

The ATLATL

“Too long have I hunted mammoth alone!”

Rich McWhorter

January 2003

The Newsletter of the World Atlatl Association, Inc
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DOUG MILLER 2002 WORLD ISAC CHAMPION

By Lloyd Pine

Doug Miller is this year's World ISAC Champion with a score of 96-XX. This is the second highest score ever thrown in this contest. Terry Keefer's World Record 97-XX thrown in 1999 is still the highest. Doug Majorsky one of last year's co-Champions is second with a score of 96-X. Majorsky threw his score before reporting to boot camp with the U. S Marine Corps in August. There, he qualified as expert with the rifle, which should not surprise anyone. Mark Bracken, another one of last year's co-Champions, tied for third with Ray Strischek the 1997 World Champion with a score of 95-X. Terry Keefer, World Champion in 1999 and 2000, threw a 94-X to tie Jack Rowe for fifth place. Pascal Chauvaux of Belgium, the first World Champion is in seventh place with a 93-XX. Mike Glenn is eighth with a score of 92-XXX. Gary Fogelman, the 1998 Champion threw a 92-X for ninth place and Tom Mills is tenth with 91-X.

Men's scores continued to improve over last year. There were many new personal bests thrown. Sixteen threw scores of 90 or better and ten of the overall best 25 scores ever thrown were made in 2002.



Melissa Dildine, year 2000 women's World Champion, repeats this year with a score of 84-X. This is the second highest score ever thrown by a woman. Lori Majorsky still holds the world record with 85-XX. Kristine Lyons is second with an 83. Lori Majorsky, last years Champion, is third with 82-X closely followed by Margie Takoch with 81-X for fourth place. Sherry Bracken is fifth with 79-X and JoAnne Fogelman is sixth with 79. Sharon Keefer's 77-X was good for seventh place while Juliette Renouf of France placed eighth with 77. Susie Brown, the 1999 World Champion, threw 73 to tie for ninth with Jill Riddle.

There was major improvement in the women's scores this year. For the first time, all of the top ten scores are in the seventies. As a group, these ten scores are about equivalent to those thrown by the men in 1996, the first year of the contest. Many of the women threw new personal bests with ten of the twenty-five overall best scores being thrown in 2002.



In his last contest as a youth Mike Waters threw a 90-XX to win World Champion this division. Just as in the adult divisions, this is the second highest score thrown by a youth leaving Doug Majorsky's World Record 92-XX intact. Thomas Chauvaux of Belgium took second place with an 87. Charlie Bracken, 2001 World Champion, is third with 85 while Nick Mertz placed fourth with 83. Mason and Levi Miller, both from Brockway, PA placed fifth and sixth, respectively, with scores of 79 and 76. Tesha Keefer took seventh place with 74X. Nate Miller and Teddy Eyster tied for eighth with a score of 67. Tenth place was claimed by Elliot Tim IV with a 64-X. Although Mike Waters and Thomas Chauvaux will both be in the adult division next year there is lots of talent left in this division. Everyone else in the top ten will be back next year and there are a number of others who are coming on strong.

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ISAC INFORMATION

By Lloyd Pine

Contest participation, as measured by number of contests and number of score sheets, is about the same as last year. We had 189 days of competition producing 603 score sheets compared to 183 days of competition producing 626 score sheets in 2001. Unfortunately, about a third of these days of competition have less than 10 throwers. The biggest day of competition was August 24 at Letchworth, NY with 52 throwers. I realize that some contests will never be very big and that does not mean that they should not be held. My own feeling is that we do not need more contests. We need to better promote the existing contests to attract new people.

It appears that the contest has finally matured. There will be no rule changes for the coming year. However, I would like to propose a radical idea. If you have a copy of the current rules, please read, or reread them. This is particularly important if you are a contest organizer or expect to act as a scorekeeper. Leni puts a lot of other good information in the packet she sends to contest organizers. Again, I would suggest that it be read. Considerable effort has gone into developing this package and it offers the answers to many of the questions that are asked during the year

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Complete 2002 Final Results for the International Standard Accuracy Contest

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By Official Scorekeeper, Lloyd Pine

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<u>Score</u>	<u>Name</u>	<u>Address</u>	<u>Date</u>	<u>Contest</u>	<u>Equipment</u>
96 XX	Doug Miller	Weston, WI	23-Jun	Elkhart Lake, WI	P
96 X	Doug Majorsky	Derry, PA	28-Apr	Cartersville, GA	O
95 X	Mark Bracken	Canton, GA	19-Apr	Moundville, AL	P
95 X	Ray Strischek	Athens, OH	23-Jun	Meadowcroft, PA	P
94 X	Terry Keefer	Ft. Loudon, PA	3-May	McConnellsburg, PA	P
94 X	Jack Rowe	Sayre, PA	14-Sep	Waverly, NY	P
93 XX	Pascal Chavaux	Belgium	15-Sep	Engen, Germany	P
92 XXX	Mike Glenn	Lucasville, OH	2-Jun	Flint Ridge, OH	P
92 X	Gary Fogelman	Turbotville, PA	28-Jul	Saegertown, PA	P
91 X	Tom Mills	Pasadena, CA	12-Apr	Valley of Fire, NV	P
91	Dennis Lantz	Ulster, PA	16-Mar	Turbotville, PA	P
91	Cyrille Huc	France	16-Nov	Mas d'Azil, France	P
90 X	Dean Pritchard	Boise, ID	27-Sep	Deer Lodge, MT	O
90	Emmanuel Demoulin	France	30-Mar	Tarascon, France	P
90	Scott Van Arsdale	Otega, NY	20-Apr	Waverly, NY	O
90	Ray Madden	Joplin, MO	2-Jun	Flint Ridge, OH	O
89 XX	Chuck Butorajac	Ligonier, PA	28-Jun	Tyrone, PA	O
89 X	Brandon Anderson	Waverly, NY	14-Sep	Waverly, NY	P
89	John Whittaker	Grinnell, IA	15-Sep	Cahokia, IL	P
88	Don Roberts	Wintersville, OH	1-Sep	Flint Ridge, OH	P
88	Paul Weigel	Germany	3-Nov	Nichols, NY	P
87 XX	Ismael Yahemdi	France	9-Jun	Tende, France	P
87 X	Tom Goble	Waverly, NY	4-Aug	Hancock, NY	P
87 X	Charlie Brown	Arvada, CO	16-Jun	Aurora, CO	P
87 X	Richard Lyons	Jeffersonville, IN	24-Aug	Letchworth, NY	O
87 X	Frank Takoch	Wintersville, OH	15-Sep	Cahokia, IL	O
87	Dave Santos	Waverly, NY	16-Jun	Wellsville, NY	P
87	Jim Gilligan	Brighton, MI	27-May	Marshall, MI	P
87	Chris Pappas	Hancock, NY	1-Sep	Flint Ridge, OH	P
87	Chris Oberg	Haslet, MI	22-Sep	Chelsea, MI	O
86 XX	Michael Waters	Greenwood, NY	25-Aug	Letchworth, NY	O
86 X	Jim Ray	Belt, MT	27-Sep	Deer Lodge, MT	P
86 X	Florent Rivere	France	18-May	Tautavel France	P
85 XX	Fritz Mischler	Switzerland	11-Aug	Boario Terme, Italy	P
85 X	Ken McIntosh	Vestal, NY	19-Apr	Waverly, NY	P
85 X	Jon Rowe	Sayre, PA	21-Apr	Waverly, NY	P
84 X	Francois Andorra	France	31-Mar	Tarascon, France	P
84 X	Doug Leeth	Lawndale, NC	1-Sep	Flint Ridge, OH	P
84 X	Mamerto Tindongan	Albany, OH	1-Sep	Flint Ridge, OH	P
84 X	Christian Foppa	Switzerland	15-Sep	Engen, Germany	P
83 XX	Andy Majorsky	Derry, PA	21-Apr	Waverly, NY	O
83 XX	Eric Sauvion	France	19-May	Tautavel France	P
83 X	Reggie Tully	Waverly, NY	14-Sep	Waverly, NY	P
83	Bernard Ginelli	France	25-Aug	Tarascon, France	P
82 X	Max Weigel	Germany	21-Apr	Ramioul, Belgium	O
82 X	Dana Klein	Belfast, NY	15-Sep	Waverly, NY	P
82 X	Douglas Bassett	Geneseo, NY	3-Nov	Geneseo, NY	O
82	Lou Becker	China, MI	7-Apr	Chelsea, MI	O
82	Jack Kelley	Franklin Grove, IL	4-Aug	Franklin Grove, IL	O
81 X	Don Jay	Adel, IA	19-May	Ft. Osage, MO	P

81	Jehan Speckens	Belgium	25-Aug	Tarascon, France	P
81	Frank Lukes	Indianapolis, IN	13-Sep	Cahokia, IL	O
81	Uli Weigel	Germany	3-Nov	Berk-Sur-Mer, Fr.	P
80 X	Robert Hamilton	Ogden, UT	8-Jun	Fremont, UT	P
80 X	Bob Berg	Candor, NY	6-Jul	Ft. Loudon, PA	P
80	Barry Kimball	Westminister, CO	7-Jul	Buford, WY	
80	Russel Richard	Buford, WY	27-Apr	Mas d'Azil, France	P
80	Roger Klindt	Dexter, NY	21-Jul	Alder Acres. NY	O
80	Michel Rebeix	France	20-Jul	Grand Pressigny, Fr	P
80	Ron Mertz	Des Peres, MO	15-Sep	Cahokia, IL	O
80	Laurent Bernat	France	5-Oct	Bougon, France	P
79 X	Steve Barnett	Pomeroy, OH	2-Jun	Flint Ridge, OH	O
79	Brian Bloomer	Sanwich, IL	4-Aug	Franklin Grove, IL	P
79	Jeff McGill	West Haven, UT	13-Apr	Valley of Fire, NV	P
79	Len Riemersma	Cascade, WI	20-Jul	Cascade, WI	O
79	George Miller	Brockway, PA	25-Aug	Letchworth, NY	P
79	Bob Chaffee	Wellsville, NY	12-Oct	Candor, NY	O
78 XX	Bravo Marchgleo?	Spain	3-Aug	Mas d'Azil, France	P
78	Georges Bardou	France	31-Mar	Tarascan, France	P
78	Alain Lacoste	France	27-Apr	Mas d'Azil, France	P
78	Bob Graham	Niantic, IL	2-Aug	Franklin Grove, IL	O
78	Vincent Brault	France	5-Oct	Bougon, France	P
77	Jean Speckens	Belgium	27-Apr	Mas d'Azil, France	P
76 X	Kris Tuomala	Split log, MO	13-Apr	Valley of Fire, NV	P
76	Jose Ramon Soosa	Spain	3-Aug	Mas d'Azil, France	P
76	Duanne Runnels	Ocotillo, CA	12-Apr	Valley of Fire, NV	O
75	Troy Helmick	Townsend, MT	4-May	Celebration Park, ID	O
75	Thompson Goble, Jr.	Sayre, PA	4-Aug	Hancock, NY	P
75	Jaques Pernaud	France	24-Aug	Tarascon, France	P
75	Walter Riddle	Stoughton, WI	13-Sep	Cahokia, IL	P
74 X	Paul Marko	Latrobe, PA	1-Jun	Flint Ridge, OH	P
74	Claude Terry	Atlanta, GA	22-Feb	Paines Prairie. FL	O
74	Jason Stinson	Brooks, KY	22-Jun	Clarksville, IN	O
74	Curdin Foppa	Switzerland	15-Sep	Engen, Germany	P
73 X	Paul Gleckl	Ligonier, PA	5-Jul	Ft. Loudon, PA	P
73	Bruno Morucci	Italy	9-Jun	Tende, France	P
73	Georges Levy	France	21-Jul	Grand Pressigny, Fr	P
73	Asier Gonzales	Spain	25-Aug	Tarascon, France	P
72 XX	Martin Strischek	Marysville, OH	21-Sep	Ligonier, PA	O
72 X	Dale Hoskin	Newark, OH	3-Aug	Flint Ridge, OH	O
72	Greg Bessette	Friendship, NY	21-Apr	Waverly, NY	P
71 X	Jean Jacques Durancet	France	20-Jul	Grand Pressigny, Fr	P
71	Steve Litwhiler	Lorraine, NY	21-Jul	Alder Acres, NY	O
71	Daniel Vallet	France	20-Jul	Grand Pressigny, Fr	P
71	Ben Brauchler	Fredonia, NY	24-Aug	Letchworth, NY	O
70 X	Andy Sylvia	Athens, OH	17-Aug	Albany, OH	P
70	Stephane Madelaine	France	2-Jun	Teyjat, France	P
70	Jerome Galetti	France	2-Jun	Teyjat, France	P
70	Pierre Lansac	France	2-Jun	Teyjat, France	P
70	Eric Bracionnier	France	21-Jul	Grand Pressigny, Fr	P
70	Daniel Marty	France	3-Aug	Mas d'Azil, France	P
70	Jean Michel Huc	France	3-Aug	Mas d'Azil, France	P
70	Bob Graham	Niantic, IL	21-Sep	Ft. Osage, MO	O

It is good to have an end to journey toward, but it is the journey that matters in the end.

Ursula K. LeGuin

2002 ISAC Results For Women

<u>Score</u>	<u>Name</u>	<u>Address</u>	<u>Date</u>	<u>Contest</u>	<u>Equipment</u>
84 X	Melissa Dildine	Sayre, PA	2-Aug	Hancock, NY	P
83	Kristine Lyons	Jeffersonville, IN	15-Jun	Leavenworth, IN	O
82 X	Lori Majorsky	Derry, PA	28-Jul	Saegertown, PA	O
81 X	Margie Takoch	Wintersville, OH	7-Jun	Franklin, Grove, IL	O
79 X	Sherry Bracken	Canton, GA	28-Sep	Old Stone Ft., TN	P
79	JoAnne Fogelman	Turbotville, PA	12-Jan	Turbotville, PA	P
77 X	Sharon Keefer	Ft. Loudon, PA	7-Jul	Ft. Loudon, PA	P
77	Juliette Renouf	France	30-Mar	Tarascon, France	P
73	Jill Riddle	Stoughton, WI	22-Jun	Elkhart Lake, WI	P
73	Susie Brown	Arvada, CO	26-Oct	Arvada, CO	P
72	Sylvie DeGuillaume	France	18-May	Tautavel, France	P
69	Toni Roberts	Wintersville, OH	9-Feb	Turbotville, PA	O
69	Anita Lukes	Indianapolis, IN	21-Jun	Clarksville, IN	O
69	Caroline Wittrin	Canada	24-Aug	Tarascon, France	P
67 X	Karen Finnemore	Wellsville, NY	12-Oct	Candor, NY	O
64 X	Mary Kluz	Weston, WI	7-Jun	Franklin, Grove, IL	P
63 X	Kay Klein	Belfast, NY	21-Jul	Alder Acres, NY	O
61	Irmgard Bauer	Switzerland	15-Sep	Engen, Germany	P
61	Eve Dawes	Granville, OH	1-Sep	Flint Ridge, OH	P
61	Anne Feltovich	Pensacola, FL	15-Sep	Cahokia, IL	O
60	Char Pentecost	Helena, MT	14-Jul	Montana City, MT	O
59	Regina Dodson	Cheyenne, WY	7-Jul	Buford, WY	P
57	Marika Dreistadt	France	31-Mar	Tarascon, France	P
57	Brenda Timm	Waverly, NY	8-Jun	Waverly, NY	P
53	Marion Cummings	Cheyenne, WY	7-Jul	Buford, WY	O
52	Courtney Birkett	Lititz, PA	15-Sep	Cahokia, IL	O

2002 ISAC Results For Youth

<u>Score</u>	<u>Name</u>	<u>Age</u>	<u>Address</u>	<u>Date</u>	<u>Location</u>	<u>Equipment</u>
90 XX	Mike Waters	15	Whitesville, NY	25-May	West Almond, NY	O
87	Thomas Chauvaux	15	Belgium	5-May	Buthiers, France	P
85	Charlie Bracken	14	Canton, GA	29-Jun	Tyrone, PA	P
83	Nicholas Mertz	13	Des Peres, MO	13-Apr	Valley of Fire, NV	O
79	Mason Miller	11	Brockway, PA	1-Jun	Flint Ridge, OH	P
76	Levi Miller	8	Brockway, PA	23-Aug	Letchworth, NY	P
74 X	Tesha Keefer	14	Ft. Loudon, PA	23-Aug	Letchworth, NY	P
67	Nate Miller	8	Weston, WI	27-Oct	Monticello, WI	O
67	Teddy Eyster	12	Chelsea, MI	29-Nov	Brighton, MI	P
64 X	Elliott Tim IV	10	Waverly, NY	8-Jun	Waverly, NY	P
64	Arthur Sauvion	13	France	5-Oct	Bougon, France	P
61	Shane Ryker	10	Wyoming	4-May	Rome, Italy	P
60	Tom Goble	15	Sayre, PA	19-May	Pollywog Holler, NY	P
59	Renaud Sauvion	14	France	5-Oct	Bougon, France	P
57	Heath Lower	13	Baltic, OH	30-Aug	Flint Ridge, OH	P
54	Carole Bracken	12	Canton, GA	21-Jul	Canton, GA	P
51	Andrea Billeaud	15	Tuscaloosa, AL	20-Apr	Moundville, AL	?
50	Yohan Commenge	14	France	8-Aug	Mas d'Azil, France	P
47 X	Kaitlin Miller	12	Brockway, PA	25-Aug	Letchworth, NY	P
47	Robin Moricci	12	Italy	4-May	Rome, Italy	P
44	Martin Chavaux	12	Belgium	24-Aug	Tarascon, France	P
41	Jim Lapay	12	Eagle, ID	4-May	Celebration Park, ID	O

THANK YOU, LLOYD, FOR ALL YOUR RECORD KEEPING AND HARD WORK!!

Exciting news...

By Susie Brown

The World Atlatl Association has agreed to sponsor the Community Zero Atlatl site for the next year. The WAA Board of Directors recently approved funding at a base level of 5000 hit pages per month. While we are presently using 7500 hit pages per month, it is anticipated that we can either be judicious and live with this level of utilization, or we can all chip in a few bucks and be right back where we are today. If those active participants are willing to donate \$3/year, we would have sufficient funds to move to the next level at 10,000 page hits per month. As I have already started to receive donations, I plan to sign up at this rate with the expectation of additional support from you, the users. This level would provide a large capacity to grow our community. For those that want to help with a donation, please send it to Leni Clubb (PO Box 56 Ocotillo, CA 92259) . Please note on the check that it is for the CZ fund. As founder, I personally want to thank the WAA and the Board of Directors for their generous sponsorship and am looking forward to the continuation of our great online WAA community:
<http://www.communityzero.com/atlatl>

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Smithsonian Atlatls

By Sharon Keefer

About the visit to the Smithsonian and it's warehouse...
When we learned last year that some of our European atlatl friends were coming to hunt in archery season, we thought a trip to The Smithsonian to view atlatl related history would be a treat for them, us too. We contacted The Museum via an Internet site we found and cyber met, David Rosenthal, Assistant Collections Manager for the Museum. David sent us lists of atlatls from different parts of the world and asked us to mark which throwers we would like to look at, since time was going to be limited. After sending the lists back to him, we set the date for our trip. September 11th put a very abrupt halt to that trip. When the European gang contacted us this year about attempting again to come to Pennsylvania for archery season, we emailed David and he set the visit up for us once more. This time, he didn't ask which atlatls we wanted to look at, but offered every one he had. We had a very nice tour, led by David in the Smithsonian Natural History Museum warehouse and were permitted to spend as much time as we wished to for browsing. The following people were mesmerized for hours! Jean Jacques Durancet, his wife Brigitte, Claude Berducou, Steve Barnett, Mark Bracken, JoAnne and Gary Fogelman and Terry and Sharon Keefer. You can see 138 photos from this visit at:
<http://imageevent.com/margieandfrank/smithsonianatlatls>

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Advertising in the Newsletter

From Leni Clubb

This is in response to the discussion on communityzero about paid advertising in the newsletter.

At the Annual Meeting held in Radium, CO on July 5, 1996, the following policy was approved and ratified by the membership:

"Discussion was held as a result of inquiries by members regarding paid advertisements of their books, products, etc. in the official newsletter. This was disapproved. A review of a book, a description of a product may be published, but no paid advertisements will be used in the newsletter."

A list of makers of atlatl equipment has been in existence for many years and it is available on request. The list could be added to include atlatl supplies such as cane, atlatl kits, books on atlatls, etc.

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Plan your vacations for the WAA Annual Meetings in advance!!

2003: May 23,24,25& 26 Sixteenth Annual Meeting of WAA in connection with the Primitive Archery Rendezvous and the Michigan Atlatl Marathon, Wilder Creek, Marshall Michigan. .ISACs all days Contact: Leni Clubb - waaleni@earthlink.net (760) 358-7835 OR Jim Gilligan - (810) 231-2314 primitive1@chartermi.net

Complete information coming in the April issue of *THE ATLATL*

2004: June, Meadowcroft Rockshelter, Avella, PA Local contests and ISAC. Tour of Rockshelter and lecture. Contact Margie

2005: June/July Lewis and Clark Bicentennial Celebration, Great Falls, MT area. There will be several days of competitive bow shooting and atlatl throwing, both novice and expert class. Many Native games, Native American encampments, art shows, and Lewis and Clark Honor Guard encampment activities will be included. Great prizes will be awarded for all competitive events! For detail, call Jim Ray, 1.406.736.5274

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Touch the earth, love the earth, her plains, her valleys,
her hills and her seas; rest your spirit in her solitary
places.

Henry Beston

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Turkey Toss Wrap up

By Jim Gilligan, Michigan Atlatl Association

Thanks to all who came out. We had over 20 people on Friday and enjoyed great weather for spear chuckin', arrow flingin' and pleasant conversation. My apologies to any who missed us Saturday after we pulled up stakes.

Craig and Gina Perdue and Abe Elias and I camped Friday night. I learned something new about tarp camping: Abe and I each had a tarp strung up facing each other with the fire between us. We kept our fire in the heavily fortified campfire ring rather than a traditional ground fire for heating our beds. We used a lot more wood than normal and received much less heat. These fire rings are two feet tall and constructed of a piece of three-foot culvert centered inside a four-foot culvert. The resulting gap filled with concrete. Unless the flames were above the top edge we received very little heat. Normally coals alone give off plenty of heat. But not when imprisoned in the bottom of a two foot fire pit! As the storm blew in over night bringing rain and then snow I was never quite cold, but didn't have the warmth I've grown accustomed to while tarp camping.

With wind whipping, temperatures dropping, and snow falling we decided after breakfast Saturday morning that the day would not be conducive to using the fine motor skills needed for most primitive projects.

I changed the road signs leading to the campground and pointed them to my house. (Just around the corner from the camp.) We wound up with a half dozen folks there and Dale LaPointe gave hands on seminar in bowstring making.

Have a wonderful winter season. I hope to see you at the INDOOR Cabin Fever Knap-In near Chelsea on the first weekend of Feb. 2003.

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Page Break

Old Stone Fort State Park, Manchester, Tennessee,
Sept 28th
Photo by Charles Swanson



Deer Lodge Atlatl Event Sept 28,29 By Lem Oehrtman

Last weekend of Sept at Deer Lodge on our property

This year we had about 20 people show up. We had good weather all weekend .Jim Ray came in first for the men's division Dean Pritchard came in second and John White a new thrower came in third. Judy Pritchard came in first for the women's with Andy Oehrtman second and Vicki White third . Dillon Florez came in first in youth with Katie White second.

There was a free dinner Saturday night for all the participants and guest Charlie Raven King of Deer Lodge played Indian flute for us through out the weekend. Charlie is one of the few remaining Flute makers that makes flutes entirely by hand

There was a little flintknapping and a lot of good fun hope to see more of you there next year . Special thanks to Dean and Jim who really helped to make this thing work, thanks fellows

PHOTO (above right) BY DEAN PRITCHARD a shot through the barn to show the ISAC setup. It was an interesting experience to throw a dart through the barn door opening and into the target located just outside. As you can imagine, some darts hit the inside of the barn on either side of the open door. Judy's first throw almost took out the light hanging on the rafter. Luckily, no electrical connections were hit on the far wall all three days for there were no sparks or fire.

Atlatl in Wisconsin—2002

By Walter Riddle

This year was a good year for the Wisconsin Atlatl Association. We gained the Millers from Illinois! We had a record number of throws and a wide variety of atlatlists.

Len and Mary Riemersma facilitated a number of demos, which resulted in several enthusiastic new throwers. Len also was able to get the first stage of a new provision for atlatl hunting in Wisconsin by presenting it to the DNR. It passed unanimously. The next step will be the Wisconsin Legislature.

We also have members in the top 10 of each ISAC category! Doug Miller-Men, Jill Riddle-Women and Nate Miller-Youth.

I would like to thank all that helped make 2002 a Great Year!!!

Atlatl in Wisconsin---2002

By Lenny Riemersma.

Mary and I have had a busy summer promoting the atlatl in Wisconsin.

In April I submitted an Advisory Question at the D.N.R. spring hearing to include the use of the atlatl as a legal hunting weapon. It passed. Then in September I met with the D.N.R. Law Enforcement and Environmental Practices committees to further promote the use of the atlatl for hunting. They voted unanimously to pass my Advisory Question. My next step is to meet with the Legislative committee. I have not yet met with them. I will keep you posted on further developments.

This is a list of our other displays, demonstrations, and competitions, we held in Wisconsin this year:

- May 4. Wausau Outdoor Forest School. 20 teachers built their own atlatl and dart
- April 27 . Horicon Federal Wildlife Refuge. Display, Demo, and competition.
- June 18. Green Lake Baptist Assembly Display and Demo, 300 Cub Scouts.
- June 22. Stoughton. Competitions.
- June 23. Hershel's Artifact Museum. Competitions. 10 participants.
- June 29-30. Dundee Mill Park Rendezvous. Demos 80 participants, and competitions.
- July 13-14. Sheboygan County Historical Society. Display and demo. 100 participants.
- July 20-21 Smoky Hollow Rendezvous. demo and competition 20 participants.
- July 28. Kettle Moraine State Forest, Mauthe Lake. Display, and demo. 120 participants.
- Sept 7-8. Indian Summer Festival, Milwaukee. Display and demo. 300 participants.
- Sept 14. Kenosha Museum, Mammoth Mania. Display, and demo .100 participants.
- Sept 20-21. Smoky Hollow Rendezvous. Competitions 18 participants.
- Sept 28-29. Pembine Rendezvous. Display and demo. 30 participants.
- October 17. Ripon. Ripon area cub scouts. Display and demo. 80 participants.
- October 27. Monticello, Badger State Archeology Show. Competitions. 10 participants.
- October 28. Campbellsport, St. Matthews School. Demo. 3rd thru 8th grade 90 students.

In June I was able to travel to Franklin Grove Ill. For competitions

In August Mary and I went to Bois Blanc Island to the Michigan atlatl associations great Summer Gathering. Jim Gilligan puts on a first class event. We have had many great times this year being involved with such a fascinating archeological tool as the Atlatl.

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Atlatl Contest in Zonhoven

By Anne-Françoise. Cabaraux

The second bow and atlatl contest in Zonhoven took place on Saturday and Sunday 21 and 22 September 2002. Zonhoven is a village in Belgium located in Limburg. People of this region speak Flemish. A flintshining stone was found there. The stone, epoch-making from the last glaciating period (young Pleistocene) presents about 50 characteristic holes. Research around this stone showed about a hundred prehistoric objects. Searchers concluded the holes were made by prehistoric men, who used the stone for silexshining (with "silexcutting", I mean to work with stone to make silex. In other words, to broke silex stone on such a manner to have silexknives, scrapesilex, arrowheads etc like the prehistoric man did.) This is the only one discovered in Flandria.

The atlatl contest occurred on European way on Sunday with 30 partakers coming from Belgium, France and Germany. The 10 targets were scattered in fields, woods full of mushrooms and sandy zones covered with heather.

Chance was with us: rain stopped for the contest but came back just after the meal. A length shooting proof was organized in the afternoon.

The results are:
 1st : Uli Weigel (Deutschland) 67 points 25 arrows
 2d : Steve Cabaraux (Belgium) 56 points 21 arrows
 3d : Pascal Chauvaux (Belgium) 56 points 20 arrows

Pascal Chauvaux emported the length shooting with an arrow at a distance of 110 m.

A super trained dog named Doni ran after the arrows to bring them back to their owner...

The children results are:
 1st : Geert Pirotte (Belgium) 28 points 12 arrows
 2d : Chauvaux Martin (Belgium) 25 points 12 arrows
 3d : Reusen An (Belgium) 18 points 7 arrows

The organizers had the sympathetic idea to give a little present to the child classed last. Our little 5 year old



photo 1

Alexandre who didn't understand very well what happened was very proud of his medal!

Thanks to the organizers for this sympathetic W-E !

Congratulation to Guido Pirotte who announced the results on a trilingual way: Flemish, French or German according to the origin of the competitor!

That's sure, we will come back next year,

Photos by Anne-Françoise, with the collaboration of Marie-Jeanne and Steve.

Photo 1 = Uli Weigel (1st)

Photo 2 = Doni brings the arrows back

Photo 3 =

Alexandre Cabaraux with his medal

Photo 4 = Pascal Chauvaux (1st for length shooting)



photo 5

Photos by Pascal

Photo 5 = Lina

Weigel at the 8 meters target.

Photo 6 = long distance throw!!!

Photo 7 = (from the left to the right) Thomas and Pascal Chauvaux, Uli and Lina Weigel, Carine and Martin Chauvaux.

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photo 2

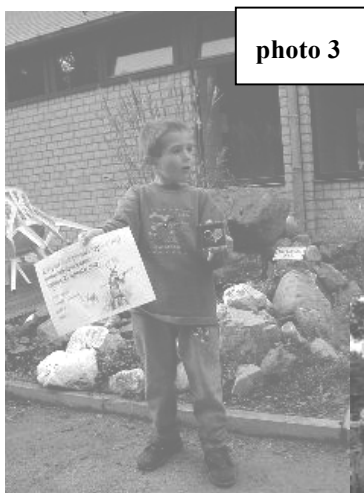


photo 3



photo 7



photo 4



photo 6

Primitive Bow and Atlatl contests in Argenton (France)

By Pascal Chauvaux

The squad all together A great atlatl squad: John, Florent, Emmanuel, Ulysse Jollet (curator of Le Grand-Pressigny museum), Martin Chauvaux, Jean-Luc, Pascal Chauvaux and Carine Billon and Jacques Pernaud (curator of Tautavel museum)



The spearthrowers of our squad



Threatening sky at the last target

Atlatl buffs in front of a famous cave (grotte de la Garenne), which gave the name of a particular period of the

Paleolithic times (Magdalenien a navettes) - from the left to the right: Jean-Luc Rieu (archeologist in le musee de Nemours), John Whittaker



(who is in France for a conference, joined us for 2 days), Grinnell College, Iowa, and Jacques Pernaud

One of the "referee" was a renowned archeologist, who knew a lot of things about prehistoric spearthrowers (from the left to the right: Florent Rivere, Emmanuel Demoulin, Robert Simonnet)



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Northeastern Open Atlatl Championship

By Casey L. Carmolli

Saturday, September 14th yielded a great turnout for our contest at the Chimney Point State Historic Site in Addison, Vermont despite the untimely closing of the crucial bridge next to our museum that spans Lake Champlain to New York state. Our friends from NY and those of us camping on the NY side of the lake had to make sure we were over the bridge by 8:30 AM! Bob Berg had hosted an atlatl-making workshop for seven adults and kids under the violently flapping tent on the day before the championship. It was a challenge hanging on to our feathers to learn fletching techniques! Fortunately the wind had calmed down considerably by Saturday morning.

The day's events began with a firelighting ceremony by native firekeeper Rick Hunt. The contest proved to be an

Many thanks to our volunteers, native craft demonstrators, and returning contestants. Whole families in our area have discovered



the fun of atlatl throwing at the Chimney Point State Historic Site. Come celebrate Vermont Archaeology Month and join us on Saturday, September 13, 2003 for the Eighth Annual Northeastern Open Atlatl Championship! Visit www.historicvermont.org and www.vtarchaeology.org for more information.

Chimney Point State Historic Site, 7305 VT Rte. 125, Addison, VT 05491

802-759-2419

Photo 1 (Our homemade Grand Champion Award, won by Paul Weigel.)

Photo 2 Line of Fire (Our loyal returning contestants: Vince Walsh in foreground (one of the best at our event), Harmony Hescocock next atlatlist beyond Vince. Harmony moves to the adult category next year- look out ladies!)

Photo 3 GC Shoot Out (Center group starting with man on left wearing a hat: John Enos, Vince Walsh in white, Bob Berg in hat, Paul Weigel in white waiting his turn to shoot.)



international one. We have had visitors from Canada over the past 6 years this event, but never from abroad. Paul Weigel of Germany, staying as an exchange student with the Berg family this year, joined us and achieved the highest ISAC score (60) as well as the WAA Grand Champion award. The man, woman, boy, and girl with the highest average score from our open accuracy and distance



events faced each other in a 3-shot accuracy shoot-out for the title of Grand Champion. Congratulations to Dan Forrest, Lisa Catalfamo, and Megan and Jesse Charland for finishing first overall in their categories. Michael Milovich was the only youth to score points in the ISAC.



Photo 4 Targets (Open accuracy contest targets by yours truly. Caribou and Bison.)

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ICICLE SHOOT Tioga Park, NY

By Jeff Chiniewicz

I was coming from Pennsylvania, through the beautiful mountains just north of Scranton. The fall foliage appeared sugarcoated amidst the falling snow. My warm coffee, creating a steamy spot on the windshield from its holder. On the seat to my right sat my Atlatl, and I was heading to what was to be my first ISAC competition ever....

I arrived Saturday morning at 10:00 AM at Tioga Park NY. The temperature was a balmy 33 degrees as I stepped out of my Subaru and slowly walked towards the barn that looked most likely to have an Atlatl contest. I walked in and quickly met Jack, Scott, and Dennis, and beat feet back to the car to grab my Atlatl. (Yep right place!)

Jack Rowe the president of the Tioga Atlatl Association loaned me one of his darts to throw. I nervously approached the line and commenced to throw as if I was having uncontrollable muscle spasms, BANG! My dart spits sparks off the concrete floor, and stuck in the wood under the hay. Cautiously I removed it without damaging the tip (that time).

Soon after, more people started to arrive, and set up ovens for food and displays of Arrow points, bone knives, fire starting bows, atlatls & darts and other primitive wares.

I soon noticed that after someone would hit a 10 or an X on the target, that everyone would tap their Atlatls against that person's Atlatl. Kind of like an Atlatl high five! I thought "Wow" how cool is that, Gronk smackin'!

My trouble started when it became apparent that the darts were not staying on the spur of my homemade Atlatl. After rasping and carving half the tip away, Jack suggested gluing on some leather in the rest. That worked wonderfully, and I was back hitting the walls, rafters and concrete. What fun! "*Can I move closer?*"

I started to get really excited as I met more and more of the people that I had seen pictures of on the WAA web site. I got to meet all the Champions, and each one gave me pointers, techniques and tips.

I learned something from every one there. How to tip a dart from Dana, Make a dart from Jack, fletch a dart from Tom, Spine testing and throwing form from Gary, aiming from Terry, arm position from Chris (*who was wearing the ugliest necklace I ever saw!*).

As the ISACs started getting thrown, the tension got a little thicker. I mean this was the competition where records were broken, right? I was in Awe! Watching Melissa Dildine, Gary Fogelman, Terry Keefer, Tom Goble, Jack Rowe, Dennis Lantz, and Chris Pappas (*even though he had that ugly necklace*) shoot, was like watching poetry in motion. Each person was a consummate pro; over and over their technique was flawlessly executed like a well-oiled machine.

Bob Berg one of the Icicle Throw hosts and new friend, made sure we all were fed with Hotdogs, smoked sausages, kielbasa, chips, soda and other snacks.

My first day ended with my first ISAC score of 32. I admit, it was humiliating when everyone else was tearing out the middle of the target, even though they all said it was a wonderful score for my first ISAC. "*How kind they are to the new guy*"

There was an Auction of all sorts of cool stuff, Bob Berg was the Auctioneer and the money went towards supporting the event (*a good cause*). Afterwards I was given a Dart from Dana that he bought in the auction! It was a 6-foot long Bob Berg dart that shot very well.

Afterwards Bob took us to the "Grange", and we had a full blown Harvest Turkey dinner with all the trimmings for 5 dollars! Bob let me stay at his house that night, and I got to see the inner workings of the Thunderbird Atlatl Company! It was very exciting as Bob Berg is a master craftsman, and his Atlatl products are truly "functional" pieces of art.

Early next morning (*and I mean early!*) after breakfast, I watched as Bob did some custom work on a set of darts for one of his customers (*Scott no wonder you shoot so well!*). Paul and I followed Scott back to the Icicle shoot and starting practicing.

I shot a few local competitions with Paul. He is from Germany and is extremely cool for 16 years old. He explained why the European style was different, and he was hell bent on beating yesterday's score of 98 set by Tom Goble.

Afterwards I immediately started to work on my newly developed style, which eliminated the "backward motion" I was inducing in the throw. It became obvious right away, when I started banging paper every time that my new style was working.

Terry Keefer was already warmed up and asked if I wanted to do an ISAC with that group. I figured "Hey" with a score of 32 yesterday why not, I had nothing to lose.

I was last in the order, and now using my new technique I hit once with 10x but missed twice at 15 meters. Then I started to throw at 20, and hit every time with two more 10's, one of them another X for a total of 69xx. That was just one point shy of making it on the board, in my second ISAC ever. Needless to say I was elated, but was kicking my self for the two misses at 15 meters.

I am coming back in January 4th to try again. I loved the people, the atmosphere, and the competition. Everyone there was friendly, warm, intelligent, and helpful.

I am still wondering what the Secret Society of "Ooga Booga" is though?

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"The whole secret of life is to be interested in one thing profoundly and in a thousand things well."

-Horace Walpole

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**The 14th Annual Montana Mammoth Hunt Atlatl Contest
12-14 July, 2002, Montana City, MT**

By Jim Ray

We may not have set any records with scores, but we did set new record high temperatures: 109 degrees F on Saturday and 107 degrees F on Sunday. We held our usual long and short distance contest on Sat and the European round on Sun. ISAC throwing was conducted on all 3 days. At the conclusion of throwing on Sat., a dark weather front moved in from the West and drenched everyone with cold rain? After the 109-degree F temperatures, no one complained. Some people even enjoyed the tremendous thunder and lightening display. The evening meal, generously provided free for everyone by our sponsor, the Bompert Cleaning Service, was scheduled to be catered at the contest site, but due to the heavy rain, it was moved to a near-by restaurant. Everyone had a great time throwing and eating regardless of the weather. Our thanks go out to Bompert Cleaning Service for their kindness and generosity! No entry fee, 3 days of competitive atlatl throwing and a free dinner; if you were not here, you missed a good one!

The contest results are as follows:

Saturday 13 July 02

Women's Division

- 1st Judy Pritchard, Boise, ID
- 2nd Char Pentecost, Helena, MT
- 3rd Susie Brown, Arvada, CO

Men's Division

- 1st Jim Ray, Tiger Butte, MT
- 2nd Troy Helmick, Townsend, MT
- 3rd Dean Pritchard, Boise, ID

Mightiest Hunter

Jim Ray,
The Mightiest Hunter is determined by a throw-off of the top three contestants in the Men, Women, and Youth divisions. There were no entries in the Youth division this year.

Sunday 14 July 02

Women's division

- 1st Susie Brown, Arvada, CO
- 2nd Judy Pritchard, Boise, ID
- 3rd Char Pentecost, Helena, MT

Men's Division

- 1st Charlie Brown, Arvada, CO
- 2nd Dean Pritchard, Boise, ID
- 3rd Troy Helmick, Townsend, MT

2nd Annual Ulm Pishkun State Park Atlatl Contest

Ulm, MT 20-22 September

By Jim Ray

This event was held on the grounds of the Ulm Pishkun State Park within site of the buffalo jump. The park is about a 15-minute drive West of Great Falls, MT. Pishkun means buffalo jump. A tour of the jump site and visitor's center, plus entry into the atlatl contest is all included in the \$2.00 park entry fee. A European round was conducted on Saturday and Sunday and the winners were determined by combining both days' scores. ISAC throwing was conducted all three days. The weather was warm and clam. Believe me when I say that calm is unusual in Montana and the West!

Youth Division

- 1st Kirsten Moffitt and Talyna Conley, Great Falls, MT
- 2nd Lindsay Conley and Jared Robertson, Great Falls, MT
- 3rd Nathan Lyons, Helmsville, MT

Women's Division

- 1st Judy Pritchard, Boise, ID
- 2nd Susie Brown, Arvada, CO
- 3rd Faith Robertson, Great Falls, MT

Men's Division

- 1st Jim Ray, Tiger Butte, MT
- 2nd Dean Pritchard, Boise, MT
- 3rd Troy Helmick, Townsend, MT



The photo shows the Interpretive center with the Buffalo jump ledge in the far background. As you can see, there's plenty of room for an atlatl contest. In fact, there's about a half-mile radius around the building to cast a dart. There were about 20 Antelope and one Coyote that stayed in view of the contest site all three days.

Photo by Dean Pritchard

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"Don't be afraid to take a big step. You can't cross a chasm in two small jumps."

-David Lloyd George

YEAR 2003 OFFICIAL LIST OF ATLATL EVENTS

The World Atlatl Association

- Jan 4 & 5 "Bundle Up & Throw" Atlatl Contests & ISACs, Tioga Park, Nichols, NY Bob Berg 1-800-836-4520
- Jan 19 ISAC at "Les Angeles" near Perpignan, the Pyrenness, France Jacques Pernaud jacques.pernaud@free.fr
- Feb 8 "Finger Freezing" ISAC & Local Contests, Fogelman's, Turbotville, PA. If cancelled because weather, move to March 8th Gary Fogelman iam@uplink.net (570) 437-3698
- Feb 21, 22 "Wintercount", ISAC & Field Round, ISAC & Field Round. ISAC on Friday afternoon, ISAC & Field Round Saturday. Location: near Maricopa, AZ, about 50 miles south of Phoenix, AZ Albert Abril aabril@home.com (620) 265-0177 or Bob Sizemore (520) 466-6104
- Feb 28 Mardi Gras Contest, ISAC only, Baton Rouge, LA Lloyd Pine (225) 926-5785 atlatlp@earthlink.net
- Mar 1, 2 ISAC plus local contests, Baton Rouge, LA Lloyd Pine (225) 926-5785 atlatlp@earthlink.net
- Mar 8 Pueblo Grande Museum, 4619 E. Washington St., Phoenix, AZ, Field Round & ISAC Bob Sizemore (520) 466-6104
- Mar 28, 28, 30 V Bar V Ranch Rock Art Site, 3 miles East of I-17 at exit 298 near Sedona, AZ ISAC only all three days Bob Sizemore (520) 466-6104
- Mar 28, 29, 30 12th Annual Atlatl Gathering at Valley of Fire State Park, Overton, NV. Atlatl Contests, three ISACs Leni Clubb - waaleni@earthlink.net (760) 358-7835
- Apr 18, 19, 20 Earthday Gathering & Mastodon Open, ISAC all three days, EMC Club, Waverly, NY Jack Rowe (570) 888-5258 fieldwalker@stny.rr.com
- May 16, 17, 18 "Spring Fling" at Fogelman's, Turbotville, PA Local Contests and ISACs all days. Contact: Gary Fogelman (570) 437-3698 or iam@uplink.net
- May 23,24,25& 26 Sixteenth Annual Meeting of WAA in connection with the Primitive Archery Rendezvous and the Michigan Atlatl Marathon, Wilder Creek, Marshall Michigan. ISACs all days**
Leni Clubb - waaleni@earthlink.net (760) 358-7835 OR Jim Gilligan - (810) 231-2314 primitive1@chartermi.net
- June 6, 7, 8 Eighth Annual Atlatl Competition, Fremont Indian State Park, Sevier, UT Atlatl contest on Five Fingers Ridge, ISAC and American Field Round in new Campground area. ISAC all three days. Park Staff - (435) 527-4631 Leni Clubb (760) 358-7835 waaleni@earthlink.net
- June 6, 7, 8 "Atlats in Action", ISAC all three days, EMC Club, Waverly, NY Brandon Anderson, (607) 565-7901 or Jack Rowe - (570) 888-5258 fieldwalker@stny.rr.com
- June 13, 14, 15 Genesee Valley Atlatl Shoot & Knap-In, Local Contests & ISACs at Island Park, Wellsville, NY Bob Chaffee 585-593-4043 bobchaffee@adelphia.net or Jack Brown (585) 593-4678 jac@stonesnbones.com
- June 21 Turkey Run Heritage Festival, ISAC & Indiana Atlatl Contest & Public Throws at Turkey Run State Park, Marshall, IN Don Fisher, (317) 475-9770 atlatlguy@yahoo.com or Barbara Cummings (765) 597-2654
- June 21, 22 6th Annual Atlatl Event, Meadowcroft Rock Shelter Avella, PA Atlatl Contests & ISACs both days Margie Takoch (740)264-1755 or margieandfrank@hotmail.com
- June 21, 22` Fifth Annual Bald Eagle Knap-In and Atlatl Tournament, Janesville Community Park Janesville, PA Tim Jackson (814) 684-0402 PaTeePee@aol.com
- July 3, 4, 5 Brockway 4th of July Celebration, Knap-In & Atlatl Spear Throwing + ISACs, Recreation Park Teener League Field, Brockway, PA George Miller (814) 265-0435 lmiller@greatlite.com
- July 11, 12, 13 15th Montana Mammoth Hunt, Atlatl Contests and ISACs all three days, Montana City, MT all days. Rattlesnake Butte, Montana City, MT Troy Helmick (406) 266-3398
- July 19 Holiday Park Atlatl ISAC & Indiana Contest & Public Throws, Indianapolis, IN Don Fisher (317) 475-9770 or atlatlguy@yahoo.com
- July 19-20, July 26, 27 Alder Acres Atlatl Tournament, Lorraine - NY, contact RodgerKlindt 315-639-6293 or mammut@juno.com
Saegertown Artifact Show, Local Contests & ISACs Saegertown VFW, Saegertown, PA Gary Fogelman iam@uplink.net (570) 437-3698
- Aug 8, 9, 10 Second Annual Persied Primitive Arts Weekend Local Contests & ISACs all three days, Start at 5 pm w/ Torchlit ISAC, Camp Gross, Cassadaga, NY Ben Brauchler (716) 679-7145 ben@netsync.net
- Aug 15 "That Dam ISAC at Steve's Pond", Albany, OH Steve Barnett (740) 698-6553 barnz@juno.com
- Aug 16, 17 Fourth Annual Ohio State Accuracy Competition, + ISACs at the Albany Riding Club, Albany, OH Steve Barnett (740) 692-6553 barnz@juno.com or Ray Strischek (740) 592-3465
- Aug 22,23, 24 Stone Tool Show and ISACs each day, Letchworth State Park, Castile, NY Lou Hillman (585) 442-1342 or LBHNDP@rit.edu
- Sept 6 Second Annual River Road Park Atlatl contests & ISAC, River Road Park, Carmel., IN Don Fisher (317) 475-9770 or atlatlguy@yahoo.com
- Sept 12, 13, 14 Tioga Shoot-Out, ISAC all three days EMC Club, Waverly, NY Jack Rowe, (570) 888-5258 fieldwalker@stny.rr.com
- Sept 19, 20, 21 3rd Annual Burnt Hollow Fall Hunt, Atlatl contests & ISACs, Deer Lodge, MT Lem Oehrtman (406) 846-1004
- Sept 26,27, 28, 3rd Annual Ulm Pishkun Atlatl Contest +ISAC Ulm Pishkun State Park, Ulm, MT Connie Jacobs (406) 866-2219 pishkun@initco.net
- Oct 11 Holiday Park Atlatl ISAC, Indiana Atlatl Contest, & Public Throws, Indianapolis, IN Don Fisher (317) 475-9770 atlatlguy@yahoo.com
- Oct 25 Rural Ohio Appalachia Revisited (ROAR) Days, Local Contests & ISACs, Lake Hope near Zaleski, OH Steve Barnett (740) 698- 6553 barnz@juno.com

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Atlatl Elbow: Anatomy and Archaeology

By John Whittaker 9/02

At the end of last atlatl season I went to my doctor J.R. Paulson with stomach problems, but thought I might as well tell him about my elbow while I was there. I described the symptoms: “the outside of the elbow and the tendons on the outside and back of the lower right arm are really sore” and he poked it a bit and said “oh yes, tennis elbow.” “Actually,” I said, “it’s from throwing spears,” and I explained. That caught his interest, and he flexed my arm enthusiastically. I winced, but he was pleased: “OK, we can name a new medical syndrome: ‘spear thrower elbow.’” With regret, I told him it was too late, for “atlatl elbow” had already been diagnosed in prehistoric skeletons. J.R. didn’t think I would have any damage that would show on an x-ray, so he dashed my dream of being the first archaeologist to experimentally replicate and document injuries to his own skeleton. But when J.R. asked for more archaeological details and wanted me to get precise about the anatomy, I realized I needed to do some research, so here it is.

Caption

Bones of the right arm and shoulder, seen from in front. The hand is supinated (palm up) and the clavicle has been left out for clarity. It attaches to the coracoid process.

Where does it Hurt?:

Anatomy of “Atlatl Elbow”

Human anatomy, in books by both doctors and physical anthropologists, is a lost world where fragments of ancient Greek and Latin still wander, apparently used as a code to keep common folk from intruding on the authority of science. Actually, the scientists are trying for unambiguously precise location and description of body parts, but the jargon requires some translation – those who don’t need it can skip the bracketed comments. Chuck Hilton, a physical anthropologist, helped lead me through the maze and otherwise improved this discussion.

The elbow, shoulder, and wrist joints are all involved in throwing. Most atlatl complaints I hear are about elbows, and osteologists have focused on elbows in prehistoric populations, so I will focus on “atlatl elbow,” but discuss shoulders as well. The wrist is even more complex, and seems to cause less grief, so I won’t

consider it here, but we should not forget that it is part of the throwing equipment.

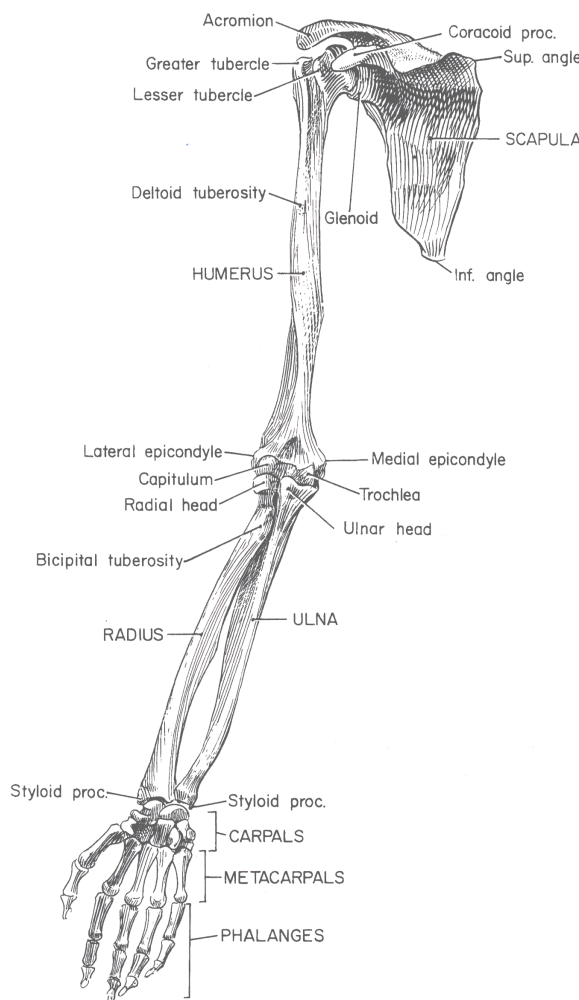
The Elbow

The elbow unites the three main bones of the arm, the humerus [upper arm] and the radius and ulna in the lower arm. The elbow joint allows a wide range of motion. Flexion and extension [bending and straightening] are allowed by the hinging joint of the “semi-lunar” notch in the upper ulna and the smooth rounded end of the lower humerus. The lower arm also rotates, turning palm up [supination] and palm down [pronation]. When you straighten your arm and turn your palm down, the head of the radius rotates in the radial notch on the side of the ulna head and on the rounded capitulum on the lower end of the humerus, and the lower end of the radius crosses over the ulna.

Atlatlists seem most likely to suffer lateral epicondylitis, or what my doctor recognized as “tennis elbow,” where the soreness is mostly on the back side of the arm and the outer part of the elbow. Baseball pitchers seem to suffer more from “little league elbow,” which affects the inner elbow. The muscles along the back of the arm, running between the lateral epicondyle of the humerus [the bony lump on the outside of the elbow] and the wrist and fingers, are mostly “extensors” which serve to extend [straighten] the wrist and fingers. On the inner, palm side of the arm, the muscles are mostly “flexors” which flex wrist and fingers, and attach to the radius and ulna and the inside of the humerus head. The elbow itself is mostly flexed by the biceps, and extended [straightened] by the triceps. These are big strong muscles and rarely feel the strain.

Tennis elbow usually affects the extensor muscles on the back of the arm and the outside of the elbow. The gripping muscles on the other side of the arm and elbow must also be in use, as they are in pitching, but the real stress is on the extensors which are resisting the force of backhands in tennis (Miller 1983), and involved in the serve (Norkin and Levangie 1992). In our sport, a hard throw followed by breaking the swing of the atlatl should produce similar stresses. If you used atlatls vigorously all your life, we might expect osteoarthritis to result. This could lead to bone spurs and enlargement of the lateral epicondyle on the humerus, and wear on the elbow joint, especially on the capitulum of the humerus and head of the radius, which are the outside part of the hinging and rotating joint. These areas are often damaged in pitching, especially in young athletes (Lipscomb 1975).

Because tennis involves gripping the racket as well as the flexing/extending and rotating motions of throwing, tennis elbow in more extreme forms involves most of the elbow. In fact, although doctors often talk about “tennis elbow” when the outside (lateral) part of the elbow hurts, tennis players show more damage to the medial [inside] parts also damaged by pitching (Priest, Jones and Nagel 1974). This more general damage is also what might be expected from atlatl use. Accordingly, damage might also extend to the olecranon [funny bone, back of elbow] and the olecranon fossa



[groove on back of humerus head], because the elbow is forcibly extended in a hard throw (Merbs 1983: 150), and perhaps the wrist as well.

The Shoulder

Throwing involves rotating the shoulder, lifting the arm above the horizontal and swinging it around the ball-and-socket joint in the shoulder where the head of the humerus fits into the glenoid cavity of the scapula [shoulder blade] with additional support from the clavicle [collar bone].

On the back, the trapezius muscle is a large triangular sheet originating along the vertebrae and attached to the spine of the scapula [in the middle of your shoulder in back]. It pulls the scapula both up and down, and in throwing rotates it so the glenoid [socket] moves up, allowing the arm to be raised above the shoulder. The deltoid is the large muscle on the top of the arm that abducts [raises] the arm. It attaches to the acromion [on the top] and lower edge of the spine of the scapula, and to the lateral third of the clavicle, and runs to the deltoid tuberosity [a rough spot midway down the shaft of the humerus]. The pectoralis major, originating on the ribs, clavicle, and sternum [breast bone] and running to the crest of the greater tubercle on top of the humerus, is the major muscle flexing the arm at the shoulder. The latissimus dorsi originates on the lower back and attaches to both the scapula and the upper humerus. It helps to stabilize the scapula and is the major extensor of the arm at the shoulder [pulling it away from the chest]. Serratus anterior, another stabilizer of the scapula, is between the scapula and the side of the rib cage. Four other muscles (subscapularis, supraspinatus, infraspinatus, and teres minor) form the “rotator cuff.” They all originate from the scapula and attach to the upper part of the humerus, and function both to move the shoulder joint and keep it together. Humans have this complicated shoulder and arm anatomy that allows us to throw things because distant primate ancestors were forest apes who climbed and swung.

When I over-exercise with my atlatl, I have a hard time telling what is hurting, other than my whole shoulder. When I throw, the pain seems to be mostly around the acromion, and might involve the joint between acromion and clavicle, and muscles such as the ventral [front] part of the deltoid and perhaps the top of the pectoralis major, and maybe rotator cuff muscles. It feels like more joint than muscle however, and last season I hurt partly from overuse of the shoulder in lifting.

Although I know a few atlatlists who use little motion in the shoulder, the majority uses a rotating shoulder motion where the arm lifts at least slightly above the shoulder. We should expect rotational wear on the head of the humerus and the glenoid cavity [socket] of the shoulder blade, and stress on the joint between the clavicle and scapula at the top of the shoulder from raising the arm. The soft parts that hurt after a hard day at the ISAC should be muscles of the rotator cuff and the joint (acromioclavicular) between clavicle and scapula and the muscles that attach there, probably the top of the pectoralis major and the front of the deltoid.

Sore Bones: “Atlatl Elbow” in Prehistory

J. Lawrence Angel, an influential physical anthropologist, coined the term “atlatl elbow” in a 1966 study of Early Horizon (Archaic) burial remains from Tranquility, California. At the time, the fields of archaeology and physical anthropology were moving toward more interpretive studies, attempting to examine the behavior of individuals and groups as sources of information on subsistence, adaptation to the environment, and social interaction. Angel was one of the pioneers in paleopathology who were

beginning to look at patterns of disease and trauma on skeletons as evidence of repeated activities that stressed the living body. Arthritic changes in joints are one form of evidence often interpreted in terms of past activities. Much of the damage we do to our joints is in the soft tissue structures of muscles, tendons, and ligaments, painful but usually leaving no trace on the skeleton. However, severe damage, or even long term stress, may increase the likelihood that the joint in question will become arthritic. What you see on the bone (osteoarthritis) is first the development of small spicules or lips of bony growth around the edges of joints, resulting from damage to ligaments. When damaged, both tendons and ligaments may become calcified [more bone-like] at the spots where they attach to bone. In advanced cases, the cartilage, which separates and cushions bones and allows for smooth motion at joints may become damaged or even worn away. At this point, the articular surfaces (where bones come together) begin a repair process. But it is already too late. Once the cartilage begins to erode, it will wear away at a faster rate until there is bone on bone contact. New, dense bone is laid down, and the surface develops a polished appearance, called eburnation. The surface may also develop grooves or pitting, and continued use of the joint causes further breakdown. Joints with this type of cartilage damage will not repair, even after reducing use.

On the Tranquility remains, Angel noted that six out of 13 elbows had arthritic conditions. Usually including eburnation after friction removal of cartilage over the capitulum, the “ball” [on the elbow part of the humerus, the upper arm bone] against which the concave upper surface of the head of the radius [lower arm bone] rubs during flexion and extension [bending and straightening] of the elbow and pronation and supination [rotation down and up] of the hand. What repeated and stressful action combines those movements? One thinks at once of baseball pitcher or javelin thrower, except that this equally strains shoulder and clavicular joints.” Angel interpreted the signs of elbow stress in the ancient population as resulting from long use of atlatls, but apparently assumed that atlatlists would not use shoulders much, a mistake that a little practical experience could have avoided.

According to Jurmain (1999:122) this study was influential in the development of paleopathology as a whole, and especially interest in osteoarthritis as evidence of activity patterns, because Angel had apparently identified a clear link between activity and pathology, and given it a catchy name. Others followed this path, and prehistoric elbows turned out to be especially interesting. Elbows and knees tend to have more frequent osteoarthritis than other major joints, and elbow lesions in prehistoric populations are more common than in modern clinical studies (Bridges 1992). Ortner (1968), Jurmain (1978), and Merbs (1983) all worked with Inuit skeletal evidence, and found high rates of elbow arthritis in these arctic populations. Harpoons, and in some areas, throwing boards, are well-documented ethnographically among Inuit groups, and the paleopathologists used ethnographic information to explain the pathological lesions in their skeletal samples.

Jurmain (1999) and others are now more cautious about interpreting activity patterns from osteoarthritis. Angel and others usually relied on small samples of skeletons, so small that they could not subdivide them to look at differences between age groups for instance. Age of course is important – by middle age, most of us have at least some beginning arthritic changes visible in vertebrae and some limb bones, even if they don’t trouble us. Genetic differences among populations may also influence rates and positions of arthritis in unknown ways. Meanwhile, there is argument about

how arthritis develops, and whether stress and damage to joints really produces arthritic changes in a predictable way. We also do not know as much as we think about activity patterns in prehistoric populations. Even if we know that a group used atlatls, we do not necessarily know what kind of motion was favored, who used them, or how often and hard they practiced, just as styles and skills among modern atlatlists are highly variable. Although some motions stress fairly specific parts of joints, most are much more general, and everyone participates in many activities. Merbs (1983) and Jurmain (1978) expect that dog sledding, hide scraping, bow and arrow use, and kayak paddling would be other activities likely to affect Inuit elbows as well as various kinds of throwing. Miller (1985) found evidence of lateral epicondylitis (outside of the elbow, the soreness in tennis elbow) in skeletons from a 13th century southwestern pueblo. They did not use atlatls, and he attributed the elbow lesions to grinding corn with a heavy mano in a trough metate.

Other attempts to suggest atlatl use from skeletal evidence usually use the following arguments:

1. Good evidence that atlatl use was important.
2. Skeletal evidence compatible with atlatl use AND more specifically:
 - a. favoring one side in individuals – very few people throw ambidexterously.
 - b. probably more common in one sex – in recent cultures atlatl use and hunting is more likely to be a male activity, although there is no reason to assume that will necessarily be true.
 - c. Comparison between two local populations whose weaponry changed through time.

Ortner (1968) described in detail arthritic changes in the capitulum of the humerus, where the head of the radius rubs against it during both flexing and rotation of the elbow joint. He compared Eskimo and Peruvian skeletal specimens, and found higher rates of arthritic changes in the Eskimo. Although he refers to this condition throughout as “atlatl elbow”, he did not actually interpret it as resulting from atlatl use in his study. He argues that atlatl elbow does probably result from the stress of use, but notes that genetics, age, and different activities complicate the issue.

Bridges (1990) was specifically interested in connecting atlatl use to pathology. She compared Archaic (atlatl using) and Mississippian (later bow and arrow using) skeletal populations from northwestern Alabama. She expected to see more arthritis of elbow and shoulder, and greater difference between left and right arms in both arthritic conditions and dimensions in the Archaic population, and also expected that males would be more affected in both populations than females. In fact, there were no clear patterns, and she was forced to conclude: “in this region, changes in hunting technology appear to have had a minimal impact on the physique.” While “atlatl elbow” occurred in 15 to 26% of her male specimens, it was slightly more common in females, and equally common in both periods, so “it is impossible to attribute atlatl elbow to any specific activity.” Pickering (1984), comparing Illinois Woodland to Mississippian populations, was also unable to interpret their arthritis patterns in terms of weaponry.

The term “atlatl elbow” came to us from skeletal studies, but it actually turns out to be based on rather weak and inconclusive evidence. That doesn’t mean that we don’t hurt after throwing too hard or often, but what modern atlatlists recognize, as atlatl elbow is pain in the tendons and muscles, rather than damage to the bone joints. At least I hope so...

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The art of life is the art of avoiding pain. -- Thomas Jefferson

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The 7th Annual and LAST North Georgia Knap-In April 9th through 13th

This will sadly be the last year for the knap-in. It has been GREAT but it’s time to pas the torch. If someone wants to host it in the future, contact me. So if you haven’t been here before don’t miss out! A vendor fee of \$15.00 will apply to anyone selling. RV sites will be available as well as tent camping. The county park sets the fees for this. You can contact them at 770.387.5163. No barking dogs and they all must be on a leash. There will be WAA atlatl ISAC throws daily. You MUST send a SASE if you are not in a bordering state. The mailing will be cut back this year. Mark Bracken, 330 Oak Hill Circle, Canton, GA 30114 crackinbracken@juno.com

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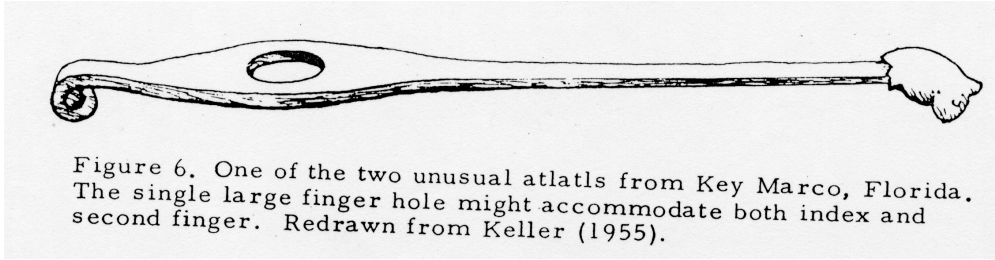
Letters to the Editor

In Response:
Scott

In response to your letter in the October 2002 issue of *The Atlatl*, I must tell you that I know nothing of the archaeological sites offshore Florida that may have spearthrower artifacts. Except I do have a drawing of a spearthrower found in Key Marco, Florida which was reported by James H. Keller in 1995 in a report entitled "The Atlatl in North America" published by Prehistoric Research Series, Vol. # 3, Indiana Historical Society, Indianapolis, Indiana.

It is a very unusual design and is one of two found in Key Marco. Your library may be able to locate the article for you in order to find out more about the location and there may be more information about other artifacts found.

Regards, Leni Clubb



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Kevin:

In response to your letter in the Oct 2002 issue of *The Atlatl*:

You are absolutely right! Those men (?) on horseback were throwing spears with atlatls. In fact, a member of our organization was instrumental in demonstrating the atlatl and the art of thrown and teaching the crew of the film "13th Warrior", the fine art of Atlatling. It was Russell Richard of Buford, Wyoming, a longtime WAA member and enthusiastic thrower in many contests. Russell was contacted in a convoluted way by John McTierman of "Hunt for Red October" and "Die Had One and Two". Who had read an article about the atlatl on the "Wall Street Journal" a number of years ago and remembered the article when he needed a "primitive weapon" for his movie. Russell was flown out to Vancouver to act as an "atlatl expert" to troubleshoot what they called "user-atlatl interface difficulties" for the movie. The prop men were trying to throw a short, unfletched shovel handle with a boomerang and it just was not working. With Russell's expert assistance they soon had usable equipment and the atlatls used in the movie were based on an Australian Aboriginal design, with a unique shaft lock and trigger devised by a master crafter, Randy Patt of Edmonton, Canada.

Russell flintknapped a good projectile point for the prop crew (he said, "have you ever tried to find a good hammerstone in a city?") that was cast in rubber to provide the points for the movie darts. He also knapped some stone "claws" that were cast for four femur whacking clubs. He wrote an article about his experience...and his attempt to throw form a fiberglass horse for *The Atlatl*. It was published in the Oct 1997 issue.

Try to find the Australian film "Walkabout" to see another movie in which a young boy hunting for food uses the woomera (atlatl) to throw a long dart a number of times in a hunt. These are the two films in which the dart and atlatl are seen in use as far as I know. There may be others.

Regards, Leni Clubb

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In Response to letters about his article "How Hard Does It Hit?" printed in the Oct 2002 issue of *The Atlatl*, Daryl Hrdlicka, Atlatl Instructor, Jeffers Petroglyphs Historic Site" writes:

"Due to my unfamiliarity with physics terminology, my article had some errors, but they were errors of labeling, not science. Many thanks to Leroy Madden, who helped me understand not only what I

was trying to say but how to say it correctly. The article has been revised and expanded, and is better because of the comments and help I've received. The revised article will appear in a future issue.

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Hello Margie and Frank!

We in Indiana have just returned from our first atlatl event at Angel Mounds in Evansville, Indiana. Joining Richard and I were Anita and Frank Lukes, Don and Kathy Fisher and Gordon Barnett. They are all very supportive of our events in Indiana! We are building our core here in Indiana! It may take us awhile to be as big as you guys in Ohio!!

Richard, Gordon and I had quite an experience on Friday at Angel Mounds. This was the first day of the event. We had said that we would provide "hands on" spear throwing for the public. We did not know that Angel Mounds booked 2,500 school kids to visit the event on Friday! We were overwhelmed!! We had a line of about 75 kids constantly for 4 hours while we ran 200 kids an hour through a quick toss of the spear with the atlatl! We were exhausted at the end of the day!! The kids really seemed to enjoy the experience even as brief as it was!

Kristine Lyons

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Life without friends is like life without the sun.



ON TARGET
by Leni Clubb

I was looking through the Back Issues of our official newsletter the other day looking for an article to copy and send to a member. In doing so, I started to read some of the articles and realized that there is a lot of excellent information in those back issues. Many articles relating to the atlatl, illustrations of various types of atlatls from all over the world and besides, the articles about the various contests held and pictures of the contestants were so interesting. Some of you newer members have missed a lot of good "stuff". I have compiled a list of a complete set of Back Issues and have shown the titles and authors of the

articles. If you would like to complete your set of newsletters, I will send you the list and you can pick out the ones you want from the 65 issues. They will cost \$1.50 each, plus postage, of course, which will depend on how many issues you want. I have one complete set pulled through October 2002, but the first person who requests a set (minus the ones he already has) will be the lucky one to get a set right away.

Other requests for back issues can be pulled as I have copies of all of them from Summer 1988. When I know which ones you would like to have, I will weigh them and mail to you via Priority Mail. Not only are the various articles valuable information about the atlatl, but you will learn the history of The World Atlatl Association from the beginning through the reports on contests and the pictures of your fellow WAA members. Write to me at the address below.

A "Heads Up" to Organizers – advance notices for the Year 2003 atlatl contests are coming in fast and conflicts in dates are "raising their ugly heads" already...especially in the East where they have contests almost every weekend from Spring to Fall. To avoid having to change your date so that you will have good participation from throwers, please try to notify me ASAP. E-mail is the best, but phone me also to find out if another event in your area has been scheduled, on the days you want to hold your atlatl contests. We have been toying with the idea of having Regional Coordinators, but are not sure how that would work out and who would be willing to fill that job. Let me know what you think of the idea.

waaleni@earthlink.net (760) 358-7835

Membership in the World Atlatl Association is \$15.00 per year; family membership is \$20.00.

Send all inquiries and dues to WAA Secretary:

Leni Clubb
P. O. Box 56
Ocotillo, CA 92259 USA

First Class Mail



The WORLD ATLATL ASSOCIATION, Inc.

World Atlatl Association Web Site:
www.worldatlatl.org