

World Rogaining Championship – Warrumbungle Australia 2006 Friday 13 October 2006 to Saturday 14 October 2006

Essential information and news – 9th September 2006

Please note that final instruction will be available from the 7WRC 2006 web site from the 28th September 2006 and NSWRA coach passengers will receive separate information that week.

Welcome

Congratulations on your entry to the 7th World Rogaining Championships, to be held the Warrumbungle National Park near Coonabarabran, NSW, Australia, 13-14th October 2006.

On behalf of the organising team from the NSW Rogaining Association, thank you for your entry. We look forward to meeting you here in NSW in October.

Mike Hotchkis, NSWRA President, August 2006











Where

Where is the Event Centre and Hash House?

The location of the event centre and hash house will be within Warrumbungle National Park at Camp Walaay and Camp Blackman near to the Visitor Centre of Warrumbungle National Park.

What area is embargoed?

The organizers ask all entrants to respect the embargo area that includes the entire Warrumbungle National Park and all adjacent private land. Family, friends, travelling companions and volunteers can of course explore Warrumbungle National Park before and during the event, however competitors should not do so before the rogaine.

What about the course?

As befits a world championship, we have set a truly challenging course, in the tradition of Australian bush rogaines. The Warrumbungle Range is physically demanding country. We have created a new map for this event. The map shows fine details of the terrain and we have exploited this to set navigationally challenging checkpoint locations. Your fitness and navigation skills will be tested to the limit. The course is large and diverse, so careful route planning will be important.

If you have not already seen it, please read the "Notes from the course setters" published on our website in May 2006-no located at http://www.rogaine2006.com.au/2006/08/hows-it-going-mike-hotchkis-course.html . This gives a general description of the nature of the course you will be competing upon.

The map

The map will be at the scale of 1:33 333 that is 100 metres equals 3mm on the map on a ten-metre contour interval. The map will be approximately 600mm x 600mm. The map will be printed on plain paper. You will need to bring contact or a map cover to protect your map.











Answers to some questions about weather and what to wear!

What is the vegetation like and what should I bring?

Just how scratchy is the vegetation going to be?

By Australian standards, it is about average. So what does that mean? There is understorey vegetation in most of the forest areas, with a small proportion of thick vegetation. Thistles and other weeds can be a nuisance in open areas if the growing season is wet. For clothing, we encourage you to wear 'full body cover' – full-length cover on arms and legs, for example, an orienteering suit. You are strongly advised to wear gaiters.

What extremes of weather do we need to be prepared for?

The average temperature range for October is a pleasant 7° to 24°C. It is likely to be sunny and you should definitely bring a sun-hat and sunscreen.

Wet: there is a 23% probability of rain – be prepared for this by bringing lightweight wet weather gear. Cold: if the weather is clear, the temperature can drop dramatically at night. Bring a sleeping bag suited to around 5°C or lower for use at the Event Centre camping area. We recommend that you carry polypropylene or equivalent thermals on the course.

Heat: During the day, it is likely to be warm to hot, and you will sweat a lot on those hills! Therefore, dehydration may be a problem. Water will be provided at several points on the course and planning for water will be a factor in route choice. Expect no naturally running ground water. It is rare, but possible, that the daytime temperature could reach 35°C. We recommend that you come prepared to carry up to 3 litres water per person.

What should we wear on our feet?

You will find a great variety of ground from flat open paddocks to steep rock-strewn slopes. In forest areas, there are many logs and fallen branches on the ground that are slippery when wet. Generally, this is rugged terrain, and strong footwear is recommended. Personally, I favour lightweight boots or strong running shoes.

Wildlife hazards – is there anything out there that might want to eat us for dinner?

No, no grizzly bears, lions, or tigers. However, there is a lot of wildlife and you should remember that a frightened animal could behave unpredictably. All animals in this area are afraid of humans and will normally run away from you. However, if they feel threatened, kangaroo, emu and wild pigs can become aggressive.

What about Australia's famous snakes and spiders? Should we be afraid?

No – but be prepared. We recommend that you wear gaiters. A 5cm wide crepe bandage suitable for bandaging snakebite should be carried by every team.

Instructions for treatment of snakebite will be provided with the final event information. However, your chances of seeing a snake in this area are quite low. After many days out there, the course setters have only seen one snake on the course, and that was on a hot summer's day.

Spiders – you are likely to see many spider webs on the course, and often with spiders in residence. Care should be taken avoiding putting fingers into habitat such as dead timber.







And what about smaller creatures?

While many insects may bite you, there is none of serious concern in this area. Ticks are common and course setters did pick them up them up in October 2005. They do not carry Lyme's disease but their bites can irritate for a long period. Check all over after the event. Flies will be a nuisance if there is wet weather preceding the event. We recommend you bring insect repellent, which should be effective for both flies and ticks.

The event area is too inland for sharks or crocodiles!

Snake bite - more information - thank you to Rod Phillips of the IRF for the following:

As the organisers have said, the risk of snakebite is extremely low. I am unaware of any snakebite in any Australian rogaine ever. Even if bitten, you are likely to have a good outcome if you manage it appropriately.

Do not follow advice given for USA snakebites. All the advice I could find on North American websites for snakebite treatment is out-of-date or wrong for Australian snakes.

FIRST AID FOR AN AUSTRALIAN SNAKE BITE (carry three crepe bandages)

- 1. The bitten person should lie still. Do not move the limb. Do not walk back to the Hash House. Do not wash the bite site. Do not cut the bite site. Just lie still.
- 2. Apply crepe bandages firmly to the entire limb, starting at the toes or fingers and working up to the body, particularly over the bite site. Not too tight, about as firm as a bandage for a sprained ankle. Do not remove this bandage. (If the bite is on the head, neck or back, apply constant firm pressure if possible.) 3. Immobilise the limb with a splint.
- 4. Get help. Bring help to the bitten person. Attract another team by blowing your whistle. Repeated blasts of three whistles is the accepted distress signal on a rogaine.

The above information is partly based on information from the following website but I have modified it for rogaining. http://www.mydr.com.au/default.asp?article=2596

Extra information on pressure immobilisation first aid for those who are interested

Pressure immobilisation first aid for venomous bites and stings was developed in Australia in the 1970s by Professor Struan Sutherland, who was head of immunology research at the Commonwealth Serum Laboratories (CSL). Venom is spread via the lymph system, so applying a bandage (as tightly as you would strap a sprained ankle) slows the movement of venom from the bite site into the lymphatic system. Immobilisation - with a splint, e.g. a piece of wood/timber to the limb - also slows lymphatic drainage. This gives the bitten person more time to reach hospital and medical care, although obviously the situation is still an emergency.

Research with snake venom has shown that very little venom reaches the bloodstream if firm pressure is applied over the bitten area and the limb is immobilised. It is currently recommended for most lifethreatening venomous bites and stings in which the venom travels by the lymph system, for example, funnel web spider bites, snakebites and blue-ringed octopus and cone snail envenomations.











Parking & Camping:

When does camping open, what will be and will not be provided?

Camping for entrants will open from 12:00 12-October-2006. Entrants should travel directly to the Event Centre / Hash House at Camp Walaay and Camp Blackman after entering the park. The entry fee includes camping at the event site within Warrumbungle National Park for the duration of the event-Thursday 12 October 2006 until Sunday 15 October 2006. Please note that we are sharing Camp Blackman (and Warrumbungle National Park) with the public.

Family, friends and travelling companions of entrants will be expected to pay the regular National Park entry (per vehicle) and camping (per person) fees, and they will have to go to the visitor centre to do this? After the 15th October 2006, all entrants and companions will be expected to pay regular camping fees.

Camp Waalay: The main camping area for the event is at Camp Walaay, where the Hash House and Event Centre are located. At Camp Walaay, you will not be able to camp next to your vehicle. You will be assisted to park your car in the designated parking area for competitors. Your camping area will be within 200m of where you park your car.

Camp Blackman: Camping will also be provided at two other locations in the adjacent Camp Blackman. There are 16 powered sites at Camp Blackman reserved for WRC entrants. To obtain a powered site you must contact the Warrumbungle National Park Visitors Centre. Camping alongside your car is available at Camp Blackman but you will be further away from the Event Centre (200-300m, across a stream). There is a toilet and shower block at Camp Blackman. There is a toilet block and ten portable toilets at Camp Waalay.

There is little shelter at either campground, you should bring a tent, and other shelter that you think may be of use whilst at the campground. We will have marquees at the Hash House / Event Centre-Camp Waalay for general administration, catering and some shelter.

Water at the hash house and on the WRC Course-what should we bring?

There are water taps around the campgrounds that provide non-potable water-non drinking water for washing and washing up etc. There are water tanks with potable – drinking water in both campgrounds? If you can bring a container of drinking water with you, 10 to 25 litres this may be useful and convenient for you and your team. On the course, we will have water drops organised and we recommend that you plan to take up to 3 litres of water with you.

What will the NSW National Parks and Wildlife Service expect you to do?

As most of the event takes place through a national park we are required to make everyone aware of the following conditions:

- No animals are to be brought to the event
- Park in designated areas
- Use toilet facilities provided
- Restrict fires to fireplaces where provided and no fires on the course
- No firewood, plants or animals are to be removed from bush land; the NSWRA will provide fire wood at the Hash House / Event Centre.
- Allow other members of the public to use the area undisturbed
- Allow any National Parks workers or contractors to work unobstructed
- Follow the instruction of any National Parks officer
- No spiked foot wear i.e. any spiked orienteering shoes.









Program including registration times and locations

What is the Program for the event? Time waits for no man or woman. Thursday 12th October 2006

Time to be advised to 17:00 Registration in Coonabarabran at the Coonabarabran Visitor Information Centre

12:00 camping opens at the Event Centre-Camp Waalay in the Warrumbungle National Park

Time to be advised to 21:30 Registration at the Event Centre / Hash House

18:00 to 21:00 Welcome on Country, Thursday Evening Meal, Special Guest, IRF Symposium (19:45 for 75 minutes). local astronomy group

18:45 NSWRA Coach arrives from Sydney

Friday 13th October 2006

07:00 Registration opens

08:30 Welcome pre briefing

09:00 Map and document hand out

11:30 Briefing for novices

11:45 Final briefing

12 noon Rogaine start

18:13 - Sunset

Saturday 14th October 2006

01:00 - Moonrise

05:26 - Sunrise

10:56 - Moonset

12:00 - Rogaine ends

12:30 Over due teams declared late

12:45 Time to lodge protests close

13:00 to 15:00 Presentation

18:00 to 21:00 Entertainment – Didge Dingo bush band; Saturday Evening meal; acknowledgments and farewells, a bar serving alcohol will be hosted by Coonabarabran Rotary Club on Saturday evening

Sunday 15th October 2006

≈07:00 Coach departs

Flag retrieval

12:00 camping closes

What we recommend you bring to the Hash House (check each item as you pack it)

- Plastic bag or clear contact to protect map and control card
- Indemnity form signed by all team members
- o NSWRA membership form and fee (if required fro NSW entrants only)
- o Pens, markers, high lighters, scissors, string, sticky tape for map work
- Your own cutlery, mug, bowl and plate
- o Camping gear-sleeping bag, tent, stove, esky etc
- Change of clothes, towel
- o Chairs, picnic table
- o Food for Thursday if arriving Thursday, Friday morning and Sunday morning breakfast
- Basic first aid kit
- Spare water if able, 10 to 25 litres
- Spare clothes, Spare shoes
- o Umbrella
- Toiletries









What we recommend you take on the course

- Small backpack
- First aid kit -NSWRA strongly recommends that each team member carry the following: one crepe (snakebite) bandage, one thermal / space / shock blanket, blister treatments, Elastoplasts for minor cuts and anything else you consider necessary for your personal safety and comfort.
- Each team should have least three crepe (snake bite) bandages 0
- Compass 0
- Watch 0
- Gaiters or other leg coverings (full body cover recommended) 0
- Shoes with good grip 0
- Sunhat, sun cream, insect repellent 0
- Wet weather gear and warm clothing 0
- Pencil for "Registration Boards" at checkpoints 0
- Headlamp/small torch (with spare batteries and globe) 0
- Snacks for on the course (staminade, muesli bars, dried fruit, chocolates) 0
- 2 to 3 litre filled drink container/pack water system

What item is compulsory for each team member to carry at all times whilst on the rogaining course?

Whistle-see IRF Rogaining Rule B14-each team member must have a whistle with them at all times whilst on the course.

What Punch Card / Control Tag systems will be used at the WRC?

Competitors will be required to use 2 systems for punching controls

- 1. Manual system Laminated punch cards will be collected at start time (12 noon)
- 2. NavLight system electronic system, collected at registration

Directions – getting to the rogaine! Coach/bus to the event with the NSWRA

Coach/coaches will depart from Sydney, New South Wales at 1000 on Thursday 12 October 2006 and will depart the event site at 0700 on Sunday 15 October 2006. The NSWRA coach is full, contact the Administrator if you have any questions.

Other Australian state rogaining associations may organise coaches or buses from their respective state capitals, such as Melbourne. We will advise of any such arrangements though payment and bookings will have to be made directly with the rogaining association concerned.

Independent Travel – Public and Private Transport to the Event

NSW: From Sydney follow the Great Western Highway via the towns of Mudgee, Dunedoo and Mendooran – it is the most direct route to Coonabarabran and a good sealed road all the way. Coming from Newcastle take the New England Highway via Braxton to Merriwa and follow the signs to Coolah along the Golden Highway. Then travel via Binnaway to Coonabarabran.

Interstate: If you are travelling between Melbourne and Brisbane, just follow the Newell Highway. From Adelaide choose from:

- travelling across the Hay Plains and then up the Newell Highway at West Wyalong.
- Alternatively, travel via Broken Hill, exit at Nevertire and travel via Warren and Gilgandra to Coonabarabran.

The regional centres of Tamworth and Dubbo are an easy two hour drives either side of Coonabarabran.









Traveling Distances and Times

CITY	KM	TIME
SYDNEY	452	5 hr 45 min
NEWCASTLE	345	4 hr 30 min
DUBBO	159	1 hr 50 min
TAMWORTH	182	2 hr 10 min
MUDGEE	190	2 hr 15 min
CANBERRA	555	7 hr
BRISBANE	700	9 hr
MELBOURNE	985	12 hr

Safe Driving: Distances are long in Australia and once away from the coast it is usually an hour or more between towns. At night you can expect to encounter wildlife such as kangaroos, emus and smaller mammals on rural roads. On the road from Coonabarabran and Warrumbungle National Park you can expect to encounter many kangaroos you should drive cautiously at night. We recommend that you avoid night driving as much as possible. Arrive in good time to enjoy the experience and hospitality of each place you visit. Remember stop and revive every two hours to survive!

Where do I obtain information about traveling around and traveling to the Warrumbungle Rogaine?

The 7th World Rogaining Championship website Travel page is a good beginning! Go to http://rogaine2006.com.au/travel.htm.

What is included in the Rogaine entry fee?

- Map for each team member
- Entry to Warrumbungle National Park
- Camping fees in the Warrumbungle National Park from Thursday, 12 October 2006 to Sunday 15 October 2006.
- Hash House food from 1700 on Friday 13 October 2006 to 1500 Saturday 14 October 2006 including presentation lunch.
 - Celebration party and entertainment during the evening on Saturday 14 October 2006.
- Prizes, trophies and certificates.

What other additional purchases can I make?

- Merchandise long sleeve t shirt, female polo shirt, male polo shirt and bucket hat sales continue to available via paper and online purchase should reopen in the week beginning the 11th September 2006
 - Compass purchase-availability see above
- Evening meal at the Hash House on Thursday, 12 October 2006 includes event welcome and a surprise guest - \$15.00. Available for purchase until the 30th September 2006.

Could the event be reschedule, postponed or cancelled? Yes!

Reschedule - Rogaining rules allow for a reschedule of the start time of the event. Rescheduling may be necessary due to current or expected hazardous conditions on the course or other reasons. The event will start at a later time; however, it will finish at the advertised time of 1200 on Saturday 14 October

Postponement and Cancellation - Due to the nature of the current or expected hazardous conditions at the scheduled time of the event or other reasons the event may be postponed or cancelled at the discretion of the event organizers.









What other sporting events are on in September and October 2006?

If you are staying in Sydney on the 11th October 2006 you may want to participate in the first Summer Series O Event of 2006. These are friendly 45 minute score o events. The first one of the year will start a Quiberie Park, Lavender Crescent, Lavender Bay a location that takes in all of the very best of Sydney. "You feel like you could reach across Sydney Harbour and touch the Sydney Opera House. Visit the website for further information at http://www.sydneysummerseries.com.au

For other events such as rogaines go to the links page of the 7th WRC web sitehttp://www.rogaine2006.com.au/links.htm . If you are in Victoria on the weekend before the World Rogaining Championships you might want to try rogaining in Victoria. For more information go to http://vra.rogaine.asn.au/events/07102006.htm they are holding an 8 hour and 12 hour rogaine.

If you come from an Orienteering background, a running background or adventure racing background you should visit the following websites http://wa.orienteering.asn.au/auschamps2006/index.html, http://orienteering.asn.au/home, http://www.coolrunning.com.au/ and http://www.sleepmonsters.com.au/ all of these sites are hosted by people keen share Australia with you.

What food will the caterer be providing and when?

Menu and Timeline

The times indicated below are given as a guide.

Tea, Coffee, Milo, Cordial, and Fresh Fruit Selection will be available for the duration of the event. In addition Fruit Cake., Biscuits as well as Bread and Jams will be available from the Start of the Event.

Thursday Dinner: Served between 1800 and 2000

(Depending on numbers of competitors interested – AM to confirm)

Soup

Pasta with Bolognaise or Neapolitan Sauce

Cake

Friday Dinner: Served between 1700 and 0500 Choice of two soups (at least one vegetarian) "Beef La Perouse" (Beef in Red Wine)

Lamb Korma

Drovers Pie (Shepard's Pie) Vegetarian Rogan Josh Vegetarian Hot Pot Main Courses served with Rice or Pasta

Toasted Cheese Sandwiches

Cake - 2 choices

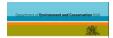
Sat Breakfast: Served between 0400 and 1000 Choice of 3 Cereals or Porridge with Honey or Syrup Bacon Sandwiches or Bacon and Egg Sandwiches Pancakes with Honey or Syrup Fruit Juice

Sat Lunch: Served between 1000 and 1500 Sausage Sandwiches with Onion, Bacon and Salad Vegetable Burgers with Onion and Salad

Chill Con Carne served in a Wrap with Salads

Selection of Ham, Salami, Tuna, and Cheese & Salads served with Wraps or bread Cakes (Choice of two)









All other meals have to be self catered. We will not be providing or selling energy foods such as gels, power bars, energy drinks and ionic drink. You will need to bring your own supplies. A bar will be hosted by the local Rotary Club on Saturday Evening at the Event Centre.

1st Waitara Scouts the caterer's will sell soft drinks including mineral water on Saturday afternoon.

Is there a café' or kiosk in Warrumbungle National Park and eating in Coonabarabran

No the Warrumbungle National Park Visitor Centre sells a small range of refreshments and snacks. You should bring sufficient food for your requirements whilst staying in the National Park. There are some small café's along the 36 kilometer drive between Coonabarabran and the Warrumbungle National Park. Coonabarabran has a number of restaurants café's and pubs / hotels that you could eat at on the Thursday evening or Saturday evening if you decide not to camp in the Warrumbungle National Park on those nights. Of course they would be open at other times and on other days.

Shopping on the way to the rogaine and at Coonabarabran / Warrumbungle

When driving between Sydney and the event site you will pass through towns with supermarkets that should be open on the Thursday or other week day that you may be traveling. There are two supermarkets in Coonabarabran and towns like Mudgee and Coolah have supermarkets and some specialty stores. If you are looking for more exotic items such as power bars and gels we would suggest that you purchase those items before you leave home or in Sydney. If you approach Warrumbungle National Park from the west, towns like Gilgandra will have small supermarkets and the village Tooraweenah has local store and Caravan Park. There is much to recommend this western approach to the park whether you arrive or depart the park from this direction. It is a spectacular view of the Western extreme of the Warrumbungle Range

In Conclusion

I wrote in the February Newsletter "The Rogaine will be a test of your team's navigation, endurance, planning and teamwork. Your team will be challenged by the terrain, the course and your own ambitions. As you emerge from the night on Saturday 14 October your vision will be filled with the fading southern sky and the volcanic ridge line of the Warrumbungle Mountains. With six hours to go, how much more can you do? Your team will have to be there to find out." Nothing has changed!

The Warrumbungles is a superlative place to host a rogaine. It offers rogainers the opportunity for an adventure during the rogaine and more after the rogaine in the surrounding countryside and in further travels after the rogaine.

I would like to thank the course setting team particularly Mike Hotchkis and Chris Waring who have been preparing the map, the vetting team, staff of Warrumbungle National Park, staff of Warrumbungle Shire and Ian Almond the Event Administrator who have contributed significantly to the preparation of this event to date.

The members of the NSWRA look forward to seeing you here in October.

Alan Mansfield
Coordinator 7WRC 2006









Contacts

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Administrator

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MORE INFORMATION

Coonabarabran Visitor Information Centre

OPEN 7 days, 9am - 5pm

Newell Highway, Coonabarabran NSW 2357, Australia

Freecall: 1800 242 881 Ph: 61-2-6842 1441

Email: coonavic@hwy.com.au Website: www.coonabarabran.com

Warrumbungle National Park Visitor Centre

OPEN 7 days, 9am - 4pm

Timor Road, (36 km west of Coonabarabran)

Ph: 61-2-6825 4364

Website: www.nationalparks.nsw.gov.au











New South Wales Rogaining Association Inc. ABN 15 314 080 848 DISCEANMER / WANTER

Event :	1	eam No.:	CarRego.:
Rogaining is an activity which can invo- challenging activity, the risks ought not daylight or darkness. Other, but less of activities are conducted. The Associat torches, compasses, water, first aid kit	t be discounted particularly navi obvious, risks will occur becausi tion requires all participants to c	igating through pote e of the nature and t arry equipment suct	ntial dangers in a bush setting in type of terrain through which the h as suitable clothing, food,
By participating in the activity, each pa agrees that by entering this rogaine the death, injury, loss and damage to the p basis.	ey do so at their own risk. The	Association does no	t accept any responsibility for
The participant binds themselves, their a) The participant agrees to discharge owners and occupiers of land used and Local Authorities in which the personal injury, damage to property resulting from their participation - d b) The participant agrees to further in above from all liabilities, claims or or agents may have been negligen	e and release the New South W I in the event, event sponsors a event may be held and their (its y, theft, and all foreseeable risk lirectly or indirectly - in this ever demnify and hold harmless all e action, as mentioned above, im	lales Rogaining Ass and producers, comm prepresentatives from the claims or actions and the common the actions and persons	ociation, their volunteers, the nunity organisations, State Federal om all liability for death, disability, of any kind, howsoever caused, mentioned in the above clause (a)
In particular, the participant agrees to i event and agrees that this indemnity in ticipant may claim against the Associa	nay be pleaded as a complete of tion, its servants, agents or any	lefence to any legal owner or occupier of	proceedings or any right the par- of land used in the proceedings.
By the signing of this document, I ackr described above (participant must be 18 years		and agree to partici	pate on the conditions as
Participant Name (Please print clearly)	Participant Sign	ature	Date
This section to be completed by a respons please photocopy & submit separate forms		r 18 years of age. If m	nore than one responsible adult signing
Name(s) of junior participant(s): —			
I acknowledge the risks of rogaining a arising from the abovenamed minor(s)	participating, and agree that by	signing this indemr	
participate, I will accept complete resp	,		
participate, I will accept complete resp Relationship to participant (please delet		Guardian / Other	







