

ROGAINING IN THE 1980S



NSW ROGAINING ASSOCIATION Inc

Newsletter Number 28 - April 1991

| | | |
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Yes, the Rogaining Season is upon us and here's the information you'll need to plan for the next two months:

- 27/28 April, ACT Champs - 9h and 24h events; entries closed on 12th but if you've got a really good reason call Peter Kinny on (06) 249 8596
 - 18th May, The Hellraiser - 6h and 12h three hours north of Sydney. Entry form attached to **BACK PAGE** (Sorry Robyn, it was my only option) (NSWRA AGM on the Sunday morning!)
 - 25/26 May, Australian Champs - Flinders Ranges, South Australia. Entry form enclosed
 - 16 June, Paddy Pallin - 6h daylight event in the lower Blue Mountains. Entry form enclosed
 - 29/30 June, Search & Rescue Rogaine - 11h and 29.5h (7!) events. Information Inside
- COMING EVENTS**
- Saturday 27 July - Bert and Ian's 12 hour in the Hunter Valley
 - Weekend 24/25 August - Trev's NSW Championships, S of Oberon
 - Saturday 19 October - ACT 12 hour

If you're not coming to The Hellraiser and haven't renewed your membership for 1991 send off the membership form enclosed to make sure that you get the next newsletter with entry forms for the next event.

DIANNE'S D. COURSE for Mum's Meanderings!

Let the rogaines begin! If you want to get some good hard training in before the first event then borrow somebody's new baby for a few weeks. This is the most effective way to practice functioning while the brain and the body are zonked. Bert and I have been training for nearly four months now. The only problem with this type of training is that even the thought of walking up the driveway to bring in the garbage tin is daunting; a walk next door requires two days of carbohydrate loading!

Even though I was the President for 1990 I didn't compete in any rogaines. (Now that's not exactly true. Dianne, Bert, Kim and 2/3 set off in the Paddy Pallin event but wisely returned after an hour out of concern for Kim and 2/3, in the mildly atrocious weather.) I must say that I missed the social side of the events. In our sport you meet friends who you may only see two or three times a year yet they remain good friends. Bert and I enjoy opening our house to rogainers from other towns and states. Also, we have received very hospitable treatment in the homes of others.

1991 will be an important year leading up to the World Championships in 1992. The organising committee has been talking about allowing a certain number of participants from each state as there will need to be a limit on the total number entering the event. So if you are interested in competing in these Inaugural Championships then make good use of the events in 1991.

Good luck Rogaining in 1991.

Dianne

THANKS GUYS

And let's not forget the team that brought us a great year of Rogaining in 1990: Dianne - her she enthusiasm and infectious love for the sport make her a great President, well supported by Bert; Trev - tireless and unflappable as Secretary and event organiser; John - behind every strong association is a good Treasurer and strong we are; Julian - doing a great job of increasing Rogaining's profile; Ian - looking after technical aspects and producing the brochure; Warwick - yet to miss a deadline with the Newsletter (you'll never know how close . . .); event organisers mentioned previously and their many helpers.

AT LAST - AN ANSWER TO "THAT" QUESTION

Do you fear the question "What's rogaining?" as much as I do? Well in this newsletter you'll find the NSWRA's new brochure which should help. If all else fails plead loss of voice and hand them the brochure!

A **BIG THANKS** goes to Ian Dempsey and Julian Ledger for their efforts in producing such a great brochure. If you would like some more for friends, clubs, workmates, noticeboards etc., give Julian Ledger a call on (02) 267 3044 (w) or (02) 888 1954; he'll be delighted to send you some more.

SEARCH AND RESCUE ROGAINE

For those who'd like to try something different! John Tonitto (02) 528 6174 and the NSW Bushwalking Confederation Search and Rescue Service are staging this year's event near Kangaroo Valley commencing at 8.30am on 29th June. The **29.5 hour** event (finish time 2pm Sunday) has three classes: Accredited: 4 to 6 per team, all members of affiliated bushwalking clubs or Emergency Services groups. Full packs to be carried by all. Interstate teams welcome! The prize: **The Navigation Shield**.

Unaccredited: Same conditions as above but with a minimum of two per team. For those not in affiliated organisations.

* **Rogaining:** Minimum of two per team; not required to carry full packs. A prize will be awarded for first place.

The **11 hour** event finishes at 7.30pm on Saturday and has the same three classes.

The entry fee is **\$15 per team** and you have to purchase your own maps (min. two per team). Note that the entry fee does not include food. A sausage sizzle and other refreshments will be available at reasonable cost after each event.

So if you're interested and want more info call John on (02) 528 6174.

PERSONAL NOTES

Graeme Cooper, organiser of that memorable event at Copeton Dam last year, took a month's long service leave to organise the event.

Not to be outdone, Robyn Arthur put back her wedding day to the very understanding Peter Willis until after the Hellraiser.

SA beat the Victorians convincingly in the inaugural challenge in The Gramplains last November.

When you ring committee members about rogaining why not say "Hi" to their partners who do a great job in taking messages and helping where they can: Kay (Trev), Kim (John), Akiko (Julian), Lynn (Peter Watterson) and Fay (Peter Wherry).

** We should be able to cover members of the NSWRA under our Public Liability Policy. People who are not members of the NSWRA or an affiliated bushwalking club may have to become associate members (cost \$80) for the day to be covered.*

STILL HELLRASER - Courtesy of the Bankstown Bushwalking and Social Club

We've all waited long enough now it's only weeks away - entries close May 1st so enter NOW! The entry form is on the last page. The (red and black) T shirts are fantastic too, so be sure to get one of these "collector's items".

The irrepressible Robyn Arthur, coordinator of the Hellraiser Rogaine on **May 18th**, has been extra busy collecting prizes for the event. Robyn says that many of the prizes will be "spot prizes" with all participating teams included in the draw. From the extensive list below it looks like the Hellraiser is going to be the best value event that the Association has been involved in. Prizes include:

- copies of "The Mountaineer" by Chris Bonnington
- pairs of Dunlop KT26's and Volleys
- YHA Memberships for national and international travel
- \$25 vouchers for Mountain Designs
- DB Stuff Sacks and silk inner sheets

A vote of thanks is due to these sponsors who are recognising Rogaining for the dynamic, Aussie-invented sport that it is. And congratulations to Robyn for coming up with some great incentives for what is shaping up to be something of a special rogainie. If you've got some friends you'd like to introduce to Rogaining, this is the one!

NSWRA - AGM Sunday 19th at 9am; after The Hellraiser Prizegiving.

The real strength of your association lies in the diversity of its membership, both interest-wise and geographical. This diversity is reflected in the committee: we all bushwalk, some of us orienteer, some are involved with scouts and we all enjoy rogaining; and only half of us reside in Sydney.

We'd like to extend that diversity and share around the relatively small workload, so why not join us on the committee. There's six meetings a year and most of us make it to four. Your input and interest would be welcomed. If you'd like more information call Warwick (047) 394 882, Julian (02) 888 1954, Trevor (042) 84 2293 or any of the other committee members or simply front up at the AGM after The Hellraiser on Sunday 19th May at 9am.

And if you've been rogaining for a while there's two "Positions Vacant": President and Editor. The President is expected to turn up at most rogainies, kiss babies, find the occasional control and produce a literary creation four times a year. The Editor will be required to fill in for a year or so while the incumbent comes to grips with a severe case of drivel; Trev, Julian and others will give you info, articles and entry forms, you'll assemble it, add your own creative touch and Warwick will arrange for printing and postage. Let Trev know if you're interested or turn up at the AGM.

NEW ADDICTION IN ROGAINING HIERARCHY

Rogainers in common with participants in most sports suffer from a mild, some might even say healthy, form of addiction to rogaining. But it's recently been noticed that a small group in the NSWRA have become addicted to course setting. The symptoms are quite clear; they continue to volunteer to spend days, hours and weekends often in isolation seeking places to hang those little red and white markers which feed our addiction. What drives them? What is their fix?

Perhaps it's the satisfaction of sitting a checkpoint accurately. It's an even greater feeling of satisfaction finding a checkpoint when there's no flag to stumble on; 90% sure and a bit of luck just isn't good enough.

Or perhaps it's the challenge of navigating alone; no one to pickup their mistakes; no one to whinger; no talk to silence the natural noises of the bush; just them and nature with all its beauty and dangers.

Or maybe it's simply having the time to check out an entire area, choosing those areas in which they find something they'd like to share to site checkpoints, be it a view, a waterfall, a spot where a lyrebird dashed across their path or a platypus poked its nose out of a creek, or a site which they know will test the skill of even the best navigators.

Or sitting down with a map and moving checkpoints around until any obvious route selection or route choice is hidden.

If you consider that you've got good navigation skills be very careful about volunteering to course set or even assist because I can assure you that you'll experience all of the above and once you have you too may be hooked. If, however, you would like to "simply sample" these delights, safe in the knowledge that you've got the strength to resist then let one of the committee know and we'll arrange your first taste.

[Dedicated to Bert Van Nellen, Ian Dempsey, Trevor Gollan, Peter Wherry and Warwick Marsden.]

SAFETY NOTES

I mentioned in a newsletter last year that there were a few instances of teams becoming separated in circumstances which caused much concern at the time (i.e. bad weather and nasty terrain). The "stick together rule" is there as much for your safety as fair competition (more so in my case because I usually get my partner lost!). Discuss what to do if you get separated before it happens and carry a whistle for use in those "it couldn't happen to me" situations.

Last October the ACTRA sadly lost one of their long term rogainers, Mike Cassella, in an accident while driving home alone from an orienteering carnival. Be aware that you'll be tired after a rogaine, and that the same tiredness which affects your navigation can also affect your ability to decide whether you're in a fit state to drive. The ACT rogainers often bring a driver (an injured rogainer or a non-rogaining partner) to an event. If this isn't possible have a couple of hours sleep before you drive and/or share the driving; it's usually a lot of fun going to a rogaine with a carfull even if they're quiter on the drive home.

NEED A NEW PAIR OF SHOES?

That excellent journal of the Australian Consumers Association, "Choice", surveyed the value and quality of running shoes in its January issue. Since there is no such thing as a specialist Rogainer's footwear, most people choose something which is tough and flexible - e.g. a running shoe. Looking around at an event one might be forgiven for thinking that it is a convention for people who like blue shoes: Dunlop KT26's! Why are they so popular? According to Choice, "at a third the price of many other shoes, the Dunlop KT26 is hard to beat as a shoe which provides all the necessary qualities for casual runners (particularly heavy ones, as it offers a very stable, wide base). However, it may not suit those with overpronation or oversupination problems." You can even win a pair at The Hellraiser!

Julian Ledger

TRAVELLING INTERSTATE?

If you're going interstate for a holiday or a while note down these dates and contact numbers:

- WA Julie Hartmann (09) 387 5183 - 22-23/6 (24h), 24-25/8 (24), 19/10 (12h), 16/11 (8h Cyclogaine)
- Vic Janine Toole (03) 568 8960 - 19/5 (Metrogaine), 15/6 (6/12), 10/8 (Snogaine), 21-22/9 (24h champs), 19/10 (12h), 30/11 (Cyclogaine/Metrogaine)
- SA Alan Wilson (08) 388 6161 - 25-26/5 (Aust Champs), 24-25/8 (Adelaide Uni 24h walk), 9/10 (12h)
- ACT Keith Thomas (06) - 19/10 (12h)
- Qland Eric Andrews (07) 268 3398 - October (8h) (date to be confirmed because the editor forgot to write it down!)

MEMBERSHIP 1991

A BIG THANKS to all members who have already renewed!

Current Status (courtesy of Trevor Gollan) - the letter in the top right hand corner of your address label shows your current membership status:

F - you are financial for 1991. People who were first timers at Copeton Dam last September are full members for 1991.

C - this is a complimentary newsletter; to other Rogaining Associations (they send us theirs), to interstate visitors at our events and people seeking information.

N - you are not financial; this will be your last newsletter until you renew.

As I admitted last newsletter the membership application was "nicked" from Gary Caitcheon's, always excellent, ACTRA newsletter. There have been so many favourable comments that I've kept the same format. Thanks Gary! Tick the boxes below to give an indication of where you would be willing to help. And don't worry, it isn't legally binding!

Family Name _____ Given Name _____

Address _____ Postcode _____

Phone (____) _____ (hm) (____) _____ (wk) Date / / 91

Single (\$15) Household (\$20) Group (\$30)

Enter names of household members:

1. _____ 2. _____
3. _____ 4. _____

Make cheques payable to the NSW Rogaining Association and send to:

Trevor Gollan, Secretary NSWRA
39 Greenslopes Ave, Mt Ousley 2519

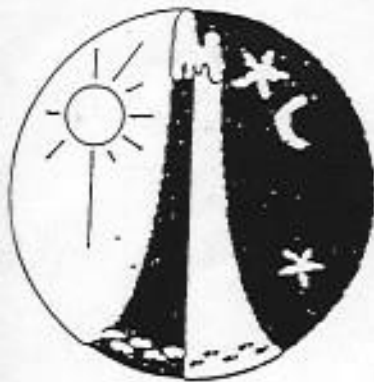
Event - organiser
- administration

Hash House - organiser
- assistant
- transport (food, equipt, etc.)

Course setter/checker

Publicity

Other (please specify) _____



N.S.W. ROGAINING ASSOCIATION
 in conjunction with the
 BANKSTOWN BUSHWALKING AND SOCIAL CLUB
 presents the
 THE HELLRAISER
 18 MAY 1991



The Hellraiser will be held at a location approximately 3 hours drive north of Sydney. There will be both a 12 hour and a 6 hour event.

The event is located in a lush predominantly eucalypt forest with hills reaching 300 metres in height. The area covers a good cross section of both terrain and vegetation.

There may not be drinkable water on the course and therefore sufficient water should be carried on the day.

A basic campsite with a hash (food) house will be at the base camp to provide sustenance during and at the end of the event. However, you should bring sufficient water to meet your individual requirements for the stay.

The 12 hour event will start at 12 noon and the 6 hour event will start at 1 p.m. on Saturday 18 May.

Numbers are limited. receipt of your early entry will ensure your participation. in the event.

Map : 1 : 25,000 topographic
 Entries Close : Friday, 1 May 1991
 Further Information: Robyn Arthur (02) 886 1862 (W) (02) 897 2270 (H)
 Wil de Sain (02) 81 5426 (H)
 Noeline Marmont (02) 643 1103 (H)

ENTRY FORM : THE HELLRAISER - 18 MAY 1991

TEAM NAME :

TEAM CONTACT :

PHONE: _____

| | NAME | ADDRESS | POSTCODE | FEES * |
|----|-------|---------|----------|--------|
| 1. | ----- | ----- | ----- | ----- |
| 2. | ----- | ----- | ----- | ----- |
| 3. | ----- | ----- | ----- | ----- |
| 4. | ----- | ----- | ----- | ----- |
| 5. | ----- | ----- | ----- | ----- |

Minimum Team Size is 2 people.

* FEES - Competitors must be a member of a Rogaining Association
 Event fees for both the 6 hour and 12 hour event are \$20. (Persons under 18 half price - \$10)

If you are not currently a member, add the membership fee to the event fee and you will be registered as a member of the N.S.W. Rogaining Association for 1991 or just for the day.

MEMBERSHIP FEES

Individual \$15 Household \$20
 Group \$30 Associate (just for the day) \$8

Event : 12 HOUR 6 HOUR

Section: MEN WOMEN MIXED

T Shirts available at a cost of \$10 each. Add this cost to the fee's above and please indicate the size. (to be issued on the day of event) MEDIUM LARGE

Do you intend staying overnight? YES NO

Entries to : The Hellraiser. P.O. Box 401, Bankstown N.S.W. 2200.

Cheques Payable to : N.S.W. Rogaining Association.

Include a Stamped self addressed envelope (size 20cm x 10cm) for postage of final instructions.