

NSW ROGAINING NEWSLETTER

Number 66

September 1997

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Preparedness is not a prerequisite for a Rogainer

As a morning person, I must admit that the idea of starting a 12 hour event at midnight seems a little unnatural to me. It might as well be a 24 hour event since you've got to stay up all night anyway. (But then that's probably the idea.) This year's up side-down event almost didn't happen. Fortunately it was revived on the "spur of the moment" and a reasonable turn out showed up on the night at Euroka clearing near Glenbrook.

About a quarter of the entries were bushwalkers from the University of New South Wales, who demonstrated that preparedness is not a prerequisite for a Rogainer. They successfully organised several teams and entries in the last half an hour before the event. Admittedly, I've done the same thing myself. When we went to the Rogaine "somewhere near Oberon", (i.e. Mt Werong) we were completing entry forms as everyone else were starting.

Upon hearing that the Rogaine would be in Glenbrook, I was initially quite excited since it would be my first Rogaine in an area that I already knew. Any benefit was purely in the mind, since we soon found that a kilometer of scrub takes just as long to bash through, regardless of the fact that you know the name of the creek on the other side.

I formed a team with my brother Greg who was going for his first Rogaine. I wanted to introduce him to the pleasures of the event. Unfortunately for him, he was still had the left overs of a sore throat with him. Unfortunately for me, I picked it up so on afterwards and lost my voice for half a week.

After scanning the course map, we abandoned the plan of attack that I usually take, which is "go for the 100." In this case, the hundred was to the south at the Nepean lookout. Instead, we settled for "lets get the two 90's" which were in the northern corners of the course. One being at Mt

Portal lookout which gave a nice view over the city lights through the night and the other 90 in the north west of the course, across the creek from Glenbrook.

On starting out, we made our way to Mt Portal, collecting the controls on the way without too much hassle. At this stage the mind and body were still fresh - in a relative sense at least. Most controls here were by the roads, and a short bearing took us to the 50 point control. The only one that gave any trouble should've been the easiest of the lot. We actually missed control 10. After a quick look around for it the control was still eluding us, and out of arrogance or impatience I opted to leave it behind, "it's only 10 points". This is something that you always regret at the end of the day when you think how much better your score would look with those few more points.

From Mt Portal, we made our way to the Glenbrook causeway, making a sidetrip to the 70 point control to the north. The little bit of extra effort to climb the hill on the Glenbrook side quickly paid itself off in saving time that would have been spent negotiating the route along the creek.

To get to the second 90 point control it was necessary to leave the tracks and start testing the night navigation. This was at about 4 in the morning. It was a bit unfortunate that the time that required the most concentration was also the time that the body most wanted to go to sleep.

From the second 90 control we made our way towards the road near Red Hands Cave and the water drop there. From here on the plan was to just collect the controls on or near(ish) to the road as we made our general way back to the hash house. Although the sun was now up and we were awake again, we weren't really ready to go off on any full assaults on tricky ridge traverses, valley crossings or marathon runs to get the big points. The route we took us part way down the Red Hands road, then crossing to the main road and along Bennetts Ridge

towards the hash house.

The 50 point control just south of the hash house proved to be a little more troublesome than expected. Some time was lost as we searched every rock and bush in the gully that was parallel and adjacent to the one that actually had the control.

On the way back we quickly looked for and abandoned the 20 point control. Time was starting to run short, and after a late experience in the last Rogaine at Bargo, finishing on time was one of the main objectives for this occasion.

From here it was a stroll down the hill to the finish, with plentiful supplies of food and the promise of a good night's sleep coming up.

Matt Chamberlain

NOTICE OF SPECIAL GENERAL MEETING

At the Budawang Bushwalkers Rogaine on October 11 there will be short Special General Meeting of the Assoc. in order to adopt the 1996 Annual Accounts.

A copy of these is are inside. The Accounts should have been adopted at the AGM but by an oversight they were there but not distributed or adopted. (Something to do with holding meetings at the end of 24 hour event!)

The Special General Meeting will be held immediately before (11.30am) the event and the adoption of the accounts will be the only item of business.

Comments or questions on the accounts to Treasurer, Tony Maloney or President, Julian Ledger.

WHAT'S ON IN 1997 / 1998

DATE	EVENT	CO-ORDINATOR	COURSESETTER	ADMIN	HASH HOUSE
10/11-12 Oct	Bushwalkers 24/50 Budawangs	Geoff Silburn (042) 284 084	George Takacs, Geoff Bailey	Geoff Silburn	
18 October	Snogaine Snowy Mountains	Brian Evans (064) 562 242 (w)	-	-	-
1 November <i>(New Date!)</i>	ACT 12-hour	David Singleton (06) 248 7142	-	-	-
15 November	NSW Socialgaine Newcastle	Arthur Kingsland (049) 555 701	Arthur Kingsland	Help	Help
8 March	Metrogaine 6hr Sydney Metro	Sue Clarke	John Le Carpenter		
4 April	Autumn 12/24hr		Mike Hotchkis, George Collins		
14 June	Paddy Pallin 6hr Southern Highlands	Stephen Castle	John Barnes	Julian Ledger	1st Waitara Scouts
8/9 August	NSW Champs N of Maitland	Alan Mansfield	Nihal Danis, Richard Sage	Anne Frances, Russell Swanson	Vicki Cooper
5 September	Lake Macquarie	Bert Van Netten			
8 November	Upside-Down	Ross Barr			

*This is the last newsletter before the Bushwalkers Rogaine.
Put your entry form in NOW!*



Bushwalkers 24 & 50 hr

Because we have such a large course planned, in some of the best bushwalking country in NSW, we are offering a 50-hour option in the October Rogaine. This will have none of the complexities witnessed in the Victorian 50-hour Endurogaine earlier this year. 50-hour teams will start at 10am on the Friday and will be self-sufficient for most of the event, carrying their own food and equipment.

The 24-hour will be the primary, competitive Rogaine and the hash house will be available from 5pm Saturday. We expect most 50-hour participants will camp Friday and Saturday nights out on the course, maybe establish a base camp from which to mount an expedition to the furthest corner of the course. We'll recommend a couple of campsites where teams may congregate for a social evening, or camping caves if the weather is threatening - pleasant spots to show-off your cappuccino makers.



Socialgaine 15 November

You thought the bi-centennial was over!! Well, New South Wales' poor cousin, Newcastle, was not long after Sydney in its establishment. 1997 marks Newcastle's bicentenary celebrations, although there is a substantial body of opinion that with the closure of BHP, with record unemployment, with the ascendancy of the Hunter Area Health Service and the University of Newcastle as the major employers of the region that all is lost. The Bob Carrs don't care for that safe labor seat up north...

One lecturer at the University of Newcastle has decided that to salve his conscience for the great benefits enjoyed as a sprint specialist in Rogaining circles he should organise yet another event. Originally Arthur put in a bid for the Metrogaine but was pipped at the post by Ian Cameron and Sue Kurrle. (Mind you, Arthur was in the winning team in the first two Metrogaines, only to be pipped by no less than Ian Cameron and Sue Kurrle in the third!)

The Socialgaine in 1997 will be an event similar to this year's Metrogaine - a combination of bush with markers and punches, and complex street work visiting many historical features as control sites. There will be some (non-fight) cross country legs allowing utilisation of navigation skills.



ACT 12 hr 1 November

The ACT Rogaining Association invites you to enter the Spring 12 hour Rogaine. This event should be particularly rewarding for inexperienced rogainers but the experts will also find plenty of challenges. For those wanting only daylight navigation, a 6 hour event is also on offer.

The venue is about 70 minutes south of Canberra in a mixture of open ex-farmland and generally open bush. The extremities of the course may be more "demanding".



Mini Rogaines Oct 97 - Mar 98

The hugely popular daylight saving series of score events is set for further expansion this summer with a total of 18 events planned. The programme begins on the last Wednesday in October and continues until mid March.

As with last years series there will be a progressive point score competition. There are prizes and cloth badges for the winners and placegetters. Your best eight results will count over the series of 18 events.

Last To First

In the Bargo Paddy Pallin Rogaine, both Rick's team and my team had negative scores. Rick and Mum had been competing together and wasted an hour looking for Dad, who wasn't competing but just strolling along the road sections with them. Rohan and I had messed up one of the SW checkpoints, but decided to ignore the penalties and do a loop over the scenic Bargo river.

I rogaïne in various ways with a variety of friends, depending on who's free at the time. Rogaining with Wendy is a chance to catch up on what we've been doing for the last month. I walk slower through the bush, giving me time to navigate, which I do almost exclusively, while we run some downhill road sections. Wendy stays determinedly competitive to the end of the event. With Andrew, we go faster through the bush, and we both navigate, but with less time spent on it, so often ending up making mistakes. Rohan is very analytical in his Rogaining, able to keep a tally of the score, average score rate, instantaneous score rate ..., and evaluate all the options, while having a good talk and perhaps not going quite so fast. With all, I look for the hard bush checkpoints. For this event however, none of these people were free so I went with Rick. He usually goes with Mum and does all the navigating, very precise but they usually concentrate on going for all road checkpoints, running between them.

Four days before the event, I still had enormous blisters on the base of my heels from the City to Surf 1½ weeks before. I could only walk on my toes (cycling was definitely easier). Having visited the family doctor the first time in a few years only the week before for a diving medical and tetanus injection, I rang for advice. He offered no cures. Miraculously they went down over the next few days and were almost gone by Saturday.

After a pleasant train trip, we safely navigated the hairpins on our bikes, arriving at the hash house about 7pm. We spent a couple of hours planning our course over dinner. The best nightspots appeared to be around 91 or around 100. However, there didn't appear to be many easy checkpoints to 100 so for Rick's first nighttime Rogaine we decided to head first to 91.

After a few hours rest, and a very casual start, we were away, planning to head around the tracks to the east of the camping area and north to 12. Five minutes later we were backtracking, having missed the track junction. We decided first to head across the camp to the bridge (an obvious daylight decision). In the dark, the track to 12 didn't seem to be obvious at the start, but was fine to travel along. Northwards, through the bush to 11, definitely

faster than the road loop. But what were those torchlights 200 m E of 11? 10 and a crowded road to 91. Followed the procession out from 91 in reverse, thereby avoiding going to far around the loop. We skipped 52, as it looked to hard to find (but picked up the flag on Sunday after the event). 36 we found by pacing along the road as there wasn't much of a depression on the road. Round the road to the hairpin above 44 with our first bit of running (only a few hundred metres). We were pleased to hit it almost straight away after our steep descent. Up to the well formed (but unmarked) path leading to the lower hairpin.

Blue Pool looked magical with the lights of the other competitors reflecting off it. The checkpoint seemed a long way up. 51-90-60 looked to long for our 4am deadline at W1, so round the track to 43, which was visible from the track and so easier to find than we expected. A minute of very light rain to make us appreciate how pleasant the rest of the night was. A surprise at 30, we rounded a corner in the track and found a group resting in the dark. Spurs are much wider in the dark, so it was good to again find the checkpoint immediately. We looked at all the NPWS signs for additional track information but didn't pick up anything useful. Up through the bush to 61. The walk back to the track seemed longer than expected - did we cross straight over the marked track and follow an unmarked track? Nice to be back on the wide track to Red Hand Cave, although the drainage trenches made it a bit hazardous.

4:40 at W1. 40 minutes late and we had more or less gone directly to all our planned points. How far behind would we have been if we had missed some?

We followed the watercourse way down straight past 31. Being used to the clue just saying "The Watercourse" we hadn't bothered to read it and so missed the gully/watercourse junction. On the way back we found the control without problem. By 70, it was just light, which made the decision to go beyond the first set of cliffs a bit easier. Because it was late we decided to skip 32 and 20, giving us a break from navigation as we headed to W2. Time to plan the next bit of the course.

Rick thought 100 was essential, even if we skipped many checkpoints to get to it. I preferred getting 41 and 71, for the scenery value, even if it took longer.

We went too far down the watercourse past 40. Judging by the tracks, so did most people, and after finding it we thought it was really much closer to the road than marked on the map. After this effort I thought the road run sounded rather good. Lacking in energy, we revived ourselves with a few snacks. Out to 81, thinking on the way that some of the landscape looked vaguely familiar from the Paddy Pallin

(Continued on page 4)

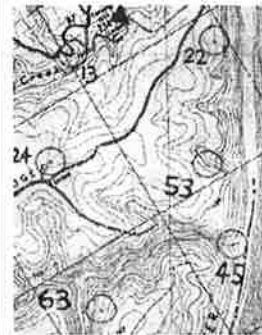
Navigation Tips

Every now and then at a Rogaine there is a control that really knocks your socks off when you find it. In the Upside Down Rogaine it was #53.

We approached via the road, coming from #22.

There were two possible attacks:

- 1 Down the spur (South) and then East to the control, or
- 2 Down the creek and then contouring to the control.



What was wrong with approach 1? For me it was not clear when we should head off the spur to the E. It is not always obvious when the spur starts to slope downwards. Once you do head E you may fall into some other gully hidden in the wiggles of the contours, especially if there is a lot of scrub and hence low visibility.

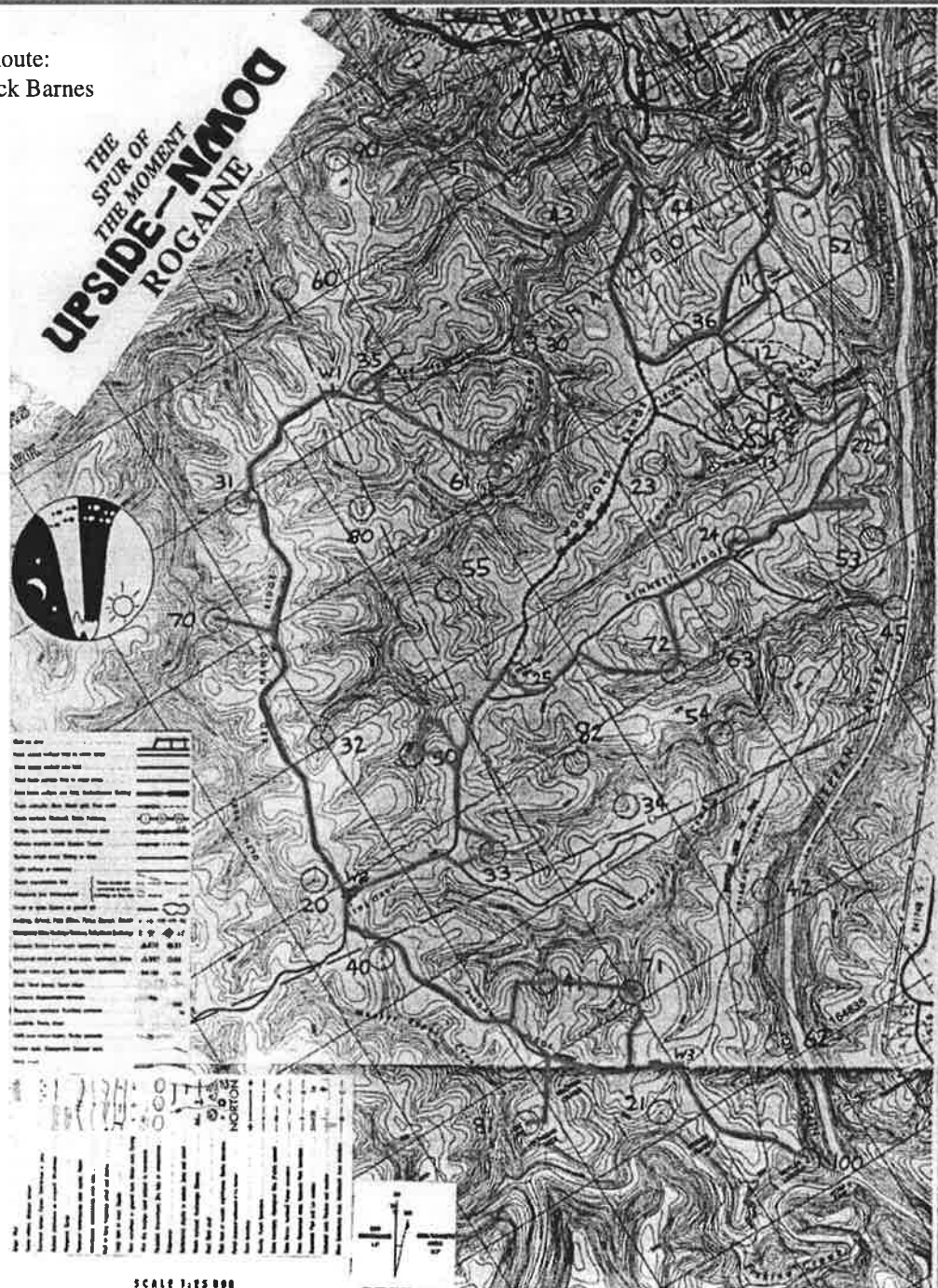
Hence, we choose approach 2. It would be simple to spot and then follow the creek down. But again, where to turn off? This was easier to pick - on the map there are 3 contours fairly close to each other, this should be an easy land-form to spot i.e. a 30m "hole". Once located we just need to contour around to the gully.

So we went in at the bend in the road, using a bearing to head for the creek. The creek line, as expected, was fairly obvious and luckily not too scrubby. We stayed on the southern side of the creek and a little higher to avoid walking in the worst of the scrub. Then came decision time - had we arrived at the 30m contour interval? Well, it looks a bit steep. Keep going down to be sure. Soon, we could really see the drop which prompts one to say: "Nope, I ain't going to walk down the steep incline, not this cappuccino Rogainer". An easy decision is made to start contouring around (i.e. staying at the same height level, not going further up the hill, or any further down). After a few minutes of scurrying through the bush we hit the gully, look down it, and spot the checkpoint. Woo Hoo! Another checkpoint collected with perfect accuracy.

Stephen Castle.

Upside Down 23/24 August

Winners Route:
John & Rick Barnes



Last To First (cont)

(Continued from page 3)

a few years before. On the cliff above 81, Rick thought we should probably head left, I thought right, so fortunately we found it without going left or right. A combination of walking and running to 100 (very nice views!).

We then decided we could make 71, it appears from the thick bush that we'd really earn our points. What a relief when the main valley was clear. And Rick really liked the ferns! On a high, 41 looked

achievable, so straight to it (although we initially wondered whether we should be following the valley down from the road, which we saw as clear). We weren't sure from the ridge over 41 whether we would be heading upstream or downstream, but correctly judged the valley wasn't too deep and so we needed to go down. Back to the road and more walking/running to W2.

Down to 33 without problems. On the ridge above 50, it looked a long way to the checkpoint, until we realised we were a just few

metres downstream from it. 82 looked a bit far and not too easy to find with limited time, so on to 25. The long spur down to scenic 72, and then north back to the ridge. At 11:30 we were looking for 53, but decided we were probably in the valley north and did not have enough time to go back. Glad we'd decided not to try it in the dark. I'd better learn how to pace count. Back to the road. Down to the hairpin and 20 minutes to 12:00 so back to 22 and then rush to the Hash House with a few minutes to spare.

Thanks for a fun course.

John Barnes.

Introducing Your Committee - Part 2

Earlier this year I introduced new committee members and promised to tell you more about the others another time ...

Stephen Castle - Your friendly newsletter editor - the man who invented Cappuccino Rogaining - ask him for a description of that cool relaxing pastime. Also one of the many computery types who are drawn into Rogaining - has been known to nip up to Japan to fix a power station over the weekend. Likes to coordinate the Paddy Pallin Rogaine each June.

Anne Francis - Equipment Officer - sometime banjo player (it was her family who got us spinning around the dance floor at the 1996 Paddy Pallin), runner and orienteer (formerly Bennelong nowadays Big Foot), can be heard on the course "why are we going this way, will somebody please explain", mother of "trail bike Tim".

Trevor Gollan - Mr Rogaining, BIG TREV, former newsletter editor, membership secretary, organiser of many events, and font of much wisdom and knowledge, now not quite so hands on (gives us all guidance in

the background) but has still had a big part in two 1997 events. In a former life believed to have been a feared southern regions marathon runner with 6 scalps to his credit. Awarded the inaugural 1996 Warwick Marsden Award for his contribution to Rogaining.

Graeme Cooper - the man with the white beard, inventor of our event entry software and keeper of membership records, setter of events in the upper Hunter and beyond, known also in more recent times for his amazing tents which have kept our hash house dry in such nightmarish conditions as the Lake Macquarie 1996, not to mention his refurbishment of our one and only amazing Rogaining trailer (god bless all who drive her) which is almost unrecognizable now painted white with web address on rear - <http://rogaine.asn.au> - thanks Graeme.

Vicky Cooper - not really on the committee but Graeme's right hand person. A canny Rogainer, but more famous for her warm personality, her excellent hash house cuisine and her persuasive telephone manner which has been bringing ever more willing volunteers to help at 1997 events.

Alan Mansfield - former Pres, ARA Rep, current event calendar organiser (the toughest job?), usual Rogaining partner is wife Sonia who is also an ex newsletter editor. Soon to head off to Himalayan parts on a trekking trip. I'm lending them my Mandala trekking map, scale 1 : 110,000, with one contour line every 500 metres. No wonder that Queensland medico student got so completely lost!

Tony Maloney - Treasurer, coordinator of this year's Upsidedown event. Big Foot orienteer, sometime ballroom dancer and golfer. A sharp Rogainer to have on your team, not that it helped us on one occasion when we got caught out together in a horrendous electrical storm right on the ridge of one of the Peppercorns (north Kosciuszko Nat Park) and crawled back to the hash house at dawn having aged years.

Sue Clarke - Hon Secretary, friend, Rogaine enthusiast, Big Footer, tough competitor, sometime Three Peaks participant (UK event involving sailing between 3 largest mountains and running up each of them!). Christened once after a certain spider for the number of male Rogaine partners she had used up - but Chippy keeps coming back for more.

World Champs - It's NZ in 2000

The International Rogaining Federation has made its decision for the World Championships in the year 2000 and the decision was New Zealand - South Island in January to be precise. An extract from the IRF's newsletter # 35 is below. The competing New South Wales bid was well thought of but the need to further internationalize Rogaining from its strong Aussie base won the day when the professional NZ bid came up. We wish the Kiwis well and are looking forward to getting over to an event which should be quite accessible to NSW Rogainers who can combine the trip with a summer NZ holiday.

World Championships may sound a bit daunting to the casual Rogainer but in keeping with the relaxed and open character of the sport the first two WC's have been open to all. The main difference is the depth of the field with a lot of very hot teams. Such that if my memory serves correctly NSW has only managed a couple of teams in the top 20 at each event so far.

The next one - WC3 is in British Columbia near the town of Kamloops in early August 1998. A contingent from NSW will be attending. More info on fares and flights in a future newsletter. Please contact Julian Ledger if you are hoping to be there or know the name of a good grizzly bear repellent.

Your committee has decided to advise the Australian Rogaining Assoc. that it would

be willing to run the event it had planned in July 2000 as the Aussie Champs for that year and also that we would be interested in hosting the world champs in 2002. And that's long range planning!

From the NZ bid:

"New Zealand offers to host the 4th World Rogaining Championships, shortly after the World Masters Orienteering Championships in January 2000. The expected presence of 2000 orienteers from all parts of the world will greatly expand the number of countries taking part, will add to the stature of the event as a World Championship, and will increase the international spread of rogaining. New Zealand, though young in terms of rogaining experience, has expertise in similar events, and a rapidly growing expertise in rogaining events."

From the IRF newsletter #35:

"There was a strong focus on making a decision for the (international) good of the sport. There was a belief that a world championship in New Zealand would be of major benefit in fulfilling the international aims of rogaining in the future."

"The New South Wales bid was praised as well-prepared and very attractive, deserving support in the future."

Julian Ledger



Stylish head gear on show at the Paddy Pallin.

Stephen Castle (left) coordinator and Trevor Gollan, co-coursesetter.

NSW Rogaining Association Annual Financial Return - 1996

Following are the 1996 Annual Accounts.

The Accounts should have been adopted at the AGM but by an oversight they were there but not distributed or adopted. (Something to do with holding meetings at the end of 24 hour event!)

A Special General Meeting will be held immediately before (11.30am) the Budawang Bushwalkers Rogaine and the adoption of the accounts will be the only item of business.

Comments or questions on the accounts to Treasurer, Tony Maloney or President, Julian Ledger.

Opening Balance(1/196)				\$10,560.96	
1995 Expenses			-\$1,933.25	-\$1,933.25	1
1996 Expenses	Equipment	Insurance	-\$42.15		
		Purchases	-\$1,024.95		
	Executive	Ara Levy	-\$3,559.60		2
		Bank Fees	-\$104.91		
		Postage	-\$31.50		
		Stock	-\$300.00		
		Unallocated	\$614.80		
	New sletter	Printing	-\$1,390.00		
		Unallocated	-\$6,327.60		3
	Promotion	Brochures	-\$377.00		
	Total	Expenditure	-\$12,542.91	-\$12,542.91	
Income	Memberships		\$5,481.93	\$5,481.93	4
Events	Results		\$6,387.96	\$6,387.96	
1996 Result				-\$673.02	-\$673.02
Closing Balance (31/12/96)				\$7,954.69	5

Explanatory Notes

- 1 Comprises expenses associated with Newsletter, 1995 Socialgaine and Trailer Hire
- 2 Includes Public Liability Insurance
- 3 Includes amounts advance for production
- 4 Reflects no return for South Coast event - arbitrary allocation between memberships and event entries
- 5 Position at close of 1996 accounts on 31/3/97

ON THE ROCKS



10 Hot Tips for First Timers

- 1 Choose your partners carefully - a team comprising Peter Treseder (ultra runner), yourself and Mal Colston may lead to different expectations.
- 2 Cut your toenails before the event otherwise you may find yourself lame half way round the course and having to hop back to the hash house.
- 3 Arrive in good time - driving up the access track as all the other participants stream off into the bush is demoralizing.
- 4 Bring a water bottle each - friendships can be strained if the team gets hot and bothered.
- 5 Remember your torch - along with spare battery and bulb - even if you have absolutely no intention of staying out after dark.
- 6 Magnetic north - whatever it is doesn't matter too much just be sure to know which lines on the map you ought to line your compass up with. Help is available at the start
- 7 Gaiters - bring some if the organisers recommend it. Gatorade is something quite different but also useful.
- 8 Control Card - any hint of rain, cover yours in advance with contact - comes in rolls from your stationer - buy the see through variety.
- 9 Don't follow the team in front - chances are it is their first event too.
- 10 Try not to be tempted by the control worth 100 points over the perpendicular ridge down the ravine, with no track within four kilometers.

Geographical embarrassment, "doing a 180", hypothermia, late penalties, what is a reentrant, preventing blisters, maintaining a sense of humor in the face of adversity, hitting the wall, reading the mind of the course setter - SORRY these are all items covered in Hot Tips 11 - 20!

Julian Ledger

Lost Property

If you left behind a pair of blue socks or one of two torches found at Euroka Clearing at the end of the event contact Julian Ledger on 9416 6423 (H) or 9261 1111 (W). Will also be at the September 20 event at lake Macquarie.

More "Perfect" Rogaine Top 10s

Relaxed? ...

In the last Rogaining newsletter Ian Thomsett described what would make a Rogaine perfect for him. Being a Cappuccino Rogainer (I'm not ashamed to admit it - some of my best friends are Cappuccino Rogainer's) my idea of an ideal Rogaine has a slightly different emphasis. The top ten features that would make a perfect Rogaine for me are:

- 1 a course located in the lounge department of Grace Brothers.
- 2 the introduction of a cappuccino crèche for those that enjoy the sport of Rogaining but are not yet confident enough to be travel far from a latte, short black, expresso or cappuccino.
- 3 ten bonus points for every minute back late.
- 4 at each event "competitors" receive a map of the course, a hint sheet and Cabcharges.
- 5 hash-house catering by Stephanie Alexander.
- 6 the rule that a team must remain within a 20m of each other be changed so that all controls must be within a 20m of each other.

- 7 a course located at Watsons bay with the hash-house at Doyle's.
- 8 the introduction of the Cafegaine.
- 9 individual flush toilets for each "competitor" at the hash-house.
- 10 a Rogaine that returns to its humble beginnings - the Easter egg hunt!

Cappuccino Rogainer (name withheld)

... No Way!

I was appalled at some of the ideas that were put forward that would make a perfect Rogaine. I am concerned that the true spirit of Rogaining has been lost when some elements of the association want to make the sport more comfortable and convenient (I call these people Tontine Rogainer's, since they are so soft). This is not what Rogaining is about. Rogaining is about enduring pain and suffering in a tranquil and picturesque setting. Not enough

people today truly appreciate the exquisite agony that can be gained from a gung-ho Rogaine. Here are some ideas that would make a Rogaine delightfully unbearable:

- 1 controls located in the centre of lawyer vine patches.
- 2 nude Rogaining.
- 3 more Rogaines in muddy dripping rain forests.
- 4 Rogaines should be postponed or canceled in the event of good weather.
- 5 courses set in taipan country.
- 6 all cliff lines removed from the course map.
- 7 a Rogaine without a course map.
- 8 bonus points for competitors that return with injuries.
- 9 more Rogaines in leech infested hell-holes.
- 10 controls should be camouflaged.

Ray Vingluney

MAKE SURE YOU STAY ON THE RIGHT TRACK

Services

Surveying: Control surveys for natural resource and construction projects, Global Positioning System surveys and services. Project management, geodetic and mapping control surveys as well as survey control information.

Graphics: Design, planning, layout and proofing, electronic publishing (Macintosh and IBM), image scanning, camera contacts, dyelines, printing, bookbinding, planmounting and framing services are all provided for in-house and contract work.

Scanning and Digitising: collection of digital information from source data. Production of working copies from original documents. Data conversion and reformatting.

Aerial Photography: State-wide Photographic coverage, photomosaics and special purpose aerial photography and digital imagery.

Thematic Mapping: Thematic maps for any purpose using the Centre's base mapping or Client-supplied base.

Image Processing: Digital image processing analysis, Landsat sales.

Information Systems: Advisory services in information management and systems development



CONTACT



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- Satellite imagery of NSW
- Topographic maps covering NSW
- Parish and county maps covering NSW
- Orthophoto maps
- Property maps
- Touring maps
- Tourist maps
- Historic map reproductions
- Geographic names gazetteer
- Special publication including:
 - Official Road Directory of NSW
 - Map Reading Guide
 - Atlas of NSW
- Special use maps including:
 - NSW base maps
 - Aboriginal map of NSW
 - Lord Howe Island Colour Photomap
 - NSW Local Government Areas map
 - Sydney CBD colour photomap
- Digital boundaries such as local government, suburb, electoral etc

1997 Committee

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We are on the Web!

*http://rogaine.asn.au then
follow the NSW link*

Whoops!

Due to a operator error (i.e. entering results late at night so that the newsletter can be printed the next day ...) there were a few errors in the Paddy Pallin Results printed in the last newsletter.

A list of corrections will be printed in the next newsletter. Please accept our apology.

MEMBERSHIP 1997

The address label for this newsletter indicates your current membership status. If the letter in the top right corner is:-

"F" then you are financial for the current calendar year, thank you.

"N" then you are non-financial for the current calendar year; your fees are due. You can pay your membership at the next event, else send in the following form to keep receiving the newsletter.

"C" then this is a complimentary newsletter.

✂

APPLICATION FOR MEMBERSHIP OF ASSOCIATION

N.S.W. Rogaining Association Incorporated (incorporated under the Associations Incorporation Act, 1984)

I,(full name of applicant)

of(address)

..... (town & postcode)

..... (hm/phone) (wk/phone) (fax/e-mail)

hereby apply to become a member (or renew membership) of the above-named incorporated association. In the event of my admission as a member, I agree to be bound by the rules of the association for the time being in force.

I also nominate the following persons, of the same address as mine, as members of the above-named incorporated association.

1. 2. 3.
4. 5. 6.

Signature of applicant Date

Make cheque of \$10 payable to "NSW Rogaining Association" and send to: Membership Secretary NSWRA
Graeme Cooper
Cluny Rd MSF2005, ARMIDALE 2350

What the press is saying about Rogaining

Hornsby Mayor John Muirhead in the "Hills Shire Times 3/6/97

Hills Shire Times 3/6/97

Pleasure in launching Rogaining

ON Sunday, May 25, at Pennant Hills Park, I had the pleasure of launching a very unique Australian sporting event.

It was the fifth annual Metrogainc, a rogaining competition in the metropolitan area. Many of you are probably puzzled as to what rogaining it. It is long distance navigation, similar to orienteering and involving the use of a map and compass.

Rogaining is a team sport with two to five members in each team. Teams accumulate as many points as possible by planning and following a map to the various check points along route.

Check points are of different values so careful planning and selection are an important part of the competition.

Each check point is a geographical feature of the surrounding landscape. Hornsby Shire was chosen by the Rogaining Association of NSW to host the event, due to its prominent and well-managed bushland features. Some competitors walked great distance around Hornsby Shire to accumu-

late as many points as possible. Winners covered over 50km in the six-hour period, collecting more than 1400 of the possible 1640 points.

The competition was open to all age groups and I see it as a great event that can be enjoyed by families and individuals alike in the natural and lush setting of the Shire's bushland.

Drowsy Drivers are as Dangerous as Drinkers

Two snippets from the Sydney Morning Herald (July 26, 1997) are worth sharing:

Australian researchers have shown that "relatively moderate" levels of fatigue make people more impaired than if they had drunk themselves to the legal blood alcohol limit of 0.05.

Serious sleep deprivation produces a performance impairment equivalent to 0.10.

"We found that 24 hours of wakefulness is like being extremely drunk," said Ms Kathryn Reid, a doctoral student at the University of Adelaide.

With Associate Professor Drew Dawson, head of the Centre for Sleep Research at the University of South Australia, Ms Reid tested the hand-eye coordination and reaction times of 40 volunteers deprived of sleep for 28 hours.

Researchers have estimated that 13 per cent of the 50,000 motor vehicle accidents a year in

the United States were caused by drivers falling asleep, and that there is a 16-fold increase in accidents involving single trucks and no other vehicles between 5am and 6am.

LIQUOR HELPS KILL ONE IN 10 MEN

University of Helsinki researchers examined Finnish death records for 1987-90 and 1991-93 and found that 11 per cent of deaths in men older than 19 were related to alcohol. The figure for women was 2 per cent.

CONCLUSIONS:

It's a simple extrapolation isn't it? If 24 hours of fatigue is like a 0.10 alcohol reading, and 10% of you (men) will die from alcohol-induced accidents or disease, then Rogaining can kill!

So use your brain, and take the train to the Bushwalker's Rogaine. Or, bring someone who can drive you home.



The start of the Paddy Pallin at Bargo

The Truth About Rogaine®

Rogaine is a prescription drug that is used for restoring hair growth. It can be prescribed by men or women that are experiencing premature hair loss.

Rogaine was originally developed as a blood pressure medication. As it was prescribed a side effect was becoming apparent. Some patients reported noticing hair growth in unusual places on their bodies. Experiments determined hair growth could be stimulated, if the Rogaine was applied topically. The experiments proved promising enough to convince the FDA to allow it's sale as a prescription drug.

Rogaine is the ONLY substance that has been laboratory tested to restore hair growth in people. However, it varies considerably from person to person in how well or poorly it works. Hair that has been lost through *male pattern* baldness seem particularly resistant. Male pattern is the gradual loss of hair above the forehead. In some men it eventually reaches the crown of the head. Rogaine is almost completely ineffective for this type of hair loss. Instead, the manufacturer recommends it for the type of baldness that occurs at the very top and upper back of the head. This bald spot is the most likely to be helped by Rogaine.

Your age may also play an important roll in restoring hair growth with Rogaine. The younger you are, the greater the chance of success. The longer the hair has been gone the lower the chances are for re growth.

From: <http://www.woodland.net/wdm/classic/minox.html>

Next Newsletter

Deadline for Articles: 6 October 1997

Articles and Photos needed for this issue include:

- Upside-Down Rogaine results (!)
- Lake Macquarie Rogaine participants reports
- Bushwalkers Rogaine participants reports

*All contributions are most welcome
If you thought it was interesting - then its highly likely
others will too! Send it in to us.*

Format: It is preferred that copy be submitted on 3½" PC formatted floppy disks or sent via email as text or attachments. Microsoft Word 6.0/95 format is preferred, then

RTF (Rich Text Format) , Word Perfect and plain text. Too high tech for you? We also accept typewritten or handwritten material submitted via mail or fax.

Photos: We accept the original photo or its negative. We also accept scanned images, but only if they are scanned at a high resolution. Please indicate if you want the photo returned.

Send To:

Stephen Castle
121 / 362 Mitchell Rd,
Alexandria NSW 2015
Ph: (02) 9557-7101 (h)
Fax: (02) 9557-7102 (h)
Email: stephen@cfdc.toshiba.com.au

If the name and/or address on the label is incorrect, please fill in this form and return to
Graeme Cooper, Cluny Rd MSF2005, ARMIDALE 2350

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ADDRESS: _____

PHONE / FAX / E-MAIL: _____

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