

**contact**

Call 604.889.3822
(8AM-7PM PST)



or send email to
DOC@mdgardner.com



First Lesson 2002



First Title 2005



Second Title 2006

blog: November 15, 2005

Bookworm Turns Competitive Extreme Pistol Shooter

Let me share something with you that may just be the light in the darkness you were trying to find.

In 2002 a student went through my CFSC course with a friend as a way to spend a weekend. Little did this person know how dramatically that weekend was going to affect their life.

Long story very short; she won the Ladies' Category Standard Division National Champion title in Fredericton this year. It wasn't luck. It was dedication and perseverance. Pay attention, as that is what it takes to do well at whatever you endeavour.

Tracey Martinsen is the student. She began with a basic course for a PAL firearms license. Didn't know if she would ever get a license but tried some basic shooting lessons with a rim fire handgun. Too late! Within a year, 2003, she had bought her own Ruger MkII .22 LR (yes, everyone should have something like it to start), then a Springfield 1911-A1 (see mdgardner.com/doc40.htm), was loading her own .45 ACP ammo on a Lee Press followed by a Hornady Projector, used a second hand Safariland rig, traveled to matches, provincials and the Nationals. Yeah, year one! Did this girl get hooked or what?

At her first Nationals in Edmonton, she finished so-so at 15.5% but won a Ruger 10/22 in the prize draw. That can't be bad. The fun factor was tremendous and she was plunged deeper into the wonderful world of Extreme Pistol (IPSC) shooting.

In 2004, Tracey changed to a Para in .40SW, CR Speed rig and Dillon 550 press. At that year's Nationals in Barrie, her husband Dale took time off his motocross racing to come along and cheer her on to success. As part of the BC Standard Team, Tracey showed true sportsmanship (sportswomanship, sportspersonship:-)) She won her first national trophy for 3rd Lady Category, Standard Division, and the hook went deeper. Her finish at the Provincials was better than 2003 and she raised the bar higher.

By 2005, Tracey was completely consumed with Extreme Pistol. She was coding IPSC and shooting club web pages, attending coaching and practice sessions 2 or more days a week, and maintaining her dry fire exercises at home. Ammo components flew through the Dillon 550 and became ammo which in turn was hammered into targets. Off to the Nationals in Fredericton and she took first. Again a proud member of the BC Standard Team, she showed what IPSC is all about. Always a smile when times might indicate a smile wasn't really easily found. She shares her success and is constantly searching for more knowledge to improve her skills while sharing her infectious enthusiasm for the sport.

Finally, at the Provincials in 100 Mile House, Tracey was awarded the Most Improved Shooter for the Year in Standard Division. She improved 17% over 2004! Her 2003 average was around 35%, 2004 average was 40.68% and 2005 was 57.71%. That is HUGE in IPSC.

Since then she has moved from C Class to B Class. B Class, watch your back.

What's the point? The point is everyone can get personal satisfaction and achieve goals they never knew even existed. Even a bookworm turned competitive Extreme Pistol Shooter.

Where do you think you can go if you get involved? What is currently holding you back and how can you address it? Sometimes a couple hours on the range with an experienced coach can go a long way. Call me at 604-889-3822 if I can help YOU! And watch for my coaching packages when the season starts up again in the Spring.

See you at the matches,
Murray "DOC" Gardner.

[Back to top](#)