

The 16th Annual Lake Macquarie

6 & 12 Hour Rogaine

Welcome to the 2007 Lake Macquarie Rogaine. We would like to acknowledge the support of Lake Macquarie City Council, State Forests and NSW National Parks & Wildlife Service.

When: Saturday 18 August 2007

Where: Watagan State Forest – 15km west of Cooranbong at The Old Mill Picnic area (see location map)

| | | |
|-----------------|-------------|-------------------------------------|
| Program: | 8:30am | Registration opens – maps available |
| | 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 & Damper closes |
| | 12 midnight | Finish 12 hr event |
| | 12:45am | Presentation 12 hr event |

As most of the event takes place through a national park 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 noted in this mail out, you will need to hand in a completed membership form for NSW Rogaining Association and/or pay the fee before you can compete (insurance reasons)

Event Registration:

Teams must register and hand in a completed indemnity form before maps etc are distributed .

Competitors will be required to use 2 systems for punching controls

1. Manual system - Laminated punch cards
2. NavLight system – electronic system, collected at registration

Parking & Camping:

The Hash House is located at the Old Mill Picnic Area on Watagan Forest Road
Camping is available on the Friday and Saturday nights in the Turpentine and Casuarina camping areas. 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.

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 to relevant winners and placegetters. Categories will include Open, Veteran, Super Veteran and Junior with Men, Women and Mixed gender categories within each class. There will also be a Family and Novice category

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
- 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)

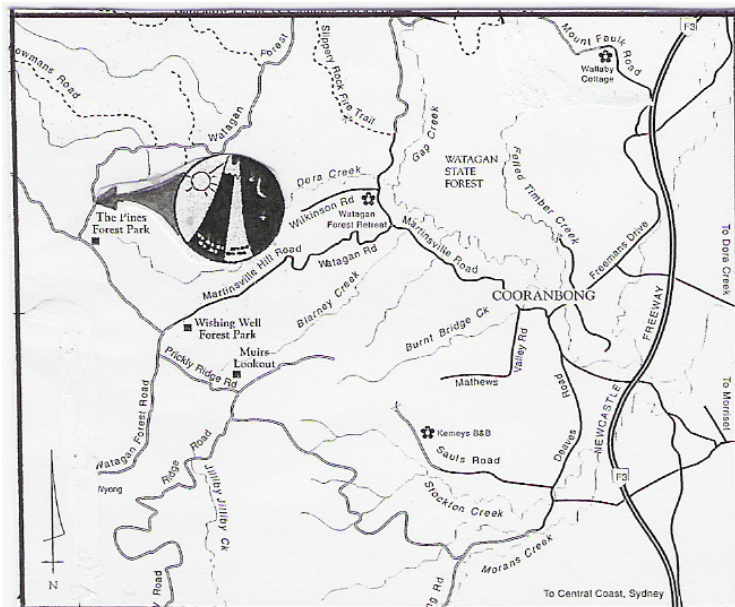
- Small backpack
- First aid kit (crepe bandage, elastoplast, “space blanket”)
- Compass, watch, whistle
- Gaiters or other leg coverings (full body cover recommended)
- Shoes with good grip
- Sunhat, suncream, insect repellent
- Wet weather gear and warm clothing
- Pencil for “Registration Boards” at 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

For any further information phone:

Bob Gilbert - 49521967

Directions

Take the Morisset exit from the F3 Freeway and travel towards Morisset. Turn left at the 2nd roundabout (Freemans Dr) and travel approximately 5km to Cooranbong. (You can also travel to Cooranbong via Deaves Rd). Turn left into Martinsville Rd at the Cooranbong SES/Fire Brigade and travel 4.5km turning left into Watagan Rd. Proceed for 4km along sealed road and 3.3km along unsealed road. At the T intersection turn right onto Watagan Forest Rd and proceed 4km to The Old Mill Picnic Area. The Casuarina and Turpentine camping areas are adjacent to the picnic 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 <small>(Please print clearly)</small> | 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 <small>(Please print clearly)</small> | Signature | Date |
|--|-----------|-------|
| _____ | _____ | _____ |

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.