

2003 'Cooks River' 6 hour Metrogaine

Captain James Cook is believed to have rowed up Cooks River to Tempe in May 1770. The River has its source at Chullora, 23 km upstream from Botany Bay. This event will cover the lower Cooks River region, discovering Wolli Creek, Cup & Saucer Creek and the Alexandra Canal/Sheas Creek tributaries. The remnant vegetation of the Cooks River valley, the wetlands and features of historical interest are some of the highlights of the course.

When: Sunday 23rd February with a 9am start and 3pm finish.

Map: 1:25,000 new-edition, standard topographic map with 10-metre contours; pre-marked with checkpoints.

Terrain: Diverse scenery, from riverside parks, through suburban residential and heavy industrial precincts, including remnant Cooks River woodland and wetlands.

Who can enter: For insurance reasons, you must be a member of a rogaining association. If you are not currently a member please include the membership fee with your entry (individual = \$17, Family = \$17+ \$5 every other person in the family).

Teams and categories: A team consists of between 2 and 5 people. Team categories are for Men, Women or Mixed gender, within Junior (all team members 14-17), Veteran (all ≥ 40) or Superveteran (all ≥ 55) age groups. A Family team contains at least one person ≤ 17 and their grand/parent. Any team with a child under 14 must also have an adult in the team.

Entry fees: \$25 adults; \$15 student, unemployed or pensioner; \$50 maximum fee for a family. Entry fee covers the cost of the map and a light meal after the event.

Entries close Friday 14th February 2003.

Entries postmarked after that date will incur a late fee.

Transport to the event: Public transport will be easily available. More details will be with the final event info.

Detailed event information: Will be mailed to all team contacts about one week prior to the event. It will identify the exact location of the event, transport options, an equipment checklist, and any special preparations.

Event co-ordinators:

Nihal Danis and Richard Sage

02 9564 2126 or Nihal.Danis@legalaid.nsw.gov.au



What's a Metrogaine?

A metrogaine is a short, friendly, no-fuss, daylight rogaine based around a city or town. We use treasure-hunt type questions that help you explore and discover the district.

For further information contact
Nihal Danis on 9564 2126

Entries Close 14th February 2003



The Cooks River 6 hour Metrogaine
23rd February 2003
Team Entry and/or Membership Form

Admin Use:	Car Rego:		Team Number:	
	Queries:			

Full Name (First name is team contact)	M'Ship Status (see below)	M'Ship Type (see below)	Address	Phone Number	Birth Date		FEES						
					Gender	M	F	M'Ship	Event	Late		TOTAL	
	<input type="checkbox"/> C <input type="checkbox"/> R <input type="checkbox"/> N	<input type="checkbox"/> I <input type="checkbox"/> H		(h)	/	/							
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	<input type="checkbox"/> C <input type="checkbox"/> R <input type="checkbox"/> N	<input type="checkbox"/> I <input type="checkbox"/> H		(w)	M	F							

Team contacts email address:

TOTAL: \$

Instruction Method

Will download from website
in the week before event

Please post to me
(see mailing instructions)

Circle one

Late Entry Fee

\$5 per person
After 10th February 2003

Please note: Be sure to include ALL fees with this entry as your entry will NOT be accepted without full payment.

Is your team a 'Family' team, consisting of a min. of one parent and one junior from the same family?

Yes

No

Circle one

Are you and your team all novices?

Yes

No

Circle one

Membership Status

C = Current R = Renewing N = New

Indicate above

Membership Type

I = Individual H = Household

Indicate above

FEES

Adults

Concession

Family

Household

Event Entry

\$25pp

\$15pp

\$50 max

Membership

\$17 pp

\$17+ \$5 per additional member
residing at the same address

Where to send this form?

If you are using this form for entry to the METROGAINE event (which may include membership fees) then send your entry (and a stamped self-addressed business size envelope if you have indicated that you would like your instructions posted to you) to:

2003 Metrogaine Entries
228 Alt Street
HABERFIELD NSW 2045

If you are using this form for MEMBERSHIPS ONLY please post to:
NSWRA Membership Secretary
220 Cordeaux Road
Mt Kembla NSW 2526

Cheques / money orders payable to the New South Wales Rogaining Association.