



Feb. 2010

# Arizona

## Boating & Watersports™

### Western Outdoor Times

**FREE**



**BOATING CAMPING FISHING HUNTING RVING WATERSPORTS**

# It's Show Time!

International Sportsmen's Expo: Feb. 26-28  
Arizona Game & Fish Department Expo: March 27-28

**Game Bag**  
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INTERNATIONAL  
**SPORTSMEN'S**  
EXPOSITION

## Phoenix

Feb. 26 - 28

University of Phoenix Stadium

**ISE Show  
Program  
Inside!**





# Arizona

## Boating & Watersports™

February 2010

**Western Outdoor Times** Vol. 6, No. 1

## Join The Celebrations Of AZ's Great Outdoors

### IT'S TIME FOR THE BIG EVENT

### 10th Annual ISE Highlights Arizona Activities (And More)

**What:** The 10th Annual Arizona International Sportsmen's Exposition (ISE) will be back for its fourth year at the University of Phoenix Stadium, Feb. 26-28. The 2010 ISE will feature 300 exhibiting companies, seminars and special events that cover the entire outdoor-sports experience, including:

- Travel, vacations, lodges and resorts from Arizona, the West, Alaska, Baja, Canada and Africa
- Fishing and hunting outfitters and guides
- Fishing tackle and gear
- Hunting products and gear
- ATVs, personal watercraft, boats, camping RVs



- Outdoor-lifestyle furnishings and gifts
- The 2010 ISE will include the following special features and activities:
- NEW: 3D Pop-Up Archery Range & Contest
- NEW: Dock Dogs Best of the West dog-jumping competition
- NEW: Rocky Mountain Elk Foundation Ultimate Rifle & Gear Raffle, with proceeds going to Arizona conservation efforts
- NEW: Best of the West Accuracy-Casting Competition
- Kayak Theater presentations
- Adventure Theater seminars and presentations

See ISE on page 15

### NEXT: AZGFD EXPO

## Mark Your March Calendars



Mark your calendar for March 27-28, because you and your family won't want to miss the Arizona Game and Fish Department's FREE Outdoor Expo at the Ben Avery Shooting Facility in north Phoenix.

This crowd-pleasing event offers lots of exciting, hands-on outdoor recreational activities:

- Test your skill at archery
- Take your kids to the huge catch-and-release fishing tank
- See live wildlife demonstrations (hawks, owls, snakes, more)
- Hike a nature trail/field course
- Try target shooting with different firearms on the range
- Learn about outdoor skills, firearm safety and more

View exciting shooting demonstrations by the cowboy mounted shooters, cowboy action shooters and more

Attend informative workshops on fishing, hunting, wildlife con-

See AZGFD on page 15



### HOOTERS' CALENDAR 2010

See the back cover of this issue for the 2010 Hooters' Calendar, compliments of Canada's O.W.L. Orphaned Wildlife Rehabilitation Society. For more information on this worthy organization or to order a calendar, e-mail owl@dccnet.com or write them at 3800-72nd Street, Delta, BC, V4K 3N2, Canada.



# CATCH THE COMMOTION

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As a 501 C3 non-profit organization, the Rock The Boat project — benefiting Superstition Search & Rescue — can now offer tax deductions for your gifts.

### NEEDED:

- Products
- Services
- Funds
- Space
- Volunteers



TO PARTICIPATE OR FOR MORE INFORMATION:  
CONTACT JIM ALLEN AT  
JIM@AZBW.COM OR (480) 947-6219.



## Superstition Search And Rescue Responds South Of The Border

Contributed By Robert Cooper, Commander

On Dec. 30, 2009, a convoy of vehicles from Superstition Search & Rescue headed south of the border to assist "our Mexico friends" in starting up their first volunteer search-and-rescue team.

SSAR Commander Robert Cooper thanked the members and the community for many much-needed supplies to begin the effort in Nogales, Sonora, Mexico. Included (but always welcome in the future) were the following items:

- GPS units
- Radios
- Stokes
- Back boards
- Medical supplies
- Blankets
- Back packs
- Ropes
- Boots
- Harnesses
- Webbing
- Water coolers
- Ice chests
- Flashlights
- Tents
- Thermoses
- Sleeping bags
- Rain gear
- and much more

Members dug deep into their personal gear, Cooper said, and added that Mexico released a press conference calling this "Bi-national SAR Cooperation." SSAR took along their own interpreter and photographer.

### A Letter To The Team

When SSAR members returned from Nogales, Commander Cooper wrote the following letter:

Hey, Team,

We are back from Nogales, and it was a rewarding and educational experience. Jesse [the Mexican contact] has been a dog handler for 13 years and is moving full speed forward into SAR. He and 13 volunteers have been self-training and are being used more and more by the police and federals.

However, Jesse has two battles he's dealing with: 1) Convincing the powers that be, those responsible for different areas, to use his team because until now, Mexico has never had a volunteer resource and 2) Talking to all the traffickers and "bad guys" not to shoot them while they're helping those in need.

He was telling us that when they enter an area, the bad guys tell them where they can and can't search and whether they can or can't enter into an area to rescue or recover someone.

When we arrived, we were met by Jess, his wife and two children plus two federals in orange, a cop, a representative for Red Cross and a paramedic. Jesse was very excited about our donation because they have no equipment, support or funding of any kind.

He did make a request of us and I wanted to bounce it off of all of you. He asked if we could come down to Nogales and set up a demonstration of how to patient package and utilize ropes in a low and steep-angle environment?

I would like to [set] a training day to drive down, get a room, train with them, then if anyone wants to enter into Nogales, they can make some purchases before we head home. Please RSVP if this is something that you would be interested in doing.

### Articles About The Trip

Coverage in Mexico re: SSAR's assistance is at the following address:

<http://www.nogalesinternational.com/articles/2010/01/05/news/doc4b4359414c290103067885.txt>

Local coverage may be found at — [http://www.goldcanyonontoday.com/index.php?option=com\\_content&task=view&id=880&Itemid=71](http://www.goldcanyonontoday.com/index.php?option=com_content&task=view&id=880&Itemid=71)



# KNOW BEFORE YOU GO

## Refreshen your boating safety knowledge

### Unlawful and Dangerous Operation

Arizona law designates these dangerous operating practices as illegal.

- ◆ **Negligent or Reckless Operation** of a vessel is operating in a manner that causes danger to others or their property, such as:
  - Operating in a restricted area such as a marked swimming area;
  - Operating while passenger(s) are positioned in the bow such that the operator's view is obstructed;
  - Weaving through congested waterway traffic;
  - Chasing, harassing, or disturbing wildlife;
  - Teak surfing or platform dragging.

**No Wake or Wakeless speed** means a speed that does not create a wake and is never in excess of five miles per hour.

- ◆ **Speed Restrictions** require the operator to maintain a proper speed while operating a vessel. Specifically, it is illegal to:
  - Operate a vessel at speeds greater than are reasonable or proper given the existing waterway traffic, persons in the water, and weather conditions;
  - Exceed any posted speed limits;
  - Operate a vessel at greater than wakeless speed in a posted no wake zone;
  - Operate a vessel at speeds that may cause injury or damage to any other person, another vessel, or the property of others. This includes causing damage or danger from the wake of your vessel.
- ◆ **Riding on the Bow or Gunwales** is allowing passengers to ride where there may be a chance of falling over board while underway at greater than "no wake speed" on a powerboat. Specifically, this means allowing passengers to ride on the covered bow, transom, swim step, or gunwales unless these are designated for carrying passengers at all speeds.
- ◆ **Overloading** is loading the vessel beyond its safe carrying capacity or the recommended capacity shown on the capacity plate. Take into consideration the weather and other operating conditions when determining if the vessel is overloaded.
- ◆ **Failure To Follow Navigational Rules** is operating a vessel in violation of the navigational rules of Arizona waters.
  - To learn more about Arizona's rules of Navigation, go to the Arizona Boater's Guide at [www.azgfd.gov/watercraft](http://www.azgfd.gov/watercraft) or [www.navcen.uscg.gov](http://www.navcen.uscg.gov).

**Remember it is your responsibility to know the law.** Our waterways shared with other states, such as the Colorado River, other states' laws and federal regulations apply. Always know all applicable boating laws and regulations.

### Statewide Boating Education Classes

#### February 2010

Host	Date and Time	Location	Cost	Registration
Arizona Game and Fish Department	Feb. 13 8 a.m. - 5 p.m.	MWR Rentals Building #70914 NE corner of Irwin & Hunter Streets Fort Huachuca	\$0	(520) 533-6707
Arizona Game and Fish Department	Feb. 20 8 a.m. - 5 p.m.	Boating Safety Training Center 8484 Riverside Drive Parker	\$0	(928) 669-6141
Arizona Game and Fish Department	Feb. 27 8 a.m. - 5 p.m.	Water Safety Center at Contact Point 1801 Highway 95 Lake Havasu City	\$5 per family	(928) 680-0359
Arizona Game and Fish Department	Feb. 27 9 a.m. - 5 p.m.	Patagonia Lake State Park Sonoita Creek Visitors Center 400 Patagonia Lake Road, Patagonia	\$0	(520) 287-2791

#### March 2010

Host	Date and Time	Location	Cost	Registration
U.S. Power Squadron	Mar. 2 7 p.m. - 9 p.m. (Must attend all sessions)	Remax Real Estate 3726 Highway 95 Bullhead City	\$50	(928) 768-2546
Arizona Game and Fish Department	Mar. 13 8 a.m. - 5 p.m.	MWR Rentals Building #70914 NE corner of Irwin & Hunter Streets Fort Huachuca	\$0	(520) 533-6707
Arizona Game and Fish Department	Mar. 13 9 a.m. - 5 p.m.	Tempe Marine Max 1840 E. Broadway Road Tempe	\$8 per family	(623) 236-7235
Arizona Game and Fish Department	Mar. 20 8 a.m. - 5 p.m.	Water Safety Center at Contact Point 1801 Highway 95 Lake Havasu City	\$5 per family	(928) 680-0359

### Fire Extinguisher

- ◆ All vessels are required to have at least one Type B-I fire extinguisher on board if one or more of the following conditions exist:
  - Inboard engine;
  - Closed compartments where portable fuel tanks may be stored;
  - Double bottoms not sealed to the hull or which are not filled completely with flotation material;
  - Closed living spaces;
  - Closed storage compartments in which flammable or combustible materials may be stored;
- ◆ Permanently installed fuel tanks (any tank where the removal of the tank is hampered by the installation of tie-down straps or clamps).
- ◆ Approved types of fire extinguishers are identified by the following marking on the label—"Marine Type USCG-Approved"—followed by the type and size symbols and the approval number.
- ◆ Extinguishers should be placed in an

#### Fire Extinguisher Requirements

Classification type & size	Foam minimum gallons	Carbon Dioxide minimum pounds	Dry Chemical minimum pounds
B-I	1 1/4	4	2
B-II	2 1/2	15	10

Length of Vessel	Without Fixed System	With Fixed System*
Less than 26 ft.	one B-I	one B-I
26 ft. to less than 40 ft.	two B-I or one B-II	one B-I
40 ft. to less than 65 ft.	three B-I or one B-II and one B-I	two B-I or one B-II

\* refers to a permanently installed fire extinguisher system

#### Fire Extinguisher Charge Indicators

Check the charge level of your fire extinguishers regularly. Replace them immediately if they are not fully charged.



accessible area—not near the engine or in a compartment, but where they can be reached immediately. Be sure you know how to use them, and inspect extinguishers regularly to ensure they are in working condition and fully charged.



This advertisement is brought to you by:  
Arizona Game & Fish Department, 5000 W. Carefree Highway, Phoenix, AZ 85086  
623-236-7235 [www.azgfd.gov](http://www.azgfd.gov)





# Arizona

## Boating & Watersports



# THE CREW

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Arizona Boating & Watersports/Western Outdoor Times sincerely thanks all the organizers, sponsors, participants, and visitors who make the International Sportsmen's Expo such a success each year.

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## It's The Law: Control Aquatic Pests—Don't Move a Mussel

Quagga mussels have invaded vast stretches of the Colorado River bordering Arizona, as well as Lake Pleasant near Phoenix.

It is crucial that all boaters follow simple steps to help prevent the spread of Quagga mussels and other invasive aquatic species.

### Day-Use Procedures

Boats on the water for fewer than 5 days could be contaminated with microscopic quagga larvae. Before leaving any lake:

**Drain** the water from the bilge, livewell, and any other compartments that could hold water.

**Clean** the hull and remove any clinging material such as plants, animals and mud from boat, motor, equipment, and trailer.

### Dry boat and equipment.

If your boat will be used within 5 days, take these additional steps:

Replace bilge drain plug and **disinfect the bilge** by pouring in 1 gallon of household vinegar. Drain the bilge once home. Vinegar can be reused a few times.

**Hot power wash** the boat, motor, trailer, livewell, anchor rope, and anything else that came in contact with the water. Try do-it-yourself car washes.

If a power wash is not available, **spray**

See PESTS on page 17

## Arizona Boater's Directory

Arizona Game and Fish Department  
5000 W. Carefree Highway  
Phoenix, AZ 85086  
602-942-3000

### Arizona Game And Fish Department Regional Offices Flagstaff

3500 S. Lake Mary Rd.  
Flagstaff, AZ 86001  
928-774-5045

**Kingman:** 5325 N. Stockton Hill Rd.  
Kingman, AZ 86409, 928-692-7700

**Mesa**  
7200 E. University Ave., Mesa, AZ  
85207, 480-981-9400

**Pinetop**  
2878 E. White Mountain Blvd., Pinetop,  
AZ 85935, 928-367-4281

**Tucson**  
555 N. Greasewood Rd., Tucson, AZ  
85745, 520-628-5376

**Yuma**  
9140 E. 28th St., Yuma, AZ 85365, 928-342-0091

See DIRECTORY on page 17

## Renew Online

Renew your vessel registration online at [www.azgfd.gov/watercraft](http://www.azgfd.gov/watercraft). There you will find links to renew your registration online, boating fees, rules and regulations, forms, and facts (FAQs).

For questions call (602) 940-3000.



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**Tourist News AZ**  
February '10 / March '10  
Events & Festivals Across the Grand Canyon State

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# Congratulations To These Stewards Of Arizona

Congratulations are in order for those individuals and groups who were honored in January at the annual Arizona Game and Fish Commission Awards Banquet.

The banquet recognized individuals and organizations that have contributed to Arizona's wildlife resources and the mission of the Arizona Game and Fish Department.

The 2009 award recipients who were honored include the following:

Awards of Excellence (4) – Phoenix Herpetological Society, Arizona Wildlife

Federation, Rachel Bacalzo, Eric English  
Youth Environmentalist of the Year – Shelby Miller  
Outdoor Writer of the Year – Stephanie Rainey  
Media of the Year – *Outdoor Wires*  
Conservation Organization of the Year – Liberty Wildlife  
Conservationist of the Year – Jim Unmacht  
Natural Resource Professional of the Year – Heidi Blasius  
Volunteer of the Year – Steve Clark

Educator of the Year – Dave Brown  
Mentor of the Year – Scott Bonar  
Advocate of the Year – Sandy Bahr  
License Dealer of the Year – Sprague's

Sports  
Wildlife Habitat Stewardship Award – Jim O'Haco

For more information, visit [www.azgfd.gov/commission](http://www.azgfd.gov/commission) and click on the "commission awards" link, or contact the department ombudsman, Marty Fabritz, at (623) 236-7281 or [mfabritz@azgfd.gov](mailto:mfabritz@azgfd.gov).

## Wake Zone™

LETTERS TO THE EDITOR

### Thank You, AYC, For Another Success Over \$60,000 Raised For Blood-Cancer Research

A Letter From Cameron Childs  
The Leukemia & Lymphoma Society



The recent Leukemia Cup Regatta, presented by Arizona Physicians IPA, at Lake Pleasant Harbor with the Arizona Yacht Club was a great success.

We had many compliments and I cannot thank you enough for your generous contributions and hard work as a club.

We were thrilled to have Gary Jobson

See LETTER on page 17

### Water Safety Visual Distress Signals: How Many?

By Ron And Rose Werner

United States Sail & Power Squads

This year we would like to challenge your knowledge of how to keep yourself safe when out on the water.

All of us go to the local lakes to have fun. There are only a few percent of people who go to the lake to work. So, as soon as you get to the water, your adrenaline and brain are not necessarily fully alert.

To make matters worse, we do not get out on the water enough times that all actions are performed routinely.

See SIGNALS on page 17

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## AZBW Receives National Safety Award Award Presented In March

### Letter Of Notification

Carol and Jim Allen  
Arizona Boating and Watersports Magazine

1030 East Baseline Road

Tempe, Arizona 85283

Dear Carol and Jim,

It is my pleasure to inform you that the National Water Safety Congress intends to present you its Award of Merit at the 14th Annual International Boating and Water Safety Summit in Daytona Beach, Fla., on Monday, March 29th at a special invitation luncheon.

This award recognizes your sustained continuous coverage and support of boating safety and water related events and activities across the southwestern United States. Your devotion to the public's safety is appreciated by the Congress and more importantly the families, children and others who are safer because of your efforts and the results they achieve.

Thank you on behalf of the National Water Safety Congress for all you do to make our waters safer.

The awards luncheon will be held on March 29th at noon at the Hilton Daytona Beach Oceanfront Resort in Daytona Beach, Fla.. Please be assured that if you cannot attend, we will send your award to you in a timely manner after the ceremony. If you do decide to attend please let me know and I will give you more details as to times, hotel accommodations, or any other information you might need.

Congratulations and thanks again for your efforts!

For more information on the National Water Safety Congress, including information on the Summit in Daytona Beach, you can go to the organization's Internet web site located at <http://www.watersafety-congress.org>

Sincerely,

/s/ Edward L. Huntsman

**Editor's Note:** We are grateful to the National Water Safety Congress and to Ed Huntsman for this letter of notification.

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# LIGHT LINES

FISHING IN ARIZONA AND BEYOND



## ASU Bass Fishing Team Has Full 'Tackle Box'

**Letter From Mitch Kistner**  
ASU Bass Fishing Team

Hope all of you are off to a great start in the New Year! I just wanted to take a minute to fill you wonderful people in on what the ASU Bass Fishing Team has been up to.

First, we held a fundraising tournament on Saturday, Jan. 30 at Lake Pleasant in conjunction with Hook Up Tackle. Of all basic entries 30 percent goes back to the club, as well as money raised from tee-shirt sales and other events.

On Jan. 16 we fished the FLW College Series at Lake Shasta, Calif. Out of the four teams we sent, one of the teams made the top five, finishing in third place. (<http://www.collegefishing.com/tournament.cfm?tid=6529&t=results>)

Last season we also had three teams get top five finishes and sent three teams to the FLW College Series Western Championship at the California Delta, where we

See **TEAM** on page 15



**QUALIFIED** — ASU's bass-fishing team (shown above) has qualified for the FLW College Series National Championship. Also, members are currently completing club qualifiers to determine the top anglers to send to the national championships this summer.

ASU Bass Fishing Team

## Collegiate Bass Fishing 'Catches' On

In college athletics, football and basketball reign supreme in televised competition. However, there's a new sport in town that has begun to crown champions on a field of play far removed from the grid iron or field house — collegiate bass fishing.

The sport's governing body, the Association of College Anglers (ACA), has announced its 2010 tournament season has now grown to five televised events. The schedule includes the fifth annual BoatUS Collegiate Bass Fishing Championship, which returns to Texas' Lake Lewisville May 24-28.

The ACA reports that nearly 40 more schools are currently in the process of organizing a sanctioned team. The ACA was formed through an affiliation with the BoatUS Collegiate Bass Fishing Champi-

See **COLLEGIATE** on page 15

## BoatUS National Collegiate Bass Fishing Registration Open

At the beginning of February, collegiate anglers throughout the country could begin registering online for the 2010 BoatUS National Collegiate Bass Fishing Championship. Registration closes on Saturday, May 1 and the final field will be announced on Monday, May 3.

Chris Edmonston of BoatUS stated, "With the continued growth in collegiate fishing, as seen through the explosion of new clubs participating in events sanctioned by the Association of College Anglers, this year's field will definitely be the most competitive yet. BoatUS is proud to once again be the title sponsor, and prouder still of the dedication and commitment to fishing that we're seeing in these collegiate anglers."

The event will be held on May 24 - 29 and will once again be hosted by the City of Lewisville, Texas. All activities will take place at Sneaky Pete's, which is located on



ASU Bass Fishing Team

Two Sun Devils Tempt Bass

the shores of Lake Lewisville. City of Lewisville Mayor, Dean Ueckert commented, "Competitive angling is the fastest growing collegiate sport in the country, and we are very excited to be home to the BoatUS Collegiate Bass Fishing Championship event. The teams coming here are among the best anglers anywhere and I'm sure some of them will become big names on the

professional circuits one day."

Participating teams will receive a travel allowance and will also enjoy a shopping spree, complements of Cabela's at the company's Fort Worth retail store. Numerous prizes and awards will be made to the top

See **REGISTRATION** on page 15



ASU Bass Fishing Team

ASU Bass Anglers In Action

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## TIGHT LINES™

### Intrepid, WestCoast Fishing.Com, AZBW Team Up GOING LONG ON INTREPID 'Best Fishing Decision I've Ever Made'

By Mike Wallace

My saltwater fishing obsession started at a very early age on a sandy beach in Mexico. My weapon: a Zebco reel loaded with 12-pound test tipped with a cast master. The sacrificial fiberglass rod caught countless pompano with a mix of small sea trout and rock bass for two days before it became seized by the grips of saltwater corrosion and sand.

This childhood experience grew incredibly fast into a full addiction, and as I grew, it evolved into short-range yellow-tail and albacore excursions. I am now in the last third of my life, and I have found the destination of my extended salt-water journey: long range fishing.

Several months ago, Jim Allen from Arizona Boating & Watersports and John Bacos from Westcoastfishing.com invited me to fish the 12-day trip on *Intrepid*. Of course I said, "Yes!" and this is the best fishing decision I have ever made!

The horizon was just beginning to glow when my first sardine was carefully picked and presented to the darkness below. It began to strip line off my reel into the unseen depths of the tuna grounds. The fresh bait swam 20 yards with line in tow when I felt the short pulse of the frightened sardine burst into a frantic run.

The thought that this was the sign before the event was not even completed before I felt a bump. The pulse from the tail beat of my tiny frightened morsel of swimming bait could no longer be felt; in its place was a strong, steady run.

The line tightened to a sharp edge as a hooked giant stripped off yards of line — a battle that lasted nearly an hour before popping the stressed top shot. I was so amazed by this first encounter. It was an awesome battle won by a better foe.

Later that same day, another hookup proceeded to strip off nearly all the Spectra from my reel before it hit an unseen under-wrap hidden in the last lengths of my spool. Once again, with a loud crack, the battle was won by a stronger opponent. I walked away, grinning again and amazed by the power of this short fight.

My next encounter was similar, shortened by a break-off from lines crossed and tangled. The next fish pulled the hook.

Long story short: It wasn't until the last two days that things finally came together for me by landing five yellowfin in the 50 and up class — one at 100 pounds, two at 177 pounds, and one that put me into the cow club at 218.

I can't say enough about this crew, captain, and boat. The numbers speak for themselves. Out of 18 fishermen, 28 fish over 200 pounds were caught, 52 in the 100 to 190 class, and many under 100 pounds. And, the mammoth catch of the trip was a whopping 352-pounder!

Let be known that there is no question *Intrepid* is a hunter-gatherer and on top of the San Diego fishing fleet food chain. This boat fishes you hard, treats you good, and feeds you better. What better compliment can I give?

For more info about long-range fishing, check out FishingIntrepid.com and for soon-to-be posted video of the trip, visit WestCoastfishing.com. And, for more information about this trip, e-mail wallisfishing@yahoo.com.

**Editor's Note:** While Mike Wallace was enjoying this trip of a lifetime (and hence out of town), his fellow Superstition Search & Rescue team members elected him their new wilderness rescue director. Congratulations, Mike!



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## TIGHT LINES™

AGFD Announces  
2009 Urban  
Big-Fish Winners

Topping the list of 2009 Urban Program Big Fish-of-the-Year official winners was a 26.9-pound channel catfish caught and kept by **Tuy Sayasavanh** from Green Valley Lake in Payson. The huge brute is an all-time Urban Fishing Program catfish record.

Two other large catches came from the tiny Papago Park Ponds in Phoenix: a 6.9-pound rainbow trout reeled in by **Morris Sevada** and a 19-pound common carp kept by **Emigdio Hernandez**.

But, topping this list of big fish in 2009 was an unusual catch: a 33.9-pound big-mouth buffalo caught by **Isaias Pineda** from Chaparral Lake in Scottsdale.

Other 2009 Big Fish-of-the-Year winners include the following:

*Kept Category:*

Bluegill — 0.5 lb., **Garrett Laubinger**, Kiwanis Lake, Tempe

White amur — 18.3 lb., **Tori Townsend**, Kiwanis Lake, Tempe

*Released Category:*

Rainbow trout — 17 in., **Lisa Miller**, Surprise Lake, Surprise

Largemouth bass — 19 in., **Brandon Williams**, Steele Indian School Pond, Phoenix

Four of the 2009 Urban Program record fish also beat out the Arizona statewide records submitted for the year. Lists of 2009 winners, previous years' winners, and current 2010 records can be found at [www.azgfd.gov](http://www.azgfd.gov).

Information on how to apply for record

See **WINNERS** on page 14



**John Bakos**

[www.westcoastfishing.com](http://www.westcoastfishing.com)  
[john@westcoastfishing.com](mailto:john@westcoastfishing.com)  
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Photos From Long-Range  
*Intrepid Trip Of A Lifetime*

Photos By Art Coleman



## New, Updated Fishing Resource From AGFD

There are GPS coordinates for each lake, up-to-date resource telephone numbers, and even Internet addresses so you can easily get the latest fishing information, even as you travel to your favorite fishery.

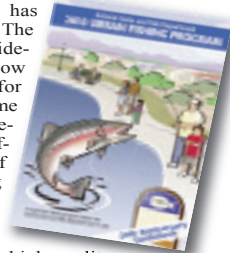
This new \$8 fishing booklet has been shipped to all Arizona Game and Fish offices in the state, so be sure to stop by and get one for your favorite angler.

This easy-to-use fishing booklet will make a superb companion to the new Arizona Fishing guidebook the department is diligently working on in a collaborative effort with Arizona Highways Magazine.

It's New! It's Free!  
New Decade Of  
Urban Fishing

In celebration of the 25th anniversary of the Urban Fishing Program in 2010, a special edition guidebook has been created. The 2010 Guidebooks are now available for free from Game and Fish Department offices or any of our sporting goods or retail license dealers. The attractive, high-quality books were designed to make it easier for anglers of all ages and abilities to figure out what the regulations are, where to fish, when to fish, how to fish, what to fish with, and much more.

Major features of the new guidebook include a 2010 fish stocking calendar, how the Urban Fishing Program works, fishing regulations at a glance, timeline of significant program events over the past 25 years, all-new lake and park maps, listings of family friendly park amenities, a fishing-tips section, and a fishing-equipment checklist showing you what you need to get started. So, pick up a guidebook, grab an extra one to pass on to a friend, and go urban fishing!



IGFA.org

**77 YEARS AGO AND NOW** — Manabu Kurita of Aichi, Japan, shows a winning smile as he holds up the 22-pound, 4-ounce largemouth bass he caught in Japan July 2, 2009, that is now an All-Tackle World Record by the IGFA. The honor is shared with Georgia's (USA) George Perry and the largemouth bass he caught 77 years ago that helped launch a billion dollar industry.

Women's Bassmaster  
Tour Eliminated

Tom Ricks, vice president and general manager of BASS sent women pro bass anglers some bad news last month. BASS has decided to eliminate the Women's Bassmaster Tour from the Bassmaster Tournament Trail.

In his words, "Despite BASS' best efforts to grow the WBT, participation levels have been declining significantly since the inception of the tour in 2005. We have worked diligently to grow the WBT to increase or maintain participation levels — even awarding a berth in the Bassmaster Classic — but ultimately, our efforts didn't resonate. This was a very tough decision and one that we didn't take lightly. We certainly appreciate all of your support of the WBT."

Women who had already registered for the 2010 WBT events will receive a full refund from BASS. Also, the women pros were encouraged to register for BASS events for which they are eligible.

For questions or more information, contact Bruce Mathis: (407) 566-2164.

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Margie Anderson, Editor

# Game Bag

## Write On Target

## USA Shooting Team To Chair NHF Day Celebration

SPRINGFIELD, Mo.— Shooters are among the most decorated athletes in U.S. Olympic history. Many say a background in hunting influences their success. In recognition of this connectivity, the entire USA Shooting Team has been named honorary chair of National Hunting and Fishing Day for 2010.

Always the fourth Saturday in September, this year's celebration is set for Sept. 25.

Congress established National Hunting and Fishing Day to recognize hunters and anglers for their leadership in fish and wildlife conservation. Since launching in 1972, the day has been formally proclaimed by every U.S. President and countless governors and mayors.

"We're excited to work with the USA Shooting Team to show how American hunters and anglers are world-class conservationists, and how successes afield can translate to world-class athletes," said Denise Wagner, who coordinates the annual NHF Day celebration on behalf of Wonders of Wildlife.

As the official home of NHF Day, Wonders of Wildlife Museum in Springfield, Mo., coordinates public education and awareness campaigns for traditional outdoor sports.

With 103 Olympic medals for rifle, pistol and shotgun marksmanship, the U.S. excels in few sports more than shooting. Only track and field, swimming, diving, wrestling and boxing have been more prolific medal producers for Americans. In fact, shooting ranks ahead of gymnastics, figure skating, volleyball and more than 30 other Olympic sports.

Most members of the current USA Shooting Team are active hunters and anglers, continuing long traditions of passion



Wonders Of Wildlife Museum

for the outdoors and winning on the world stage.

"Hunting, especially, continues to have considerable impact on many members of the team. They say hunting instilled an interest in firearms and taught basic marksmanship, patience, discipline and other assets to competitive skills," said Buddy DuVall, marketing director for USA Shooting, the national governing body for Olympic shooting sports.

He added, "We are honored to give something back to the sportsmen and women of America by serving for National Hunting and Fishing Day."

The USA Shooting Team joins a long

list of sports personalities who have served as honorary chair of NHF Day. Baseball stars have included Ron Guidry, Tom Seaver, George Brett and Wade Boggs.

Football pros Brett Jones, Terry Bradshaw, John Riggins and Jay Novacek — along with golfers Tom Weiskopf, Johnny Miller, Arnold Palmer and Tom Lehman — have also served. Basketball legend John Havlicek, NASCAR's Ward Burton and tennis champion Roscoe Tanner round out the sports heroes who have helped spread the word about hunting, angling and conservation.

See SHOOTING on page 14

## Arizona Game & Fish: 'Get Outside Arizona'

PHOENIX — Arizonans of all ages can kick off the New Year with a healthful lifestyle and get reconnected with nature and each other through the many outdoor-related programs offered by the Arizona Game and Fish Department by visiting [www.azgfd.gov/getoutside](http://www.azgfd.gov/getoutside).

"Our new 'Get Outside Arizona' portal Web page has dozens of programs that offer families many outlets to enjoy the outdoors and traditional American pastimes," said Craig McMullen, chief of wildlife recreation. "What's exciting is after being introduced to the great Arizona outdoors, many of these activities become a healthy way of life."

The state's wildlife agency has been providing Arizona with outlets to the outdoors and outdoor recreation for nearly 100 years. Who better to get you in touch with nature than the experts who work day in and day out managing, restoring, and improving Arizona's diverse wildlife.

"During a time when families are looking to get back to the basics, a great place to start is by experiencing Arizona's diverse landscape and wildlife through wildlife viewing, hunting and fishing, shooting sports, wildlife education and more," said McMullen.

Many of the programs, like *Watchable*

See OUTSIDE on page 14

## National Shooting Sports Foundation Launches *Insights*

NEWTOWN, Conn. — Each week listeners are invited to learn about the history, excitement and value of hunting and the shooting sports on a new daily radio program called *Insights*, sponsored by the Na-

tional Shooting Sports Foundation and produced by the Walker Agency of Phoenix, Ariz.

"We are excited about the possibilities this new radio program offers NSSF, our

industry and our sports," said Mark E. Thomas, NSSF managing director, marketing communications. "*Insights* will help NSSF reach a new audience of hunters and shooters, and will inspire potential participants who are listening to try our sports."

The show increases NSSF's presence on radio and complements its existing efforts on cable television and in Web-based and traditional media to support NSSF's members and grow the shooting sports.

Host John Quaintance will delve into the world of hunting and target shooting to report on a range of fascinating topics, ranging from the history of the American flintlock, to the development of the modern conservation movement, to great hunting and shooting tips that will help millions safely enjoy their sports, as well as the latest news and information from NSSF, the trade association of the firearms industry.

"Our experience in creating interesting and entertaining radio programs that have collectively won more than 85 broadcast awards gives assurance that NSSF's *Insights* will attract listeners, and once we have them 'by the ears' we can encourage them to enjoy the shooting sports," said Mike Walker of the Walker Agency.

Scheduled to launch March 1, the program will be offered to radio stations on a barter basis. For those who can't receive the program via radio, the shows will also be available for download at [www.nssf.org/Insights](http://www.nssf.org/Insights) <<http://www.nssf.org/Insights>> and available as podcasts on iTunes.

NSSF encourages its member companies to let their local radio stations know about this free daily radio program. Station managers should contact NSSF for a sample program and to learn more about adding the show to their lineup.

John Quaintance is an Emmy Award-winning former television and radio reporter with over 30 years of broadcasting experience. His reports have been seen and heard on ABC, CBS and CNN.

The show is sponsored by NSSF, produced by Pete Walker, and edited by Mike Walker. For information about becoming a broadcast affiliate, contact Mike Walker, [mike@walkeragency.com](mailto:mike@walkeragency.com), (602) 569-0340.



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### AN RV DESTINATION

## Bird Shows, Moonlight Hikes At Lost Dutchman State Park

Lost Dutchman State Park offers outdoor hikes and other special programs in February and March.

### Feb. 26: Moonlight Hike

From 7-9 p.m., there will be a guided 2½ mile hike on Jacob's Crosscut Trail at the base of the Superstition Mountains. Hikers should dress appropriately and wear trail shoes or boots. Some parts of the trail are rocky and uneven with occasional steep grades; participants should be in good health with no walking or night vision difficulties. After the hike gather around the campfire for a marshmallow roast (marshmallows and sticks provided). All ages are welcome. No pets, please. Large groups of 25 or more should call in advance for special arrangements. Parking in Day-Use Area.

### Feb. 27: Rod Villemaire's Feathered Friends

Join park volunteer and bird expert Rod

Villemaire (Bird Planet TV) for three special bird shows at the campground amphitheater:

### March 6: Starstruck Program (Astronomy)

Learn about the night sky, constellations and planets with local astronomer Bill Dellings. Parking and seating at campground amphitheater. Free program.

For more information call Lost Dutchman State Park at (480) 982-4485. Lost Dutchman State Park is located at 6109 N Apache Trail in Apache Junction and is open seven days a week.

Park Entrance Fee is \$5 per vehicle for up to four adults. A \$2 per person entrance fee applies to pedestrians and bicyclists.

Please call ahead to find out the latest information about the State Parks by calling (602) 542-4174 (outside of the Phoenix metro area call toll-free (800) 285-3703) or visit AZStateParks.com. Follow us on twitter.com/AZStateParks.



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**Parker, Arizona**

Parker offers year-round activities to meet everyone's tastes. A popular destination for summer boating, Sea Doo's, Jet Skis, Wakeboards, etc., we offer an abundance of hotels, motels, restaurants, shopping, and resorts to enhance your vacation. Our mild weather entices many winter visitors to choose Parker as their "Winter Destination." Our year-round attractions include Parker Dam, the world's deepest dam to bedrock, museums, libraries, tribal preserves, bird sanctuaries, rodeo arenas, a 4-star golf course, THX multiplex movie theater, BlueWater Resort and Casino, and friendly people.

So whenever planning a vacation in the state of Arizona, include Parker as one of your destinations. For more information and exciting photos of our area, contact Parker Area Tourism or Parker Chamber of Commerce & Visitors Center.

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[www.parkerareatourism.com](http://www.parkerareatourism.com)





## [LAND CRUISING]

### RVers: Celebrate Arizona's Archaeology, Heritage Awareness Month

For the entire month of March 2010, the Arizona State Parks' State Historic Preservation Office (SHPO) is coordinating activities throughout the state for the 27th anniversary celebration of Arizona Archaeology and Heritage Awareness Month.

The events are excellent opportunities for RVers to enjoy the areas where the state's heritage is evident.

A free statewide listing of events is

available this month and can be obtained by contacting the Arizona State Parks offices at (602) 542-4174, or by visiting AZStateParks.com.

These events will focus on current efforts to preserve our past by protecting our fragile and non-renewable cultural resources. Museums, historical societies, tribes, agencies, parks, and archaeology organizations will be hosting events across the state.

#### CIVIL WAR IN THE SOUTHWEST

### Re-Enacted At Picacho Peak State Park

Each year hundreds of spectators descend on Picacho Peak State Park to watch re-enactments of the Battle of Picacho Pass and the New Mexico battles of Gorieta and Val Verde.

The re-enactments will be hosted at Picacho Peak State Park on Saturday, March 13 and Sunday, March 14. Unfortunately,

For more information about the 22 State Parks (13 of which will be closing this year), statewide hiking opportunities, off-highway vehicle trails, and other outdoor recreational and cultural opportunities in Arizona, call (602) 542-4174 (outside of the Phoenix metro area call toll-free (800) 285-3703) or visit AZStateParks.com.

Follow us on twitter.com/AZStateParks.

this State Park is scheduled to close on June 3, due to State funding sweeps and will be closed indefinitely after that date.

This year the Civil War of the Southwest event is being coordinated with financial support from the Arizona State Parks Foundation and Union Pacific Railroad. Volunteers from across the state will be offering their assistance during these two days so this popular re-enactment of Arizona's Civil War history can take place.

"We know that few people even understand what was happening during the Civil War in Arizona and these battles bring the public together to learn about that late 1800s era in Arizona," said Janet Hawks, the Arizona State Parks Chief of Operations.

Visitors travel from around the country to experience the three fascinating historic re-enactments, complete with lifestyles of the soldiers in the Southwest during the 1860s. More than 200 re-enactors come in from many states and will camp at Picacho Peak State Park with their authentic Civil War camping gear.

Food and beverage concessions will be available. Please be sure to bring along plenty of water, hat, lawn chair and sunscreen. Please note that pets will not be permitted to this event.

See CIVIL WAR on page 15

## Arizona State Parks: Nine Open; 13 Will Be Closed

The Arizona State Parks Board today voted to keep nine parks open and close the remaining thirteen State Parks in a phased series of closures starting Feb. 22 due to six different State Parks funds being swept of \$8.6 million. In addition, four parks remain closed due to previous budget reductions.

The nine parks that will remain open are ones that generate the most revenue back into the parks operating revolving funds.

**The parks that will remain open include the following:**

- Buckskin Mountain State Park in Parker
- Catalina State Park near Tucson
- Cattail Cove State Park in Lake Havasu City
- Dead Horse Ranch State Park in Cottonwood
- Fool Hollow Lake Recreation Area in Show Low
- Kartchner Caverns State Park in Benson
- Lake Havasu State Park
- Patagonia Lake State Park
- Slide Rock State Park in Sedona

**The remaining parks will be closed in a phased sequence starting on Feb. 22:**

- Homolovi Ruins State Park in Winslow
- Lyman Lake State Park in St. Johns
- Riordan Mansion State Historic Park in Flagstaff.

**The next park closings will occur on March 29:**

- Fort Verde State Historic Park in Camp Verde
- Roper Lake State Park in Safford
- Tombstone Courthouse State Historic Park
- Yuma Territorial Prison State Historic Park
- Tubac Presidio State Historic Park.

**The final phased closings will occur on June 3:**

- Tonto Natural Bridge State Park near Payson
- Alamo Lake State Park in Wenden
- Lost Dutchman State Park in Apache Junction
- Picacho Peak State Park
- Red Rock State Park in Sedona.

**The remaining parks will continue their agreements with other entities or will be passively managed by an adjacent park:**

- Boyce Thompson Arboretum State Park in Superior
- Sonoita Creek State Natural Area
- Verde River Greenway State Natural Area
- Yuma Quartermaster Depot State Historic Park.

**Four parks will remain closed:**

- Jerome State Historic Park
- McFarland State Historic Park in Florence

See PARKS on page 17



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# DOWNSTREAM™ Events Calendar Starting Feb. 2010

## BEYOND ARIZONA

**LOS ANGELES BOAT SHOW:** Feb. 18-21 — Los Angeles Convention Center; [www.losangelesboatshow.com](http://www.losangelesboatshow.com)

## BOATING

**ARIZONA YACHT CLUB CLASSES:** February starts — ASF classes for Start Sailing Right and Sailing Skills Development begin on Saturday, Feb. 13; and Opti classes begin on Sunday, February 14. There are still openings in all of the classes.

**DRAGON BOAT FESTIVAL:** March 27-28 — Tempe Town Lake; [www.azdba.com](http://www.azdba.com)

**ANNUAL DESERT SPRINTS REGATTA:** March 6 — Tempe Town Lake; [www.tempe.gov/boating](http://www.tempe.gov/boating)

**WHITewater RAFTING TRIPS:** March 1-6 — Upper Salt River; [www.azroa.org](http://www.azroa.org)

**RC MODEL BOAT RACE:** Feb. 6 — Lake Havasu City; (928) 855-6631 or [www.golakehavasu.com](http://www.golakehavasu.com)

**U.S.C.G. AUXILIARY 2010 NATIONAL CONFERENCE (NACON):** Aug. 24 — Marriott Camelback Inn, Scottsdale; Tom Nunes: (602) 617-1979, [tomnunes1@gmail.com](mailto:tomnunes1@gmail.com), <http://www.news.auxpa.org/>

**AZ YACHT CLUB MEETINGS:** Second Tuesday of every month 7 p.m. — 19th Tee, Rolling Hills Golf Course, 1415 N. Mill Ave., Tempe; [www.arizonayachtclub.org](http://www.arizonayachtclub.org)

**PORTSMOUTH (SMALL BOATS) SAILING:** Nearly every Saturday, 2 p.m. — Tempe Town Lake; check the AYC Web site calendar

**US SAILING/ RED CROSS ONLINE TRAINING:** Ongoing — To make it easier for prospective US SAILING-certified instructors to fulfill course requirements for CPR and First Aid certification, US SAILING teams up with the American Red Cross to provide an online training program. Participants can sign up by visiting [www.ussailing.org/training](http://www.ussailing.org/training) and clicking on the Red Cross Online Training button (towards the bottom of the page).

**SAFETY TIPS FOR BOATERS:** Ongoing — Visit <http://www.BoatUS.com/news/releases.asp> before you go.

**HIGH SCHOOL SAILING CHAMPIONSHIP:** April 17 — Contact Arizona Yacht Club

## CAMPING/RVING/ AZ OUTDOOR ACTIVITIES

For more information on camping, RVing, outdoor activities, see "Land Cruising" in each issue of AZBW/WOT.

**PROTECT-A-PARK:** Ongoing — Boaters, anglers, divers needed to adopt Lake Pleasant's shoreline areas and coves for regular litter removal in 2009; (602) 372-7460, ext. 200

## COMMUNITY

**TENTH CAVALRY ASSOC. BUFFALO SOLDIERS:** Feb. 13, 14, 8 a.m.-5 p.m. — Fort Verde State Historic Park; (928) 567-3275 or e-mail [pio@azstateparks.gov](mailto:pio@azstateparks.gov)

## FISHING

For more information on fishing, please see "Tight Lines" in each issue of AZBW/WOT.

**ANNUAL FISHING & OUTDOOR EXPO:** Feb. 27, 10 a.m.-2 p.m. — Chaparral Park (5401 N. Hayden Rd., Scottsdale); urban fishing license if over 14; (480) 312-2771

## HUNTING

For more information on hunting, please see "Game Bag: Write On Target" in each issue of AZBW/WOT.

## SHOWS/EXPOS

**10TH ANNUAL INTERNATIONAL SPORTSMEN'S EXPO:** Feb. 26-28 — University of Phoenix Stadium;

[www.SportsExpos.com](http://www.SportsExpos.com)

**LIQUID LIFESTYLES @ HIS/HER LUXURY EXPERIENCE:** Feb. 19-21 — City North of Scottsdale; [www.GoodLifeExpos.com](http://www.GoodLifeExpos.com)

**ARIZONA GAME AND FISH DEPARTMENT EXPO:** Feb. 27-28 — Ben Avery Shooting Facility 602-942-3000 or [www.azgfd.gov/expo](http://www.azgfd.gov/expo)

## WATERSPORTS

**Diving:** **SAGUARO DIVING & SPORTS:** Ongoing — Learn to Scuba Dive, Open Water Certification Dives, Private Class & Pool, Private Lake Open Water Certification Dives, San Carlos, Mexico; Lake Pleasant, and more: Saguaro Diving & Sports, 908 E. Impala Ave., Mesa, AZ 85204; (480) 507-3988 or [sales@saguarosports.com](mailto:sales@saguarosports.com)

**Frozen Watersport:** **ARIZONA JUNIOR CHAMPIONSHIPS:** March 20-21 — Arizona Snowbowl; ski and snowboard races for all levels; (928) 773-9707 or [www.flagstaffskiclub.org](http://www.flagstaffskiclub.org)

**Swimming:**

**HOLUALOA TRIATHLON:** March 21, 6:30 a.m. —

Includes 825-yard pool swim; [www.tritucson](http://www.tritucson)

**WAC CHAMPIONSHIPS:** Feb. 24 — Joe Scacco, Northern Arizona University swimming, [joseph.scacco@nau.edu](mailto:joseph.scacco@nau.edu); (928) 523-6330

**USAT COLLEGIATE NATIONAL CHAMPIONSHIPS TRIATHLON/ANNUAL LAKE HAVASU TRIATHLON:** March 20, 6:45 a.m. — Includes 1,500-meter swim; [www.tucsonracing.com](http://www.tucsonracing.com)

## WILDLIFE-RELATED

**TRES RIOS NATURE FESTIVAL:** March 6-7, 9 a.m.-4 p.m. — Avondale; (623) 204-2130 or [www.tresriosnaturefestival.com](http://www.tresriosnaturefestival.com)

**Editor's Note:** Please submit announcements for AZBW/WOT's calendar of events — "Downstream" — to [editor@azbw.com](mailto:editor@azbw.com). To guarantee placement, as room allows, items must be received by the 15th of the month prior to publication. Every effort is made to ensure accuracy, but we assume no responsibility for print errors or omissions. We also reserve the right to edit each item. Please include the name of the event, the date and time, the location, the organization, and a contact number and/or e-mail address.

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**66' DITMAR DONALDSON SPORTFISHER**  
Complete refit has been completed with the hull & superstructure painted with 3 coats of AWLGRIP. Four coats bottom paint (09). New 25kw Northern Lights generator 09. ECONOMICAL to operate 1.5 Gallons per mile @ 10 kts with a 1500 mile range. Built by Dittmar & Donaldson, in Costa Mesa, CA, well known for their quality craftsmanship. Additional features include an enclosed bridge, A/C, large fish hold, triple control stations, a huge cockpit, Sonar, & a large fuel capacity. Continuous maintenance & upgrades with additional new items being installed. Excellent economical long range fishing/cruising yacht. \$475,000



**1996 52' OCEAN ALEXANDER PILOTHOUSE**  
This beautiful custom Ocean Alexander is in Santa Barbara California & is ready for her new owner! She has a beautiful custom blue hull, designed by Ed Monk Jr. & built by Ocean Alexander. Great visibility & easy access to all the systems makes service very easy. Electrical systems are top quality with complete back up systems. Upgraded & serviced 3208TA Caterpillar 435HP main engines, 4 control stations, bow & stern thrusters, twin 12kw Northern Light Generators, 2 Furuno Radars, fuel polisher systems. Top condition & ready for immediate use. Seller will all reasonable offers considered. \$515,000



**1975 42' UNILEITE SPORTFISHER**  
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## GET FIT TO HUNT, FISH, ENJOY AZ OUTDOORS

# The Biggest Secret Of The Biggest Loser

By Cory Schidler

You and your co-workers, family and friends talk about it, wondering how they lose all that weight? You watch the workouts intently in each episode and mimic the exercises at the gym. You buy the products and read the books, hoping they will give you that edge that everyone is looking for in the effort to lose weight and become a fit outdoors person.

You go to your weekly weigh-in and realize you have lost two pounds, which is great! However, you see how much your favorite contestant lost last week and it gets you down.

You have been doing everything that you need to do: control your eating, plan meals and workouts ahead of time, and try new healthful recipes. But, why doesn't your fat melt off like it does on the contestants?

You say to yourself, "If I had eight hours a day of exercise, I could lose that much too". You get frustrated. This frustration leads to your giving up. However, have you really done as much as you can to reach your goals? What is the secret to losing weight like the contestants?

## THE 5 BIGGEST FITNESS MISTAKES

# More From Core To Get You Outdoors-Ready

Cory Schidler  
Core Fitness

Take a walk through any gym, and you'll notice many mistakes. Mistakes that waste time. Mistakes that put people in danger. And mistakes that are just plain stupid. Maybe you even make a few of these mistakes yourself.

By avoiding these common blunders, you'll put yourself on the fast track to results — and much better experiences in the outdoors. Check out the following five fitness mistakes and the solutions you need to avoid danger and to get fit fast.

Resolution for 2010: "I will be totally fit for the outdoors this year."

### Mistake 1: You use the wrong weight

The goal is to challenge your muscles, not to simply go through the motions. If you are able to complete 15 repetitions easily, then the weight is too light. On the flip side, if you aren't able to perform an exercise through its full range of motion, and find yourself cheating on form, then the weight is too heavy.

The correct weights will feel challenging by your last few repetitions, but won't force you to sacrifice form.



Cory M. Schidler, BS, CPT, TPI  
Core Fitness

Well, here is the biggest secret of the Biggest Loser. They pick the cream of the crop of thousands of applicants. They search for the people who are most likely to lose a lot of weight in a short amount of time. They interview and dive deep into the psychology of the potential contestants.

### Mistake 2: You do the same routine

You may have noticed that most people do the same exercises each time they visit the gym. Maybe you've been doing the same exercise routine as long as you can remember — if it isn't broken then don't fix it, right?

The truth is that exercise routines have expiration dates, and that is the date that they begin to lose their effectiveness. As a rule of thumb, never use the same routine for more than four weeks.

### Mistake 3: You don't warm up

Most people consider warm up time to be wasted time — they'd rather jump right into the heart of the routine. What they don't realize is that a good warm up will allow you to perform at a higher intensity, which means greater results.

The point of a warm up is to increase your muscle temperature. This increases blood flow, muscle contraction and reduces muscle resistance. Your warm up should last 5-10 minutes.

IT IS NOT YOUR FAULT THAT YOU ARE NOT POISED FOR A HIGH AMOUNT OF WEIGHT LOSS IN A SHORT AMOUNT OF TIME! Get over it. It is not easy, nor is it normal to lose 10 or more pounds per week. You need to focus on another secret that is in your control.

All of the contestants have something in common with you. The secret to getting to your weight loss goal is finding the reason why you want to lose the weight. The goal is determining your turning point. Just look at this past season's contestants and their turning points.

Amanda missed her prom because she was embarrassed of her weight. Daniel had sleep apnea because of his weight and the lack of sleep kept him from keeping As and Bs in high school.

The winner, Danny, knows that his family is following his bad habits. Rebecca's was, "when I could no longer fit comfortably in regular chairs"! Rudy said his turning point was that, at age 31, he was diagnosed with high blood pressure, high cholesterol, borderline type-2 diabetes, and sleep apnea.

Shay's was when she realized that she

had allowed herself to reach 500 pounds. She also realized after her mother's death, that she was close to death as well. Tracey realized that she needed to change when she would hide in the bathroom from her children so that she could eat.

Perhaps your reason is that you'd like to compete in some fishing tournaments. Or, that you'd like to be fit enough to do some stalking before the hunting season begins. Maybe you just want to feel more fit to go boating, camping, or RVing.

Your reason why needs to be something powerful enough to make you want to choose better foods at each meal. Powerful enough to get you to your workout and give it your best. Powerful enough to say no to those extra treats. Write down your reason why and look at it everyday.

And, in no time you will be looking and feeling great for this summer and fall — and for all that Arizona's outdoors has to offer.

Cory Schidler is a Certified Personal Trainer and owner of Core Fitness in Scottsdale Arizona. You can contact him at [Cory@CoreFitnessAZ.com](mailto:Cory@CoreFitnessAZ.com)

## Wake Zone™

### Black Lab Displaced By Fire, Needs Home

Michelle Ramos  
Director of Education  
Arizona Animal Welfare League  
and SPCA  
30 North 40th Place  
Phoenix, AZ 85034  
(602) 273-6852, ext. 121

I am trying to help a family place a 7-month-old black-lab mix named "Oso."

He has been mostly an outside dog, but has a small room if he wants to be indoors.

The family lost their home in a fire over the holidays and will be moving in with family that already has two dogs. The quarters will be tight.

Because of cultural concerns, this family does not want to give him away to friends who have shown interest, because when they no longer want him; they will just let him go to fend for himself. I know this family wants to do what is in the best interest of this animal — which is why they have enlisted our help.

I am putting out feelers everywhere I can think of and having his photos posted with different animal groups in hopes of finding a good home.

We are happy to help with costs of neutering, blood work and shots if that would be necessary.

Supposedly, he has had two sets of shots before the family got him.

Thanks for your help!

Kelly Rostan  
(480) 860-8363

## WINNERS

Continued from page 9

kept or released fish can be found in the current Urban Fishing Program Guidebook or in the Arizona Fishing Regulations booklet. All winners receive certificates, caps, and other prizes.

## SHOOTING

Continued from page 10

The growing list of sponsors for NHF Day 2010 includes Wonders of Wildlife, National Shooting Sports Foundation, Bass Pro Shops, Smith & Wesson, Sportsman Channel, Realtree, Cabela's, GunBroker.com and Yamaha.

For more information, visit [www.nhf-day.org](http://www.nhf-day.org).

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## OUTSIDE

Continued from page 10

*Wildlife* or *Focus Wild*, are non-consumptive, self-paced and can be done in nearly any outdoor environment. Kids can learn about the habitats where wildlife lives, how they adapt to the elements, and what's important to their survival.

Health isn't the only thing. Through many of these programs, families will be able to learn about wildlife conservation, develop an understanding and knowledge of the environment and reconnect with each other away from the television and

other electronic distractions

Springtime is a great time for families to get a hands-on sampling of nearly all these programs at the Arizona Game and Fish Department's Outdoor Expo, March 27-28. Visitors can catch a fish, see live wildlife, try out shooting sports, and attend numerous presentations and how-to seminars designed to give you the skills to get you outside and starting your very own adventures, all for free.

If you are looking to get in touch with wildlife, nature and the environment, then visit the Arizona Game and Fish Department at [www.azgfd.gov/getoutside](http://www.azgfd.gov/getoutside).

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## TEAM

Continued from page 7

had a team finish in fifth, qualifying for the FLW College Series National Championship; they are currently on the main Web page of FLW College Fishing: ([www.CollegeFishing.com](http://www.CollegeFishing.com)).

We are in the process of completing our ASU Club Qualifiers to determine the top anglers to send to the National Championships this summer in Texas (BoatUS National Collegiate Bass Fishing Championship) and Arkansas (Under Armour Collegiate Bass Championship).

We thank all of you for your support over the seasons and we look forward to a great 2010 season!

## Relevant Sites

ASU Bass Fishing Team - [www.ASUBFT.webs.com](http://www.ASUBFT.webs.com)

FLW College Series - [www.CollegeFishing.com](http://www.CollegeFishing.com)

BoatUS National Collegiate Bass Fishing Championship - [www.CollegiateBassChampionship.com](http://www.CollegiateBassChampionship.com)

Under Armour Collegiate Bass Championship - [www.CollegeBass.com](http://www.CollegeBass.com)

Tight Lines,  
Mitch Kistner

Arizona State University Visual Communications Student ASU Bass Fishing Team (602) 510-1071

## AZGFD

Continued from page 1

servation

See off-highway vehicle and boating exhibits

Visit with more than 100 exhibitors—sportsmen's organizations, conservation groups, shooting clubs, government agencies, and commercial vendors of outdoor products and services

This is a great event to experience or learn more about the amazing outdoor recreational opportunities in Arizona. Activities such as camping, fishing, hunting,

## BASICS

Continued from page 4

**Prepare the boat to handle severe weather.**

Slow down, but keep enough power to maintain headway and steering.

Close all hatches, windows, and doors to reduce the chance of swamping.

Stow any unnecessary gear.

Turn on your boat's navigation lights. If there is fog, **sound your fog horn**.

Keep bilges free of water. Be prepared to remove water by bailing.

If there is lightning, disconnect all electrical equipment. Stay as clear of metal objects as possible.

**Prepare your passengers for severe weather.**

Have everyone put on a **USCG—approved life jacket (PFD)**. If passengers are already wearing their PFDs, make sure they are secured properly.

Have your passengers sit on the vessel floor close to the centerline for their safety and to make the boat more stable.

**Decide whether to go to shore or ride out the storm.**

If possible, head for the nearest shore that is safe to approach. If already caught in a storm, it may be best to ride it out in open water rather than try to approach the shore in heavy wind and waves.

Head the bow into the waves at a 45-degree angle. PWCs should head directly into the waves.

If the engine stops, drop a "sea anchor" on a line off the bow to keep the bow headed into the wind and reduce drifting while you ride out the storm. In an emergency, a bucket will work as a sea anchor.

If the sea anchor is not sufficient, anchor using your conventional anchor to prevent your boat from drifting into dangerous areas.

## VHF Frequencies Broadcasting NOAA Weather Reports

162.400 MHz	162.500 MHz
162.425 MHz	162.525 MHz
162.450 MHz	162.550 MHz
162.475 MHz	

## REGISTRATION

Continued from page 7

finishers and sponsors of the event will be on hand to provide product information and samples to all contestants.

Due to the incredible growth in the number of contestants since 2006, the 2010 championship field will be capped at 150 two-person teams. Complete details regarding registration can be found at [CollegiateBassChampionship.com](http://CollegiateBassChampionship.com).

Extensive coverage of the championship event will be nationally televised on the Versus network from August-October. The television series will also feature coverage of the Stephen F. Austin Bucketmouth Bass Tournament, Arkansas Tech University Invitational, Southern Collegiate Bass Fishing Series Championship and the Collegiate Open Team Bass Championship.

## COLLEGIATE

Continued from page 7

onship and other sponsors.

The 2010 ACA schedule now includes five televised events produced by [Carco Multimedia](http://CarcoMultimedia.com) that will air on the Versus network next year (check your local listings):

**Stephen F. Austin State University Bucketmouth Bass Tournament:** Dec. 18 and 19 on Sam Rayburn Lake, Texas.

**Arkansas Tech University Invitational:** March 25 and 26 at Lake Dard-

"We're very excited that BoatUS is returning as the title sponsor and that the City of Lewisville is serving as host of this event for the fifth consecutive year. We're looking forward to crowning the national champions and providing increased television coverage again this year. Since our humble beginning in 2006, this event has grown to be regarded as the largest, most prestigious event in collegiate bass fishing in the eyes of collegiate anglers and sponsors of collegiate fishing," said Wade Middleton, tournament director.

For more information about the 2010 BoatUS Collegiate Bass Fishing Championship Series, please visit [CollegiateBassChampionship.com](http://CollegiateBassChampionship.com).

To register, to go to <http://www.CollegiateBassChampionship.com/registration.html>.

anelle, Ark.

**Southern Collegiate Bass Fishing Series Championship:** April 2 and 3 on Wheeler Lake, Ala. Hosted by the Auburn University Bass Sports Club.

**Fifth Annual BoatUS Collegiate Bass Fishing Championship:** May 24-28 on Lake Lewisville, Texas.

**Collegiate Bass Fishing Open:** June 21-25 on Kentucky Lake, Tenn. Hosted by Paris/Henry County, Tennessee, this is a new event that uses an innovative "team" format.

## ISE

Continued from page 1

- Game-calling contests
- Arizona Game & Fish Dept. Youth Fair & family activities

**When:** Feb. 26 - 28

**Friday:** 10 a.m. - 7 p.m.; **Saturday:** 10 a.m. - 7 p.m.; **Sunday:** 10 a.m. - 5 p.m.

**Where:** University of Phoenix Stadium, Glendale, Ariz. (20,000 free parking spaces)

**Cost:** \$15 adult; Youth 15 and under enter free

**More Info:** To learn more, visit <http://www.SportsExpos.com>

wildlife viewing, shooting sports, off-highway vehicle recreation and boating recreation are great ways to spend quality time with family and friends.

So you don't miss a thing, trolley transportation is available throughout the 1,650-acre shooting facility, which is located on Carefree Highway, 1/4 mile west of I-17.

Admission to the Expo and parking are free, but bring a little cash for snacks and drinks at the food court or to purchase ammunition (nominal fee) if you want try out firearms on the range.

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## CIVIL WAR

Continued from page 12

Civil War battles across America were well documented and history teachers carefully covered each battle across the East Coast, but few ever knew what was happening in the West during this time. A battle of the American Civil War was a skirmish fought near a rocky spire called Picacho Peak located between Phoenix and Tucson. The new highway follows the old wagon route that passed Picacho in 1862.

In 1860, the New Mexico Territory, which consisted of the lands that would become the states of Arizona and New Mexico, was sparsely populated. It ranked 34th in population out of 43 states and territories with only 83,009 inhabitants. It was 37th in black populations, with just eight of whom were free.

When the Civil War broke out in 1861, the U.S. Government recalled the majority of its troops from the West to build the Union army for the fighting in the east. Henry Hopkins Sibley joined the Confederacy and convinced Jefferson Davis that he would raise an army in Texas and invade New Mexico territories. He proposed that mineral resources would fill the coffers of the Confederacy and fund their massive war effort.

## Three Battles Re-Enacted

Picacho Pass, Arizona — April 15, 1862

Valverde, New Mexico — February 21, 1862

Glorieta, New Mexico — March 28, 1862

For more information about the re-enactments, please visit [AZStateParks.com](http://AZStateParks.com) or call Picacho Peak State Park at (520) 466-3183. The full schedule is available at [AZStateParks.com](http://AZStateParks.com). Please print the schedule and bring it with you to the event.

Special thanks to the following: the re-enactors, Pinal County Sonoran Search & Rescue, Marana Police Department Explorers, and the many volunteers.



**Phone: 480-833-6561**  
**Fax: 480-833-6508**



**DIRECTORY**

Continued from page 5

**AZGFD: Other Important Telephone Numbers**

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Boating, Aquatic, and Hunter Education: 623-236-7235  
Boating Education Class (toll-free): 1-800-824-2456  
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Hunter Recruitment and Retention: 623-236-7235  
Off-Highway Vehicle Information: 602-942-3000  
Operation Game Thief—report wildlife violations: 1-800-352-0700  
Watercraft: 602-942-3000

Weekly Arizona Fishing Report: 602-942-3000  
Weekly Wildlife News: 623-236-7700

**State Parks**

Alamo Lake State Park: 928-669-2088  
Buckskin Mountain State Park (Colorado River): 928-667-3231  
Cattail Cove State Park (Lake Havasu): 928-855-1223  
Fool Hollow Lake Recreation Area: 928-537-3680  
Lake Havasu State Park (Windsor Beach): 928-855-2784  
Lyman Lake State Park: 928-337-4441  
Patagonia Lake State Park: 520-287-6965  
River Island Unit (Colorado River): 928-

667-3386

Roper Lake State Park: 928-428-6760

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Pinal County: 520-866-6800  
Santa Cruz County: 520-761-7869  
Yavapai County: 928-771-3260  
Yuma County: 928-783-4427

**PESTS**

Continued from page 5

vinegar on boat, motor, trailer, livewell, and anything else that came in contact with the water. Vinegar also helps fight unsightly calcification on the hull, boat motor, and lower unit.

**Dry boat and equipment.**

**Remove and dispose of plants on dry land**

**Stop The Spread Of Aquatic Pests!**

Quagga mussels, salvinia, crayfish, and mud snails are most often spread between waterways by hitching a ride on your vessels and trailers.

**PARKS**

Continued from page 12

- Oracle State Park
- San Rafael State Natural Area.

For more information about the 27 State Parks, statewide hiking opportunities, off-highway vehicle trails, and other outdoor recreational and cultural opportunities in Arizona, call (602) 542-4174 (outside of the Phoenix metro area call toll-free 800-285-3703) or visit [AZStateParks.com](http://AZStateParks.com). Follow us on twitter.com/AZStateParks.

**OUT**

Continued from page 4

simple formula can provide a guide. Multiply length (in feet) by width (in feet) and divide the result by 15. This will give you the maximum number of people at an average weight of 150 lbs. that the boat will accommodate safely under calm water conditions.

Number of people =  $\frac{\text{vessel length (ft.)} \times \text{vessel width (ft.)}}{15}$

This information can be found on the U.S. Coast Guard Office of Boating Safety website.

**SIGNALS**

Continued from page 6

that is: done without thinking.

Hopefully, as we tell stories of an adventure, we can merge in some thoughts to keep you safe.

Toward this objective, we will ask a few questions and in the next issue, we will supply the answers. All answers will be geared to inland water rules.

**Questions:**

How many visual distress types must you have on board?

Do you need to cover day and night signals?

Does the boat size and type matter?

Do you need to carry pyrotechnics?

For more information, please go to [www.phoenix-usps.org](http://www.phoenix-usps.org) or call (602) 810-3684.

**LETTER**

Continued from page 6

join us for our Saturday evening dinner. Gary gave a fantastic presentation filled with humorous stories from his ESPN commentating, crash footage of boats breaking and sails exploding, and nail-biting finishes for the US Sailing Team.

Cheers echoed throughout the tent and "good luck topping THAT next year" was a frequently made comment. None of the other LLS events invites guests to watch a video in the dark for an hour and still have people hooting and hollering after 60 minutes! What fun we had!

Saturday night, 240 people joined us

for dinner, and there were over 60 boats racing throughout the weekend. Rick D'Amico of Fox 10 did a fantastic job as our live auctioneer and, in the end, the Arizona Yacht Club raised over \$60,000 for blood cancer research and patient aid.

Because of your efforts, we are continuing to gain ground toward cures for leukemia, lymphoma and myeloma, and bring hope for patients and their families. Incredible strides have been made in battling these diseases but The Leukemia & Lymphoma Society will not rest until cures are found.

**Your involvement does not have to stop now.**

You have until Nov. 1 to continue rais-

ing funds to qualify for the opportunity to sail with world-renowned sailor and ESPN commentator Gary Jobson, National Regatta Chairman, at the 2010 Fantasy Sail off the coast of Charleston, SC.

**Special Thanks**

**Emory Heisler** was the top fundraiser in 2010, raising nearly \$15,000 since November. Chris Robertson will be joining Emory in Charleston, SC, this year for the 2010 Weekend Sail with Gary Jobson.

Also, a big thank-you to **Michael Parker** for putting on a phenomenal show. You were great to work with! Most importantly, we all know that the weekend wouldn't have been possible without the

hard work of all of our volunteers.

**Rachel Seelen of Urban Abstrakt Photography** was the official photographer of the 2010 Regatta and did a phenomenal job. She hails from Tucson but is obviously happy to travel as far as Lake Pleasant to photograph events. Contact her at [rachel@urbanabstrakt.com](mailto:rachel@urbanabstrakt.com) for your next event!

Cameron Childs  
Special Events Manager  
Desert Mountain States Chapter  
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[cameron.childs@lls.org](mailto:cameron.childs@lls.org)

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# Hooters Calendar 2010



**JANUARY**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



**FEBRUARY**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



**MARCH**

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**APRIL**

S	M	T	W	T	F	S
				1	2	3
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18	19	20	21	22	23	24
25	26	27	28	29	30	



**MAY**

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23	24	25	26	27	28	29
30	31					



**JUNE**

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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			



**JULY**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



**AUGUST**

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29	30	31				



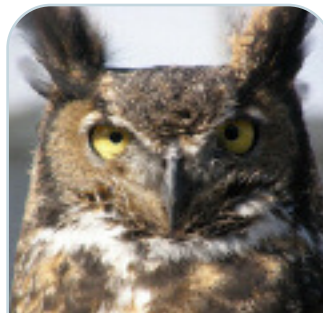
**SEPTEMBER**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



**OCTOBER**

S	M	T	W	T	F	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



**NOVEMBER**

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



**DECEMBER**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	