

Tarlo River Gorge Rogaine

Autumngaine Final Instructions

Saturday 21st May 2016



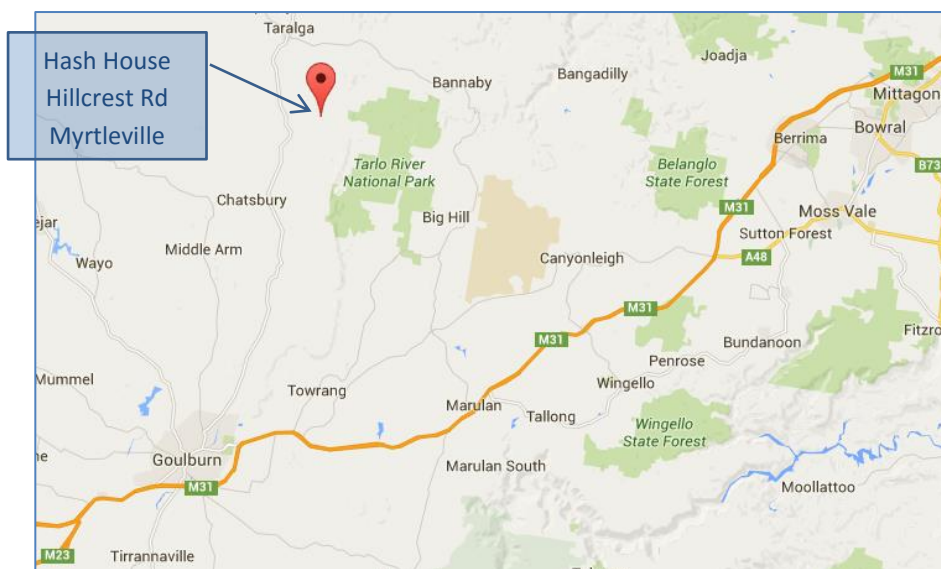
Welcome to our rogaïne at Myrtleville and the Tarlo River National Park - new and exciting walking country in the NSW Southern Highlands.

There are some **SPECIAL CONDITIONS** for this event so let's highlight them from the start, assuming most regular rogainers don't bother reading the Preparations section below...

1. We probably won't be able to put any Water Drops on the course. There are a couple of reliable creeks, and recent rains will keep those creeks running, however they originate in agricultural lands and your funny-tummy may not find such H₂O acceptable. You're left to carry extra water or to treat the creek water with your method of choice
2. If you walk more than a few kilometres from the Hash House you will encounter rocky ridges, rocky creeks and rocky scree slopes. Boots aren't essential but are recommended
3. As advertised, this area is unusual in that the National Park is "protected" by a ring of privately owned lands, hence visitors into the Park are rare. The Head Ranger commented that three hundred people crisscrossing the area could see some interesting things, and they'd like to know what we see. Let's exclude kangaroo, wallaby, wombat, goat, pig or fox – we know there's plenty of them. So let us know any unusual things you see out there, especially koalas. There used to be a colony but no recent sightings
4. We have limited water supply at the Hash House, so please bring some with you: 5-25L per car?

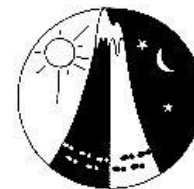
GETTING THERE

Myrtleville is an agricultural district 35km north of Goulburn and 10km south of Taralga. Our base camp (Hash House) is at the end of the maintained, gravel, Hillcrest Road. We'll be in an open grazing paddock on private farmland and you'll have to share the space with cattle and/or sheep – they're quite friendly but, er, watch your step



Most people will approach from Goulburn, which will be the last town with shopping and 24x7 fuel services

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Autumngaine Final Instructions

Saturday 21st May 2016

The drive from the north through Oberon and the Abercrombie is pleasant but only quicker if you live west of Springwood in the Blue Mountains. If your Navigator suggests the Swallowtail Pass and Bannaby Rd across the north of the National Park, think twice - it's slower, unsuitable for standard vehicles, and the road isn't always open. There are limited services in Taralga – a couple of cafés, a small general store and one or two pubs

Myrtleville is signposted on the Taralga Rd, from where you need to turn east into Hillcrest Rd and follow it for 6½km to the Hash House. The Hillcrest Rd turnoff arrives quickly, especially from the south, so note that it's 1.6km from the Myrtleville sign to the Hillcrest Road junction

Google Maps suggests the following trip times to the Hash House:

- From Sydney CBD, 2¾ hours
- From Canberra Central, 1½ hours
- From Newcastle, 4½ hours
- From Wollongong, 2 hours

Mobile phone coverage is limited and occasional on the course but OK at the Hash House via Telstra and Optus

SAFE DRIVING

You are almost guaranteed to encounter wildlife or domestic animals somewhere on the local roads, especially between dusk and dawn. Please drive defensively, and give way to everything

The latest NRMA Open Road magazine has a pertinent article on Rural Road dangers, noting that two thirds of road fatalities occur on country roads, and listing the following tips:

- Drive to the conditions, not just the speed limit
- It takes longer to stop on gravel roads and it's easier to lose control
- Expect the unexpected – tractors or cows might be just around the corner
- Don't swerve for animals – brake, flash lights and use your horn
- Country road conditions can change rapidly

OUR PROGRAM

Saturday 21- May	09:00	Registration opens, maps available
	11:40	Briefing for Novices
	11:50	Final briefing
	12:00	Start - each team member must register their wrist Navlight prior to leaving the Hash House
	17:00	Hash House opens for hot food
	18:00	End of the 6-hour event
	19:00	6-hour Presentations
	24:00	End of the 12-hour event (please try to be punctual)

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Autumngaine Final Instructions

Saturday 21st May 2016



Sunday 22-May	01:00	12-hour Presentations
	08:00	Hash House opens for hot breakfast
	10:00	Packup for home

YOUR PREPARATIONS

You are welcome to camp at the HH site on Friday and Sunday evenings. We will provide portaloos, Hash House tentage, hot water and a campfire. Please don't light any other fires.

There is no local water supply at the Hash House. As the organisers have to truck in water, it would be helpful if you brought a good supply, 5-25L per car, to reduce impact upon the HH cache.

Plan your trip home. If you are in the 6-hour event then a 2-hour drive home is viable. Weary walkers should have options such as camping near the Hash House and joining us for Sunday breakfast, using local accommodation, or bringing a designated driver. Sleepy drivers are one of the highest risks associated with our sport.

For your walk: The bush has fairly open undergrowth however you will get some scratching, especially at night-time, so leg protection is recommended.

When you register at the event please ensure:

1. You know your team number. It's shown in the Team list on our event website
2. Your indemnity form is completed and signed by all team members
3. Your fees are paid
4. You have compulsory equipment - whistle, space blanket, bandage for snake bite or tourniquet

At your registration we will provide you with:

1. Map and control descriptions for each team member. The map has 1:25,000 scale and 10m contours on 1x A3 sheet
2. Course-setter's notes
3. One Navlight tag and wrist-band for each team member
4. A team intention map, for you to indicate your planned route. This is a safety measure to help us if you encounter misadventure. Please return your intention map to the admin area before you leave at noon

If you are new to rogaining or have any questions, just ask us. We are happy to provide basic instruction and advice. If you stay behind for a few minutes after the start we can provide more detailed assistance.

AFTER THE START AT 12 NOON

Your team can visit any controls in any sequence to collect points and/or achieve satisfaction. Enjoy the countryside, be safety aware, care for your team.

Please notify our Admin team whenever you return to the Hash House so that we can account for all team members.

Tarlo River Gorge Rogaine

Autumngaine Final Instructions

Saturday 21st May 2016



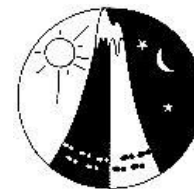
YOUR EQUIPMENT CHECKLIST

- Mapcase or clear contact adhesive to protect your map
- Indemnity/Waiver form signed by all team members
- Pens, scissors, string, sticky tape for your course planning
- Your own cutlery, mug, bowl and plate
- Camping gear - if you plan to stay
- Change of clothes, towel, personal hygiene
- Chairs, picnic table
- Food for Friday night and Saturday morning
- First Aid kit
- Spare water (5-25L please)

YOUR EQUIPMENT ON THE COURSE

- Daywalk backpack
- First aid kit (crepe bandage, elastoplast, space blanket)
- Toilet paper (bury or carry all toilet waste)
- Compass, watch, whistle
- Gaiters or leg covering
- Shoes with good grip and foot protection
- Sunhat, sun cream, insect repellent (probably not required in late May)
- Clothing for wet, windy weather (hopefully, not used)
- Headlamp(s) and/or small torch (with spare batteries and globe)
- Snacks (muesli bars, dried fruit and nuts, chocolate, energy drinks, carbs)
- 2-4 litres water
- Water treatment or purification tools – if you don't want to drink the local creeks *au naturel*

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TERRAIN & WEATHER

The area is predominantly steep, open forest with an altitude between 540m at the bottom of the Gorge and 880m near the Hash House

After “nearly an inch” of rain on 8th May we’ve had stable, autumnal weather for the next fortnight, with steady westerlies prevailing

TARALGA 7-DAY WEATHER FORECAST														
	Sun May 15		Mon May 16		Tue May 17		Wed May 18		Thu May 19		Fri May 20		Sat May 21	
Summary														
	Sunny		Mostly sunny		Mostly sunny		Mostly sunny		Mostly sunny		Mostly sunny		Mostly sunny	
Maximum	19°C		20°C		19°C		16°C		16°C		16°C		18°C	
Minimum	6°C		3°C		8°C		4°C		4°C		5°C		2°C	
Chance of Rain	10%		10%		5%		5%		10%		5%		10%	
Rain Amount	< 1mm		< 1mm		< 1mm		< 1mm		< 1mm		< 1mm		< 1mm	
UV Index	Moderate		Moderate		Moderate		Moderate		Moderate					
Frost Risk	Nil		Moderate		Nil		Slight		Slight		Slight		Moderate	
	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm
Wind Speed	21 km/h	24 km/h	6 km/h	9 km/h	17 km/h	18 km/h	12 km/h	16 km/h	20 km/h	23 km/h	16 km/h	14 km/h	6 km/h	4 km/h
Wind Direction														
Relative Humidity	72%	53%	71%	50%	66%	53%	70%	55%	69%	58%	74%	65%	77%	61%
Dew Point	9°C	9°C	6°C	9°C	8°C	8°C	5°C	7°C	6°C	7°C	6°C	9°C	6°C	10°C

The full moon occurs on Sunday 22nd May at 07:14AEST so we should have good night-light after the moon rises at 4:53PM and the sun sets at 5:03PM.

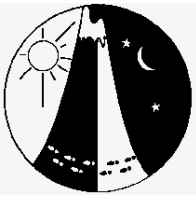
HELPERS

We have a great team of helpers but always appreciate more. If you need any help or can provide help, let us know. We'll see you there

Trevor Gollan (Co-ordinator)
M: 0408 230 593
E: tgollan@gmail.com

Vivien de Remy de Courcelles (Administrator)
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E: vivien.rc@exemail.com.au

Ian Almond
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E: ian.r.almond@gmail.com



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event :	Team No.:	Car Rego.:
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We acknowledge that the Australian Rogaining Association Inc (ARA), with whom the organising body for this event (NSW Rogaining Association) is affiliated, holds Public Liability Insurance to the value of \$20 million in respect of all rogaining events conducted by ARA affiliated bodies. This insurance covers: organisers, landowners and other third parties for any damage caused by the organisers of, or participants in, any rogaining event in connection with that event. We also acknowledge that the ARA does not hold any Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. We accept that any personal accident cover required is our responsibility and entirely at our discretion.

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 NSW Rogaining Association (NSWRA) 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 NSWRA 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 NSWRA, 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 NSWRA or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the NSWRA 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 NSWRA, 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 NSWRA 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
_____	_____	_____

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.