

# 18<sup>th</sup> Annual Lake Macquarie Rogaine

## 15 August 2009

### 6 & 12 hour Events

The Lake Macquarie Rogaine will once again be held in the western area of Lake Macquarie in the Sugarloaf Conservation Area. The event is included as part of the Lake Macquarie Games and supported by the Lake Macquarie City Council

The Sugarloaf Conservation Area is in the southern part of the Sugarloaf Range and is north west of Australia's largest coastal salt water lake with the location for this years event being in the area known as The Old Brush which is only two hours north of Sydney. Although the area is similar to that of the Watagans with beautiful rainforest, pristine creeks, friendly wildlife and extensive track network it does not have the dense vegetation.

**Map:** 1:25000 pre marked maps

**When:** Both events will commence with a mass start at 12 midday Saturday 15 August

**Hash House:** The hash house will operate from 5pm Saturday until 1am Sunday. Camping is available at the area and competitors in the 12 hour event are encouraged to camp overnight to reduce the chances of fatigue induced car accidents on the way home. Breakfast will be provided on Sunday morning.

**Who can Enter:** Anyone can enter, although those under 14 must have an adult in their team. By entering this event you are becoming a member of NSWRA unless you are already a member of another state association. Membership lasts for 12 months from the date of the event.

**Teams & Categories:** A team must consist of 2 to 5 people. Men, Women and Mixed categories are available in Open, Junior (14 – 17 yrs) Veteran (40yrs +), Superveterans (55yrs +). A Novice category (first rogaine for all team members) and Family category where the team members must include at least two members of the same family, who represent two generations. One must be a child under 18 years of age on the first day of competition.

**Entry Fee:** \$57 full, \$40 concession, children under 14 free. The concession rate applies to anyone between 14 and 22 years of age, full time students, unemployed & pensioners .

### Entries close 8 August

**Detailed Event Information:** This will be available on the web site one week prior to the event. It will give the exact location of the event, an equipment check list and any special preparations needed. If you'd like to have it posted to you please send a business size (DL 110 x 220mm) stamped addressed envelope with your entry.

### Those Extra Questions on the form...

**“No news emails”.** Tick this row if you do NOT wish to receive emails from NSWRA about the results of this event or future event announcements.

**“No Publish on web”** Tick this row if you do NOT wish your name to appear in results published on the association web site.

**“Volunteer for Future Event”** Tick this row if you are interested in being a volunteer at a future NSWRA event. Or better still, contact Phil, our Volunteer Coordinator, phone 02 4203 2773, email: [nswravc@gmail.com](mailto:nswravc@gmail.com)

**Where to send this form:** Lake Macquarie Rogaine, 17 De Guerry Ave Rankin Park NSW 2287 . Make your cheque or money order payable to “NSW Rogaining Association”.

Enquiries: Bob Gilbert

ph 02 49521967

Email [bgilbert@hunterlink.net.au](mailto:bgilbert@hunterlink.net.au)

# 18th Annual Lake Macquarie Rogaine Entry Form

Date of event: 15 August 2009

Closing Date for entries: 8 August 2009

Team Name (optional)

Duration 6 hour  12 hour

Family Team Yes  No

	1 <sup>st</sup> team member	2 <sup>nd</sup> team member	3 <sup>rd</sup> member	4 <sup>th</sup> member	5 <sup>th</sup> member
First Name					
Surname					
Address					
Town					
State / Postcode					
email					
Primary phone					
Alternate phone					
Birth Date					
Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>	Male <input type="checkbox"/> Female <input type="checkbox"/>	Male <input type="checkbox"/> Female <input type="checkbox"/>	Male <input type="checkbox"/> Female <input type="checkbox"/>	Male <input type="checkbox"/> Female <input type="checkbox"/>
Novice	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are you a member of another state association	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
If so, which state					
No news emails					
No publication on web					
Volunteer for future event					
Emergency Contact Name & phone					
Entry Fee					
Total Payment					