



COURSESETTER'S NOTES

2010 Lake Macquarie 6 & 12 Hour Rogaine

Start	12 noon
Finish	6pm (6 hour), 12 midnight (12 hour)
Penalty points	10 points per minute late, or part thereof. Team is disqualified if more than 30 minutes late.
Terrain	<p>Eucalypt forest with generally good going and plenty of tracks. We've marked some extra tracks, but you'll find more.</p> <p>There are nice views on many of the high points. The route between #36 and #63 is scenic.</p>
Safety	<ol style="list-style-type: none">1. Do not split up. All team members are required to visit checkpoints.2. Hand in an intended route sheet for your team before you start.3. Some, but by no means all, cliffs have been added to the map. Expect to find cliffs anywhere the terrain is steep. If it's wet, take extreme care in steep areas.4. If you become disoriented, go to one of the many tracks running along the ridges.5. Emergency phone contact is 0438521967. Mobile phones can be used on most parts of the area.
Tea & Damper	Located as marked in the central part of the map. Open from 3pm to 9pm.
Water	<ul style="list-style-type: none">• At the hash house.• At the Tea and Damper.• At Muirs Lookout north of #52.
Novices	Try the following loop: 24, 73, 57, 45, 25, 37 and 46.