

# **Metrogaine 2007 – Silvertail Rollercoaster**

## **25<sup>th</sup> February 2007 9.30 – 15.30**

### **Course Setters' Notes**

Welcome to the Northern Beaches – land of the beloved Sea Eagles and the finest sand in Sydney.

Without trying to sound like your mum (sorry mums), today's keywords are **fun**, **road safety** and **courtesy**.

Sunday in this part of the world, at this time of year, is busy both on and off the roads, so please be careful for your own safety and that of others. We won't emphasise the business of any particular roads but we have put some checkpoints at locations that should make for easy (and safe) road-crossing in some of the busiest spots.

#### ***Timetable***

- |                           |           |
|---------------------------|-----------|
| ▪ Novice Briefing         | 9.05am    |
| ▪ General Briefing        | 9.15am    |
| ▪ Start                   | 9.30am    |
| ▪ Hash house opens        | 2.30pm    |
| ▪ Finish                  | by 3.30pm |
| ▪ NSW Rogaining Assoc AGM | 3:45pm    |
| ▪ Presentations           | by 4.15pm |

#### ***Question sheets***

- You should have a question sheet for each team member
- The answer sheet – laminated & labelled for your team – will be hung on the line to be grabbed when the siren goes at 9.30;
- This answer sheet is marked with your team details & is the *only one* that can be handed in at the finish. Ensure you write all your answers on this one.

***WARNING:*** *Incorrect answers will attract a penalty of the control value, i.e. if you make a wrong guess for #35 you will get 30 points deducted from your score.*

#### ***Scoring***

The value for each control is calculated by replacing the last digit with a zero, i.e. #59 is worth 50 points, #81 is worth 80 points etc.

#### ***Finish***

- When you return to the Hash House, go to the finishing area (which is conveniently located where you registered);
- A volunteer will check you in & mark your time on your answer sheet;
- **One** team member is to stay in the finishing area and calculate the team's score, marking the final score in the boxes at the top-left of the sheet & then hand the sheet in;
- Other team members need to move away quickly so that teams coming after you can get into the finish area.

## **Rules**

Rogaining rules will be available at the start and were attached to the event info sheet. However, a few important ones to draw to your attention are :

- Teams must stay within unaided verbal contact of each other at all times (i.e. you can't send one person off to find a control while the rest of the group waits at the top or bottom of a hill);
- Competitors shall travel only on foot (i.e. no cars/bikes/public transport/etc);
- All team members shall simultaneously approach within 5m of each checkpoint for which points are claimed;
- If you finish more than 30mins late, you will be disqualified!

## **Withdrawing & Major problems**

If you need to withdraw, please return to the finish and hand in your control card so we know what happened. If you can't make it back by 3:30 then please call us. We don't want to be worrying about what happened to you if you never turn up!

Please call Richard (0403-645-954) or Peter (0419-428-394) if you're in trouble or not handing your control card back in.

## **Comments on specific controls/routes**

- The Spit Bridge is due to open at 10.30, 11.30, 13.30, 14.30, 16.30. It is an impressive sight but unless you want an extended break try to time your trip over it correctly.
- Tide times: Low tide at 9:23 and high tide at 15:17
- Wherever tracks have been added to the base map, there may be other small unmarked tracks, particularly in the Manly Dam Reserve.
- The track from #15 to #90 is not marked/signposted in either direction but is reasonably well formed – just follow the creek.
- #20 : A little navigational tip for reaching nr. 20 (if you need it) is to follow the knee-high cream signposts, which are the waymarkers for the Harbour to Hawkesbury track. Do you know which way to follow them though ?
- Between #21, #20 and #54, try to steer clear of the Wakehurst Parkway as it is fast and narrow. There are pavements in places but there is also a pleasant detour if you follow the cream Harbour to Hawkesbury markers.
- #26 is at Spit Bridge road level. The steps are opposite the bus stop and also easily accessible from the north;
- #42: The underpass **cannot** be reached down Burnt Bridge Creek Deviation – the road it goes under. Access is down the cyclepath from the NE or from either of the residential streets from the south (parallel to the main road).
- #58 can only be accessed using the path from the south (as marked), which has 2 entry points.
- #60 : Note : There are 2 unmarked paths/steps coming up the hillside from the east, which could be convenient for getting to/from #34.
- #72 is in a cemetery, please be suitably respectful.
- #81 : You may get your feet wet depending on the level of the tide;
- From #101, you can head north on the bus track almost directly to #64 but there is also a good flat firetrail all the way parallel to the main road from #54 to #64 – who knows what's quickest ?