMM SLOP.





Legacy FAI events. Bring out your old FAI models! (Placings and awards separate from "modern" FAI events.) Flown as Legacy ABC Combo, F1A(L)-B(L)-C(L). And Legacy GHJ Combo, F1G(L), F1H(L), F1J(L).

E1A(L): Current FAI rules except no bunt allowed. E1B(L): 40g motor/190g min, no DPR or VIW; OR 35g motor/200g min, no DPR OR 50g max. motor, 8 oz. min. gross weight, and vintage 1957-1964 Wakefield design. E1C(L): NEES Vintage FAI rules. (see < https://freeflight.org>). E1G(L): No DPR and no variable geometry. E1G(L): Current F1H rules except no bunt; OR 5.08 oz min., no circle tow, no bunt. E1J(L): 7-sec engine run, no bunt.

Flying Site: Lowry Ranch, Arapahoe County, CO. Near intersection of Watkins Rd. and Quincy Ave. Email for map and gate lock combination. Contest Hours: Saturday and Sunday, 8 a.m.–5:30 p.m., weather dependent. Flyoffs TBD. Tentative Rounds schedule: 8:00 a.m. start; first 5 rounds Saturday and Sunday are 90 minutes; final 2 rounds each day are 60 minutes. Accommodations: Check the MMM website for hotel details. Primitive RV and tent camping is allowed on the site for no fee. No hookups are provided. No dumping is allowed. There is a porta-potty on site. CDs: Pete McQuade, <petemcqA2@aol.com>, 719-433-5356 & John McGrath, <johnmcgrath2@comcast.net>, 719-963-9227.

Detach, fill out, and mail or email to: Pete McQuade, 2610 Kenton Green Ct. Colorado Springs, CO 80920 Name ______ Country _____ AMA # _____ Entry Fees enclosed \$_____

Entry fees: \$20 for first event, \$10 per each additional event. \$50 maximum (\$10 for Jr/Sr.) for unlimited events, or <u>\$40 if postmarked by 6/30/24.</u> Check payable to MMM, or PayPal to <mmmffclub@gmail.com>. If using PayPal we still need an entry form mailed or emailed. Past World Champions shall pay no entry fees. <u>Circle events entered</u>. Centennial & Columbine Cups (14-Rounder): F1A F1B F1C F1G F1H F1J F1P F1Q F1S F1ABC(L) Combo F1HGJ(L) Combo AMA/SAM/NFFS: HLG CLG Classic Towline P-30 OT Rubber Sm./Lg. Combo Andrade Rubber Nos. Rubber Sm. /Lg. Combo Mulvihill/Moffett E-36 Electric A Electric B Nostalgla Power: 1/4A Early 1/2A 1/2A A B





Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 Eloy Contest
19	20	21	22	23	24	25
26	27	28	29	30	31	

Contest Start Time = 7:30 am

No contest in June, July, August