

# Berowra Bewilderness “Rivers, Rocks and Ridges” 4/8hr Socialgaine

Sunday November 25<sup>th</sup> 2018

## Final Instructions

Welcome to the land of pristine bushland, iconic tracks, clear waterways, an abundance of sandstone formations and stunning views, as well as parklands, shops and culture so close to Sydney. Whether you plan to have a pleasant stroll with your family, explore a new area or compete for the win, I hope that you have as great a time participating as I did exploring, planning and setting it.

- *Tristan White, Course Setter & Event Coordinator*



## Event Schedule

07:30	Hash House opens (if you arrive before please help us set up!)
07:45	Registration opens & maps available
08:15-08:30	Novice Briefing (allows time for participants to then plan route afterwards)
09:15	Final Briefing for all competitors
<b>09:25</b>	<b>Mass start for all teams</b>
12:45-14:15	Food available at HH (hosted by Waitara Scouts)
<b>13:25</b>	<b>4hr teams finish</b>
13:50 (approx)	4hr presentations
16:45-18:15	Food available at HH (hosted by Waitara Scouts)
<b>17:25</b>	<b>8hr teams finish</b>
17:55(approx)	8hr presentations
18:30	Hash House closes (if you are still there we will ask you to help pack up!)

The Hash House (event headquarters) is at the **Berowra Community Centre**, The Gully Road, Berowra.

A map of Berowra, NSW, showing various parking areas and travel directions. The map includes labels for roads such as High Street, Boundary Street, King Street, Berowra Waters Road, Goodwyn Road, Hill Street, and The Gully Road. It also shows landmarks like Berowra Fire Station, Berowra District Hall, St Mark's, Berowra Park, Berowra Post Office, and Berowra Station. Parking areas are marked with blue labels: 'Kerbside Parking', 'Small Carpark', 'Carpark', 'Commuter Carpark', and 'Bus Zone'. Red labels indicate 'No P' (No Parking) and 'No Parking' zones. A large orange 'HH' is in the center, and a large orange '10' is on the right. A purple line with arrows indicates a route from the bottom left towards the station. Text on the right side indicates travel directions: 'From Gosford & Newcastle' and 'From Hornsby & Sydney'. The map is credited to 'OpenStreetMap'.

From Sydney, follow the A1 Pacific Hwy to Wahroonga and turn on the M1 motorway towards Newcastle. Take the second exit of the M1 at the Windybanks Interchange, and turn right on the B83 Pacific Hwy. Turn left at the next traffic light on Berowra Waters Road (in about 1km), and immediately after, turn right on The Gully Road where the HH turnoff will be. Follow instructions from marshals on where to park if the HH car park is full.

From the Central Coast/Newcastle, exit the M1 at the Berowra Interchange. The turnoff to Berowra Waters Road will be to the right, about 2km after this exit. Follow instructions described above.

We encourage participants to take advantage of the close proximity of the train station to the Hash House. Berowra station is 200m from the Hash House and is served by hourly express trains from Central via Strathfield & Hornsby

and half hourly all-stops trains from Central via Gordon. It is also served by hourly trains from Newcastle. We recommend rogainers get in the **second last carriage** of the **6:48am** train out of **Central intercity platforms** (calling at Strathfield at 7:01am), which will arrive at Berowra at **7:35am**; for more travel options check the [Sydney Trains website](#).

See the above map for parking areas & walking directions from the station.

### **CP10?**

To reward people who actually read the instructions (and provide incentive to catch the train!), there will be a bonus checkpoint at the shown location between **6:30am** and **9:15am**. To gain the points, one team member must manually punch the **bottom right corner** of their **indemnity form**. If you go to the CP after you have registered, you can also punch your **flight plan** in the bottom right corner. We recommend you do *not* tell other teams about this CP aside from reminding them to read the instructions before the event!

Value	CP No.	Description
10	10	A bike rack shelter, outside Berowra Station entrance

## **Gear List**

### ***To Take to Registration***

- Remember your team number
- Space blanket, whistle, snake bandage
- Signed indemnity form (included at the end of this document)

### ***To Carry***

- Backpack that can fit the below
- Capacity for 2L of water, more if hot weather predicted.
- High energy snacks (there will shops available in several locations).
- First aid kit including snake bandage, space blanket & whistle
- Compass
- Sunscreen
- At least one phone per team – you may want one with a camera for the photo competition
- Pen
- (Optional) Wet weather gear if you don't want to risk getting wet – most of the tracks on the family loops are wide enough for umbrellas!
- **Opal Card**

### ***To Wear***

The required clothing will largely depend on where your route will be, but we suggest you take the following equipment and decide what to wear once your route is worked out:

- Light fitting short or long sleeve shirt
- Shorts or light fitting pants, or gaiters
- Hat
- Sunglasses
- Joggers, trail running shoes or hiking boots
- Comfortable socks

- (Optional) Hiking poles

### **To Leave at Hash House**

- Change of clothes
- Towel
- Highlighters, scissors, pens, paper, calculator for route planning
- A string with markings at 4cm (1km) intervals for distance measurement
- Additional food for before/after event

## **Map**

One map will be issued per participant. It will have a scale of 1:25,000, and contour intervals of 10m. It will be A3, and a waterproof material called teslin. Contact paper is therefore unnecessary to waterproof the map, but may be useful to protect any pen markups.

## **Weather**

In an age where extreme weather is becoming commonplace, we look to be very fortunate with mild weather forecast with a predicted maximum of 21°C, minimum of 16°C and partly cloudy. Most participants will be fine without warm or rain gear on course but may want to bring it along for before/after.

## **Accommodation**

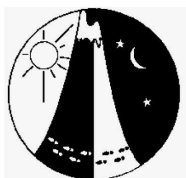
Being an urban event, there is no camping at the Hash House, however those traveling a long distance have a couple of options:

- Mt Kuring-gai Motel is less than a 10 minute drive from the Hash House, located at 705 Pacific Hwy. Bookings can be made on 9457 9393.
- For those more adventurous souls, there is a small campground located on the Great North Walk, about a 1km from the end of Turner Road, Berowra Heights. No payment or booking is required, but note that there are no facilities so all gear will need to be carried in. Coordinates are **33°35'37.68"S, 151° 8'6.63"E**. Follow the firetrail & turn left at both junctions.

## **Post Event Catch-Up**

Do you love to pore over your map after the event? Wonder what other teams did and why? Come along, meet other teams, talk about how you went, learn how they went. There will be a catch-up in Chatswood (exact location TBC) on Wednesday, 28<sup>th</sup> November at 7:00pm (changed location to align with the nearby [Summer Series](#) event). Bring your map. Please email me ([publicity@nswrogaining.org](mailto:publicity@nswrogaining.org)) or register your attendance on the Facebook event so we have an idea of numbers. Check for updates on our Facebook page and at the event.





# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER / WAIVER

Event : "Berowra Bewilderness" Socialgaine	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**

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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 and submit separate forms.

**Name(s) of junior participant(s):**

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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**

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**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.**

Version: Sep. 2008