

# Montana Rifle & Pistol Association

January 2015

## Message from the President By Jamey Williams

Well, 2014 has gone out the door and in came 2015. It is now time to reflect upon 2014 and see what we can all do individually with our shooting goals and as a community of shooters. Now is the time to set realistic goals about your shooting sport of choice, and make the steps towards achieving those goals in 2015. In a competitive venue, approaching a match season without goals can leave you repeating past performances and reliving the same results. Set some goals and work towards them in 2015! A great resource about goals and mental management of shooting sports, is the series of books and CD's from Lanny Basham (US Olympic gold medalist). They can really help you understand the mental side of the shooting sports (and nearly all other sports too), and assist you in becoming a better shooter. Check them out if you are interested.

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As a State Association for the NRA, CMP and USA shooting, the MRPA must also asses 2014 and set goals for 2015. For many of the shooting sports it was another great year for attendance, particularly in High Power and Black Powder Cartridge Rifle. Small Bore Rifle continues to do well, particularly in Missoula under Gary Swartz's guiding hand. There are several upcoming programs for youth shooting throughout the state. All the successful programs share a common thread of enthusiastic directors that cultivate good help around them. The MRPA discipline chairmen will be examining their disciplines and discussing with match directors how the MRPA can assist the shooting programs. The MRPA would like to see a reasonable growth of 5-10% in the various programs and to make progress towards that goal, we are in the early stages of developing a marketing program. The new competitors that will come into disciplines will require mentors. Chairmen and match directors will be seeking out those most willing and capable of helping new competitors along.

Now that a lot of the needed housekeeping has taken place within the MRPA over the last 18 months, I really look forward to the MRPA focusing on its main objectives – the promotion of competitive shooting sports and – training people to be proficient in marksmanship skills.

Best to everyone in 2015!.

## Secretary's Notes By Zona Mowrer

**Memberships:** It is time to renew memberships. The last day of December is the end of our membership year. Those of you with an expiring membership will receive a post card later this month. My email address is [silverbow3@gmail.com](mailto:silverbow3@gmail.com) for anyone needing to change an address or contact me for some reason. I do not have current addresses for Bentura Peralez, Jr., Doyle Jackson, Justin Allred and Andrew Chritton..

**Addresses:** Please get your address changes to me. We can't keep your information current if you move and don't tell us.

**Match Results:** If you have any match results you want shared, please get them to me at [silverbow3@gmail.com](mailto:silverbow3@gmail.com).

## Common Firing Line Errors By Fred at Fred's M14 Stocks

You go to a lot of trouble to fire a shot - buy a rifle, ammo, travel a long distance, and lay out in hot and cold weather - so you should want to have that shot impact COT [ Center of Target ]. Well, watch out for these common errors, and you'll be ahead of the game:

1. Failure to keep eyes open when the rifle fires to 'call' your shot. To know where the shot just went, you need to take an instant mental photo of where the front sight was when your rifle went off. If you don't, you lose the information value of feedback from that shot - and you're almost certainly flinching and/or jerking the trigger. So, keep that eye open - call the shot based on the position of the front sight on the target when the rifle fired, and watch for bullet splash downrange for confirmation of your call. On the firing line, in practice, you aim to continually increase the percentage of shots that you can honestly call 'good' - the front sight was on the target when the rifle fired.
2. Failure to pull rifle back into shoulder. One of the leading causes of trigger jerk, bucking, and flinching is fear of recoil, and the impact of the rifle on the shoulder. If you come away from the firing line complaining about recoil, or a 'sore' shoulder, this one is what you are doing wrong - and it WILL lead to flinching. So grab the pistol grip firmly and pull the rifle back into your shoulder while you fire the shot - so you 'roll' with the recoil. A side benefit: extra pressure of the trigger hand on the stock will give the perceived impression of a 'lighter' trigger.
3. Failure to get NPOA. "Natural Point of Aim" has been said to be the one factor which separates the riflemen from the 'wannabees'. If you don't get your natural point of aim, your shots will be off the center of the target, even if fired perfectly, because your body is out of position, and you have to muscle the rifle onto the target. A rifleman takes position so that his rifle, with his body relaxed, is pointing at the target. He doesn't have to fight muscle strain and he makes his job of firing the shot a lot easier - and his shots will be on target. Get your NPOA by lining up on the target with your sights, closing your eyes, relaxing your body, and taking a deep breath in and letting it out. Open your eyes and shift position pivoting around your forward elbow, to bring the sights back on the target. Repeat until when you open your eyes, your sights are naturally on the target. Once you establish your NPOA, keep it by not moving that forward elbow supporting the rifle [prone] or keeping your position steady [all other positions].
4. Failure to pull 'trigger' leg up tight behind trigger arm to absorb recoil and generally tighten position [prone position]. Try it and you'll see your front sight settle down like it should. Grasping the forearm with the non-trigger hand and pulling slightly back into the shoulder may also help in rapid fire [what other kind is there?].
5. Failure to maximize your feedback. Shooting is always learning, and every shot you fire should be a learning experience. If you're in a match, and screw a string of fire up so badly you are ashamed, you keep shooting just as hard as before, with those educational purposes in mind.
6. Failure to 'follow-through'. By the time you think "follow-through" as you hold the trigger back after the shot, this step in 'Firing the Shot' is done. But don't overlook it, because you need to do it.
7. Failure to keep the sight on the target. The most important step in "Firing the Shot". Ignore this, and you might as well be shooting blanks, or setting off firecrackers. This is a 2-part step: physically focusing your eye on the front sight, and firmly focusing your mind - your concentration - on 'keeping that front sight on the target'. Whatever else you do, you must do this for the shot to hit COT.
8. 'Flinching', 'bucking' or 'jerking the trigger'. "Flinching" is anticipating recoil by an abrupt backward motion of your shoulder to get 'away' from it. "Bucking" is anticipating recoil by shoving your shoulder forward to 'make up' for or 'resist' the impact. "Jerking" is snapping the trigger quickly to get the disagreeable experience over with as soon as



possible. All three will throw your shot off the target - in fact, are guaranteed to throw your shot off the target. All three (usually lumped under the generic "flinching") are natural responses to your body's abhorrence of sudden impacts. You have to work to control your body, so the rifle is not disturbed by any movement at the time the hammer falls. You do this in several ways. One is to eliminate the recoil impact by pulling the rifle snugly back into your shoulder, so that there is no impact, and you simply ride the 'push' of the recoil. If you don't pull it back tightly into your shoulder, the rifle has time to pick up speed and slam your shoulder, and you start to flinch, buck or jerk the trigger in response. So pull it back into your shoulder, and you'll do OK. Second, keep your eyes open so you can take that instant mental photo of where the front sight was on the target at the instant of firing. If you can't do this, you know you are guilty of flinching, bucking, or jerking. Third, concentrate on keeping the front sight on the target. Pulling the trigger is not the main task - No! Keeping the front sight on the target is the main task. So practice until that trigger finger is 'educated' to take the slack up and steadily increase the pressure when the front sight is on the target, 'freeze' when the front sight drifts off the target, and continue the squeeze when the sight is back on the target. You'll have to do this in the 6-10 seconds you're holding your breath. If you don't fire the shot in that time, simply relax, take a deep breath and start over. [Trigger finger tips: middle of the pad of the first joint, or the first joint itself, should be where the trigger touches the finger. Keep the finger clear of the stock ('dragging wood') as it will throw your shot off. Visualize a straight pull back, not to the side.] Once out in the 'real world', you'll find that with practice, you'll punch out 20 good shots in 30 seconds, if you ever need to shoot fast.

Even the best riflemen can develop a flinch, so periodically do the 'ball and dummy' drill to test for one, and then continue 'ball and dummy' until you are 'cured' (but remember that rarely will the cure be permanent, so you still periodically recheck). Twenty rounds should suffice for both the detection and the cure. Have a friend 'load' and hand the rifle to you [make sure all safety precautions are observed!] either with or without a round in the chamber. Usually, he will start off with a live round to 'juice up' any tendency to flinch, and then give you an empty one to see if there is movement in the muzzle when the hammer falls. He continues with 'empties' until your muzzle doesn't move. Then he feeds a live one followed by more 'empties' - actually, he is trying to 'smoke out' your flinch and get it to show itself. He continues until he is convinced that your flinch is gone. Along the way he will watch your aiming eye to make sure it stays open when the rifle goes off.

9. The biggest failure is to go to the range without a goal. Your goal should always be to improve your shooting, and come away from each session on the range a better shot. And you do that by firing the Army Precision Combat Rifle Qualification Course - which Fred's has reduced to 25m for speed and convenience. Those in the know at Riverside who have fired the full course at 100, 200, 300 and 400 yards will tell you - "the course at 25m is harder!" And each time you fire it, you have a numerical score by which you can measure your progress towards becoming a good shooter - a Rifleman!
10. Failure to use your sling. For over 100 years, the sling has been in military use as an aid to marksmanship. Because of the tendency of the M16 barrel to flex under sling pressure, the sling has been slighted in the last few decades. But make no mistake: the sling is one of the biggest aids to accurate shooting that you have, and you always have it with you, to carry the rifle. So, never fire a shot without the sling. Use the hasty sling for standing and anytime you're in a rush, or may need to move fast after firing a shot; and use the loop sling for prone and sitting when you have the time, but try to make sure your upper arm is padded to block muscle tremor and heartbeat, either with a shooting jacket or heavy clothing. It's hard to estimate how big a factor in accuracy the sling is. A minimum of 20%, going up to 80% or more. It will help in rapid fire, keeping your position tight, speeding your recovery for the next shot. The bottom line is, always use your sling - in every position, for every shot.
11. Failure [sitting position] to put both elbows in front of both knees. If you've been to the range much, you've seen a new shooter trying to shoot sitting - with that trigger elbow up high in the air, almost like he's shooting standing, totally ignoring that nice big fat knee, as steady as a bench, and less than a foot away. The shot will be much better, with that trigger elbow down on the front of the knee, where it belongs (NOT on top, where recoil will

knock it off, slowing recovery time). And that other elbow, the one under the rifle? Hunker forward and drop that sucker on the target side of its knee - again to resist recoil. A good sitting position will initially break your back until you get stretched, but once everything falls into place, you can shoot nearly as good as you do off the bench! Don't sell the position short, especially if you are on a downward slope and need to shoot over grass, etc.

## 2014 Montana State Champions

Every year the MRPA sanctions state championship matches in several disciplines. Congratulations to all the Montana State Champions in 2014. We will also have the list of state champions at [www.mtrpa.org](http://www.mtrpa.org) under the "information" tab. High Power Rifle, Pistol and Small-bore Rifle recognize the high Montana resident as the State Champion. The match winner may be from another state. BPCR and Silhouette recognize the Match Winner as the State Champion regardless of home state.

### Black Powder Cartridge Rifle

Silhouette, scope: Darrell Smithson, Helena, MT

Silhouette, iron sight: Doug Gazaway, Georgia

### Pistol

Conventional Pistol:

Indoor: Stu Smith, Great Falls, MT

Lady Champ: Nancy Miller-Valdez, Billings, MT

Outdoor: Jimmy Sutton, Shepherd, MT

International Pistol (outdoor):

Free Pistol: Jimmy Sutton, Shepherd, MT

Standard Pistol: Jimmy Sutton, Shepherd, MT

International Pistol (indoor):

Standard Pistol: Seth Berglee, Joliet, MT

Air Pistol: Seth Berglee, Joliet, MT

Rapid Fire Pistol: Lew Muller, Billings, MT

Centerfire Pistol: Matt Egloff, Butte, MT

### High Power Rifle

Service Rifle (XTC): Jamey Williams, Clancy, MT

Mid Range Prone & F-class:

Prone: Kelly Moore, Columbus, MT

F-TR: Mike Anderson, Helena, MT

Long Range Prone and F-class:

Prone: Neil Adams, Billings, MT

F-TR: Andrew McLain, Helena, MT

High Power Rifle (XTC): Scott Lindley, Bozeman, MT

F-Open: Roger Hoppe, Havre, MT

F-Open: Roger Hoppe, Havre, MT

### Small-Bore Rifle

Indoor 3P & 4P: Jason Herndon, Missoula, MT

Outdoor (3P and Prone):

3P & 3P Jr: Robert Scott, Belgrade, MT

Senior 3P & Sr Prone: Gary Swartz, Missoula, MT

Woman 3P: Ibbey Lorentz, Seeley Lake, MT

Prone & Jr Prone: Lucas Figi, Bozeman, MT

Air Rifle: Justin Thomas, Seeley Lake, Mt

## Dedicated Adults By Jamey Williams

What is the key to success to any youth shooting program? Dedicated coaches and parents! As president of the MRPA, I want to extend a sincere thanks to the many parents and coaches that make some of the programs in the state exist and thrive. I am very familiar with the efforts of Donald Erpenbach and Mark Skeels in the Helena area. Both Mark and Don came together in December of 2013 with the goal of building a F-class and across the course junior shooting program. That program became the Lewis and Clark Junior Marksmen and had an amazing first year. The program had 8-10 juniors with

more being added for this year. During the program's first year, they were able to get a team of XTC juniors to Camp Perry, OH for the National Matches, and soon the F-Class Juniors will be headed to the Berger South West Nationals in Phoenix, AZ. Two of the F-Class juniors established NRA national records under the coaching of Don! The LCJM really showed how it could be done with fundraising, coaching and arranging the logistics of getting juniors to matches, both close and far. They anticipate even better things for 2015 and have added some new shooters, supportive parents and coaches to help. If you have a junior (up to 22 years of age) in the Helena vicinity interested in shooting F-Class or XTC, contact Don or Mark at [donalderpenbach@yahoo.com](mailto:donalderpenbach@yahoo.com) or [mark.skeels@med.ge.com](mailto:mark.skeels@med.ge.com).

## MRPA's Northern Rockies Long Range Regional Tournament By Jamey Williams

The 5<sup>th</sup> annual Northern Rockies F-Class and Prone Long Range Regional took place this past September. Due to its size over the last few years, the tournament was broke into a more manageable F-Class weekend and a Prone (sling) weekend. A total of 84 different competitors participated in the tournament. There was a large prize table with thousands of dollars worth of barrels, rifle parts, gunsmithing services and rifle scopes. The raffle generated money to help make improvements on the range and support junior high power competition. This tournament will continue to grow now that it is spread over 2 weekends. If you are interested in shooting at the tournament, be sure to get registered early.

## Montana State Championships By Jamey Williams

State Championship sanctioning was a hot topic at the annual meeting held this past September. At some point in the past, the control/sanctioning of the NRA/CMP/USA Shooting State Championships drifted from control of the MRPA to local match directors. This likely occurred due to apathy from the MRPA and discipline chairmen. The state championships began to morph into many separate and varied programs, with many inconsistencies.

One of the current objectives for the MRPA is to bring the State Championships in line with the MRPA standing rules and bylaws. We have all the discipline chairmen in place to work with match directors in drafting programs consistent with MRPA requirements. The state championship sanctioning authority is granted to each state association by the NRA/CMP/USA Shooting. This means that the MRPA sets the standards for the state championships held within Montana. Each location that chooses to host a championship then approaches the discipline chairman for assistance with the match program. There will be some changes over the next year or so with how the programs are written. For some disciplines this will mean minor changes, others will require some significant changes. After a year or so, this will become second hat and not a big deal.

The State Championships mean a lot to many; the individual champion gets the prestige of being crowned state champ and, the MRPA generates a little bit of income that supports the various disciplines. This also places an increased level of significance on the championships with how they are run. They are "registered" matches with the NRA for example. Within the NRA match sanctioning, there are "National Championships" which are run by the NRA HQ, "regionals" and "sectionals" which are run exactly as the NRA specifies – they approve, or deny, a match directors application to host a such a tournament. The "State Championships" are controlled by the state association and a range functions as a host for the state championships. "Registered" matches are next in the hierarchy, and they permit some variance if written into the match programs and approved by the NRA. "Approved" matches are at the bottom of the hierarchy and permit the most flexibility in how they are run.

The MRPA is also going to focus on promoting these championships more which means potentially increased attendance. Also, if there is enough money in the particular discipline's account, the discipline chairman may elect to use some of the funds for a nice trophy. Lastly, the new web master, Scott Wehrmann (MRPA VP) has made a specific page on the [mtrpa.org](http://mtrpa.org) page recognizing state champions. Change is sometimes difficult for some, but in the end this will be a good change for all involved. We look forward to celebrating new champions in 2015!

## Need Something To Do...

....this Winter while reloading, driving to the family's place? Give some of the firearms related podcasts a try. On the [www.firearmsradio.tv](http://www.firearmsradio.tv) website you can download podcasts covering various topics. Two that I have found interesting have been the Competitive Rifle Podcast which covers smallbore, XTC and f-class shooting. The hosts include a former military marksmanship team member, a smallbore coach for a university in the upper Midwest and a F-class shooter. Another podcast to check out is the Precision Rifle Podcast, which has had some excellent guest interviews in the past. Another podcast I have yet to check out, but comes recommended, is the [www.gunfightercast.com](http://www.gunfightercast.com) podcast.

## Get Well Soon By Jamey Williams

One of our newer F-Class participants in Missoula, Praveen Kumar, has been diagnosed with Acute Leukemia. We all wish him well, and hope to see him make a full recovery and see him on the firing line soon. Here is a note about Praveen from fellow F-class shooter, Ron Sanders: "You should know that he's pissed. He was prepping his brass for the Bellingham match toward the end of January but they installed a chemo port in his right shoulder so he won't be able to shoot his Savage F/TR this year. He's already surfing the net for options on left hand rifles and says he's going train himself to be a left hand shooter. He'll do it, I have no doubt. And he plans to be competitive. I have no doubt that he will be as well."

## Berger Southwest Nationals By Jamey Williams

The Berger Southwest Nationals are coming up this Mid-February, and there should be ~12 MRPA members in attendance. This is the largest long range match outside of Camp Perry and the National Matches. They have capped attendance at 270 shooters this year, and it will likely sell out. If you are interested in going get your match registration in soon: <http://www.bergerbullets.com/swn/info/>.

## Results of Shooting Events By Zona Mowrer

USA Shootings Winter Air Gun Championships Dec. 4-7, 2014 Colorado Springs, CO

- Men's Air Rifle- Ivan Roe and Jerhet Reed participated. I think many personal bests were acquired and Ivan shot 2 very nice finals. Good Job and keep up the hard work, Ivan and Jerhet and good luck in the new year.
- Women's Air Pistol – Alana Townsend shot good scores and tied with Teresa Chambers for 3rd and 4th. Good Job Alana. Good Luck in the Collegiate Championships in March.
- Women's Air Rifle – Rachel Yager, Alison Weisz and Maranda Nelson all competed. All shot good scores and I am sure there were personal bests made here also. Good job and good luck in the new year.

Good Luck to all junior and adult shooters this year. Have safe travels and enjoy the competitions you are blessed to attend.

### 2015 Hall of Fame Match

### Missoula, MT

Match Winner	Jason Herndon	1134-29c	1st Air Rifle	Maranda Nelson	193-10x
1st Master	Trace Weisenburger	1127-34c	2nd Air Rifle	Justin Thomas	179-4x
1st SS	Paul Thurmond	1074-30c	3rd Air Rifle	Abby Donald	179-3x
2nd SS	Andy Watson	1056-21c	4th Air Rifle	lby Lorentz	179-2x
1st Junior	Maranda Nelson	1073-21c			
2nd Junior	lby Lorentz	1042-17c			

## Classifieds

This listing is provided as a courtesy to MRPA members; MRPA assumes no responsibility for the listed items or your satisfaction with them. Items for sale can be submitted to the newsletter editor for possible submission in the next newsletter.

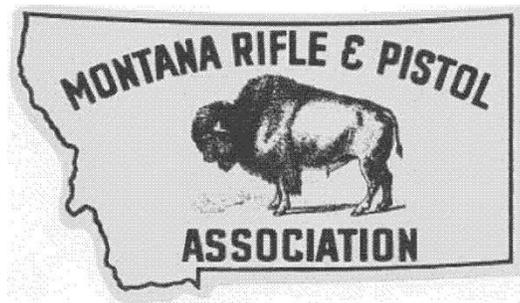
- Custom Hand Stops – Models to fit Elisio tube chassis (curved for the Elisio tube), Anschutz, Dunlap, Freeland rails. Clamp bolts made from solid bar. Fully adjustable and very well made. \$100. **Contact: John Benjamin**  
[jcbinc@netzero.com](mailto:jcbinc@netzero.com)



- Scopes For Sale: NightForce 8-32X NXS, Leupold 8.5-25X VX-3, Bushnell Elite Tactical 4.5-30X. All have been used very little and only on F-class long range rifles. No dings, or scratches. Lenses are as good as the day I got them. I will pay shipping and ins within the continental US. If anyone needs (wants) all 3 I'm sure I can make a special deal! **Contact: Don Strom** [destrom549@gmail.com](mailto:destrom549@gmail.com) 406-490-2303
  - 8-32X Nightforce NXS -30mm tube, 56mm Obj, NP-R1 reticle, side parallax adj, Matte finish, does not have the zero stop, + Burris Xtreme Tactical 30mm Rings, 6" sun shade, Holland's 30mm Level, ScopeCoat XP-6 Flak Jacket neoprene cover - \$1400
  - 4.5-30X Bushnell 6500 Elite, 30mm tube, side parallax adj, matte finish, Rainguard lens coating, 50mm Obj, mill dot reticle + Burris Xtreme Tactical 30mm Rings, 5" sun shade, ScopeCoat neoprene cover, Bushnell PN 65-4305MD (A Midway reviewer says he uses this model on a Barrett 50BMG with no problems) - \$700
  - 8.5-25X Leupold VX-3, Leupold PN 66605, 30mm tube, side parallax adj, 50mm Obj, dot reticle, Matte finish + Burris Xtreme Tactical 30mm Rings (The Burris XTreme Tactical rings fit a Picatinny or Weaver style base), 6.25" (2.25" & 4") sun shade, US Optics 30mm scope level, OEM Leupold neoprene scope cover - \$800

<b>Montana Rifle and Pistol Association 2014-2015</b>		
President: Jamey Williams		
Vice President: Scott Wehrmann		
Treasurer: Don Strom		
Secretary: Zona Mowrer		
<b>Board Members:</b>		
Matt Egloff (2015)	Mark Griffis* (2015)	Paul Thurmond (2015)
Scott Wehrmann (2016)	Dick Miller (2016)	Matt Waite* (2016)
Jake Taverna* (2017)	John Smith (2017)	Steffen Bunde (2017)
*Member, Executive Committee		
The MTRPA Newsletter is published four times per year (January, April, July, and October) and is available on the MTRPA.org website or by US mail (by request). News submissions may be made prior to the last day of the month prior to publication.		

Montana Rifle and Pistol Association  
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Membership Application       New       Renewal  
NRA Member Number      \_\_\_\_\_       Send NRA application  
Receive MRPA Newsletter by:       email      or       US Mail

Name      \_\_\_\_\_  
Address      \_\_\_\_\_  
City      \_\_\_\_\_      State      \_\_\_\_\_      Zip      \_\_\_\_\_  
Email Address      \_\_\_\_\_      Phone      \_\_\_\_\_

Individual:       Annual \$15       Five-Year \$60       Junior \$5 (birth date \_\_\_\_\_)  
                          Associate \$3 (spouse)       Need card ASAP       Life Member \$150  
Clubs \$15 Annual       Senior       Junior

The quarterly newsletter will be posted on the MTRPA.org website in January, April, July, and October. A notice will be emailed to you to notify you that it is available. If you do not have internet access and want a newsletter mailed to you check the box above.

Make checks payable to: Montana Rifle and Pistol Association