

The 14th Annual Lake Macquarie

6 & 12 Hour Rogaine

Welcome to the 2005 Lake Macquarie Rogaine. We would like to acknowledge the support of Lake Macquarie City Council and NSW State Forests.

When: Saturday 20 August 2005

Where: Awaba & Heaton State Forests (see location map)

Program:

8:30am	Registration opens
11:30am	Briefing for novices
11:45am	Final briefing
12 noon	Start
2:30pm	Tea & Damper opens
5:00pm	Hash House opens
6:00pm	Finish 6 hr event
6:45pm	Presentations 6hr event
9:15pm	Tea 7 Damper closes
12 midnight	Finish 12 hr event
12:45am	Presentation 12 hr event

As most of the event takes place through State Forests we are required to make everyone aware of the following conditions:

- No animals are to be brought to the event
- Park in designated areas
- Use toilet facilities provided
- Restrict fires to fireplaces where provided
- No firewood, plants or animals are to be removed from bushland
- Allow other members of the public to use the area undisturbed
- Allow any forest workers or contractors to work unobstructed
- Participants should follow the directions of Forest Rangers

Outstanding Membership Forms & Fees:

If any member of your team is not a financial member of an Australian rogaining association, they will need to hand in a completed membership form for NSW Rogaining Association and pay the fee before you can compete. Membership forms can be downloaded from the web site.

Event Registration:

Teams must register and hand in a completed indemnity form before maps etc are distributed. It is hoped to have laminated control cards which means these won't have to be collected until you start – however come prepared with contact in case it doesn't happen

Parking & Camping:

The Hash House is located on private property in a large clearing, please respect all the facilities associated with the event. Although you may park anywhere in the clearing parking officials will assist you with parking. Camping is available on the Friday and Saturday nights. If competing in the 12 hr event please consider staying the night or have someone drive home who did not compete in the 12 hr event.

****** Please close the gate to the property when leaving after your event**

Fires:

Unless there is a fire ban there will be a fire near the Hash House and at the Tea & Damper. Please do not light fires on the course.

Hash House:

The Hash House will serve hot food continuously from 5pm (Sat) until 1:00am (Sun) and breakfast Sunday 7:30am for participants. Please inform us at registration if you intend having breakfast on Sunday at the Hash House.

Prizes:

Certificates will be presented to all participants

Medallions will be presented relevant winners and placegetters. Categories will include Open, Men, Women, Junior, Vets, Family and Mixed.

Novices and Inexperienced:

If you are at all unsure about any aspect of Rogaining please ask us. We will be happy to provide advice on navigation, planning your course, route choice, equipment etc. By remaining behind for a few minutes after the start of the event we can give you tips and send you in the right direction.

What to bring to the Hash House (check each item as you pack it)

- Plastic bag or clear contact to protect map and control card
- Indemnity form signed by all members
- NSWRA membership form and fee (if required)
- Pens, scissors, string, sticky tape for map work
- Your own cutlery, mug, bowl and plate
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Food for Friday night and Saturday morning
- Basic first aid kit
- Spare water (5 litres)

What to take on the course (each participant should have these)

- Small backpack
- First aid kit (crepe bandage, elastoplast, “space blanket”)
- Compass, watch, whistle
- Gaiters or other leg coverings (full body cover recommended)
- Shoes with good grip
- Sunhat, suncream, insect repellent
- Wet weather gear and warm clothing
- Pencil for “Intention Boards” at checkpoints
- Headlamp/small torch (with spare batteries and globe)
- Snacks for on the course (staminade, muesli bars, dried fruit, chocolates)
- 1-2 litre filled drink container
- Mobile phone (there is good coverage on course for emergency contact)

A list of teams will be posted on the web site. Please check that your details shown there are correct.

***For any further information phone:
Bob Gilbert - 4952 1967***

Course Information and Directions

Organisation:	Bert Van Netten
Administration:	Bob Gilbert
Course Setter:	Peter & Robyn Charlton
Course Vettors:	Bert Van Netten
Hash House Catering:	NSW Junior Orienteering Squad (Di Van Netten)
Tea & Damper Café:	1st Cardiff Scouts

Magnificent views of Lake Macquarie and the Hunter Valley greet competitors in this years Lake Macquarie Rogaine. The course incorporates some prominent ridgelines and spurs with good track network providing easy access to the higher areas. As is usual for this event there are some beautiful watercourses surrounded by rainforest to add variety to the rogaine.

A good spread of controls has been placed close to the hash house to give those starting out in rogaining or using the event as a stepping stone to longer rogaines (such as the NSW Championships in October) a chance to hone their navigation skills. This gives plenty of controls for 6 hour competitors with a longer challenge for the 12 hour competitors.

The world famous (or at least Lake Macquarie Rogaine famous) Tea and Damper stop will be in operation again during the event. It is located at a high vantage point not far from the hash house so that the majority of competitors can visit.

A large camping area adjacent to the hash house and easy access from the F3 freeway means you can go home Sunday refreshed after the event.

Directions

From Sydney

From the Toronto exit of the freeway turn right into Palmers Rd (towards Toronto) and then left into Wakefield Dr and head towards Wakefield, & West Wallsend. Travel 4km then turn left into Archery Rd (gravel road), follow this under the freeway and where it veers sharply to the left turn into the gateway on your right and follow this track 200m to the assembly area.

From Newcastle

Turn left at the Edgeworth roundabout and travel towards Barnsley , at the Barnsley roundabout turn left and travel towards Wakefield on Wakefield Dr. After traveling 6.5km turn right in to Archery Rd and follow this under the freeway and where it veers sharply to the left turn into the gateway on your right and follow this track 200m to the assembly area.



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER/WAIVER

Event : _____ Team No.: _____ Car Rego.: _____

Rogaining is an activity which can involve risk of personal injury or property damage. While it is acknowledged as a challenging activity, the risks ought not be discounted particularly navigating through potential dangers in a bush setting in daylight or darkness. Other, but less obvious, risks will occur because of the nature and type of terrain through which the activities are conducted. The Association requires all participants to carry equipment such as suitable clothing, food, torches, compasses, water, first aid kit and any other allowed devices which will limit the inherent risks in the activity.

By participating in the activity, each participant acknowledges that the sport of Rogaining involves considerable risk and agrees that by entering this rogaine they do so at their own risk. The Association does not accept any responsibility for death, injury, loss and damage to the participant and agrees to allow the participant to participate in the activity only on that basis.

The participant binds themselves, their executors, administrators, heirs, successors and assigns as follows:

- a) The participant agrees to discharge and release the New South Wales Rogaining Association, their volunteers, the owners and occupiers of land used in the event, event sponsors and producers, community organisations, State Federal and Local Authorities in which the event may be held and their (its) representatives from all liability for death, disability, personal injury, damage to property, theft, and all foreseeable risks, claims or actions of any kind, howsoever caused, resulting from their participation - directly or indirectly - in this event.
- b) The participant agrees to further indemnify and hold harmless all entities and persons mentioned in the above clause (a) above from all liabilities, claims or action, as mentioned above, irrespective of whether the Association or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the Association for any loss or damage arising from participating in the event and agrees that this indemnity may be pleaded as a complete defence to any legal proceedings or any right the participant may claim against the Association, its servants, agents or any owner or occupier of land used in the proceedings.

By the signing of this document, I acknowledge the risks of rogaining and agree to participate on the conditions as described above (participant must be 18 years or older to complete this section):

Participant Name (Please print clearly)

Participant Signature

Date

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

This section to be completed by a responsible adult where participant is under 18 years of age. If more than one responsible adult signing please photocopy & submit separate forms.

Name(s) of junior participant(s): _____

I acknowledge the risks of rogaining as described above and agree to indemnify the Association for any injury or loss arising from the abovenamed minor(s) participating, and agree that by signing this indemnity or by permitting the minor to participate, I will accept complete responsibility for any injury or loss caused.

Relationship to participant (please delete whichever does not apply): Parent / Guardian / Other _____

Name (Please print clearly)

Signature

Date

_____	_____	_____
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NOTE: This is a legal document. You should seek legal advice before signing if you do not fully understand the meaning and effect of this document. If you do not accept these conditions of entry you will be unable to participate.

