

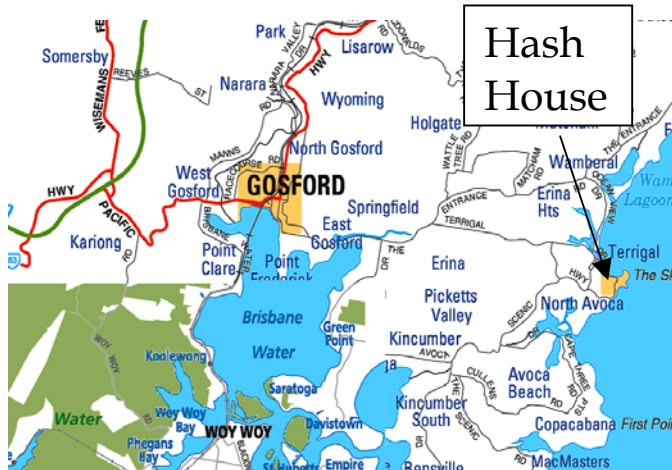
THE TERRIGAL SOCIALGAIN

SUNDAY 21st November 2004

Hi! Thanks for your entry and welcome to the Terrigal Socialgaine. Please ensure the rest of your team see this letter. Please also ensure all team members complete and sign the indemnity form.

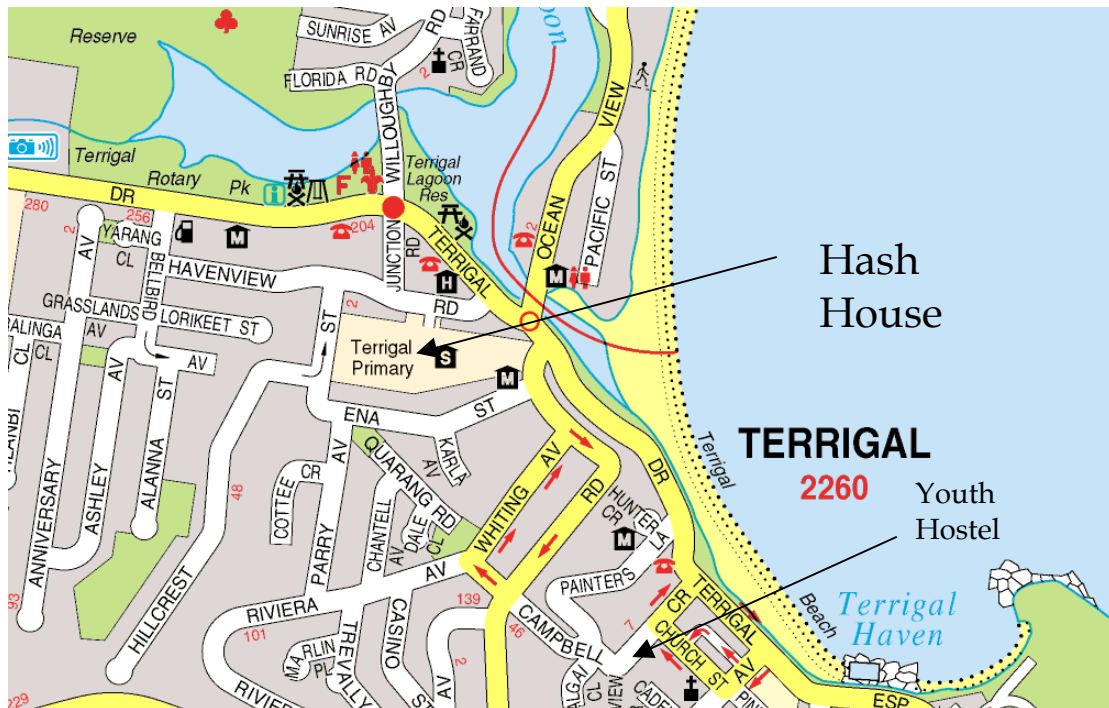
WHERE Terrigal Primary School, Terrigal.

HOW TO GET THERE From Sydney, take the F3 and then take the Gosford exit (42km from Wauroonga). Head through Gosford, keeping to the main road passing along the foreshore. The road changes names but eventually becomes The Entrance Rd. About 5km after Gosford turn right into Terrigal Drive. Proceed 5km. Terrigal lagoon will come into view on your left. Turn right into Havenview Rd around the Terrigal Hotel and a few shops. Terrigal Primary School is on your left after 100m, with a large area we can use for parking unless the ground is wet. Allow about 1¼ hours from the start of the F3 at Wauroonga.



From the north, a simple option is to turn off the F3 at Ourimbah and follow the old Pacific Highway 12 km to Gosford, turning left into Dane Drive when you hit Brisbane Water. As in the rogaine, the map shows there are shorter but more complex alternatives!

We particularly welcome sea kayakers paddling to Terrigal. Cyclists can ride from the Palm Beach to Ettalong ferry (www.palmbeachferry.com.au) or ride from Gosford Station.



REGISTRATION Present your completed indemnity form from 8:30am.

If you are planning to come on Sunday morning, remember to give yourself time to register and get ready. You should really get to the event by 9am, which will probably mean leaving by 7am. Why not stay the night before?

You will be given a map and checkpoint descriptions for each team member, plus course setters' notes. You will be asked to indicate the correct answers on a double sided A4 checkpoint sheet/control card.

THE START There will be a briefing for novices at about 9:40am and then a final briefing at about 9:50am. Remember to collect your control card from the clothesline before you head off at 10am.

THE FINISH In the spirit of rogaining innovation, we're trying a slightly different finish procedure, so we have more time to hear about your day.

1. Have your finish time marked off.
2. Sit down, relax, eat & drink.
3. Add up your score, deducting any time penalty (10 points per minute or part thereof).
4. Ask a close competitor to check your score if you are brain dead or they are fiercely competitive.
5. Find your team slat on the clothesline, write your score on it, and hang your control card in its place.
6. Place the team slat in the appropriate result category, highest scores on top.

We'd love to hear about your day. Feel free to mark your course on a map (extra copies available), to show your friends, and hand it in at the end of the day for the interest of the course setters and possibly to go in the magazine.

The presentation will take place at about 4:30pm.

THE COURSE Enjoy the beach, headlands, coastal suburbs and forests with over 120 checkpoints. All checkpoints have multiple choice questions. There is little need to head off beach or track although one pair of veters pushed through a few metres of vegetation on their bikes. The A3 map used is a premarked 1:25,000 scale based on 1998 aerial photography. The elevation varies up to 186 metres.

IMPORTANT RULES TO REMEMBER All team members must get to within 20 metres of, and within sight of, each checkpoint visited. Team members must be within earshot of each other at all times. Late finish penalty is severe, 10 points per minute or part thereof. All teams must hand in their control card at the Hash House even if retiring or finishing early.

PLEASE BRING	ON THE COURSE:	BACK AT THE HASH HOUSE:
	Permanent Marker Water bottle (at least 1 litre) Compass Watch Snacks/ice cream money Wet weather gear First aid kit / whistle Swimming costume (optional) Hat & sunburn cream	Plastic map bag or clear contact (A3 map) Plate, mug, cutlery Pen, scissors, highlighters etc. Signed Indemnity form Change of clothes (it may be cool if there is a breeze)

PROVIDED Granny's Kitchen will have free tea and scones from 11 till 3. Soup, a sausage sizzle and drinks at the Hash House from 3:30pm (approx).

ACCOMMODATION Terrigal Youth hostel is nearby (\$28, ph4385 3330, yha.com). Have a swim, enjoy an ice cream and a meal on the beach on Saturday.

FURTHER INFORMATION Call John Barnes on (02) 9144 7927 (h) (before 10pm).



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER/WAIVER

Event : _____ Team No.: _____ Car Rego.: _____

Rogaining is an activity which can involve risk of personal injury or property damage. While it is acknowledged as a challenging activity, the risks ought not be discounted particularly navigating through potential dangers in a bush setting in daylight or darkness. Other, but less obvious, risks will occur because of the nature and type of terrain through which the activities are conducted. The Association requires all participants to carry equipment such as suitable clothing, food, torches, compasses, water, first aid kit and any other allowed devices which will limit the inherent risks in the activity.

By participating in the activity, each participant acknowledges that the sport of Rogaining involves considerable risk and agrees that by entering this rogaine they do so at their own risk. The Association does not accept any responsibility for death, injury, loss and damage to the participant and agrees to allow the participant to participate in the activity only on that basis.

The participant binds themselves, their executors, administrators, heirs, successors and assigns as follows:

- a) The participant agrees to discharge and release the New South Wales Rogaining Association, their volunteers, the owners and occupiers of land used in the event, event sponsors and producers, community organisations, State Federal and Local Authorities in which the event may be held and their (its) representatives from all liability for death, disability, personal injury, damage to property, theft, and all foreseeable risks, claims or actions of any kind, howsoever caused, resulting from their participation - directly or indirectly - in this event.
- b) The participant agrees to further indemnify and hold harmless all entities and persons mentioned in the above clause (a) above from all liabilities, claims or action, as mentioned above, irrespective of whether the Association or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the Association for any loss or damage arising from participating in the event and agrees that this indemnity may be pleaded as a complete defence to any legal proceedings or any right the participant may claim against the Association, its servants, agents or any owner or occupier of land used in the proceedings.

By the signing of this document, I acknowledge the risks of rogaining and agree to participate on the conditions as described above (participant must be 18 years or older to complete this section):

Participant Name (Please print clearly)

Participant Signature

Date

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

This section to be completed by a responsible adult where participant is under 18 years of age. If more than one responsible adult signing please photocopy & submit separate forms.

Name(s) of junior participant(s): _____

I acknowledge the risks of rogaining as described above and agree to indemnify the Association for any injury or loss arising from the abovenamed minor(s) participating, and agree that by signing this indemnity or by permitting the minor to participate, I will accept complete responsibility for any injury or loss caused.

Relationship to participant (please delete whichever does not apply): Parent / Guardian / Other _____

Name (Please print clearly)

Signature

Date

_____	_____	_____
-------	-------	-------

NOTE: This is a legal document. You should seek legal advice before signing if you do not fully understand the meaning and effect of this document. If you do not accept these conditions of entry you will be unable to participate.