

NSW ROGAINING NEWSLETTER

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Course Notes from the WRC III

Greetings from the north country and best wishes for a promising 1998.

We are in the grips of a strong El Nino with the mildest winter in these parts in the last 60 years or so. I live in the bottom of the Thompson Valley at about 350 m. elev. and there are still carrots growing in my garden. It is clear why people prefer to settle here, from the first natives about 9,000 years ago living in keekweelies along the north shore of the Thompson, to later day immigrants like my grandparents that arrived in the 1940's to find work and escape the tough winters on the Canadian Prairies.

But enough of idle chit chat and on to Rogaine news. I wanted to provide a short update on the course setting/mapping and related activities.

Our last day in the field was Nov. 1, and it was a lovely fall day, with warm sun and a clear afternoon light that enhances the look of the grasslands. We were racing to set the last high point that would give a good view of the terrain, in the soft setting sun, but we were a few minutes late and missed the good photos. We've located 43 points so far with the last 17 being close to camp and easy to access and locate, so we think that most of the hard work is done.

Neil Smith has done a first vetting review and has not identified any significant concerns, so I think that we are on the right track.

This will be the eleventh Rogaine for our Sage Orienteering Club and of course the biggest Rogaine undertaking so far. (The 1990 Asia Pacific

Orienteering competitions included about 1100 competitors and our club combined with all the provincial clubs to help host those events.)

We now have the full map and there are a few more details to work out like darkening the contours, revising shades of green to show the vegetation as precisely as possible and adding a few features that we've mapped in the field. We've been using the map plotted at 1:15,000, 1:25,000 and 1:50,000, along with the colour aerial photographs at 1:15,000 to help in reconnaissance and locating control locations. The map is based on the 1:40,000 black and white air photos, and these photos are excellent, especially when used with stereo vision magnification. As I highlighted in the last note we think that the map is excellent and provides resolution almost down to 1:15,000.

I think that Murray has noted the general method that we use, which is a little different than the Australian model, but with our different experience (Murray, photo interpreter and Bernie, forester) we think that we have an efficient, reliable method. Alan Vyse, also forester and orienteer, will be assisting us with further control locations and control setting just prior to the event. (We've even thought about using a helicopter to place the final control locations, just a week or so before the event as this would save a lot of time at a critical point. More on that later.)

The Hash House (or home base) is close to the centre of the map, with the map extending about 11 km north and 8 km south. The total area is about 240 km², and similar to the size of the Mt. Singleton map. Of course the terrain will be

different than Mt. Singleton. The WRC III area is underlain by basalt lava flows from about 45 to 50 million years ago, but the dominant land sculpting process is the most recent glaciation and deglaciation from about 12,000 years ago. Most of the terrain has been rounded by the glacial action, although there are still a few basalt cliffs. The most striking glacial features are eskers and there are a few large ones that have been used as control points. There are also alluvial fans, eroded melt water channels, and various small lakes and water bodies scattered through the area.

The rounded terrain, with many similar looking features will require good navigation, especially at night. A previous field day we spent in a close fog with about 50 metres visibility and I had to navigate very intensely to keep on track. It was similar to travelling at night with little moon light.

The map is about 60% grassland with the remainder forest. Most of the forest has been selectively logged, so there are all kinds of small openings, logging skid trails and scattered slash from the logging. Run-ability will be quite good in some areas, but poor in other areas of dense, older forest with windfall on the ground. The south side of the map will have more dense forest as it is at higher elevation, up to about 1,400m. (4,500 feet) and is a 'Montane Spruce' type of forest with Englemann Spruce, lodgepole pine and Douglas-fir along with trembling aspen patches. This is different to the lower elevation 'dry-belt' Douglas-fir forest that is often more open and runnable, and that some of

(Continued on page 5)

WHAT'S ON IN 1998

Event / Coordinator	Course Setters (4) Vetters (2); Entries (1)	Admin (Total of 7 needed)	Hash House (Total of 10 needed)
Metrogaine 6hr Sydney City 8 March Sue Clarke Ph: 02-9816-2508 (h)	John Le Carpenter		
	Simon George		
	Annette Billingham		
ACT Paddy's 6hr 65km SE of Canberra 22 March Geoff Mercer Ph: 02-6295-6019 (h)	Organised and Run by the ACT Rogaining Association Spur-gully terrain with some moderately steep sections and some areas of fine watercourse and rock detail. All levels of experience catered for. Using two 1:15,000 maps. Entry fee only \$14. Fundraising for Community Aid Abroad: "Rogaine Against Want"		
Autumn 12/24hr 2-2½ hrs SW Sydney 4-5 April Mike Hotchkis Ph: 02-4294-1363	Mike Hotchkis	Debbie Hotchkis	Trevor Gollan
	George Collins	Bronwyn Monahan	
	Geoff Silburn	Peter Gordon	
		Rachel Williams	
	Rollie Burford		
ACT 6 / 12 hr 4½ hrs from Sydney 25 April Dick Walker Ph: 02-6454-3118 (w)	Organised and Run by the ACT Rogaining Association Hilly terrain with a mix of farmland with rugged granite hills and eucalypt forest. Altitude 1000-1450. Great views of the Great Dividing Range.		
Australian Champs 100km nw of Brisbane 9-10 May Eric Andrew Ph: 07-4683-6374	Organised and Run by the QLD Rogaining Association Predominantly open to lightly timbered grazing country. Moderately underlating spur-gully terrain. 20% is steep and more heavily timbered. Terrain is similar to that expected at the WRCIII.		
Paddy Pallin 6hr Blue Mountains 14 June Stephen Castle Ph: 02-9557-7101 (h)	John Barnes	Julian Ledger	1 st Waitara Scouts
	Paddy Pallin		
Long - O Upper Lane Cove 5 July Bryan Cox Ph: 02-9869-1581	An orienteering event allowing teams and a mass start (like Rogaining). Drinks and nibbles supplied. Map 1:15,000 In the area of the 1997 Metrogaine.		
World Rogaining Championships Kamloops, Canada 4-5 August	The event of the year. Combined with many other orienteering events. Why not take a holiday to Canada this year and stay on a Ranch?		



Metrogaine 6Hr 8 March

The 1998 Metrogaine will be held in and around the centre of Sydney. The event includes streets, parks, foreshore, footpaths and even ferries for those Rogainers who prefer to take the weight off their legs for a while.

Be a tourist for a day and enjoy the sights of Sydney that you weren't aware existed!



Autumn 12/24 4-5 April

Come and enjoy The Cookbundoon Rogaine. Course-setters have recorded two possible platypus sightings, and plenty of other wildlife (roos, wallabies, kingfisher, eagle, feral goats, a fox and various reptilian friends).

Daunted by the prospect of a 24 hour Rogaine? Why not try the 12 hour course offered at this event. **On this course you have 12 hours competing, out of the 24 hour total (you will start and finish with the 24 hour competitors, ie noon Saturday to noon Sunday).** It is up to you how you split your time, but you must be back at the hash house for at least 12 hours during the event. You may wish to avoid night navigation altogether. Alternatively you might find the best strategy is to go out for 9 hours on Saturday, to get out to some high-scoring checkpoints, then do a short 3 hour loop on Sunday morning after a relaxed breakfast. You decide. You will enjoy the spirit and atmosphere of the 24 hour event, but competing in a shorter event.



6 hour sprinters, please note: this is a *small* 24 hour course. 2 six hour loops, requiring no night navigation, and you might just beat those 24-hour plodders. Enter the 12 hour course and give it a go!

Transport: as usual for 24 hour events, there is a public transport option (see entry form). We strongly encourage you to take advantage of this, so you can avoid driving home while tired.

Mike Hotchkis

MORE EVENTS!! WESTWARD O'Gaine - 24 May, 1998

The ACT Junior Orienteering Squad are planning to hold a 3hr/6hr O'Gaine on maps surrounding Lake Burley Griffin, in the centre of Canberra on 24 May, 1998. Start time will be 9am so that there will be plenty of time to get back home afterwards. The event will be a fundraiser to help the Junior team attend the Australian Secondary Schools Orienteering Championships in Perth in September.

An entry form and further information will be available shortly on the ACTOA homepage, at <http://www.acslink.aone.net.au/aardvarksystems>, or ring Jenny Hawkins on (02) 6252 7214 (bh) or (02) 6295 1836 (ah, before 10pm).

WHAT'S ON IN 1998

Event Listing (cont)

NSW Champs 24hr North of Maitland 8/9 August Alan Mansfield Ph: 02-9797-6773	Nihal Danis	Anne Frances	Vicki Cooper
	Richard Sage	Russell Swanson	Margaret Hughes
			Jack Sinden
			Marley Sinden
	Graeme Cooper		
	Anne Frances		
Lake Macquarie 12hr 5 September Bert Van Netten Ph: 02-4975-3693	Mike Hotchkis	Bill Pigram	
	George Collins		
	Bill Pigram		
Upside-Down 12hr 8 November ??	Rollie Burford		

Please add your name by contacting: Vicki Cooper phone: 02-6772-3584 (h)
Clunly Rd MSF2005, Armidale NSW 2350

No experience is necessary - detailed instructions are supplied. *Join in the fun of working behind the scenes!*

The **METROGAINE CLOSING DATE**
has been extended to

WEDNESDAY 25 FEB

MAIL YOUR ENTRY TODAY!



OZ Champs
9-10 May 1998

The event site is about 100km north west of Brisbane in the upper Brisbane valley and is approximately two hours drive from Brisbane Airport.

The properties begin used for the Rogaine are generally open grazing country with 80% of the area gently undulating, lightly timbered spur/

gully terrain offering very pleasant walking conditions. The rest is moderate to steep spur/gully which is more heavily timbered with some scattered rock outcrops and a few small thickets.

The Rogaine located within easy driving of World Heritage listed Scenic Rim and the Darling Downs.

Join Us Behind the Scenes

To help you choose the position you are about to volunteer for, presented below is a quick job description. No experience is necessary, full detailed instructions and mentoring will be supplied to you!

Vetter: • To inspect the whole course looking for any unwanted problems that will present to competitors. • To check the accuracy of every checkpoint location, water point, base camp and any other location that is specified.

Entries / Admin: • To prepare the entry form, accept and process entries. • To record and bank entry and membership fees received. • To provide information to competitors before, during and after the event. • To register teams, distribute maps etc at the registration desk on the day of the event. • To record arrivals and departures, calculate scores and allocate placings. • To compile a result list.

Admin Assistant: • To assist the administrator, particularly on the day of the event.

Caterer: • To prepare a menu and divide up amongst the members of your team the task of purchasing the materials and bringing them to the event. • To supervise the cooking and presentation of the food and drinks at the event. • To keep track of all costs, submit a claim to the treasurer and see that your team is reimbursed.

Hash House Team Member: • To assist the caterer both before and at the event.

Newsletter Folder: • To help fold some of the 700+ newsletters posted. Dinner supplied!

If you have not been involved with the running of an event, we can assure you it can be both a challenging and enjoyable experience. To keep the events going it is vital that we have adequate organising teams so please write to:

Vicki Cooper
Clunly Road
Armidale NSW 2350

or ring us on 02 6772 3584 before 10pm or send an email to:

gcooper@metz.une.edu.au

and tell us which team you would like to join.

Vicki & Graeme Cooper

THANKYOU HELPERS!

I would like to express my deepest thanks to all those who helped fold and contribute to the newsletter over the last year.

I look forward to *your* contribution for this coming year. (Help folding the newsletter is always welcome. We fold in the North Shore & Hornsby Regions)

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Gear / Food Reports
Photos
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- Digital boundaries such as local government, suburb, electoral etc

WRC III - Canada, August 4

Who's heading for Canada?

As the Third World Rogaining Championship draws nearer we look at who will be competing in Kamloops in 1998.

With six months till the bubbly pops open and starts the Third World Rogaining Championship in Kamloops there are early indications of a strong fight amongst the worlds elite Rogainers for the top placings.

Several winners from Mt. Singleton (WRC II) have indicated their intentions to take on the challenges of the Douglas Lake Ranch.

1996's winning team of David Rowlands and Jim Russell will be split with Jim teaming up with his partner from 1994, Michael Walters. Having won the World Championship in 1994, Mike and Jim will be aiming for the top. Currently, as a team they are undefeated in Championship Rogaines. David Rowlands, based in Victoria, Australia and one of Australia's elite rogainers will be competing, although is yet to confirm his partner.

Leading the local contenders will be Allan Stradeski and Peter Mair, who finished second in Australia in 1996 and are clearly focused on winning on home turf. As experienced Mountaineers they will prove formidable opposition. "As a Canadian I would be thrilled to win the World Championship at home." Said Allan "But there's still a lot of training and a bit of luck for that to happen."

Current Women's Champions Christine O'Keefe and Jenny Casanova are planning to defend their crown as are the Men's Veterans Champions Rod Gray and Geoff Lawford.

Geoff reports that their training plans are serious. "I've checked out Grizzly bears and plan to get at least a bit less unfit. Rod is currently living in Canada, so he'll be in charge of travel plans. We should make it!"

While there will be some people returning there will be new faces holding the trophies aloft in several classes. Mixed and Mixed Veterans are wide open at the moment.

The Rogaine has sparked a lot of interest amongst the Orienteering community in Canada, with many keen to try their first championship length Ro-

gaine. As many of the entrants are involved in not only Orienteering but distance running, trail racing, cross country skiing and bike riding there are bound to be a few surprise when the results are announced.



Rogaining maps are in high demand in Vancouver O circles at present as is Rogaining know-how. It will be interesting to see the balance of experience, fitness and local knowledge that wins out come August.

Don't forget that the early bird entry closes on March 1st 1998. Check your newsletter or with your associations newsletter editor for entry forms. It's not just the elite's who will have fun in Canada come summer, we hope to see you in the bush.

Nicole Davis

Course Setter (cont)

(Continued from page 1)

you have orienteered in areas adjacent to Kamloops. The grasslands will be fair to good run-ability, but the bunch grasses create a hummocky type of footing which is quite tiring after a few hours. Also the glacial derived soils are quite gravelly in some spots.

All the main roads and tracks will be mapped along with some trails, but there will be lots of skid trails and cow trails that will not be mapped. As always, use the contours. The vegetation boundaries between grassland and forest should be easy to follow. We have also mapped a few cliffs, especially in the vicinity of controls, but there will likely be some small cliffs in dense forest that will not be mapped.

There are lots of creeks and one small river that bisects the area north to south. With 1996/97 being a large snow year and with lots of rain last summer the creeks were still running very high during the past fall. There are a number of roads and bridges that cross the major streams, so with careful planning you may not have to get your feet wet. However, this will cost a few extra kilometres. For those of you that like to wade, you might think of bringing an extra pair of light runners or sandals and extra socks. You want to cross in the shallowest water, often the widest part, generally facing and walking upstream, with no significant downstream risks. If you look carefully you might find a decent log to cross on but check the stability first.

There are also a few large swamps or wetlands. My advice is avoid these at

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What Other Events Can I Attend?

Other orienteering events that are centered in the WRC III area are:

- Jul 25-26 Canadian Championships.
- Jul 27 Short Distance Championships.
- Jul 28 Relay Championships.
- Aug 1-2 North American Championships.
- Aug 4 **Third World Rogaining Championships (WRCIII).**
- Aug 6 Yukon Championships (Yukon).
- Aug 8-9 Western Canadian Championships (Yukon).
- Aug 8-9 US Championships (Washington State).
- Aug 13-14 World Masters Games (Portland, Oregon)

WRC III - Canada, August 4

Course Setter (cont)

(Continued from page 5)

all costs. They are deep and bushy and will likely cost more time than saved.

In our last field day, we met the biggest, roundest black bear that I have ever seen in the bush. I was only about 30 metres away from the bear but I didn't see it until Murray called as I was looking forward and the bear was off to my left. Most of the time bears move away from humans very quickly, but this bear being large and likely king of the forest was slow to saunter away from us. Your risk from bears though is negligible and we'll have some further notes on bear contacts for you. We think that your snake problem in Australia is about 100 times more risky than anything that we have in Canada.

That's a few highlights for now. You should also be thinking about your pre and post orienteering / Rogaining vacation and all the sights and activities that you want to undertake.



Open running Ponderosa Pine and Douglas Fir forests.
Sage Orienteering control with reflective patches that will be used in WRC III

How Much Darkness?

Sunrise	05:27
Sunset	20:37
Moonrise	18:01
Moonset	02:07
Begin Twilight	04:43
End Twilight	21:21
Daylight (Day 1)	9h21m
Darkness	7h11m
Daylight (Day 2)	7h28m

Daylight Saving Mini-Rogaines

Hit the mini-Rogaines and really enjoyed it.

Here's the run-down....

Rollup. Cost was \$6 which gets you in and a map. Sit down at one of the "Master Maps" which has the checkpoints marked on it and copy it onto your own map.

Check the "corrections list" which said "Too many to list- mainly fences some added some removed" (impressive but not worth worrying about).

When you've planned your route you go up to the table and tell them that you're ready to go. They mark your card with the starting time and you wait 30-90 seconds for the time clock to come round to the full minute (the correct one for you to start). Then you're off. It is not strictly an individual event, you can run in a team (extra people \$3). This one at Long Reef was a golf course, headland, shore line and lagoon area mainly. Markers are like a small kids small bucket, marked with

one or two letters that you write down on your control card. These things were under rocks, in long grass, on rock ledges, etc (one was even reported "not there" for part of the event).

I started along the shore picking up one at the corner of a building. Along a fence to a rock, down a hill to a clump of grass at end of gully, along the beach to a boulder on a rock platform, up the hill (steep-came out at the wrong side of the fence at a lookout) to a knoll on the golf course (I thought it meant a putting green for a while but after about five minutes and a lot of feature checking I found it in a clump of grass on another knoll), out to the clifftop on the headland to a ledge next to the track; back to a knoll (in a clump of grass), then down to another knoll (I spent about 5 mins looking on the wrong knoll again but then checked land features (rocks on the shore); I headed to the next knoll but after a quick search I headed back (about 600m) and I had about 2 mins left (which was upwind too). Having to go round the edge of a creek through the golf course I was 1:40 late.

really good exercise.....

Drinks at the end \$1.

Anyone else coming next week???

Would recommend: bum bag to hold things while scrambling or sprinting; no sunnies if they tend to fall off; sticky tape to stick the checkpoint descriptions to the map (so you don't lose it); plastic map cover to stick the pencil and control card in so you don't have to worry about dropping something; sprint between checkpoints - you can catch your breath while you're looking for the marker; didn't need a compass today but do in the bush.

Pant. Pant.

David Fallon

Presidents Preamble

After the summer recess we are beginning the 1998 Rogaining Season with a 6 hour Metrogaine on Sunday March 8th which must be in one of the most superb locations for such an event in the world - around the harbour and the lower north shore. It is not too late to enter so long as you get a wiggle on.

No mention of the summer can go without crediting Ross Barr for coordinating a fantastic series of Mini Rogaines in the form of Daylight Saving Orienteering (45 minute score events each Wednesday evening) which have been attracting a good roll up including quite a few Rogainers doing a bit to keep fit. It's not Rogaining being a solo activity scampering around for such a short period but part of the essence of the sport is there as route choice is entirely up to the individual and usually by no means at all obvious. Events start between 5.30pm and 6.45pm (earlier is better). Cost \$6. Still to go are:

- 25 Feb, Wollstonecraft, Smoothery Park, Russell St.
- 4 Mar, Castle Hill, Fred Caterson Rsv, Gilbert Rd
- 11 Mar, Lane Cove West, Lloyd Rees Drv

Only a month after the Metrogaine and just before the full moon is the Autumn 12/24 Hour being held in the Southern Highlands direction. Under the expert direction of Mike Hotchkis this promises to be an excellent event. On the Sunday lunch time after the finish we will hold our AGM - see separate notice below. Thanks go to all the 1997 Committee Members - see the list to the right - who have served with enthusiasm, good humour, good cooperation and even some efficiency

well at least when it mattered anyway. We have been fortunate to have had a talented team most of whom I believe are happy to serve again. New faces are of course very welcome and nominations are now open. Talk to myself or other committee members for more information of what is involved with the various tasks. If you don't want to take on a formal role then unofficial deputies are very welcome to help move things along.

In May the Aussie Champs are being held just across the border in neighbouring Queensland. A good crowd of NSW Rogainers would be great to support the sport in a State where under the tutelage of the indefatigable Eric Andrews it is still getting established. As we always say, even if you are a novice or not competitive don't be deterred by the word Champs as all are welcome to enjoy the event.

One month later the popular Paddy Pallin 6 Hour Rogaine is I believe heading for the Blue Mountains where course setter John Barnes has some good things in store. John when he was not frightening pedestrian innocents off the pavement in Kent Street on his monocycle, won the Upside down event last year and some years ago set the Paddy Pallin when it was held at Cataract Scout park.

At the end of June is an event I have never done but hope to this year. The Wilderness Rescue rogaine is not run by NSWRA but by the Search and Rescue organisation to build skills of the emergency services. Different but worthwhile by all accounts, more news on this in a future edition of the newsletter. Now to the second half of the year - well maybe more on that another time except to say - see the calendar and enter dates in your

diary now. If you are interested in the World Championships 4/5 August in British Columbia then early bird entries with lower fee end soon. Contact myself, Sue Clarke or Mike Hotchkis for more details. It is being preceded by the first Alaskan Rogaine with only 3 hours darkness! Other events - in August NSW Championships, in September Lake Macquarie and November an Upside-Down Socialgaine.

See you at the Metrogaine!

Julian Ledger

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1998 Annual General Meeting

The 1998 Annual General Meeting will be held on:

Sunday 5 April, at 1.00pm

at the Hash House of the:

Autumn 12 / 24 Hour Rogaine.

Agenda:

- Confirm the Minutes of the 1997 AGM and the October 1997 Special General Meeting
- Hear the President's Report
- Hear the Treasurer's Report and adopt the Annual Accounts.

- Election the 1998 Committee:
 - ◊ President
 - ◊ Vice President
 - ◊ Secretary/Public Officer
 - ◊ Treasurer
 - ◊ Newsletter Editor
 - ◊ Promotion Officer
 - ◊ 3 Other Committee Members
- Any other Business

Note: Nominations for positions may be made in advance to the Secretary or may be made on the day.

Extreme country

You're cold, wet and probably lost in rugged terrain a long way from home. Some call it torture, others call it sport, writes Dan Gaffney

IT'S pitch black and freezing. You've been run-stumbling through rough, unfamiliar bushland for nine hours. It starts raining as you flash your torch on to the surrounding scrub and fumble for your map and compass.

You're not sure where you are, but you have an ugly suspicion you were in the very same spot half an hour ago. Your frustration builds to screaming point. You are tired and confused and time is running out. But you must keep your wits — there are still 15 hours and 45km of foot sloggng to go.

Welcome to rogaining. They call it a sport, but it sounds more like a masochist fantasy gone wrong. If you think that's a little over the top, try the official definition: *A sport of long-distance cross-country navigation in which teams of two to five members visit as many checkpoints as possible in 24 hours. Teams travel entirely on foot, navigating by map and compass between checkpoints in terrain that varies from open farmland to hilly forest.*

Rogaining is an Australian invention that we owe to bushwalking and mountaineering groups. Melbourne University's mountaineering club held its first 24-hour walk in 1947 and its Adelaide University equivalent staged the first 24-hour scored event in 1963. A public 24-hour walk was organised in 1972 and the inaugural rogaine involving scoring was held in 1976. Roger Gail and Neil Phillips organised the event and the sport owes its name to an amalgam of their first names.

"Rogaining offers every kind of challenge," says Trevor Gollan, who promotes the sport in NSW. "It takes planning, teamwork, navigation, fitness, stamina, competitiveness and an appreciation of the natural environment," he says. It probably helps to be a bit loopy too.

A fair dinkum rogaine is 24 hours in length but there are "shorter" six and 12-hour variants. Each team member receives a topographic map a few hours before start time. Together they plan a course that will lead them to up to 80 orange and white markers that act as checkpoints. Teams travel together at their own pace and visit checkpoints in any order. On finding a marker they



On the go: NSW women's co-champion Netta Holmes at the Pretty Beach Rogaine, 1996 — Picture: MARNIE HOLMES

punch a swirly mark to verify their find, noting their arrival time and their next intended checkpoint.

Rogaining shares some common ground with orienteering. But where the goal of orienteering is to hit every checkpoint and return to base in the shortest time possible, rogaine checkpoints are worth different points, so the challenge is to maximise your score by hitting the most valuable checkpoints, and return home in the allotted time. In rogaining, points are lost for every minute that a team returns home late and those arriving more than 30 minutes late score no points. Unlike rogaining, orienteering is a sprint event — two hours is considered a long race, whereas the shortest rogaine takes six hours.

The only navigation aids permitted in rogaines are a compass, a watch, a map provided by event organisers and your brain. Other aids are outlawed.

The nerve centre of a rogaine is the "beach house". It contains administration, first aid and communications facilities and marks the start and finish of the course. Most important, the beach house provides hot meals throughout the event and teams can return to it at any time to eat, rest or enjoy the camaraderie.

Gollan says rogaining has a wide appeal. "Anyone from children to elite runners to grandparents can compete at their own comfort level," he says. His family competes as a team.

"We take a pretty laid-back approach

these days," says Gollan. "We take the kids out on the course for a few hours, find a dozen or so checkpoints and come back to the beach house. We rest up, have some dinner and camp out for the night. In the morning, we head out again and hit some more checkpoints. Even the young kids turn on to the buzz that comes from cross-country navigation."

MIKE Hotchkiss takes his rogaining more seriously. He has won the last two NSW championships and came second in last year's national titles.

"I love the mental and the physical challenge of it," says Hotchkiss. So what does it take to excel at rogaining? "I'm not (kiss it) like to excel at rogaining? "I'm not an especially good navigator, but I have an ability to concentrate and keep my enthusiasm up, especially in the wee hours of the night when it can get hairy."

"I'm pretty good at the strategy side, too. After six years of competition I've got a knack for plotting my way around the course in a way that leaves us some options near the end, when the team is tired."

Rogaine promoters claim it has positive community spin offs. For every person who competes, the community gets trained navigators who are self-reliant in the countryside, who are better team players and who can function well under pressure.

Organising a rogaine is a major enterprise. A 24-hour rogaine can involve 400 or more starters who will each cover up to 100km and visit 60 checkpoints. The logistics are mind-boggling — transport, fuel,

cooking facilities, food for 24 hours, camping, publicity, map-making and production, seeking permission from landowners, cleaning up and finalising results.

The Australian Rogaining Association provides national leadership for the sport and there are affiliated bodies in all States except the Northern Territory. The sport has travelled overseas too, and rogaines are regularly staged in Canada, the United States and New Zealand. In 1999, the first international rogaine, the Most Awesome Rogaine, was staged near Calgary, Canada, and attracted 300 starters from 18 nations. Since then, the World Rogaining Championships have been held in Victoria (1992) and Western Australia (1996). The third world championships will be held in British Columbia, Canada, in August.

Paddy Fallon stocks all gear at the prices quoted with stores in all States except WA and the NT. Other good stores include: Southern Cross, Kathmandu, Mountain Designs, Mountain Equipment, The Adventure Shop, Patagonia, LA Luggage.

Contact: ACT David Singleton (06) 248 7143; NSW Marnie Holmes (02) 9874 0226; QLD Phil Scott (07) 3389 1641; SA Peter Taylor (08) 394 4390; TAS Miles Hastings (03) 6223 8201; VIC Tinette Byrdum (03) 9650 4352; WA Ian Thomas (08) 276 5773. Web site: <http://rogaine.nsw.au/>

Gearing up to go: the bare necessities



THE latest in outdoor gear will help make you feel as comfortable as possible in lying conditions. The items, clockwise from top left, are:
Bumbug Caribee Accent adjustable bumbug with drink-bottle pocket \$44.95.
Compass Suunto M3 model. Has base plate for direct map use \$42.20.
Rainwear Paddy Fallon Vector jacket. Combined rip-stop nylon and three-layer Gore-Tex fabric. Waterproof, highly breathable, durable and lightweight. Pullover style, features large front pocket. \$249.
Headlamp Petzl Zoom. Works off a 4.5-volt battery. A standard bulb runs for 19 hours before new batteries are needed. A brighter halogen bulb runs for nearly 18 hours. \$69.95. Princeton led Golo. Works off 2 AA batteries. A standard bulb runs for eight hours. A halogen bulb runs for two hours. \$59.95.
Daypack Ultralite Directions Nimbus Pack. Has 12-litre capacity and features 2.7-litre water tank with tube and straw for easy hydration. \$169.
Boots Merrel "Blat" boot. Rugged, hard wearing.

Good support day wear. Tough Vibram sole provides excellent grip. \$169. Rockport Leesville "Pleaser". Lightweight nylon/mesh construction with Vibram sole. \$179.

Energy foods Power gel. High in carbohydrates, rapidly absorbed. Helps replace electrolytes lost through sweat. Assorted flavours. \$2.00. Muesli fruit cereal energy bars. \$2.50. Gary's Gourmet Goodies. Lots of bread and true home-made energy foods can be found at the rogaine web site.

Other equipment required but not pictured includes Gaiters to protect lower legs. Tatonka gaiters available in lightweight nylon (\$19.95) or robust cordura (\$26.95). Features nylon instep lift cord and 1/2 calf length. Also Black Diamond Short Gaiters. Coated 400 denier fabric. Features rugged neoprene instep strap. A shorter half length gaiter. Whistle Plastic with lanyard. \$2.50. Basic first aid kit including an elasticised bandage.

Rogaining gear courtesy of Paddy Fallon Camping & Ski, corner of Kent and Balfour Streets, Sydney. Phone (02) 9254 2665.

1998 ACT Paddy Pallin 6 hour ROGAINE



Sunday
22nd March 1998
10am-4pm



Rogaining is the sport of long distance cross-country navigation. Teams of two to five members travel entirely on foot, navigating by map and compass. Teams select their own order of visiting checkpoints, in terrain that varies from open countryside to hilly forest. Teamwork, endurance, competition, fun, and an appreciation of the natural environment are features of the sport. Teams start and finish from a central area where there is food available which is included in the entry fee.

Venue: 15km South of Captains Flat which is 65km SE of Canberra. Two overlapping 1:15,000 orienteering maps. Spur gully terrain with some moderately steep sections and some areas of fine watercourse and rock detail. Course setting by renowned ACT orienteer David Hogg. All levels of experience will be catered for.

For more information contact Geoff Mercer (02) 6268 8734 (work) (02) 6295 6019 (home) email g-merc@adfa.oz.au or check out the event WWW home page at www.ma.adfa.oz.au/~gnm/Rog/PP6hr98.html

Fees: Includes pre-marked 1:15,000 maps and food
\$14 Full \$10 Concession (student/pens./unemployed)
 Family maximum **\$35** (indicate on entry form)
 Late fee **\$5** per person after **9th March 1998**
 50% refund before 13/3/98, no refund after.
 Please indicate if you have a special food requirement.

All competitors **must** be a member of a Rogaining Association to cover insurance. Annual membership of ACTRA is **\$10** single, **\$12** household (2 adults, unlimited juniors at same address, add **\$3** for additional adults). You get regular newsletters with results and upcoming event details. Event-only membership is **\$4** per person per event.



Fundraising: This event is also part of the Community Aid Abroad Walk Against Want known as **Rogaining Against Want**. Money raised will go towards a project in Papua New Guinea. So if you want to help a good cause then get some sponsors and bring out your family and friends. Circle the **Yes** response on the entry form and we will send a sponsors book and more details. There will be prizes for your fundraising effort.

----- cut here -----

Name	Address	Rog.Assoc.	Mem. Fee	Event fee	Late
1	ph: email:				
2					
3					
4					
5					

Gender Men / Womem / Mixed

Total Fees

Age Open / Veteran(40+) / SuperVet(55+) / Junior(15-18) or Family

Veteran: all team members aged 40 or more

SuperVet: all team members aged 55 or more on the day

Junior: all team members aged 15 to 18

Family: at least one person over 21 and one person under 15

Do you want to be part of the **Rogaining Against Want** fundraising for Community Aid Abroad and get sponsorship for your rogaine on a cents/hour basis or just make a donation?

Yes / No

Can you help with any future rogaines ?

Course Setting / Vetting / Catering / Administration
Control collection / Gear transport / Gear storage

Send: The entry form with a **stamped self addressed envelope** and a **cheque** (payable to ACT Rog. Assoc. Inc.) to Rogaine c/- 24 Caley Cres., Narrabundah, ACT 2604 by **9th March 1998**. Further details will be posted to the first named team member approximately a week before the event.

ACTRA "SLAP UP" 6 / 12 Hour Rogaine

Saturday 25th April 1998

The event will be held approximately 1½ hours SSE from Canberra, approx. 4½ hours from Sydney. The terrain is hilly with a mix of farmland with rugged granite hills and eucalypt forest. The altitude varies from 1000 – 1450 metres, with most of the course around 1200 m and offering great views of the Great Dividing Range.

There will be both a 6 hr and 12 hr event, with both kicking off at 12 midday.

Hot food and drinks are included in the entry fee and will be available from 4.30 pm. Camping is available at the hash house for those competing in the 12 hr event. Spot prizes kindly donated by Paddy Pallin will be available for competitors of both events. Pre marked 1:25000 maps provided.

ASSISTANCE: Offers are welcome, especially from 6 hour competitors prepared to stay on and help.

INQUIRIES: Dick Walker & Lisa Phillips (02) 6454 3118 (work & home)
(02) 6454 3252 (fax)



"SLAP UP 6 / 12 hr ROGAINE" – ENTRY FORM

	Name	Phone	Fees
1	(leader)		
Address:			
2			
3			
4			
5			

Event: 12 hour 6 hour

Category: Women Men Mixed

Age: Open Veteran Junior / Family

CATEGORIES :

- All teams must have between 2 and 5 members
- junior = all team members aged 15-18, signature of parent or guardian is required for competitors under 18.
- veteran = all aged 40 or more on date of event
- family = at least one person over 21 and at least one person under 15. Maximum fee for a family is twice the adult fee

FEES: 12 hour event - \$20 full, \$15 concession,

6 hour event - \$15 full, \$10 concession.

Concession = student, pensioner, unemployed

CLOSING DATE: 8/4/98 Late entries postmarked after 8/4/98 add \$5 per person.

MEMBERSHIP: For insurance reasons, **ALL** participants must be a member of a Rogaining Association. If you aren't a member you can either add \$4 for event only associate membership or include the appropriate annual membership fee: Single \$10, Family \$12 (more than 2 adults, add \$3 per extra adult)

TO ENTER: Send

(i) the completed entry form

(ii) a cheque payable to the **ACT Rogaining Association Inc.**

(iii) a stamped/self addressed (220 x 110mm) envelope (for final instructions) to

"SLAP UP" 6 / 12 Hour Rogaine

"Slap Up"

Jerangle NSW 2630

(yes, that is the complete address)

SAGE STOMP '98 ENTRY INFORMATION

Refer to this when completing the Entry Form

This document provides information on Sage Stomp '98 and is intended to support the registration process. Any further questions can be directed to:
email: ss98info@oabc.bc.ca fax: (604)737 6043

TRAVEL/TOURISM INFORMATION

Primitive camping will be available at all sites. Services will include drinking water and toilets. No hookups or showers. Tourism information is available from the following sources:

Jungle Travelplus - Manager - Jan Petrar
email: jungle@sympatico.bc.ca phone: (250)372 7778

KAMLOOPS AREA (250)828 3550 <http://www.city.kamloops.bc.ca>

LOGAN LAKE TOURISM (250)523 6322

SAGE STOMP '98 <http://ss98.oabc.bc.ca>

DOUGLAS LAKE <http://www.douglaslake.com>
CATTLE RANCH (250)350 3344

BC TOURISM 1 800 663 6000 <http://www.tbc.gov.bc.ca>
<http://www.travel.bc.ca>
<http://www.oklinks.com>
http://www.approach.net/bc_beer
<http://www.bcwine.com>
<http://www.weatheroffice.com>
<http://www.british-columbia.com>
<http://www.http://www.vcn.bc.ca/community/environment.html>

FESTIVAL DATES, VENUES & MAPS

Sage Stomp '98 is an International Orienteering and Rogaining Festival taking place in the vicinity of Kamloops, BC, Canada in July and August, 1998. It will incorporate the following events:

Canadian Orienteering Championships - COC (2 Day Total Time)

Dates: Friday, July 24 COC Training/Model Event
Saturday, July 25 COC Day 1
Sunday, July 26 COC Day 2

Venue: Logan Lake BC (40 km southwest of Kamloops)

Map: New 1998, 1:15,000, 5 Colour IOF Standard

Canadian Short Distance Championships - COCSD (1 Day Total Time)

Date: Monday, July 27

Venue: Logan Lake

Map: New 1995, 1:15,000, 5 Colour IOF Standard, Expanded 1998

National Team Fundraiser Relay

Date: Tuesday, July 28

Venue: Grasslands (10 km west of Kamloops)

Map: New 1997, 1:15,000, 5 Colour IOF Standard

North American Orienteering Championships - NAOC (2 Day Total Time)

Dates: Friday, July 31 Training/Model Event

Venue: Aspen Grove (90 km south east of Kamloops)

Map: New 1998, 1:15,000, 5 Colour IOF Standard

WORLD ROGAINING CHAMPIONSHIPS (WRC III)

Date: 12 noon Tuesday, August 4 - 12 noon Wednesday August 5

Venue: Douglas Lake Cattle Ranch (60 km south east of Kamloops)

SAGE STOMP '98 5-DAY

The 5 Day Total Time event will be calculated using:

2 Day COC 1 Day COC Short Distance 2 Day NAOC

CLASSES & COURSE SPECIFICATIONS

COE AND NAOE EVENTS

Age Categories based upon age as of December 31, 1998. Classes may be collapsed to 10 year groupings if warranted.

Competitive Orienteering Classes

Male Classes	Estimated Winning Time	Approximate Distance (km)	Technical Difficulty
M12	25	2	Novice
M13	30	2.5	Novice
M15	45	3.5	Intermediate
M17	55	6	Intermediate-Advanced
M20	70	9	Advanced
M35	60	7	Advanced
M40	60	6	Advanced
M45	55	5	Advanced
M50	55	4	Advanced
M55	50	3	Advanced
M60	50	3	Advanced
M65	45	2.5	Advanced
M70+	40	2	Advanced

Female Classes	Estimated Winning Time	Approximate Distance (km)	Technical Difficulty
F12	25	2	Novice
F13	30	2.5	Novice
F15	40	3	Intermediate
F17	55	5	Intermediate-Advanced
F20	60	7	Advanced
F35	55	6	Advanced
F40	50	5	Advanced
F45	50	5	Advanced
F50	45	4	Advanced
F55	45	4	Advanced
F60	40	3	Advanced
F65	40	2.5	Advanced
F70+	35	2	Advanced

Open Classes: These are timed but non age or gender based classes.

Open Classes	Estimated Winning Time	Approximate Distance (km)	Technical Difficulty
Open1	25	2	Novice
Open2	45	3.5	Novice
Open3	55	5	Intermediate
Open4	60	6	Intermediate-Advanced
Open5	65	7.5	Advanced

NATIONAL TEAM FUNDRAISER RELAY INFORMATION

This relay is intended to be a fun event and your participation is encouraged. 50% of registration fees will go directly to the Canadian National Team. Teams will have 3 members and can compete in either 4 or 8 point categories. Team members are assigned points based on:

Age	<14	15-19	20-34	35-44	45-59	>60
Female	3	2	1	2	3	4
Male	2	1	0	1	2	3

If you need a team to compete with indicate on the ENTRY FORM with NT. We will do our best to "create" teams.

Recreational Classes: These are non timed and can be registered for on the day. They will be for three recreational courses, all novice varying in length from 2-4 km.

WORLD ROGAINING EVENT CLASSES

2-5 members/team. Mixed teams have at least one male and female.

24 Hour Championship Categories

Open (any age)

Male (OM)

Female (OF)

Mixed (OMX)

Veteran (all team members > 40)

Male (VM)

Female (VF)

Mixed (VMX)

Super Veteran (all team members > 55)

Male (SVM)

Female (SVF)

Mixed (SVMX)

FEE STRUCTURE

All fees must be paid in Canadian funds. The table below outlines the fee structures and deadlines.

NOTE: These fees are per day per competitor and do not include levies as listed below.

	< Mar 1	< May 1	> May 1
Adult Orienteering	\$20 plus levy per day	\$25 plus levy per day	\$30 plus levy per day
Junior Orienteering	\$12 plus levy per day	\$16 plus levy per day	\$20 plus levy per day
Relay	\$15	\$20	\$25
ROGAINE	\$60 plus levy	\$70 plus levy	\$80 plus levy

LEVIES: Payable per day per competitor.

Adult COF LEVY \$5/day
\$3/day

Junior COF LEVY

ROGAINE LEVY \$5

NOTE: THE LEVIES DO NOT APPLY TO THE NATIONAL TEAM FUNDRAISER RELAY

Examples of Fee Schedule:

COC Adult registration before March 1

Day 1	Levy	Day 2	Levy	Total
\$20	\$5	\$20	\$5	\$50

COC Junior registration before May 1

Day 1	Levy	Day 2	Levy	Total
\$16	\$3	\$16	\$3	\$38

ROGAINE Registration after May 1 for two person team

Team Member 1	Team Member 2	Levy	Total
\$80	\$80	\$5	\$165

TERRAIN AND WEATHER

The terrain generally consists of open pine forests interspersed with open grasslands. There is rock detail on most maps including small and large boulders, small cliff faces and larger impassable cliffs. Generally large hills with finer contour detail in the lower areas. Check out some of the photos on the website.

The interior of BC is generally hot and dry during July and August with average daily highs in the 30's Celsius and daily lows in the low 20's Celsius. However, the venues are at elevations ranging from 1000 - 1500 meters above sea level and can experience sudden weather changes and fluctuations even during July and August.

ELIGIBILITY

SAGE STOMP '98 5-DAY Eligibility

All participants are eligible for the Sage Stomp 5 Day.

COC Eligibility

- i) Member of Canadian Orienteering Federation
- ii) Canadian citizenship or landed immigrant status with 12 month Canadian residency immediately preceding the championships OR

Dual Citizenship (one Canadian) with 12 month Canadian residency immediately preceding the championships.

NAOC Eligibility

Canadian competitors: same as COC eligibility

US competitors:

- i) Member of United States Orienteering Federation
- ii) US Citizen (and citizen of no other country) OR Permanent resident with Green Card OR Dual citizen with 12 month US residency immediately preceding the championships

FOOD AND SOCIALS

There will be three main social events and several more informal events. All events will offer vegetarian meal options. The three main social events (for which you can pre-register) are:

Friday July 25 - Logan Lake

Adult \$12 Junior \$6 (<12 years)

Carbo Loading Party and Festival Opening Remarks

This will be a low key pasta meal with a choice of vegetarian or meat sauce. The opening remarks will be held in conjunction with this and will be open to all participants.

Sunday July 26 - Logan Lake

Adult \$20 Junior \$12 (<12 years)

Western BBQ and Entertainment

This will be an outdoor barbeque (weather permitting) with meat and vegie burgers. We're hoping for some fun in the warm summer evening air with volleyball, bocci ball and beer gardens.

Sunday August 2 - Merritt, BC (50 km south of Logan Lake)

Adult \$25 Junior \$15 (<12 years)

(Dance Only \$5)

5-Day Wrap Up Dinner and Dance

This will be a fun and active event and your participation is encouraged. Put on your party hat and (new?) cowboy boots and come ready to make some noise!

PAYMENT

Your entry will not be considered official until payment is received. Payment can be made by Visa, MasterCard, a Money Order in Canadian Funds, or a personal cheque drawn on a Canadian bank account.

SAGE STOMP '98 ENTRY FORM (One form for every five competitors or per Rogaine Team)

Contact Name: _____ Club: _____
 Address: _____ City: _____
 Country: _____ PCode/Zip: _____
 Email: _____ Phone: _____ Fax: _____

Event Fees & Levies: <i>per Person/Day!!!</i>					Total Fee (including Levy)		
Postmark By:	Mar 1	May 1	> May 1	Levy/Day	Mar 1	May 1	> May 1
'O' Adult(>19)	\$20	\$25	\$30	\$5	\$25	\$30	\$35
'O' Junior(<20)	\$12	\$16	\$20	\$3	\$15	\$19	\$23
Relay	\$15	\$20	\$25	N/A	\$15	\$20	\$25
Rogaining	\$60	\$70	\$80	\$5	\$65	\$75	\$85

First Last	Full Name	Eligibility		Year of Birth	'O' Class eg F12	Jul 25 COC Day 1	Jul 26 COC Day 2	Jul 27 Short Day 3	Relay Team	Jul 28 Relay	Aug 1 NAOC Day 4	Aug 2 NAOC Day 5	'R' Class eg 24M/O	Aug 4-5 WRC III	Total Levy	FEE TOTAL
		COC	NAOC													
		<input type="checkbox"/>	<input type="checkbox"/>			\$	\$	\$		\$	\$	\$		\$	\$	\$
		<input type="checkbox"/>	<input type="checkbox"/>			\$	\$	\$		\$	\$	\$		\$	\$	\$
		<input type="checkbox"/>	<input type="checkbox"/>			\$	\$	\$		\$	\$	\$		\$	\$	\$
		<input type="checkbox"/>	<input type="checkbox"/>			\$	\$	\$		\$	\$	\$		\$	\$	\$
		<input type="checkbox"/>	<input type="checkbox"/>			\$	\$	\$		\$	\$	\$		\$	\$	\$
# Training/Model Events (\$5/Map)						#COC:				#NAOC:			#R:			\$
# Clean Copies of Maps \$3/'O' Map, \$5/'R' Map						#		#		#			#			\$

\$ Total Fees (Cdn \$):

Camping <small>Water, Toilets No Hookups</small>	Logan Lake				Aspen Grove			Douglas Lake		Total # of Site Nights
	Fri Jul 24	Sat Jul 25	Sun Jul 26	Mon Jul 27	Fri Jul 31	Sat Aug 1	Sun Aug 2	Mon Aug 3		
On-Site Camping \$15/site/night										
# of sites										x \$15 \$

Food & Socials <small>Vegetarian (indicate at registration) On-site concessions Beer/Juice Gardens</small>	Friday Jul 24 Carbo-Loading Party /Festival Opening		Adult < 12	#	x \$12 x \$6	Total \$ \$	\$
	Sunday Jul 26 BBQ & Entertainment		Adult < 12		X \$20 x \$12	\$ \$	\$
	Sunday Aug 2 5 Day Wrap up Dinner & Dance		Adult < 12		x \$25 x \$15	\$ \$	\$

SS '98 T-Shirts <small>100% Cotton Way Cool Design</small>	M	L	XL	XXL	Total #	x \$18	\$
# Natural							
# Rogaining							

Event Fees - Payable to Sage Stomp 1998

SS '98 c/o OABC 1367 West Broadway
 Vancouver BC Canada V6H 4A9
 International Money Order in Canadian Funds
 Personal Cheque in Canadian Funds drawn on Canadian Bank Account
 MasterCard Visa

Exp ____/____/____

Print Full Name on Card _____ Signature _____
 Cancellation Policy: 90% refund prior to June 30, 1998 - 50% after June 30, 1998

Meals

A light breakfast and lunch will be available to all entrants, during Saturday morning, 9 May 1998, on a pre-ordered basis only.
Breakfast - cereal, fruit, toast, tea/coffee, fruit juice (\$3.00)
Lunch - 2 x salad roll, tea/coffee, fruit juice (\$3.00)

Vegetarian meals will be available on a pre-ordered basis only.

Get your order in by completing relevant sections of the entry form. Event Hash House opens at 4.00pm Saturday 9 May.

Merchandise

A quality, T-shirt, collared with pocket and Windcheater, with collar, with red and green Esk-Deer logo will be available for \$26 and \$32. Pre-order only, see entry form for details.

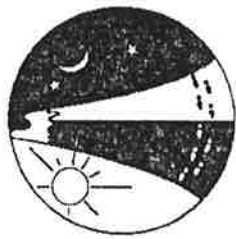
Event Contacts

Event Contact: Eric Andrews 07 4683 6374 batmaps@halenet.com.au
Entries Only: Ian Erbacher 07 3809 0131 iane@world.net
ARC98 Web Site: <http://world.net/~iane>

Equipment Available From Your Sponsors
Your Nearest



	Store is:	
Brisbane	07 3252 4408	Sydney 02 9264 2685
Melbourne	03 9670 4845	Canberra 06 257 3883
Adelaide	08 8232 3155	Hobart 03 6231 0777
Miranda	02 9525 6829	Jindabyne 064 562 922
Parramatta	02 9633 1113	Ringwood 03 9879 1544
Katoomba	047 824 466	Launceston 03 6331 4240
Box Hill	03 9898 8596	



Queensland Rogaine Assoc. Inc.

Presents

The 1998 Paddy Pallin Australian Rogaine Championships 9-10 May 1998

The Queensland Rogaine Association is pleased to host the 1998 Paddy Pallin Australian Rogaine Championships in the upper Brisbane Valley.

It will be situated in the vicinity of the township of Esk, about 100km north west of Brisbane, 70km north east of Toowoomba.

The Championship will be of 24hr duration. A non-championship 8hr event will be run concurrently.

All current members of Rogaine Associations, worldwide, are invited to compete.



The Map

1:50000 pre-marked topographic with 10 metre contours. 4 Colour.

The event area is predominantly open to lightly timbered grazing country. Moderately undulating spur/gully terrain, offering very pleasant walking conditions. About 20% of the area is steep and more heavily timbered with some scattered rock outcrops and a few small thickets. For those going to the World Rogaining Championships in Canada this event is a must, as the terrain will have many similarities.

Climate

The weather in the Brisbane Valley, for May, is generally fine with some cold nights. Weather statistics are as follows:

Average maximum temperature 23°C
Average minimum temperature 10.5°C
Average rainfall for May 54mm in 5 days.

Full moon

11 May 1998

Accommodation

The towns of Esk and Crows Nest, 25km and 30 km respectively from the event site, offer quality hotel, motel and caravan park accommodation. Contact your travel agent or car club for further accommodation details.

Camping will be available at the Hash House site from 4.00pm on Friday, 8th May.

The Event

The events will start at 12 noon, Saturday 9 May. There will be a intervarsity competition held in conjunction with the Championship. All team members must be enrolled at a university for participation. All age/gender, classes will be offered. See entry forms for further details.

Final instructions will be posted at the end of April.

Event Transport

Bus transport is organised to depart from the Brisbane Transit Centre at 7.00pm on Friday 8 May and make additional pickups through the southern and western suburbs. The bus will return Sunday afternoon, arriving approximately 4.00pm.

The bus fare will be \$20.00 return. If there are insufficient numbers the bus will be cancelled and refunds made, so we urge you to use this service. Bus bookings MUST be received by Tuesday 14 April.

Cost

Event entry fees will be \$30.00 for all entrants. Entries post-marked after 14 April will incur a late fee of \$10.00 per team member.

Entry fees cover all Hash House food during the event, a competition map per entrant and 10% off voucher from Paddy Pallin. Our sponsors have donated spot prizes valued at \$1000 plus. These will be drawn at the presentation on Sunday afternoon. YOU MUST BE THERE TO WIN!



The 1998 Paddy Pallin Australian Rogaine Championships

9-10 May 1998



EVENT	8hr	24hr	U
CLASS	M	W	X
Section	J	O	V
			SV

NAME AND FULL POSTAL ADDRESS for event details and newsletter
The first name will be the team contact, unless marked. (include E-mail)

Name	Address	Phone	Age at 9/5/98	Sex M/F	M'ship QRA, other, new	M'Ship QRA Only	Fees \$		
							Event	Late	Total
Name 1	Address 1						\$30		
Name 2	Address 2						\$30		
Name 3	Address 3						\$30		
Name 4	Address 4						\$30		
Name 5	Address 5						\$30		
								Entry Sub-Total	

Select one event, one class and one or more sections as appropriate (circle please)

- F - All team members must be female
- J - Junior, all team members must be under 21 years old as of 9/5/98
- SV - Super Veterans, all team members must be 55 years or older as of 9/5/98
- U - All members must be from the same university

M - All team members must be male.
 X - Mixed, there must be at least one male and one female in the team
 V - Veterans, all team members must be 40 years or older as of 9/5/98
 O - Open Class, all entrants are automatically in this class
 (a team with an entrant 14 years or under must also have an entrant 18 years or over)
 all entrants are automatically eligible for all classes for which their age and sex qualifies them

DO NOT include a stamped self-addressed envelope with entry.
Membership of a Rogaine Association is required to enter this event.
 Entries postmarked after the closing date (14th April 1998) will only be accepted at the discretion of the organiser and will be subject to a late fee of \$10 per person. No refunds after this date.

Make cheques or money order payable to "Queensland Rogaine Association Inc."
 and send to: **ARC 98 EVENT ENTRY c/o Ian Erbacher 40 Bligh Place Drewvale QLD 4116**

Please Complete
Over Page

T-Shirts

Shirt Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Actual Chest Size	85	90	95	100	105	110	115	120	125	130
No. Ordered										

Total Ordered	Unit Price	Sub-Total \$
	X \$26	

Wind Cheaters

Shirt Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Actual Chest Size	85	90	95	100	105	110	115	120	125	130
No. Ordered										

Total Ordered	Unit Price	Sub-Total \$
	X \$32	

Vegetarian Meals

No. of Entrants Requiring

Bus Transport

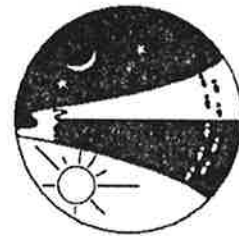
No. of Tickets Required

Total Ordered	Unit Price	Sub-Total \$
	X \$20	

Pre-Event Meals

No. of Breakfast	No. of Lunch

Total Ordered	Unit Price	Sub-Total \$
	X \$3	



Event Fees Sub-Total

Sub-Total Event Fees	Total Fees



(from reverse page)

Total Event Fees

Next Newsletter

Deadline for Articles: 3 May 1998

Articles and Photos needed for this issue include:

- Metrogaine participants reports
- Autumn 12 / 24 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 95/97 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.

Send To:

Stephen Castle

121 / 362 Mitchell Rd,

Alexandria NSW 2015

Ph: (02) 9557-7101 (h)

Fax: (02) 9557-7102 (h)

email: stephen@csdc.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

NAME: _____

ADDRESS: _____

PHONE / FAX / E-MAIL: _____

OLD ADDRESS: _____

PLEASE DO NOT TEAR THE WRAPPER!

If undeliverable return to:
NSW Rogaining Association
Cluny Road MSF2005
ARMIDALE NSW 2350

NSW Rogaining Newsletter

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